



# SENIOR NEWSLETTER | MAY 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

The Montclair Senior Center will be closed on Monday, May 27 in honor of Memorial Day.

# SENIOR Prom

## May 8 from 3:00 - 5:00 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 music and dancing, 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.

### WELCOME TO THE SENIOR CENTER!

#### In this issue...

Bingo Bash Flyer .....	2
Nutrition and Fitness .....	3
May Senior Lunch Menu .....	4
Special Presentations and Activities .....	5
May Activity Calendar .....	6
Transportation Information.....	7
Trips and Tours .....	8

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### MEMORIAL DAY CEREMONY

Monday, May 27 at 6:00 PM

Memorial Garden  
5111 Benito Street  
(located adjacent to City Hall)

Join us for Montclair's annual Memorial Day Ceremony, where we will be honoring the individuals who have plaques on our Veterans Memorial Wall. The event will feature patriotic songs, readings and refreshments.

This event is sponsored by the Montclair Community Activities Commission.

For more information please call (909) 625-9479.

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



You're Invited to Montclair Senior Citizen Club's & the Women's Club of Montclair's annual

# Bingo Bash

**Friday, May 3, 2024**  
**6:00 - 9:00 p.m.**

**Montclair Community Center**  
**5111 Benito Street, Montclair**

\*Meal included in ticket price (taco plate dinner); no outside food allowed

Doors open at 4:30 p.m.

18+ only; **limited seating**

Buy your pre-sale tickets at the Senior Center to reserve your seat and save \$5.

For more information call (909) 625-9483

*Proceeds benefit the*

*Trisha Martinez Scholarship Fund*

**Bingo prizes sponsored by:**

Montclair Mayor  
John Dutrey



Montclair Pro Tem  
Tenice Johnson



Director  
G. Michael Milhiser



Diane Wells

Director  
Manny Martinez



Montclair Council Member  
Corysa Martinez

Travel Time Tours  
serving Montclair since 1977

Montclair Council  
Member Bill Ruh

**\$20 buy-in pre-sale**  
 (available at the Senior Center; dinner included)\*

**\$25 buy-in at the door\***

**Includes ten games with a prize of \$100 each game.**

**\$5 more for an additional Bingo Blackout game with a prize of \$200**



No splitting packs  
 Additional 10 game pack \$5 each  
 Additional blackout special sheet \$3 each



## 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 4** for this month's menu.

Join us for these upcoming activities during senior lunch:

**MAY 6:** Cinco de Mayo Celebration

**MAY 29:** Senior Birthdays! Theme: *Fiesta!*

**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](mailto:alsuey@verizon.net) or (909) 986-5522.

## CITY OF MONTCLAIR FOOD DISTRIBUTION

**Thursday, May 16 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, May 22 from 9 - 11 AM**

Recreation Center Patio

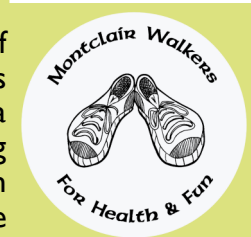
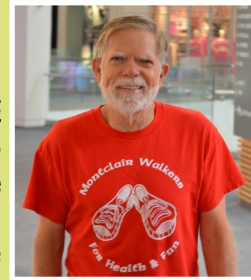
All ages welcome (one per household)

