PARKS&COMMUNITY SERVICES

November 2026

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

Health & Resource Fair
November 6
9:00am - 12:00pm

Holiday Craft Sale
December 4
More info at front desk

Holiday Party
December 17
More info at front desk

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.

MORENO VALLEY
WHERE DREAMS SOAR

Featured Event: A Spooktacular Halloween Celebration

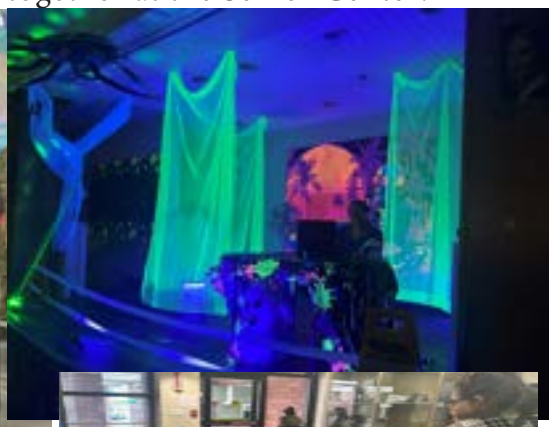
On October 29, Our Senior Center was filled with laughter, smiles, and Halloween spirit during our recent Halloween Party! Everyone enjoyed a festive afternoon of music, dancing, costume contest and fun games that brought out the kid in all of us.

It was a wonderful opportunity to come together, enjoy great company, share some laughs, and create special memories. From dancing to participating in games, everyone had a chance to embrace the Halloween spirit and celebrate the season with friends.

A special thank-you to Dara from Royal Health Benefits for sponsoring this event and helping make our Halloween celebration a success!

Thank you to everyone who joined us and all volunteers that made the day so memorable. We look forward to creating more fun-filled moments and wonderful memories together at the Senior Center!

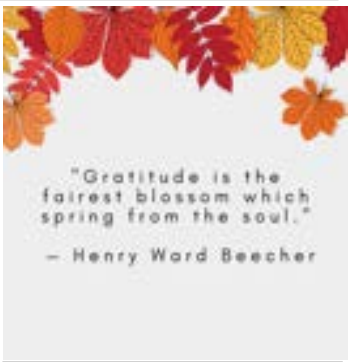
Best Costume Winner



Couples Costume Winner

Sign-Up to enjoy your lunch with a birthday treat.

November 19 @11:30am Details at front desk
Sponsored by Royal Health Benifets



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

Senior Soaring sponsored by
MORENO VALLEY UTILITY

Puzzle Corner

Answers are at front desk.

1. When does Christmas come before Thanksgiving?
2. What do you call a live turkey on the day after Thanksgiving?
3. Why did the turkey cross the road?
4. Which orange, non-citrus food is most popular during the fall?
5. What do you get when you cross a turkey with a ghost?
6. Why can't you take a turkey to church?
7. Why do leaves change color in November?

Thanksgiving

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

HARVEST
FEAST
CRANBERRY SAUCE
PLYMOUTH
CELEBRATE
CORN
THANKSGIVING
BLACK FRIDAY
PILGRIMS
GREEN PEAS
TURKEY
MAYFLOWER
MASHED POTATOES
SWEET POTATOES
NOVEMBER
FALL
GRAVY
AUTUMN
FAMILY

Monthly Meetings Get Involved

Senior Town Hall | Tue November 10 | 12:45pm | Ballroom

Sr. Citizens' Advisory Board | Mon October 19 | 3pm | Classroom 1 & 2

Friends of Moreno Valley Senior Center Meeting | Thurs Nov 19 | 1:30pm | Ballroom

classschedule

Volunteers Wanted

Volunteers are needed | Class instructors | Event setup/cleanup
Inquire at the Front Desk

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

FEEDING AMERICA

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

Meal box distribution

December 10 | 9am - 11am

GATE OPEN AT 8:00AM

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

Moval Senior Scribes

Tornado Warning

By Gerald and Fred Nevins

I have never been through a tornado warning in this neighborhood. I moved out of the city to this neighborhood about three, almost four years ago. I lived about two suburbs past the city, almost in a country type setting.

I was watching the local 6pm news on a Friday evening. The weather lady was saying that some bad weather was heading in our direction. This weather system had left a trail of destruction in its wake. Multiple tornados touched down in this system along with lots of thunder and lighting. Golf balls to baseball size hail was also reported.

The meteorologist was not sure if this bad weather system would be a direct hit to us or pass us on the side. She said that this system was so unstable, she just could not say. Winds were about 50mph gusting to 65mph. Not quite strong enough for an EF-1 tornado at 86mph.

I really didn't pay a lot of attention to the weather because nothing like that had ever affected me. I was waiting for the sports to come on. I have always lived in the city and there are not too many tornado sightings in the heart of the Hood, so I knew I was ok.

A few minutes later the emergency broadcast system came on and said that this area was under a tornado warning, not a watch, but a warning, which means a tornado could touch down near you. "Now would be a good time to take shelter." I played it off and kept on doing what I was doing. I then stopped and realized where I was. I was not in the Hood but in the country!! OMG, what was I going to do? I turned off all the lights and unplugged the tv and all the other electronics. I ran around like a chicken with my head cut off! I wound up in the bedroom and stopped. I got on the side of the bed and knelt down to say a prayer. When I got up, I felt better, more relaxed and focused. I gathered my wallet and other important documents put them in my backpack, placed a chair in the bedroom closet, and closed the door.

Mother nature acted a fool!! Raining really hard, the house was shaking. I heard lots of things hitting the house. Hoping and praying there was little to no damage to the house. My prayers were answered. My first and surely not my last tornado warning!

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

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

Looking for skilled instructors to teach active seniors 50+

Tip/Encouragement Of The Month For Seniors

Review your Medicare Annual Enrollment and medication coverage before the deadlines.

Do not ignore notices from your insurance provider or Medicare. Pay close attention to the Annual Notice of Change (ANOC) and Evidence of Coverage (EOC) sent in the fall, which detail any changes in costs, provider networks, or covered medications for next year.

Review prescription refills: Check your current medication supply and plan refills early to avoid running out during potential winter storms or holiday pharmacy closures.

Center Staff

RUDY RODRIGUEZ
Community Services Supervisor

Markita Smith
Community Services Coordinator

Christian Yates
Assist. Community Services Coordinator

Janel Domingue
Assist. Community Services Coordinator

Celeste Ochoa
Recreation Aide

Abigail Medina
Recreation Aide