

SENIOR NEWSLETTER | JUNE 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

Mon-Thu, 8:00AM-6:00PM; Fri, 9:00AM-5:00PM

(909) 625-9483

WELCOME OUR NEW RECREATION COORDINATOR, JOSEPH GONZALES!



Please welcome Joseph Gonzales as our Recreation Coordinator for the Montclair Senior Center! Joseph Gonzales has over ten years of experience working in parks and recreation. In his previous position, Joseph worked with older adults coordinating day trips, activities, and workshops. Joseph prides himself on a strong sense of creativity and a deep commitment to enhancing the quality of life for the community. He is excited to coordinate day trips for the Montclair Senior Center- be on the lookout for an announcement later this Summer! Joseph loves golf and the scenery that surrounds the environment of each course offering a different look while enjoying the aspect of competition and nature. Joseph is excited to join and serve the Montclair community. **Welcome Joseph!**

PAINT AND FUN with MEMO'S CANVAS Tuesday, June 18 at 2:00 PM

Join us for a free class of Paint and Fun with Memo's Canvas. Supplies and light refreshments will be provided. Limited capacity, RSVP required. Please RSVP in person or by calling the Senior Center front desk at (909) 625-9483.

WELCOME TO THE SENIOR CENTER!

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The Montclair Senior Citizen's Club Presents
SUMMER KICK-OFF DANCE
Thursday, June 6
from 2:30 PM - 4:30 PM

Join us at the Montclair Senior Center and celebrate the start of Summer, Western Style! Come dressed in your best Western gear.

COST: \$4 Club members, \$8 non-club members.
RSVP Required by June 3 or until capacity is reached.
 Payment is required at the time of RSVP, sign-up in person at the front desk.

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 for these upcoming activities during senior lunch:

June 26: Senior Birthdays! Theme: *Backyard BBQ*

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, June 20 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, June 26 from 9:00 AM - 11:00 AM

Recreation Center Patio

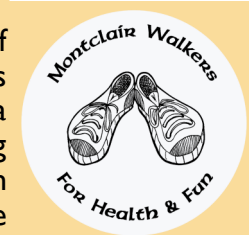
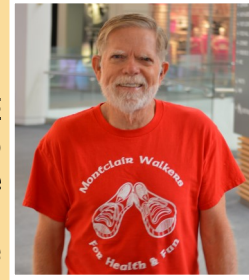
All ages welcome (one per household). First come, first served.

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.

Low Impact Exercise Class

Thursdays from 9:00 AM - 10:00 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. This class ends on June 27.

Registration required. Please call (909) 625-9483 to sign-up.



Senior Exercise Class

Tuesdays & Thursdays from 10:00 AM - 11:00 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.

June 2024

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>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</p>	<p>FOR MORE INFORMATION:</p> <p>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM</p>
<p>3 WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread</p>	<p>4 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla</p>	<p>5 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</p>	<p>6 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>7 BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice</p>
<p>10 HERB BAKED CHICKEN Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread</p>	<p>11 High Sodium Meal ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice</p>	<p>12 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread</p>	<p>13 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</p>	<p>14 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>
<p>17 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread</p>	<p>18 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread</p>	<p>19 STUFFED PEPPER Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread</p>	<p>20 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>21 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread</p>
<p>24 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla</p>	<p>25 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>26 Senior Birthdays! (RSVP required) BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread</p>	<p>27 MEAT LOAF Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice</p>	<p>28 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices WW Bread</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

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, June 3 at 1:00 PM

- Presentation: Elder Abuse Awareness and Prevention

Monday, June 17 at 1:00 PM

- Activity: 4th of July Festive Flags

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

Tuesday, June 4 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.

PACE OUTREACH SPECIALIST NEIGHBORHOOD HEALTHCARE

Tuesday, June 4 at 12:45 PM

Neighborhood Healthcare PACE is a nonprofit program of all-inclusive care for the elderly serving the Inland Empire. Come learn about the many services offered for seniors to stay independent.

CULTIVATING WELLNESS

Wednesday, June 5 and June 19 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 & ROUNDTABLE DISCUSSIONS

Tuesday, June 11 at 1:00 PM

Come and join the Regional Council on Aging for the Speakers Bureau and roundtable discussions, every second Tuesday monthly from 1-2 PM.

LEGAL SERVICES

Wednesday, June 12 from 10:00 AM - 12:00 PM

Appointments with Isabel from Inland Counties Legal Services will be available on by appointment only. 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, June 19 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: CLINICAL STUDIES

Tuesday, June 25 beginning at 12:45 PM

Clinical Studies Presentation: City of Hope Educators will present on how clinical studies are used for improving health outcomes and the different types of clinical studies one can participate in.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) COUNSELING SERVICES

Friday, June 28 from 9:30 AM - 12:30 PM

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

SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

ARTS & CRAFTS CLUB

(limited capacity, RSVP required)

Fridays from 9:00 AM - 10:00 AM

Class will meet on Fridays at the Montclair Senior Center. RSVP in person or by calling the Senior Center front desk at (909) 625-9483.

MINDFUL LIVING IN A STRESSFUL WORLD PROGRAM

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).

Scrapbooking Club

SCRAPBOOKING CLUB

Tuesday, June 11 and June 25 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.