## 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 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.



# May 2024

## Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+: \$3.00</b></p> <p><b>GUESTS AGES 59 AND UNDER: \$6.00</b></p> <p><b>MENU IS SUBJECT TO CHANGE.</b></p> <p><b>"WW" -Whole Wheat Milk is provided daily</b></p>	<p><b>FOR MORE INFORMATION:</b></p> <p><b>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</b></p> <p><b>MONDAY-FRIDAY: 11:30 AM - 12:30 PM</b></p>	<p><b>1</b></p> <p><b>BBQ CHICKEN</b></p> <p>Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread</p>	<p><b>2</b></p> <p><b>CHILI BEANS</b></p> <p>w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</p>	<p><b>3</b></p> <p><b>BAKED ZITI</b></p> <p>Cooked Zucchini Green Salad Orange Slices WW Bread</p>
<p><b>6</b></p> <p><b>Cinco De Mayo Celebration</b></p> <p><b>CHICKEN SOFT TACO</b></p> <p>w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>	<p><b>7</b></p> <p><b>High Sodium Meal CHICKEN TERIYAKI</b></p> <p>Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread</p>	<p><b>8</b></p> <p><b>STUFFED PEPPER</b></p> <p>Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread</p>	<p><b>9</b></p> <p><b>ROAST TURKEY</b></p> <p>Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p><b>10</b></p> <p><b>TUNA SALAD</b></p> <p>Pasta Salad 3 Bean Salad Cantaloupe WW Bread</p>
<p><b>13</b></p> <p><b>CHICKEN FAJITAS</b></p> <p>Brown Rice Black Beans Fresh Pineapple WW Tortilla</p>	<p><b>14</b></p> <p><b>SWEDISH MEATBALLS</b></p> <p>On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p><b>15</b></p> <p><b>BAKED CHICKEN BREAST</b></p> <p>Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread</p>	<p><b>16</b></p> <p><b>MEAT LOAF</b></p> <p>Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice</p>	<p><b>17</b></p> <p><b>High Sodium Meal HAM &amp; SPINACH QUICHE</b></p> <p>Green Beans Coleslaw Orange Slices WW Bread</p>
<p><b>20</b></p> <p><b>SHEPHERDS PIE</b></p> <p>Loose Leaf Salad Seasonal Melon WW Bread</p>	<p><b>21</b></p> <p><b>High Sodium Meal BEEF SOFT TACO</b></p> <p>w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding</p>	<p><b>22</b></p> <p><b>OVEN BAKED CHICKEN</b></p> <p>Baked Potato Green Beans Romaine Salad Peaches WW Bread</p>	<p><b>23</b></p> <p><b>BBQ PULLED PORK SANDWICH</b></p> <p>w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices</p>	<p><b>24</b></p> <p><b>BAKED FISH</b></p> <p>Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice</p>
<p><b>27</b></p> <p><b>CLOSED</b></p> <p>★ ★ <i>Happy</i> ★ ★</p> <p><b>MEMORIAL DAY</b></p>	<p><b>28</b></p> <p><b>LASAGNA</b></p> <p>w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread</p>	<p><b>29</b></p> <p><b>Senior Birthday Party!</b></p> <p><b>High Sodium Meal CHICKEN ENCHILADA CASSEROLE</b></p> <p>Refried Beans Corn Orange Slices</p>	<p><b>30</b></p> <p><b>BAKED PORK CHOP</b></p> <p>Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread</p>	<p><b>31</b></p> <p><b>BBQ CHICKEN SANDWICH</b></p> <p>w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup</p>

**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

## CULTIVATING WELLNESS

**Wednesday, May 1 and May 15 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.

## WEST END FAMILY COUNSELING HEALTH AND WELLNESS

**Monday, May 6 at 1:00 PM**

- Presentation: *Depression, Anxiety, and Suicide Prevention*

**Monday, May 20 at 1:00 PM**

- Activity: *Britto Art Recreation*

## THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

**Tuesday, May 7 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.

## LEGAL SERVICES

(available on the second Thursday of the month)

**Thursday, May 9 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.

## SPEAKERS BUREAU

**Tuesday, May 14 at 1:00 PM**

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

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

(meets on the third Wednesday of the month)

**Wednesday, May 15 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.

## CITY OF HOPE PRESENTATION: CANCER 101

**Tuesday, May 21 beginning at 12:45 PM**

Cancer 101 Presentation: City of Hope Educators will present on the risks of cancer as all as the significance of cancer screening.

