



SENIOR NEWSLETTER | OCTOBER 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

Montclair Holiday Food Basket Program

Food baskets will be available to families that live in Montclair and meet specific income guidelines. To be considered, applicants must complete an application. Those interested must make an appointment by calling (909) 625-9485 by Friday, Oct. 17. For more information on making a donation please call the Recreation Front Desk (909) 625-9479.

MONSTER BASH DANCE



Wednesday, October 30 from 12:30 PM to 2:30 PM

Montclair Community Center

Wear your best costume! We will be celebrating spooky season with a DJ, photo area, and lots of dancing. Desserts and refreshments will be served for your enjoyment. RSVP is required for this event.

Please RSVP by Tuesday, October 22 by calling the Senior Center at (909) 625-9483.

Veterans Day Dance

Wednesday, November 13, 2:00 PM - 5:00 PM

Montclair Senior Center

RSVP is required by Wednesday, November 6

Check out page 5 for more information.



Breast Cancer

Awareness Month

Join us in October to help support, encourage and honor those facing Breast Cancer!

City of Hope Presentation: Breast Cancer

Tuesday, October 1 at 12:45 PM

October 1-4 wear pink to show your support!

Friday, October 4 at 9:30 AM: Art Workshop-Non

Sew beanies donated to City of Hope. **(FREE)**

WELCOME TO THE SENIOR CENTER!

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The Montclair Senior Citizen's Club Presents

Pumpkin Carving Contest

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

Montclair Senior Center

The Senior Center invites every ghost, goblin, and goblin to create their master piece! All styles and designs are welcome. Carving Contest Categories: Best (Overall), Spookiest, Most Original, and 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.



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:

October 30: Senior Birthdays! Theme: "Halloween"

RSVP required, walk-ins are not guaranteed admission.

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

Services have been provided by San Bernardino County Department of Aging and Adult Services – Public Guardian (DAAS-PG). The materials or product were a result of a project funded by a contract with the California Department of Aging.

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, October 17 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 CommunityAction 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

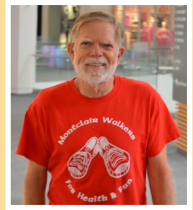
Wednesday, October 23 from 9 AM-11 AM

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

MONTCLAIR WALKERS

Monday, Wednesday, Friday from 10 AM - 11 AM

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 **October 31.**

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.

TAI CHI

Every Tuesday from 9:00 AM - 10:00 AM

(Senior Center east room, space is limited)

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 ending **10/29**

October 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	1 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Mexican Rice Orange Slices	2 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	3 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	4 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread
7 WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread	8 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	9 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	 10 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	11 BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
14 HERB BAKED CHICKEN Navy Bean Soup Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	15 ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	16 High Sodium Meal CHICKEN ALFREDO w/WW Fettuccini Cooked Zucchini Romaine Salad Seasonal Melon WW Bread	17 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	18 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
21 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread	22 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	23 STUFFED PEPPER Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	24 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	25 TUNA SALAD Pasta Salad Beet & Onion Salad Cantaloupe WW Bread
28 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla	29 SWEDISH MEAT BALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	30 Senior Birthday! (RSVP Required) MEAT LOAF Baked Potato Corn Romaine Salad Banana WW Bread Apple Juice	31 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	 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, October 1 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!

CITY OF HOPE PRESENTATION: BREAST CANCER

Tuesday, October 1 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.

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, October 7 at 1:00 PM

- Presentation: Grief and Loss

Monday, October 21 at 1:00 PM

- Activity: Snowman Socks Decorations

SPEAKERS BUREAU & ROUNDTABLE DISCUSSIONS

(meets on the second Tuesday of the month)

Tuesday, October 8 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, October 9 and October 23 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, October 10 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, October 16 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, October 25 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

Healthy Living (Weight Management)

Presented by IEHP

Friday, October 4 from 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).

ARTS & CRAFTS WORKSHOP

Friday, October 11 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.



KARAOKE



Friday, October 11 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.

Scrapbooking Club



Tuesday, October 15 from 9:00 AM - 12:00 PM

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.

Celebrate October and bring costume ears or a head piece (optional)!



JOIN US AFTERNOON AT THE MOVIES



Friday, October 18 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

Hocus Pocus (1993)

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



BLANKET MAKING

(meets on the fourth Friday of the month)

Friday, October 25 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.

BRILLE INSTITUTE WORKSHOP

Tuesday, October 29 at 1:00 PM

Join us for our in-person workshop from the Braille Institute, where you'll discover valuable information and resources tailored for individuals with visual impairments. This workshop provides a welcoming space to expand your knowledge and skills.

Come and be a part of the experience!

Día De Los Muertos

Honor loved ones who have passed away
with our Senior Center Ofrenda!

October 31– November 1

An Ofrenda is an altar built to honor lost loved ones.
Please bring one 4x6 picture to add to the
Community Ofrenda (One per participant).

Please submit at the front desk and they will make a
copy, Photos displayed won't be returned.
No food will be accepted.

