



SENIOR NEWSLETTER | AUGUST 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

CARNIVAL

Senior Birthday Party!

Wednesday, August 28

10:30 AM - 12:30 PM

Join us at the Montclair Community Center in honoring our August Birthdays! The theme will be: "Carnival Days".

Walk-ins are not guaranteed admission.

RSVP is required,

Please sign up in person or call
(909) 625-9483.

If you are not able to attend, please let us know 48 hours in advance so we can give your seat to someone else.

Food is ordered based on the number of RSVPs.

Not showing up for more than 2 birthday parties that you RSVP for will result in suspension of privileges to attend future birthday parties.

WELCOME TO THE SENIOR CENTER!

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Intergenerational Dance!

For more information about our annual dance check out **page 9!**



Montclair Senior Excursions are back!

The Getty Center & 3rd street promenade in September.

Check out **page 8** for more information!

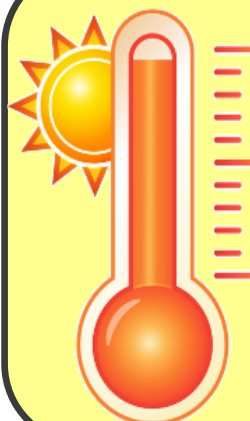
Ice Cream Socials



Tuesday, August 6 & 13 at 2:00 pm

Cool Down at the Senior Center with some ice cream! Partake in some delicious free ice cream and some socializing.

For more information and to RSVP, call the Senior Center at (909) 625-9483.



Cooling Centers

When temperatures are over 100 degrees on Sundays, the Montclair Senior Center is open to Montclair residents from **12 PM - 6 PM.**

The Montclair Branch Library serves as a cooling center Monday-Saturdays.

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:

August 28 : Senior Birthdays! Theme: "Carnival Days"

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, August 15 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 found on the City of Montclair website to determine if you qualify.

SENIOR MOBILE PANTRY PROGRAM

by Feeding America

Wednesday, August 28 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 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.



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 FREE 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

***Note: No class Thursday, August 1**

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 class ends on **August 29. Registration required.**

Senior Exercise Class

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

***Note: No class Thursday, August 1 and Tuesday, August 6**

Tuesday, August 6


This class is for seniors who are physically active.

Registration required.

Sponsored by West End Family Counseling.

August 2024

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM	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		1 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	2 TUNA SALAD Pasta Salad Beet & Onion Salad Cantaloupe WW Bread
5 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	6 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	7 BAKED CHICKEN BREAST Mashed Potatoes Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	8 MEAT LOAF Baked Potato Corn Romaine Salad Banana WW Bread Apple Juice	9 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices Bread Pudding WW Bread
12 SHEPHERDS PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread	13 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Pineapple WW Tortilla	14 OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread	15 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	16 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple Orange Juice WW Bread
NEW! 19 BEEF HAMBURGER w/WW Hamburger Bun Lettuce & Tomato Sweet Potato Fries Mixed Vegetables Apple Orange Juice	20 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices	21 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	22 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	23 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread
26 WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread	27 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	28 SENIOR BIRTHDAY! (RSVP Required) MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	29 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	30 BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice

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, August 5 at 1:00 PM

- Presentation: Declutter 101

Monday, August 19 at 1:00 PM

- Activity: Coastal Wood Slice Coasters

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

Tuesday, August 6 at 9:00 AM - 10:30 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, August 7 and August 14 at 9:30 AM

Learn about the benefits of gardening through hands-on activities.

Presented by Healthy Montclair. For more information call (909) 625-9485.

LEGAL SERVICES

Thursday, August 8 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.

SPEAKERS BUREAU & ROUNDTABLE DISCUSSIONS

(meets on the second Tuesday of the month)

Tuesday, August 13 at 1:00 PM - 2:00 PM

Come and join our discussion, lets talk. We will talk about your issues and concerns every second Tuesday. Questions: Call Gwen at (909) 981- 6504 or gwen@cosmach.net.

