



# SENIOR NEWSLETTER | JULY 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

**ATTENTION: The Montclair Senior Center will be closed Thursday, July 4 in honor of Independence Day. The Senior Center will be open only for senior lunch on Friday, July 5, 2024.**



## Senior Birthday Party!

**Wednesday, July 31  
10:30 am - 12:30 pm**

Join us at the Montclair Community Center in honoring our July Birthdays! The theme will be: "Day at the Beach".

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.*

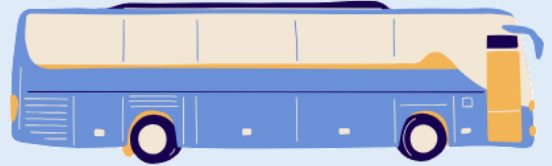
## Ice Cream Socials



**Tuesday, July 2 & 23 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.



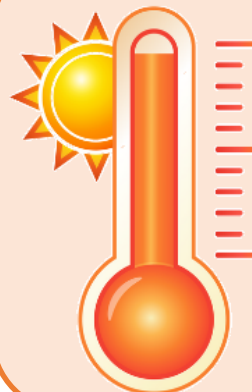
## Montclair Excursions are back!

Morongo Casino in August & Aquarium of the Pacific in September. Check out **page 8** for more information!

## WELCOME TO THE SENIOR CENTER!

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## 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:

**July 31** : Senior Birthdays! Theme: "Day at the Beach"

**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, July 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 found on the City of Montclair website to determine if you qualify.

## SENIOR MOBILE PANTRY PROGRAM

by Feeding America

**Wednesday, July 24 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**

**Montclair Walkers will not meet on Friday, July 5, 2024 due to the Independence Day Holiday.**

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.

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 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**

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 July 25. **Registration required.**

### Senior Exercise Class

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

This class is for seniors who are physically active.

**Registration required.**



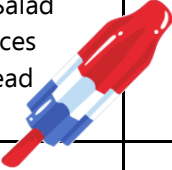


Sponsored by West End Family Counseling.



# July 2024



## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Seasonal Melon WW Bread 	<b>2</b> <b>High Sodium Meal</b> <b>BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	<b>3</b> <b>OVEN BAKED CHICKEN</b> Baked Potato Green Beans Romaine Salad Peaches WW Bread	<b>4</b> <b>Closed</b> 	<b>5</b> <b>BAKED FISH</b> Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
<b>8</b> <b>SLOPPY JOE</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	<b>9</b> <b>High Sodium Meal</b> <b>CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>10</b> <b>LASAGNA w/WW PASTA</b> Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	<b>11</b> <b>BAKED PORK CHOP</b> Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	<b>12</b> <b>BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup
<b>15</b> <b>WW SPAGHETTI &amp; MEAT SAUCE</b> Peas and Carrots Loose Leaf Salad Orange Slices French Bread 	<b>16</b> <b>PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	<b>17</b> <b>MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>18</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup 	<b>19</b> <b>BAKED FISH</b> Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
<b>22</b> <b>HERB BAKED CHICKEN</b> Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	<b>23</b> <b>High Sodium Meal</b> <b>ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	<b>24</b> <b>STUFFED PEPPER</b> Baked Potato Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	<b>25</b> <b>CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>26</b> <b>CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>29</b> <b>BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread 	<b>30</b> <b>High Sodium Meal</b> <b>CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	<b>31</b> <b>Senior Birthdays! (RSVP Required)</b> <b>BBQ CHICKEN</b> Potato Salad Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	<b>FOR MORE INFORMATION:</b> <b>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</b> <b>MONDAY-FRIDAY: 11:30 AM - 12:30 PM</b>	<b>SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+ \$3.00</b> <b>GUESTS AGES 59 AND UNDER: \$6.00</b> <b>MENU IS SUBJECT TO CHANGE .</b> <b>"WW" -Whole Wheat Milk is provided daily</b>

**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, July 1 at 1:00 PM**

- Presentation: *Conflict Resolution*

**Monday, July 15 at 1:00 PM**

- Activity: *Cactus Painted Rocks*

## THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

**Tuesday, July 2 at 9:30 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!

## SPEAKERS BUREAU & ROUNDTABLE DISCUSSIONS

(meets on the second Tuesday of the month)

**Tuesday, July 9 at 1:00 PM - 2:00 PM**

Come and join the Regional Council on Aging for the Speakers Bureau and roundtable discussions

## CULTIVATING WELLNESS

**Wednesday, July 3 and July 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.

## LEGAL SERVICES

**Thursday, July 11 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, July 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.

## ALZHEIMER'S ASSOCIATION: HEALTHY LIVING FOR YOUR BRAIN

**Tuesday, July 23 beginning at 12:45 PM**

Healthy Living for Your Brain: Alzheimer's Association will present tips from the latest research on the brain.

