



SENIOR NEWSLETTER | SEPTEMBER 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

The Montclair Senior Center will be closed on Monday, September 2, 2024 in observance of Labor Day.

Intergenerational Dance!

Join us for the coolest and most hip dance of the year! Our annual Intergenerational Disco Dance is Thursday, September 5, 2024 from 4:00 PM to 6:00 PM at the Community Center. Come dressed in your best 70's attire! 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 September 3 or until capacity is reached.

Sports Theme Fridays!

Plan on visiting us on a Friday in September? Bring a friend and enjoy some lunch and wear your favorite sports attire!



WELCOME TO THE SENIOR CENTER!

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Senior Birthday Party! Wednesday, September 25 10:30 AM - 12:30 PM

Join us at the Montclair Community Center in honoring our September Birthdays! The theme will be: "Super Hero". Represent your favorite team! 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.



Tai Chi



**Every Tuesday from 9:00 AM - 10:00 AM
Beginning September 10
Montclair Senior Center**

Tai Chi is a type of physical activity that helps with arthritis and fall prevention. Tai Chi is associated with many benefits, such as:
posture improvement, increased flexibility and helps reduce stress.

This FREE program will be led by a certified instructor from the County of San Bernardino for 8 weeks.

RSVP is required, space is limited.

For more information please call 909-625-9483.

JOIN US

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:

September 25: Senior Birthdays! Theme: "Super Hero"

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, September 19 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, September 25 from 9 AM-11 AM

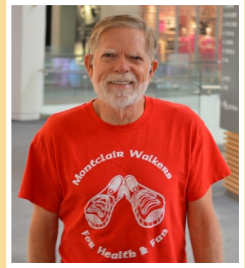
Recreation Center Patio All ages welcome (one per household). First come, first served.

MONTCLAIR WALKERS

Monday, Wednesday, Friday from 10 AM - 11 AM

***Note: Montclair Walkers will be cancelled on 9/2**

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 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 class ends on **September 26.**

Registration required.

Senior Exercise Class

Tuesdays & Thursdays from 10 AM - 11 AM





This class is for seniors who are physically active.

Registration required.

Sponsored by West End Family Counseling.

September 2024

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 ROAST PORK w/ WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	 4 CHICKEN ALFREDO w/ WW Fettuccine Cooked Zucchini Romaine Salad Seasonal Melon WW Bread	5 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	6 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
9 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread	10 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	11 STUFFED PEPPERS Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	12 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	13 TUNA SALAD Pasta Salad Beet & Onion Salad Cantaloupe WW Bread
16 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	17 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	18 BAKED CHICKEN BREAST Mashed Potatoes Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	19 MEAT LOAF Baked Potato Corn Romaine Salad Banana WW Bread Apple Juice	 20 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices Bread Pudding WW Bread
23 SHEPHERD'S PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread	24 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Pineapple WW Tortilla	25 SENIOR BIRTHDAY! (RSVP Required) OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread	26 BBQ PULLED PORK SANDWICH w/ WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	27 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
30 BEEF HAMBURGER w/WW Hamburger Bun Lettuce & Tomato Sweet Potato Fries Mixed Vegetables Apple Orange Juice				SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+ \$3.00 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE . "WW" -Whole Wheat Milk is provided daily

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

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

Tuesday, September 3 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!

SPEAKERS BUREAU & ROUNDTABLE DISCUSSIONS

(meets on the second Tuesday of the month)

Tuesday, September 10 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

CULTIVATING WELLNESS

Wednesday, September 11 and September 25 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, September 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.

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, September 16 at 1:00 PM

- Activity: No-Sew Blankets

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

(meets on the third Wednesday of the month)

Wednesday, September 18 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: DEMENTIA CONVERSATIONS

Tuesday, September 24 beginning at 12:45 PM

Dementia Conversations: Alzheimer's Association will present tips from the latest driving, doctor visits, legal & financial planning.

CITY OF HOPE PRESENTATION: BREAST CANCER

Wednesday, September 25 beginning at 12:45 PM

Breast Cancer Presentation: focused on the latest advancements in breast cancer research, treatment, and support. This session will cover essential topics such as early detection methods, innovative therapies, and resources available for patients and their families.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) COUNSELING SERVICES

Friday, September 27 from 9:30 AM - 12:30 PM

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

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SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

ARTS & CRAFTS WORKSHOP

Friday, September 6 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.