ARTS & CRAFTS WORKSHOP

ARTS & CRAFTS WORKSHOP

Wednesday, June 12 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.



AFTERNOON AT THE MOVIES

Friday, June 21 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

My Big Fat Greek Wedding

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

KARAOKE

Tuesday, June 25 from 2:00 PM - 4:00 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.

BLANKET MAKING

(meets on the fourth Friday of the month)

Friday, June 28 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.

June 2024

Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
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All participants must have a registration card, signed code of conduct and waiver on file. Please see the front desk for more information.

<p style="text-align: center;">3</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 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 PM - 4:00 PM 	<p style="text-align: center;">4</p> <p>Regional Council on Aging</p> <ul style="list-style-type: none"> 9:30 AM - 11:30 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>PACE Presentation</p> <ul style="list-style-type: none"> 12:45 PM 	<p style="text-align: center;">5</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 AM - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 PM - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	<p style="text-align: center;">6</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Summer Kick-off Dance (Senior Citizens Club Event, RSVP required)</p> <ul style="list-style-type: none"> 2:30 PM - 4:30 PM 	<p style="text-align: center;">7</p> <p>Arts & Crafts Club (limited capacity, RSVP required)</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>IEHP Stress Management Series (Spanish)</p> <ul style="list-style-type: none"> 1:00 PM
<p style="text-align: center;">10</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	<p style="text-align: center;">11</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 AM - 11:00 AM <p>Speakers Bureau</p> <ul style="list-style-type: none"> 1:00 PM 	<p style="text-align: center;">12</p> <p>Arts & Crafts Workshop</p> <ul style="list-style-type: none"> 9:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Legal Services (by appointment)</p> <ul style="list-style-type: none"> 10:00 AM - 12:00 PM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 PM - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	<p style="text-align: center;">13</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 PM - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	<p style="text-align: center;">14</p> <p>Arts & Crafts Club (limited capacity, RSVP required)</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>IEHP Stress Management Series (Spanish)</p> <ul style="list-style-type: none"> 1:00 PM
<p style="text-align: center;">17</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 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 PM - 4:00 PM 	<p style="text-align: center;">18</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Paint and Fun with Memo's Canvas (RSVP Required)</p> <ul style="list-style-type: none"> 2:00 PM 	<p style="text-align: center;">19</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 AM - 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 PM - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	<p style="text-align: center;">20</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Food Distribution</p> <ul style="list-style-type: none"> 9:30 AM - 10:30 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 PM - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	<p style="text-align: center;">21</p> <p>Arts & Crafts Club (limited capacity, RSVP required)</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Afternoon Movie: My Big Fat Greek Wedding</p> <ul style="list-style-type: none"> 1:00 PM 
<p style="text-align: center;">24</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	<p style="text-align: center;">25</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 AM - 11:00 AM <p>City of Hope Presentation: Clinical Studies</p> <ul style="list-style-type: none"> 12:45 PM <p>Karaoke</p> <ul style="list-style-type: none"> 2:00 PM - 4:00 PM 	<p style="text-align: center;">26</p> <p>Senior Mobile Pantry Program by Feeding America</p> <ul style="list-style-type: none"> 9:00 AM - 11:00 AM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Senior Birthday Party! Theme: Backyard BBQ (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 PM - 4:30 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	<p style="text-align: center;">27</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Exercise Class</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 PM - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	<p style="text-align: center;">28</p> <p>Arts & Crafts Club (limited capacity, RSVP required)</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>HICAP services (by appointment)</p> <ul style="list-style-type: none"> 9:30 AM - 12:30 PM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Blanket Making</p> <ul style="list-style-type: none"> 1:00 PM 

**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.

HAPPY
Father's Day

SENIOR TRIPS & TOURS

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



SAN FRANCISCO

Sunday, August 25 – Wednesday, August 28

Share pp \$1,059.50

Single \$1,389.50

Join us on this lovely 4-day getaway and tour through some of the prettiest areas in northern California including San Francisco and Napa Valley. San Francisco highlights will include Fisherman's Wharf, Pier 39, Chinatown, Twin Peaks, Golden Gate Park and more. Unpack only once, 3 nights lodging (including hot breakfast buffet daily) will be in beautiful San Francisco! As part of our four-day tour, we will enjoy a delicious Napa Valley winery tour and luncheon, San Francisco narrated city, dinner in Chinatown, and a 90-minute

“escape from the rock” bay cruise. **\$500.00 deposit confirms your reservation with balance due July 17, 2024.**



MONTEREY/CARMEL VIA AMTRAK

Monday, September 9 – Wednesday, September 11

Share pp \$654.50

Single \$874.50

Travel the world-famous 17-mile scenic drive along Monterey Bay. Deluxe air-conditioned motorcoach transportation. “All aboard” Amtrak’s *Surfliner* from Glendale to Santa Barbara (one-way). 2 nights lodging at the Holiday Inn Express Monterey Bay/Seaside (breakfast included). Activities include a visit to Fisherman’s Wharf plus Carmel-by-the-Sea, Cannery Row in Monterey with admission to Monterey Bay Aquarium and James Dean Memorial & accident site on Highway 46 at Cholame.

\$300.00 deposit confirms your reservation with balance due August 2, 2024.



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