

SENIOR SOARING

MORENO VALLEY SENIOR COMMUNITY CENTER
25075 Fir Ave. Moreno Valley, CA | Mon. - Fri. 8 am - 5 pm | Closed Sat. & Sun.

Save The Date Featured Event: Senior Center to Host Holiday Craft Fair on December 5



**Senior Center
will be closed
December
24th & 25th**

Your Center

Activities are held at the Moreno Valley Senior Community Center, except where noted. All active senior citizens age 50+ years who do not require care or adult supervision are encouraged to become members.

Membership is FREE.



HOLIDAY Craft Fair

The Senior Center is excited to announce its upcoming Holiday Craft Fair, taking place on **December 5 from 9:00 am to 12:00pm**. Senior Center members are invited to join in a cheerful morning of shopping, socializing, and seasonal celebration.

This annual event showcases the creativity and talent of local seniors, who have spent time preparing a wide variety of crafts. Visitors can expect to find unique holiday gifts, including knitted items, ornaments, home décor, jewelry and other one-of-a-kind treasures made with care.

The Holiday Craft Fair is not only a wonderful opportunity to support local artisans—it also brings together our seniors.

Mark your calendar! The Senior Center's Holiday Craft Fair promises to be a joyful morning filled with creativity, community, and holiday cheer.



Sign-Up to enjoy your lunch with a birthday treat.
Sponsored by
Alpha Care

December 18
@11:30am Details
at front desk

Must be a member to participate in all events/ activities and classes.
In-person
preregistration required for most events.



Senior Soaring sponsored by
MORENO VALLEY
UTILITY

Answers are at front desk.



1. What goes up and down but doesn't move?
2. If you're running in a race and you pass the person in second place, what place are you in?
3. It belongs to you, but other people use it more than you do. What is it?
4. I follow you all the time and copy your every move, but you can't touch me or catch me. What am I?
5. David's parents have three sons: Snap, Crackle, and what's the name of the third son?
6. a man calls his dog from the opposite side of the river. The dog crosses the river without getting wet, and without using a bridge or boat. How?

Christmas

I	K	M	M	D	N	O	D	G	Y	M	A	S	B
J	O	S	A	A	C	L	E	I	T	A	E	N	H
A	C	A	A	E	T	N	D	M	I	N	Y	O	D
C	T	M	E	R	S	M	C	A	V	E	N	W	E
K	F	T	F	B	S	E	O	N	I	G	S	F	C
F	R	S	A	R	E	R	C	G	T	I	A	L	O
R	I	I	M	E	N	R	R	E	A	F	N	A	R
O	E	R	I	G	A	Y	A	R	N	T	T	K	A
S	N	H	L	N	C	C	C	Y	E	S	A	E	T
T	D	C	Y	I	Y	S	K	A	I	N	C	Y	I
E	S	R	N	G	D	E	E	A	A	C	L	G	O
R	G	G	K	O	N	T	R	E	E	L	A	N	N
F	J	E	N	I	A	S	S	S	O	O	U	L	S
A	N	G	E	L	C	F	M	J	N	A	S	A	I

CANDY CANES
TREE
JOLLY
JACK FROST
GINGERBREAD
SNOWFLAKE
CRACKERS
MANGER
CHRISTMAS
MERRY
FRIENDS
DECORATIONS
NATIVITY
SANTA CLAUS
GIFTS
FAMILY
ANGEL

**Monthly Meetings
Get Involved**

Senior Town Hall | **No Townhall** | 12:30pm - 1pm | Ballroom

Sr. Citizens' Advisory Board | Monday, December 15 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thurs, Dec 11 | 1:30pm | Ballroom

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays
8-9am Exercise with George	9-10am Fit After 50	8-9am Exercise with George	9-11:30am Weight Loss	8am-4:30pm Quilting
9:15-10am Rockin Chair Exercise	9-10 Beginner Spanish	8am-12pm Crochet	Support	8:30-10:15am Soul Line
9:15-10:15am Soul Line Dancing	10:10-11:10am Intermediate Spanish	9am-12pm Greeting Card Creations	9am-12:30pm Art Club	Dancing
10-11:30 amESL Class(English)	10-11:30am Creative Writing	9:15-10:15am Soul Line Dancing	9-10am Fit After 50	10am-11am Poemas y
10:30-11:30am Inner Fitness	10:30-11:15am Zumba	10:30-11:30am Ballet Folklorico	10:30-11:15am Zumba	Reflexiones del Corazon
10:30-11:15am Darcel's Solid Gold	12:30-2:00pm Jewelry Design	12-4pm Quilting	12:30-3pm Loteria	10:30-11:45am Silver Age
Dance Workout	12:45-2:15pm R&B Git Fit	12:30-4:30pm Bid Whist	1:40-4:10pm Guitar	Yoga
12-1pm Tai Chi	1-4pm Bunco	1-3pm Bingo		1-4:30pm Bid Whist
1-3pm Crafty Experience	2:30-4pm Line Dancing			1:30-3:30pm Line Dancing
1-4:30pm Bid Whist				
1:30-3:30pm Line Dancing				

Calling in advance is suggested. Class times and days are subject to change or be canceled because of scheduled event.

