

SENIOR NEWSLETTER | APRIL 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

Mon-Thu, 8AM-6PM; Fri, 9AM-5PM

(909) 625-9483

WELCOME OUR NEW SENIOR CITIZENS SUPERVISOR, SHARI HAYNES!



Please welcome Shari Haynes as our Senior Citizens Supervisor! Shari comes to Montclair with over a decade of experience in the Human Services field. Originally from the San Francisco Bay Area, she pursued her education at Cal State University San Bernardino, majoring in Psychology.

Prior to the City of Montclair, Shari worked with various cities including San Bernardino, Rialto, Jurupa Community Services District, and Redlands. Shari has experience with individuals of all ages including senior adults. She helped to oversee two Senior Centers in the City of Redlands. She has collaborated with numerous organizations within San Bernardino County, and has helped to oversee various grants, special events, and programs.

Outside of work, Shari's interests include traveling out of the country, antique & thrift shopping, sci-fi movies, and everything Disney related.

With her wealth of experience and commitment to the senior community, she is excited to serve as the Senior Citizens Supervisor for the City of Montclair.

Welcome Shari!

NEW! LOW IMPACT EXERCISE CLASS

More information on page 2

LAST CHANCE! TAX PREP SERVICES

More information on page 4

WELCOME TO THE SENIOR CENTER!

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SENIOR Prom

Wednesday, May 8, 2024

from 3:00 - 5:30 PM

Community Center

Step back in time to the roaring twenties at this year's Senior Prom themed 'Great Gatsby'! Put on your finest flapper dresses and dapper suits and join us for an afternoon of dancing with a DJ, photo booth, a thrilling best-dressed contest, and indulging in sweet treats and more. Get ready to immerse yourself in an atmosphere of elegance and fun as we celebrate with friends in true Gatsby style. *Cheers to the 1920s!*

RSVP is required. Walk-ins will not be allowed. RSVPs accepted by April 30 or until capacity is reached. For more information call (909) 625-9483.

Visit <https://www.cityofmontclair.org/senior-center/> for more updates and information on our programs.

SENIOR NUTRITION PROGRAM

Monday - Friday from 10:30 AM - 12:30 PM

Doors open at 8:00 AM for socializing.

Suggested contribution is \$3.00. Guests (under 60 years of age) are welcome at \$6.00 per person.

Please see **page 3** for this month's menu.

Join us on April 24 for Senior Birthdays! Theme: Viva Las Vegas in Montclair. **RSVP required, walk-ins are not guaranteed admission.** Please RSVP in person or call (909) 625-9483.

MONTCLAIR MEALS ON WHEELS

Montclair Meals on Wheels is a non-profit volunteer organization that delivers meals Monday-Friday to Montclair residents who are unable to shop and/or cook for themselves.

If you need meal service or are interested in driving for Meals on Wheels, please contact Sue Yoakum at alsuey@verizon.net or (909) 986-5522.

CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, April 18 from 9:30 AM - 10:30 AM

Montclair Community Center

To qualify you must bring a valid ID and live in San Bernardino County. All participants are responsible for picking-up their food in the Community Center and taking it to their car. (Participants may bring a cart or wagon to help carry the commodities to their vehicle). Food will be distributed on a first come, first served basis or while supplies last. Please park in the Montclair Civic Center parking lots.

The program is coordinated with the Community Action Partnership of San Bernardino County. Commodities to be given may include canned meat, canned vegetables, flour, corn meal, pudding, sauces, pasta, juices, and frozen items. The commodities change from month to month. Call (909) 625-9483 for information on qualifying income guidelines, confirmation of dates and food items.

Please refer to The Emergency Food Assistance Program (TEFAP) 2023 Income Guidelines to determine if you qualify.

SENIOR MOBILE PANTRY PROGRAM

by Feeding America

Wednesday, April 24 from 9 - 11 AM

Recreation Center Patio

All ages welcome (one per household)

MONTCLAIR WALKERS

Monday, Wednesday, Friday from 10:00 AM - 11:00 AM

Upper level near The Canyon (5060 E Montclair Plaza Ln). If you're looking to add regular walking to your routine then join the Montclair Walkers! Montclair Walkers is a FREE exercise program focused on Seniors and open to all ages sponsored by the City of Montclair - Human Services Department and Montclair Place. It's a great way to take steps towards staying healthy and make new friends. Earn those steps and become a part of the **100 Mile Club!** Registered Walkers who log 100 miles (or more) receive a free 100 Mile Club shirt! Applications are available on site with the program attendant or at the Montclair Senior Center.