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) COUNSELING SERVICES

**Friday, May 24 from 9:30 AM - 12:30 PM**

A HICAP Counselor will be available by appointment. Please call (909) 256-8369 to schedule an appointment.



## AFTERNOON AT THE MOVIES

**Friday, May 17 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 **Fried Green Tomatoes**

For more information and to RSVP, call (909) 625-9483.

## MINDFUL LIVING IN A STRESSFUL WORLD PROGRAM

**Friday, May 10, May 17, and May 24 at 1:00 PM (ENGLISH)**

**Friday, May 31, June 7, and June 14 at 1:00 PM (SPANISH)**

Learn about what stress is, the types of stress, and common life stressors. Participate in a mindfulness activities and create a plan to modify common life stressors to reduce stress. This series will meet in the Senior Center and is presented by Inland Empire Health Plan (IEHP).

# ARTS & CRAFTS WORKSHOP

## ARTS & CRAFTS WORKSHOP

**Wednesday, May 22 at 9:00 AM**

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.

## BLANKET MAKING

(meets on the fourth Friday of the month)

**Friday, May 24 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, May 21 & May 28 at 9:00 AM**

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








## KARAOKE

**Tuesday, May 28 from 1:00 - 3:00 PM**

Sing your heart out and join us for some FREE Karaoke. RSVP is recommended, please sign up in person or by calling the Senior Center front desk at (909) 625-9483.