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

**Friday, July 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.

# SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

## ARTS & CRAFTS WORKSHOP

**Tuesday, July 9 at 2:00 PM**

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

starting at 1:00 pm

**Friday, July 12: *Beaches***

**Friday, July 19: *Jaws***

**Friday, July 26: *Weekend at Bernie's***

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, July 23 and July 30 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

**Thursday, July 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.



## BLANKET MAKING

(meets on the fourth Friday of the month)

**Friday, July 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.



## KAROKE



**Tuesday, July 30 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.



# July 2024

## Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Bingo</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul> <p><b>West End Counseling Presentation</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul>	<p><b>2</b></p> <p><b>Regional Council on Aging</b></p> <ul style="list-style-type: none"> <li>9:30 AM - 10:30 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Ice Cream Social</b></p> <ul style="list-style-type: none"> <li>2:00 PM</li> </ul> <p><b>Concert in the Park: Queen of Hearts</b></p> <ul style="list-style-type: none"> <li>7:00 PM</li> </ul>	<p><b>3</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Cultivating Wellness</b></p> <ul style="list-style-type: none"> <li>9:30 AM</li> </ul> <p><b>Canasta</b></p> <ul style="list-style-type: none"> <li>12:45 PM - 4:30 PM</li> </ul> <p><b>Loteria</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 3:00 PM</li> </ul>	<p><b>4</b></p> <p><b>CLOSED FOR THE HOLIDAY</b></p> <p><i>HAPPY Independence DAY</i></p>	<p><b>5</b></p> <p><b>ATTENTION: THE SENIOR CENTER WILL BE OPEN ONLY FOR SENIOR LUNCH ON FRIDAY, JULY 5</b></p>
<p><b>8</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Bingo</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul> 	<p><b>9</b></p> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Speakers Bureau</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> <p><b>Arts &amp; Crafts Workshop</b></p> <ul style="list-style-type: none"> <li>2:00 PM</li> </ul> <p><b>Movie in the Park: Migration</b></p> <ul style="list-style-type: none"> <li>8:00 PM</li> </ul>	<p><b>10</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Canasta</b></p> <ul style="list-style-type: none"> <li>12:45 PM - 4:30 PM</li> </ul> <p><b>Loteria</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 3:00 PM</li> </ul> 	<p><b>11</b></p> <p><b>Low Impact Exercise Class</b></p> <ul style="list-style-type: none"> <li>9:00 AM - 10:00 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Legal Services (by appointment)</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 12:00 PM</li> </ul> <p><b>Line Dancing</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 2:00 PM</li> </ul> <p><b>Bunco</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul>	<p><b>12</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Afternoon Movie: Beaches</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> 
<p><b>15</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>West End Counseling Activity</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> <p><b>Bingo</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul>	<p><b>16</b></p> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Concert in the Park: Miriam Nablina</b></p> <ul style="list-style-type: none"> <li>7:00 PM</li> </ul> 	<p><b>17</b></p> <p><b>Cultivating Wellness</b></p> <ul style="list-style-type: none"> <li>9:30 AM</li> </ul> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>DASS-PG</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 12:00 PM</li> </ul> <p><b>Canasta</b></p> <ul style="list-style-type: none"> <li>12:45 PM - 4:30 PM</li> </ul> <p><b>Loteria</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 3:00 PM</li> </ul>	<p><b>18</b></p> <p><b>Low Impact Exercise Class</b></p> <ul style="list-style-type: none"> <li>9:00 AM - 10:00 AM</li> </ul> <p><b>Food Distribution</b></p> <ul style="list-style-type: none"> <li>9:30 AM - 10:30 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Line Dancing</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 2:00 PM</li> </ul> <p><b>Bunco</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul> <p><b>Paint and Fun with Memo's Canvas (RSVP Required)</b></p> <ul style="list-style-type: none"> <li>2:00 PM</li> </ul> 	<p><b>19</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Afternoon Movie: Jaws</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> 
<p><b>22</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Bingo</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul>	<p><b>23</b></p> <p><b>Scrapbooking Club</b></p> <ul style="list-style-type: none"> <li>9:00 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Alzheimer's Association Presentation: Healthy Living for Your Brain</b></p> <ul style="list-style-type: none"> <li>12:45 PM</li> </ul> <p><b>Ice Cream Social</b></p> <ul style="list-style-type: none"> <li>2:00 PM</li> </ul> <p><b>Concert in the Park: Cold Duck</b></p> <ul style="list-style-type: none"> <li>7:00 PM</li> </ul> 	<p><b>24</b></p> <p><b>Senior Mobile Pantry Program by Feeding America</b></p> <ul style="list-style-type: none"> <li>9:00 AM</li> </ul> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Canasta</b></p> <ul style="list-style-type: none"> <li>12:45 PM - 4:30 PM</li> </ul> <p><b>Loteria</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 3:00 PM</li> </ul> 	<p><b>25</b></p> <p><b>Low Impact Exercise Class</b></p> <ul style="list-style-type: none"> <li>9:00 AM - 10:00 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Line Dancing</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 2:00 PM</li> </ul> <p><b>Bunco</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul> 	<p><b>26</b></p> <p><b>HICAP Services (By Appointment)</b></p> <ul style="list-style-type: none"> <li>9:30 AM - 12:30 PM</li> </ul> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Blanket Making</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> <p><b>Afternoon Movie: Weekend at Bernie's</b></p> <ul style="list-style-type: none"> <li>1:00 PM</li> </ul> 
<p><b>29</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Bingo</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 4:00 PM</li> </ul>	<p><b>30</b></p> <p><b>Scrapbooking Club</b></p> <ul style="list-style-type: none"> <li>9:00 AM</li> </ul> <p><b>Exercise Class</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Karaoke</b></p> <ul style="list-style-type: none"> <li>2:00 PM - 4:00 PM</li> </ul> <p><b>Concert in the Park: Mariachi Coachella</b></p> <ul style="list-style-type: none"> <li>7:00 PM</li> </ul> 	<p><b>31</b></p> <p><b>Montclair Walkers</b></p> <ul style="list-style-type: none"> <li>10:00 AM - 11:00 AM</li> </ul> <p><b>Senior Birthday Party! Theme: Day at the Beach (RSVP Required)</b></p> <ul style="list-style-type: none"> <li>10:30 AM - 12:30 PM</li> </ul> <p><b>Canasta</b></p> <ul style="list-style-type: none"> <li>12:45 PM - 4:30 PM</li> </ul> <p><b>Loteria</b></p> <ul style="list-style-type: none"> <li>1:00 PM - 3:00 PM</li> </ul>	<p><b>BIRTHDAY PARTY! RSVP REQUIRED</b></p> 	
<p><i>All participants <u>must</u> have a registration card, signed code of conduct and waiver on file. Please see the front desk for more information.</i></p>				