For more information, contact the Senior Center at (909) 625-9483.



MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

Monday - Friday from 7:30 AM - 6:30 PM

Montclair Seniors (60+) can use the weight room for FREE (must provide proof of address with a valid California ID and utility bill). The fee for Non-Resident Seniors (60+) is \$3.00/day or \$20.00/month. Racquetball courts are \$5.00/per person per hour and can be reserved up to 24 hours in advance. For more information, call (909) 625-9479.

EXERCISES CLASSES AT THE SENIOR CENTER (EAST ROOM)

Montclair Senior Center is hosting two types of exercise classes. **Space is limited.** We kindly request participants register for only **one type** of exercise class. Please see below for more class information.

NEW! Low Impact Exercise Class

Thursdays beginning April 4 from 9 AM - 10 AM

This fun, low-impact, chair-centered class meets you where you are physically using gentle, selective exercise and movement to improve flexibility, mobility, stability, and strength. This program is free. **Registration required.** Please call (909) 625-9483 to sign-up.

Senior Exercise Class

Tuesdays & Thursdays from 10 AM - 11 AM

This class is for seniors who are physically active. **Registration required.** Please call (909) 625-9483 to sign-up.


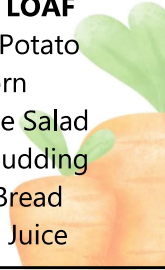

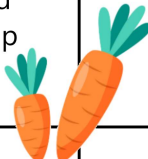


Sponsored by West End Family Counseling.



April 2024



Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla 	2 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	3 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	4 MEAT LOAF Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice 	5 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices WW Bread
8 SHEPHERDS PIE Loose Leaf Salad Seasonal Melon WW Bread 	9 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	10 OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread	11 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	12 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
15 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	16 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	17 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread 	18 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	19 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup
22 WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread	23 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	24 Senior Birthday Party! MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread 	25 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	26 BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
29 HERB BAKED CHICKEN Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	30 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice		SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+: \$3.00 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE . "WW" -Whole Wheat Milk is provided daily	FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES- PUBLIC GUARDIAN THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.

We strive to provide high quality food and consistently follow our monthly menu. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program. Thank you for your understanding. Please call (909) 625-9483 with any questions or concerns.



SPECIAL PRESENTATIONS

SPOTLIGHT ACTIVITIES

AT THE MONTCLAIR SENIOR CENTER

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

- Monday, April 1 at 1:00 PM**
- Presentation: Medicare Fraud/Senior Safety
- Monday, April 15 at 1:00 PM**
- Activity: Artificial Succulent Shadow Box Garden

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)
Tuesday, April 2 at 9:30 AM - 11:30 AM
 Montclair Senior Center
 Come and learn about programs and services available to you. The Council also wants to hear about your needs and concerns. All Seniors are welcome.

CULTIVATING WELLNESS

Wednesday, April 3 and April 17 at 9:30 AM
 Learn how to start an herb garden by learning basics of gardening. Presented by Healthy Montclair. For more information call (909) 625-9485.

SPEAKERS BUREAU

Tuesday, April 9 at 1:00 PM
 Join the Regional Council on Aging for the Speakers Bureau, every second Tuesday monthly at 1 PM.

LEGAL SERVICES

(available on the second Thursday of the month)
Thursday, April 11 from 10:00 AM - 12:00 PM
 Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

DEPARTMENT OF AGING AND ADULT SERVICES - PUBLIC GUARDIAN (DAAS-PG)

(meets on the third Wednesday of the month)
Wednesday, April 17 from 10:00 AM - 12:00 PM
 A DAAS-PG representative will be at the Montclair Senior Center to provide information and assistance on programs that are available to senior citizens. Bus passes may also be available for distribution for the current month; however bus distribution is not guaranteed and is dependent on supply. For more information, call the DAAS-PG office at (909) 948-6235.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) COUNSELING SERVICES

Friday, April 26 from 9:30 AM - 12:30 PM
 A HICAP Counselor will be available by appointment. Please call (909) 256-8369 to schedule an appointment.



LAST CHANCE! TAX PREP SERVICES

This year, there are two providers for free tax assistance! The deadline to file taxes is April 15. More details on each provider can be found below:

AARP TAX SERVICES Volunteers from AARP will be assisting with filing income taxes at the Montclair Senior Center **April 2** and **April 9** from **1 - 4 PM**. Assistance will be provided on a first come, first served basis. A sign-up sheet will be available as soon as the Senior Center opens at 8 AM on the day of each session. Sign-up must be made in person and you must be present at the time you are called. No advanced registration will be taken.