Scrapbooking Club

Tuesday, September 10 and September 17 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.

Please bring pictures for your page.

Healthy Living (Weight Management)

Presented by IEHP

Friday, September: 13, 20, and 27 at 1:00 PM

These classes will give tools and education on what members can do to be successful. Weight control involves eating habits, exercise, mental health, sleep, and other life choices to keep bodies at a healthy weight.

This series will meet in the Senior Center and is presented by Inland Empire Health Plan (IEHP).

KARAOKE

Tuesday, September 17 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.



JOIN US AFTERNOON AT THE MOVIES



Friday, September 20 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

Spider-Man: Homecoming

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



BLANKET MAKING

(meets on the fourth Friday of the month)

Friday, September 27 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.



September 2024

Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED 	3 Regional Council on Aging <ul style="list-style-type: none"> 9:00 AM - 10:30 AM Exercise Class 10:00 AM - 11:00 AM 	4 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Canasta <ul style="list-style-type: none"> 12:45 PM - 4:30 PM Loteria <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	5 Low Impact Exercise Class <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Line Dancing <ul style="list-style-type: none"> 1:00 PM - 2:00 PM Bunco <ul style="list-style-type: none"> 1:00 PM - 4:00 PM Intergenerational Dance! <ul style="list-style-type: none"> 4:00 PM - 6:00 PM 	6 Arts & Crafts Workshop <ul style="list-style-type: none"> 9:30 AM Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM
9 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Bingo <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	10 Scrapbooking Club <ul style="list-style-type: none"> 9:00 AM Tai Chi <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Speakers Bureau <ul style="list-style-type: none"> 1:00 PM 	11 Cultivating Wellness <ul style="list-style-type: none"> 9:30 AM Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Canasta <ul style="list-style-type: none"> 12:45 PM - 4:30 PM Loteria <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	12 Excursion: The Getty Center <ul style="list-style-type: none"> 8:30 AM - 5:30 PM Low Impact Exercise Class <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Legal Services (by appointment) <ul style="list-style-type: none"> 10:00 AM - 12:00 PM Line Dancing <ul style="list-style-type: none"> 1:00 PM - 2:00 PM Bunco <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	13 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM IEHP Healthy Living (Weight Management) <ul style="list-style-type: none"> 1:00 PM
16 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Bingo <ul style="list-style-type: none"> 1:00 PM - 4:00 PM West End Counseling Activity <ul style="list-style-type: none"> 1:00 PM 	17 Scrapbooking Club <ul style="list-style-type: none"> 9:00 AM Tai Chi <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Karaoke <ul style="list-style-type: none"> 2:00 PM - 4:00 PM 	18 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM DAAS-PG <ul style="list-style-type: none"> 10:00 AM - 12:00 PM Canasta <ul style="list-style-type: none"> 12:45 PM - 4:30 PM Loteria <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	19 Low Impact Exercise Class <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Food Distribution <ul style="list-style-type: none"> 9:30 AM - 10:30 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Line Dancing <ul style="list-style-type: none"> 1:00 PM - 2:00 PM Bunco <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	20 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Afternoon Movie: Spider-Man: Homecoming <ul style="list-style-type: none"> 1:00 PM IEHP Healthy Living (Weight Management) <ul style="list-style-type: none"> 1:00 PM 
23 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Bingo <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	24 Tai Chi <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Alzheimer's Association: Dementia Conversations <ul style="list-style-type: none"> 12:45 PM 	25 Senior Mobile Pantry Program by Feeding America <ul style="list-style-type: none"> 9:00 AM Cultivating Wellness <ul style="list-style-type: none"> 9:30 AM Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Senior Birthday Party! Theme: Super Heroes! (RSVP Required) <ul style="list-style-type: none"> 10:30 AM - 12:30 PM City of Hope Breast Cancer Presentation <ul style="list-style-type: none"> 12:45 PM Canasta <ul style="list-style-type: none"> 12:45 PM - 4:30 PM Loteria <ul style="list-style-type: none"> 1:00 PM - 3:00 PM 	26 Low Impact Exercise Class (LAST CLASS) <ul style="list-style-type: none"> 9:00 AM - 10:00 AM Exercise Class <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Line Dancing <ul style="list-style-type: none"> 1:00 PM - 2:00 PM Bunco <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 	27 HICAP services (by appointment) <ul style="list-style-type: none"> 9:30 AM - 12:30 PM Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Blanket Making <ul style="list-style-type: none"> 1:00 PM IEHP Healthy Living (Weight Management) <ul style="list-style-type: none"> 1:00 PM Hispanic Heritage Night (Montclair Place) <ul style="list-style-type: none"> 5:00 PM - 7:00 PM
30 Montclair Walkers <ul style="list-style-type: none"> 10:00 AM - 11:00 AM Bingo <ul style="list-style-type: none"> 1:00 PM - 4:00 PM 				