# 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.



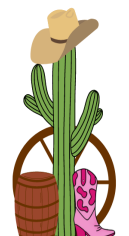
### May Birthday Celebration!

On May 29, 2024 the Senior Center celebrated program participants whose birthday was in May! Would you like us to celebrate you? Join us!



### Summer Kick-Off Dance!

On June 6, 2024 we celebrated the start of Summer with a Western style dance.





# SENIOR TRIPS & TOURS

## 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 motor coach 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.**



## 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 breathe 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 *1<sup>st</sup> 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.**

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)



The moment you've all been waiting for...  
**MONTCLAIR SENIOR EXCURSIONS ARE BACK!!**

# MORONGO CASINO

Join us on a trip to California's largest Casino, Morongo Casino, Resort, and Spa!  
**New players are eligible to receive \$10 in play credit at the Morongo Rewards Counter** Across 150,000 square feet of slots and table games, you're sure to find your favorite game! Enjoy lunch at one of many choices Morongo has to offer, such as Wahlburgers and Sunset Bar & Grill.



**Thursday, August 8, 2024**  
**8:30 a.m. – 5:30 p.m.**  
**Fee: \$45 (Lunch Not Included)**



\*Please make checks payable to: Montclair Senior Citizens\*

**Activity Code: E**

Registration begins July 1, 2024 at the Senior Center  
 Last Day to Register is August 1, 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.



Montclair's 63<sup>rd</sup> ANNUAL

Summer

# CONCERT AND MOVIE SERIES

Alma Hofman Park, 5201 Benito Street, Montclair

**FREE  
FAMILY  
SHOWS**

**FREE  
KIDS  
ACTIVITIES**



RATED PG

**JUNE 18 • 8 PM**

**CHICO  
BAND**

*(Latin)*



**JUNE 25 • 7 PM**

**QUEEN OF  
HEARTS**

*(Country)*



**JULY 2 • 7 PM**



RATED PG

**JULY 9 • 8 PM**

**MIRIAM  
NEBLINA**

*(Latin)*



**VENDOR  
FAIR**

**JULY 16 • 7 PM**

**COLD  
DUCK**

*(Old School)*



**JULY 23 • 7 PM**

**MARIACHI  
COACHELLA**

*(Mariachi)*



**JULY 30 • 7 PM**



RATED PG-13

**AUGUST 6 • 7:45 PM**

Bring the family and lawn chairs to enjoy an evening in the park.

Food Trucks will be selling your favorite foods and snacks.



**AUGUST 6 - National Night Out** is presented by Montclair Police Department and will feature public safety exhibits and the opportunity to meet our local emergency personnel, as well as a screening of Top Gun: Maverick.