San Bernardino County Transitional Assistance Department (TAD) TAD Tax preparation services will be available by **APPOINTMENT ONLY** at the Montclair Senior Center from **8:30 to 11:30 a.m.** on **April 4**. To schedule an appointment, please call (909) 421-4091, (909) 421-4093, or (877) 410-8829.

ARTS & CRAFTS WORKSHOP

ARTS & CRAFTS WORKSHOP
Friday, April 12 at 1:00 PM

The Senior Center is hosting an Arts & Crafts Workshop. All skill levels are welcome! Space is limited, please sign up in person or call (909) 625-9483.



AFTERNOON AT THE MOVIES
Friday, April 19 at 1:00 PM

We're popping the popcorn for an Afternoon at the Movies at the Montclair Senior Center! Come and enjoy a free screening of **The Bucket List**. For more information and to RSVP, call (909) 625-9483.

BLANKET MAKING

(meets on the fourth Friday of the month)
Friday, April 26 at 1:00 PM

Join Soroptomist International, Montclair/Inland Valley to help support over 500 children in need per month by assisting in blanket making. Blankets made will be donated to the San Bernardino Assessment Center.

Scrapbooking Club

SCRAPBOOKING CLUB

(meets on the last Tuesday of the month)
Tuesday, April 30 at 9:00 AM

Please join us for a scrapbooking club led by Toni Arteaga! No craft skills needed, beginners are welcome. Supplies will be provided.



April 2024 Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>West End Counseling Presentation</p> <ul style="list-style-type: none"> 1:00 PM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>2</p> <p>Regional Council on Aging</p> <ul style="list-style-type: none"> 9:30 - 11:30 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>AARP Tax Services (first come, first serve)</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>3</p> <p>Cultivating Wellness</p> <ul style="list-style-type: none"> 9:30 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>4</p> <p>Free Income Tax Assistance (by appointment)</p> <ul style="list-style-type: none"> 8:30 - 11:30 AM <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>5</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM
<p>8</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>9</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Speakers Bureau</p> <ul style="list-style-type: none"> 1:00 PM <p>AARP Tax Services (first come, first serve)</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>10</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>11</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Legal Services (by appointment)</p> <ul style="list-style-type: none"> 10:00 AM - 12:00 PM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>12</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Arts & Crafts Workshop</p> <ul style="list-style-type: none"> 1:00 PM
<p>15</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>West End Family Counseling Activity</p> <ul style="list-style-type: none"> 1:00 PM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>16</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM 	<p>17</p> <p>Cultivating Wellness</p> <ul style="list-style-type: none"> 9:30 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>DAAS-PG</p> <ul style="list-style-type: none"> 10:00 AM - 12:00 PM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>18</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 - 10:00 AM <p>Food Distribution</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>19</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Afternoon Movie: The Bucket List</p> <ul style="list-style-type: none"> 1:00 PM 
<p>22</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>23</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM 	<p>24</p> <p>Senior Mobile Pantry Program by Feeding America</p> <ul style="list-style-type: none"> 9:00 - 11:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Senior Birthday Party! Theme: Viva Las Vegas in Montclair (RSVP required)</p> <ul style="list-style-type: none"> 10:30 AM - 12:30 PM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>25</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>26</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>HICAP services (by appointment)</p> <ul style="list-style-type: none"> 9:30 AM - 12:30 PM <p>Blanket Making</p> <ul style="list-style-type: none"> 1:00 PM 
<p>29</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>30</p> <p>Scrapbooking Club</p> <ul style="list-style-type: none"> 9:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM 	<p>All participants must have a registration card, signed code of conduct and waiver on file. Please see the front desk for more information.</p>		

BIRTHDAY PARTY!
RSVP REQUIRED



TRANSPORTATION SERVICES AND MORE!



Hours of operation: Mon-Fri, 9:00 AM - 3:00 PM
For information call 625-9452.

This transportation program provides free curb-to-curb service for senior citizens age 60 and older who are Montclair residents and do not drive. The service includes transportation to the Senior Center and general errands within Montclair city limits.

Service outside Montclair is limited to medical appointments only. Reservations must be made 48 hours in advance, Monday – Friday by calling (909) 625-9452. Transportation services are not guaranteed.

This program is made available through funding from the City of Montclair, San Bernardino County

Department of Aging and Adult Services - Public Guardian, and the San Bernardino County Economic Development Department.