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

(meets on the third Wednesday of the month)

Wednesday, August 21 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, August 30 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 WORKSHOP

Friday, August 9 at 9:30 AM

At this interactive workshop, participants will complete a project as taught by Recreation Staff! All skill levels are welcome! Space is limited, please sign up in person or call (909) 625-9483.



JOIN US AFTERNOON AT THE MOVIES



All movies begin at 1:00 pm on the following dates:

Friday, August 9: National Treasure

Friday, August 16: Jurassic Park

Friday, August 23: Twister

We're popping the popcorn for an Afternoon at the Movies at the Montclair Senior Center!

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

Scrapbooking Club

Tuesday, August 13 and August 27 at 9:00 AM

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

PAINT AND FUN WITH MEMO'S CANVAS

Tuesday, August 20 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.



BLANKET MAKING

(meets on the fourth Friday of the month)

Friday, August 23 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.



KAROE




Tuesday, August 27 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.

August 2024

Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All participants <u>must</u> have a registration card, signed code of conduct and waiver on file.</p> <p>Please see the front desk for more information.</p>			<p>1</p> <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><i>*Exercise Class and Low Impact Exercise Class is cancelled on 8/1</i></p>	<p>2</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM
<p>5</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>West End Counseling Presentation</p> <ul style="list-style-type: none"> 1:00 PM 	<p>6</p> <p>Regional Council on Aging</p> <ul style="list-style-type: none"> 9:00 AM - 10:30 AM <p>Ice Cream Social</p> <ul style="list-style-type: none"> 2:00 PM <p>Movie in the Park: Top Gun</p> <ul style="list-style-type: none"> 7:45 PM <p><i>*Exercise Class is cancelled on 8/6</i></p>	<p>7</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>8</p> <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Excursion: Morongo Casino</p> <ul style="list-style-type: none"> 8:30 AM - 5:30 PM <p>Exercise Class</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>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>9</p> <p>Arts & Crafts Workshop</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>Afternoon Movie: National Treasure</p> <ul style="list-style-type: none"> 1:00 PM 
<p>12</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>13</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>Ice Cream Social</p> <ul style="list-style-type: none"> 2:00 PM 	<p>14</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>15</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>16</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Afternoon Movie: Jurassic Park</p> <ul style="list-style-type: none"> 1:00 PM
<p>19</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>West End Counseling Activity</p> <ul style="list-style-type: none"> 1:00 PM 	<p>20</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>21</p> <p>Senior Mobile Pantry Program by Feeding America</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>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>22</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>23</p> <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 <p>Afternoon Movie: Twister</p> <ul style="list-style-type: none"> 1:00 PM
<p>26</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>27</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>Karaoke</p> <ul style="list-style-type: none"> 2:00 PM - 4:00 PM 	<p>28</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Senior Birthday Party! Theme: Carnival Days (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>29</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>30</p> <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

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.

June Birthday Celebration!



On Wednesday, June 26, 2024 the Senior Center celebrated program participants whose birthday was in June with a *Back Yard BBQ!* Would you like us to celebrate you? Join us!

SENIOR TRIPS & TOURS

ZION NATIONAL PARK

Monday, September 16 – Wednesday, September 18 Visit the beautiful picturesque Zion National Park, located just 70 miles north of Las Vegas in Mesquite Nevada, this trip include two nights lodging in Mesquite at Casa Blanca Resort Hotel & Casino. A \$12 dollar per person voucher for breakfast daily. A full day of extensive sightseeing in majestic Zion National Park, which will also includes a stop in Las Vegas.

Share pp \$509.50

Single \$609.50

\$300.00 deposit confirms your reservation with balance due August 9, 2024.



SEDONA VERDE CANYON TRAIN (PLUS LAUGHLIN)

Friday, October 11 – Monday, October 14

Share pp \$759.50

Single \$904.50

This tour combines the best of Arizona's Verde Valley and Verde Canyon with additional breath taking Canyon's Arizona has to offer. Along with two nights in Camp Verde at the Comfort Inn (breakfast included) plus an overnight stay in Laughlin, Nevada at the Riverside Hotel & Casino! Highlights include 1st Class 4-hour historic train ride Fort Verde Days stops at: Montezuma Castle National Monument, Montezuma Well and picturesque Sedona.