SeniorMeal lunch 11:30am-12:30pm

Program Eligibility

- Must be 60+ years old
- Intake form completed annually
- \$3 Donation suggested. No participant will be refused a meal if they do not donate.
- Under 60 years MUST pay \$9.75
- Contact Family Service Association with questions at 951.342.3057.



**Program has moved to Moreno Valley
Conference & Recreation Center
14075 Frederick St | Moreno Valley,
Ca. 92553 951.413.3280**

Meal box distribution

November 13 | 9am - 11am

December 11 | 9am - 11am

GATE OPEN AT 8:00AM

All participants bring Identification
For more information please call
951-359-4757

Moval Senior Scribes

Celebrating Day of the Dead
Gabriela Rosales



It is tradition in our family to celebrate "Dia de los Muertos" is the day that we believe that our family members that have passed away come to visit.

I must admit that when I was very young and living with my grandmother, this was a very frightening experience for me. We had to go to the cemetery at night to take flowers and do the Rosary, then at home she would set up the altar between our bedrooms. During the night I would hear her talking and do some praying, when I asked her about it, she said it was because she had to welcome the spirits that came through, I asked her to please tell them not to visit or talk to me because this scared me.

If you had the opportunity to watch the movie "Coco" you might be a little familiar with this tradition.

Day of the Dead originated in Mexico but now is celebrated in many places around the world. This tradition is over 3000 years and is considered a Holiday that celebrate and honors the life of those who have left us.

We start to set up our altar (shrine) on October 27, which is dedicated to the memory of lost pets, we placed pictures of them and offered their favorite toy and snacks.

On November 1st is the Angelitos which means little angels that passed, this refers to children, welcoming them with a cup of milk, candy and a little toy, then we continue with our adults family members on November 2nd, we displayed their pictures and the ofrendas which would be their favorite food plate/drink/snacks or any other item that they may be remembered by.

We also add a couple of glasses of water, so they will not go thirsty on their journey and lots of candles, to light up their path and they are able to find their way and go back safely. We surround the altar with flowers, white ones for the little ones and any other favorites of them and of course we can't forget the Marygold know in Spanish as cempasuchil flower to blighting up the altar, then the candles, incense, pan de Muerto and skulls made of sugar.

Now is the only time of the year that I am not afraid of the dead, because I understand that they just come to visit and their intention is not to scare people, they just don't want to be forgotten.

frequently used Telephone Numbers

ADULT PROTECTIVE SERVICES

Riv. County Adult Protective Svcs.	800.491.7123
Dept. of Consumer Affairs	800.952.5210
Dept. Public Social Services	800.344.8477
Office on Aging	(877) 932-4100

CAREGIVER SUPPORT

Destiny Care	800.353.2994
Sensible Senior Care	951.926.4304

DISABLED / VETERAN SERVICES

Braille Institute	760.321.1111
American Cancer Society	800.ACS.2345
VA Loma Linda Healthcare	800.741.8387

Friends of Moreno Valley Senior Center	951-413-3430
Membership \$10 year	
Meets 3rd Thursday of the month @ 1:30pm	

HEALTH MAINTENANCE ORGANIZATIONS

HICAP (Health Insurance)	909.256.8369
Humana	951.216.0891
Kaiser Permanente	619.952.0806
SBHIS	951.452.2905
SCAN	951.505.3341
United Healthcare	951.501.9290

HOUSING

Telacu Villa	951.486.9842
25105 Fir Ave.	
Eucalyptus Towers	951.653.2324
24169 Eucalyptus Ave.	
Perris Isle	951.924.4070
12960 Perris Blvd.	
Community Connect	951.686.4402
Section 8	951.351.0700
5555 Arlington Ave., Riv.	951.243.3837
Integrated Care	951.956.4026
PW Enhancement Center	

LEGAL ASSISTANCE 60+

1.800.977.4257

NUTRITION SERVICES

Family Services Association	951.342.3057
Home Bound	951.653.8109

TRANSPORTATION

Medical Transportation	951.486.4380
MoVan Shuttle	833.745.8454
RTA Dial A Ride	800.795.7887
RTA	951.565.5002
TRIP Program	800.510.2020

VOLUNTEER OPPORTUNITIES

Moreno Valley Senior Center	951.413.3430
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Looking for skilled instructors to teach active seniors 50+

Tip Of The Month For Seniors

A key tip for November is Fall Prevention, as it's National Fall Prevention Month and winter weather increases the risk. To prevent falls, stay warm by dressing in layers and ensuring your home is well-lit, especially pathways and stairs.

Other important November tips include maintaining your social connections through holiday gatherings, staying physically and mentally active, and being mindful of your health during the busy holiday season.

SeniorCommunity Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Ruby Chavez
Assist. Community Services Coordinator

Janel Domingue
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