OmniAccess & ADA Services | OmniAccess is a curb-to-curb ADA service complementing the fixed route bus system. To ride OmniAccess you must qualify for an OmniAccess Rider ID Card. Please visit the OmniAccess website at www.omnitrans.org/services/access-ada/ for OmniAccess ADA Certification forms or you may call (800) 966-6428 to request an ADA application package by mail.

VOLUNTEER AT THE SENIOR CENTER!

Volunteering is a great way to give back to your community, meet new people, or just have fun!

Jump start your volunteering with the following City Programs: 1) Senior Lunch, 2) Food Distribution, 3) Montclair Walkers Stretch Leaders or 4) the Montclair Meals on Wheels Organization as a Driver.

If you are interested in volunteering with City Senior Programs, please call the Senior Center at (909) 625-9483.

If you are interested in driving for Meals on Wheels please contact Sue Yoakum at (909) 986-5522.



SENIOR TRIPS & TOURS

ZION NATIONAL PARK

Monday, May 13 - Wednesday, May 15

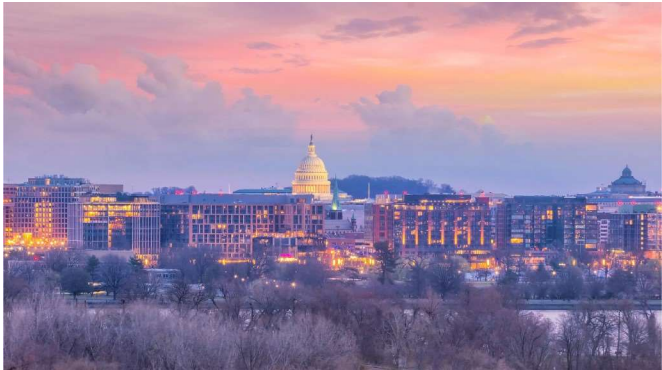
Share pp \$509.50

Single \$609.50

Now, here's one we haven't offered since 2019! Please join us as we repeat our visit to beautiful, picturesque ZION NATIONAL PARK, which will again include two nights lodging in Mesquite, Nevada (located just 70 miles north of Las Vegas) at the Casa Blanca Resort Hotel & Casino, \$12.00 per person daily breakfast voucher, a full day of extensive sightseeing in majestic Zion National Park, and even a stop in Las Vegas! **\$200.00 deposit confirms your reservation with balance due by April 9, 2024.**

DEPART: Montclair Police Department @ 8:20 AM

RETURN: 5-6:00 PM



WASHINGTON D.C.

Sunday, May 26 - Thursday, May 30

Share pp \$2629.00

Single \$3109.00

Come spend five incredible days in our nation's capital at Washington D.C.'s CAMBRIA HOTEL & SUITES (hot breakfast buffet daily, FREE Wi-Fi, beautiful appointments, just 1.25 miles from City Center). Our sightseeing highlights will include two fully-narrated City Tours of Washington, D.C. with local Step-on guide: the White House (outside only) and WH Visitor Center, U.S. Supreme Court, Library of Congress, U.S. Capitol, National Cathedral, National Mall (Washington, Lincoln, Jefferson monuments & memorials plus WWII/

Korea War Memorials and Vietnam Wall), National Archives, Union Station, Georgetown, Ford's Theatre visit, U.S. Department of Treasury, FBI/J. Edgar Hoover Building, Department of Justice, Arlington National Cemetery Tram Tour plus ample time for American History, Natural History, and Air & Space Museum Smithsonian Institutes. Airfare is included on this fully escorted tour! **\$800.00 deposit confirms your reservation.**

"ALL ABOARD AMTRAK"

Sunday, June 9 - Thursday, June 13

Share pp \$1119.00

Single \$1439.00

Our 5-day motorcoach tour includes three train rides! Daily breakfast at first two properties included! Highlights include 4 nights deluxe accommodations, **"All Aboard Amtrak"** from Glendale to Santa Barbara, visit to Fisherman's Wharf in Monterey (overnight), Roaring Camp Steam Train Ride in Felton, Sacramento (overnight) highlights: Old Town, Old Governor's Mansion, California Vietnam Memorial and State Capitol; then it's **"All Aboard Amtrak" California Zephyr** (featuring Dome Car and Dining Car) from Sacramento (over Donner Pass) to Truckee, followed by two nights in Reno and side trip to picturesque Lake Tahoe! Return home by way of scenic Hwy 395. **\$500.00 confirms your reservation with balance due May 2, 2024.**

DEPART: Montclair Police Department @ 5:10 AM

RETURN: 7-8:00 PM



Detailed trip flyers, descriptions, and payment information are available at the Senior Center. For more information please call (909) 599-9325. You can also visit www.traveltimetours.com