\$350.00 confirms your reservation with balance due by September 6, 2024.

THANKSGIVING IN LAUGHLIN

Wednesday, November 27 - Friday, November 29

Share pp \$359.50

Single \$434.50

Come enjoy three days of fun at the city everyone is talking about Laughlin, Nevada where the casino action and excitement are non-stop! Located in Southern Nevada, on the banks of the Colorado River. You will be staying in the Riverside Hotel & Casino and a Thanksgiving buffet will be included in your stay. Traveling by deluxe air-conditioned motor coach, we will arrive by early afternoon at one of Laughlin's most popular hotels & casinos, the Riverside Resort.

\$150.00 confirms your reservation with balance due by October 22, 2024.



HEARST CASTLE AT CHRISTMAS

Sunday, December 1 - Monday, December 2

Share pp \$389.50

Single \$479.50

Join an unforgettable journey ending 2024 right! Experience the magic featuring a delightful stop in Solvang, adorned in holiday splendor. Our oceanfront retreat at the luxurious Cavalier Oceanfront Resort in San Simeon promises to be the highlight of your tour. As night falls, immerse yourself in a festive "step back in time" with our exclusive Hearst Castle Tour, showcasing the castle decked out in holiday finery.

\$150.00 confirms your reservation with balance due by October 28, 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

MONTCLAIR SENIOR CENTER EXCURSIONS

THE GETTY CENTER & 3RD STREET PROMENADE



Enjoy a Day Away! A museum with something for everyone: art, modern design, unique gardens, and spectacular city views. Walk your way through centuries of art, starting with medieval paintings and sculptures in the North Pavilion, ending with Impressionist favorites and photography exhibitions in the West. After experiencing some very tasteful art, we will head over to the 3rd Street Promenade for some shopping and dining.

Thursday, September 12, 2024

8:30 a.m. – 5:30 p.m.

Fee: \$45 (*Lunch Not Included*)

Please make checks payable to: Montclair Senior Citizens

Activity Code: A

Registration begins August 1, 2024 at the Senior Center

Last Day to Register is September 5, 2024 or
when capacity is reached

All participants must have a signed code of conduct and registration on file

Activity Codes:

A = Active (Trip Includes walking and stair climbing)

E = Easy (Trip enjoyed by all)

M = Moderate (Trip includes walking and stair climbing but has rest)

For further information, please visit the Montclair Senior Center or call (909) 625-9483

All trips depart from the Montclair Police department parking lot located at 4870 Arrow Hwy., Montclair, CA 91763
(Corner of Arrow Hwy. & Monte Vista Ave). *Refunds* are not issued unless your space is resold or trip is cancelled.



INTERGENERATIONAL DANCE!



Join us for the coolest and most hip dance of the year! Our annual
Intergenerational Disco Dance:

Thursday, September 5, 2024 at 4:00 PM to 6:00 PM

Community Center

Come dressed in your best 70's attire!

Desserts and refreshments will be served for your enjoyment.

Youth registered with the Youth Center may attend or youth ages 5 and up may attend if they are accompanied by a Senior registered with the Senior Center. Adults ages 50 and over, registered with the Senior Center may attend.

RSVP Required by August 27 or until capacity is reached.

Please sign-up at the Front Desk.

CITY OF MONTCLAIR POLICE DEPARTMENT
PROUDLY CELEBRATING



NATIONAL NIGHT OUT

Meet Montclair Police Officers and Firefighters, get safety tips, see equipment, and pick up promotional giveaways.

- ✓ Free photobooth & face painting!
- ✓ Food & sweet treats will be available for purchase

**TUESDAY
AUGUST 6**

6:30 - 10 PM

**Alma Hofman Park
5201 Benito Street**

**Movie "Maverick"
starts at 8:15 PM**

The American Red Cross will be hosting a blood drive next door at the Senior Center 2 PM - 8 PM



**American
Red Cross**

To sign up visit www.redcrossblood.org/give and enter sponsor code "MontclairPD" or call 1-800-Red-Cross.

National Night Out is sponsored by the City of Montclair and hosted by the Montclair Police Department