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.



Hosted by
 MONTCLAIR

 MONTCLAIR
AFTER-SCHOOL PROGRAM

 montclair
place

For more information, please visit
Montclairplace.com for details

SENIOR TRIPS & TOURS



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 breathtaking 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.

CHRISTMAS IN NEWYORK CITY

Sunday, December 8 – Thursday, December 12

Share pp \$2,799.00

Single \$3,489.00

This 5-day fully escorted tour is one you will never forget. Enjoy 4 nights in prime midtown Manhattan Times Square, 2 days of fully narrated city tours of New York City including all the highlights of Times Square and lower Manhattan, and a 2.5-hour circle line cruise travelling on the Hudson and East Rivers right up to the Statue of Liberty. There will be an opportunity to see a Broadway show and/or the Rockettes Christmas Spectacular at Radio City Music Hall (optional). Plus we will pay our respects at the 9/11 Memorial.

\$2,000.00 confirms your reservation with balance due October 6, 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

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



Fantasy Springs Casino

Walk through the doors of Fantasy Springs Resort Casino and you're immediately transported to a world of elegance, exciting ambience and good luck. Here you'll find the newest and hottest games, low table minimums and the best odds in the Valley. For Dining options, you can try The Bistro, Joy Asian Cuisine, or the Fresh Grill Buffet to bring all the feeling of winning together!

*Note: All players will receive \$40 in game play and all new players will receive an additional \$40 in game play.

Thursday, October 10, 2024

8:30 a.m. – 5:30 p.m.

Fee: \$30 (Lunch Not Included)

Please make checks payable to: Montclair Senior Citizens

Activity Code: E

Registration begins September 3, 2024 at the Senior Center

Last Day to Register is October 7, 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.



**THE MONTCLAIR SENIOR
CITITZEN'S CLUB PRESENTS**

PUMPKIN CARVING CONTEST

Tuesday, October 22 from 12:00 PM - 3:00 PM

**The Senior Center invites every ghost, ghou, and
goblin to create their master piece!**

All styles and designs are welcome.

Carving Contest Categories:

Best (Overall)

Spookiest

Most Original

Funniest



COST: Senior Citizen's Club members are FREE!

Non-club members \$8 fee

Pumpkins & Carving tools will be provided.

**RSVP by October 11. Payment is required at the time of
RSVP, sign-up in person at the front desk.**



Montclair Hospital
Medical Center

WOM
Women's Club of Montclair



Montclair Community

Health Fair



Join us for this **FREE** event featuring
health information, screenings
and vaccines!

Thursday,
October 10, 2024
9 a.m. – 12 p.m.

Montclair Community Center, 5111 Benito Street, Montclair

FREE
DOOR PRIZES
and
OPPORTUNITY
DRAWINGS
* Must be present
to win

FREE

*Health
Screenings*

FREE

*Blood Pressure
Screenings*

FREE

*Glucose
Screenings*

FREE

*Body Structural
Screenings*

FREE

*Flu/COVID
Vaccine Clinic*

*Vaccines to be confirmed 2 weeks prior to
event, visit website for more details.

PLUS!

*Health Care Agencies
Social Services Agencies*

*Health Insurance Companies
Law Enforcement & Fire Safety*

*Health Information
Nutritious Refreshments*
*while supplies last

Call (909) 625-9479 if you have questions about the Community Health Fair