# May 2024 Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All participants must have a registration card, signed code of conduct and waiver on file. Please see the front desk for more information.</b></p>		<p><b>1</b> <i>Cultivating Wellness</i></p> <ul style="list-style-type: none"> <li>• 9:30 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Canasta</i></p> <ul style="list-style-type: none"> <li>• 12:45 - 4:30 PM</li> </ul> <p><i>Loteria</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 3:00 PM</li> </ul>	<p><b>2</b> <i>Low Impact Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Line Dancing</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 2:00 PM</li> </ul> <p><i>Bunco</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>3</b> <i>Arts &amp; Crafts Club (limited capacity, RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Bingo Bash</i></p> <ul style="list-style-type: none"> <li>• 6:00 - 9:00 PM</li> </ul>
<p><b>6</b> <i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Cinco de Mayo Celebration</i></p> <ul style="list-style-type: none"> <li>• 10:30 AM - 12:30 PM</li> </ul> <p><i>West End Counseling Presentation</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul> <p><i>Bingo</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>7</b> <i>Regional Council on Aging</i></p> <ul style="list-style-type: none"> <li>• 9:30 - 11:30 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> 	<p><b>8</b> <i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Senior Prom (RSVP by April 30)</i></p> <ul style="list-style-type: none"> <li>• 3:00 - 5:00 PM</li> </ul> 	<p><b>9</b> <i>Low Impact Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Legal Services (by appointment)</i></p> <ul style="list-style-type: none"> <li>• 10:00 AM - 12:00 PM</li> </ul> <p><i>Line Dancing</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 2:00 PM</li> </ul> <p><i>Bunco</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>10</b> <i>Arts &amp; Crafts Club (limited capacity, RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>IEHP Stress Management Series (English)</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul>
<p><b>13</b> <i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Bingo</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>14</b> <i>Exercise Class</i></p> <p>10:00 - 11:00 AM</p> <p><i>Speakers Bureau</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul>	<p><b>15</b> <i>Cultivating Wellness</i></p> <ul style="list-style-type: none"> <li>• 9:30 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>DAAS-PG</i></p> <ul style="list-style-type: none"> <li>• 10:00 AM - 12:00 PM</li> </ul> <p><i>Canasta</i></p> <ul style="list-style-type: none"> <li>• 12:45 - 4:30 PM</li> </ul> <p><i>Loteria</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 3:00 PM</li> </ul>	<p><b>16</b> <i>Low Impact Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Food Distribution</i></p> <ul style="list-style-type: none"> <li>• 9:30 - 10:30 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Line Dancing</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 2:00 PM</li> </ul> <p><i>Bunco</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul> 	<p><b>17</b> <i>Arts &amp; Crafts Club (limited capacity, RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Afternoon Movie: Fried Green Tomatoes</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul> <p><i>IEHP Stress Management Series (English)</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul>
<p><b>20</b> <i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>West End Family Counseling Activity</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul> <p><i>Bingo</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul> 	<p><b>21</b> <i>Scrapbooking Club</i></p> <ul style="list-style-type: none"> <li>• 9:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>City of Hope Presentation: Cancer 101</i></p> <ul style="list-style-type: none"> <li>• 12:45 PM</li> </ul>	<p><b>22</b> <i>Arts &amp; Crafts Workshop</i></p> <ul style="list-style-type: none"> <li>• 9:00 AM</li> </ul> <p><i>Senior Mobile Pantry Program by Feeding America</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 11:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Canasta</i></p> <ul style="list-style-type: none"> <li>• 12:45 - 4:30 PM</li> </ul> <p><i>Loteria</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 3:00 PM</li> </ul> 	<p><b>23</b> <i>Low Impact Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Line Dancing</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 2:00 PM</li> </ul> <p><i>Bunco</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>24</b> <i>Arts &amp; Crafts Club (limited capacity, RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>HICAP services (by appointment)</i></p> <ul style="list-style-type: none"> <li>• 9:30 AM - 12:30 PM</li> </ul> <p><i>Blanket Making</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul> <p><i>IEHP Stress Management Series (English)</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul>
<p><b>27</b> <b>SENIOR CENTER CLOSED</b></p> <p><i>Memorial Day Ceremony</i></p> <ul style="list-style-type: none"> <li>• 6:00 PM</li> </ul>	<p><b>28</b> <i>Scrapbooking Club</i></p> <ul style="list-style-type: none"> <li>• 9:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Karaoke</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 3:00 PM</li> </ul> 	<p><b>29</b> <i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Senior Birthday Party! Theme: Fiesta! (RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 10:30 AM - 12:30 PM</li> </ul> <p><i>Canasta</i></p> <ul style="list-style-type: none"> <li>• 12:45 - 4:30 PM</li> </ul> <p><i>Loteria</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 3:00 PM</li> </ul> 	<p><b>30</b> <i>Low Impact Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Exercise Class</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>Line Dancing</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 2:00 PM</li> </ul> <p><i>Bunco</i></p> <ul style="list-style-type: none"> <li>• 1:00 - 4:00 PM</li> </ul>	<p><b>31</b> <i>Arts &amp; Crafts Club (limited capacity, RSVP required)</i></p> <ul style="list-style-type: none"> <li>• 9:00 - 10:00 AM</li> </ul> <p><i>Montclair Walkers</i></p> <ul style="list-style-type: none"> <li>• 10:00 - 11:00 AM</li> </ul> <p><i>IEHP Stress Management Series (Spanish)</i></p> <ul style="list-style-type: none"> <li>• 1:00 PM</li> </ul>

**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/](http://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

## 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

## VIVA LAS VEGAS

**Sunday, July 28 – Tuesday, July 30**

**Share pp \$349.50**

**Single \$434.50**

Everyone loves our downtown stay, and why not? You will have an opportunity to “zip” down the Fremont Street experience (right at our hotel in the heart of casino center) via exciting downtown attractions: two different zip lines or perhaps visit the Mob Museum (National Museum of Organized Crime and Law Enforcement). It is all right downtown, and it's all Las Vegas! We will even include trips up and down the strip to see some of Las Vegas' numerous mega casinos, including City Center, the Cosmopolitan and many more still under construction. What a great getaway! **\$150.00 deposit confirms your reservation with balance due June 21, 2024.**

DEPART: Montclair Police Department @ 9:25 AM

RETURN: 5-6:00 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](http://www.traveltimetours.com)