For more information, see the front desk or
call (909) 625-9483



Veterans Day Dance

Wednesday, November 13, 2024, 2:00 PM - 5:00 PM
Montclair Senior Center

Join us as we honor and celebrate our Military Veterans with an afternoon of dancing.
Please bring one military picture of you or a loved one to be displayed at the event.

RSVP is required at the Montclair Senior Center or call (909) 625-9483 by
Wednesday, November 6, 2024

Light Refreshments will be served

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>PINK WEEK</p>	<p>1</p> <p>Regional Council on Aging</p> <ul style="list-style-type: none"> 9:00 AM - 10:30 AM <p>Tai Chi</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>City of Hope Breast Cancer Presentation</p> <ul style="list-style-type: none"> 12:45 PM 	<p>2</p> <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>3</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>4</p> <p>Breast Cancer Awareness : Non-Sew Beanies</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>IEHP Healthy Living (Weight Management)</p> <ul style="list-style-type: none"> 1:00 PM 
<p>7</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: Grief & Loss</p> <ul style="list-style-type: none"> 1:00 PM 	<p>8</p> <p>Tai Chi</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>Speakers Bureau</p> <ul style="list-style-type: none"> 1:00 PM 	<p>9</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>10</p> <p>Excursion: Fantasy Springs</p> <ul style="list-style-type: none"> 8:30 AM - 5:30 PM <p>Low Impact Exercise Class</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <p>Health Fair</p> <ul style="list-style-type: none"> 9:00 AM - 12:00 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>11</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>Karaoke</p> <ul style="list-style-type: none"> 2:00 PM - 4:00 PM 
<p>14</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>15</p> <p>Tai Chi</p> <ul style="list-style-type: none"> 9:00 AM - 10:00 AM <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>16</p> <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>17</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>18</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Afternoon Movie: Hocus Pocus (1993)</p> <ul style="list-style-type: none"> 1:00 PM 
<p>21</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 : Snowman Sock Decorations</p> <ul style="list-style-type: none"> 1:00 PM 	<p>22</p> <p>Tai Chi</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>Senior Citizen's Club: Pumpkin Carving Contest</p> <ul style="list-style-type: none"> 12:00 PM - 3:00 PM 	<p>23</p> <p>Senior Mobile Pantry Program by Feeding America</p> <ul style="list-style-type: none"> 9:00 AM <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>24</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>25</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 <p>Blanket Making</p> <ul style="list-style-type: none"> 1:00 PM
<p>28</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>29</p> <p>Tai Chi</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>Braille Institute Workshop</p> <ul style="list-style-type: none"> 1:00 PM 	<p>30</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 AM - 11:00 AM <p>Senior Birthday Party! Theme: Halloween</p> <p>Monster Bash Dance (RSVP Required)</p> <ul style="list-style-type: none"> 12:30 PM - 2:30 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>31</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 	

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.



Take an Uber ride!

Eligible residents of Rancho Cucamonga and the San Bernardino Valley now can use Uber for up to half of the cost, thanks to Omnitrans' Uber RIDE program!



CAN I RIDE

Community members who are 62 years or older, or have a disability, can take advantage of the Uber RIDE program.



WHAT'S THE COST

Uber RIDE users can have half of the cost or their ride subsidized, up to \$15 per trip and 15 trips per month.



WHERE CAN I TRAVEL

Uber RIDE can take you anywhere in Omnitrans' service area, as long as your trip begins or ends in one of the 15 cities it serves. Get details at omnitrans.org.



More information
909-379-7341

Scan QR to
complete your
application online.



TRAVEL TIME TRIPS & TOURS

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 NEW YORK 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

Montclair Senior Center Excursions

San Antonio Winery & Olvera Street (Limited Availability)

Come join us for a delicious wine tasting & tour experience at San Antonio Winery, established and family owned since 1917 (Los Angeles) where you get to taste and learn about some of there award winning wines. After your visit to the winery, we will head to Olvera Street, a vibrant and historic marketplace that captures the essence of old Los Angeles. Stroll along the picturesque street, where you can admire colorful shops and unique handcrafted items. For a satisfying meal, consider stopping by La Luz del Día Restaurant or one of my favorites La Noche Buena.

*Note: Fee includes a guided tour and wine tasting.

Thursday, November 14, 2024

8:30 a.m. – 5:30 p.m.

Fee: \$30 (Lunch Not Included)

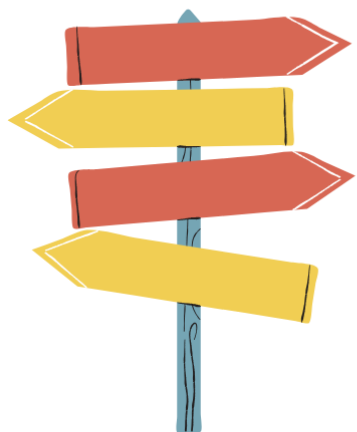
Please make checks payable to: Montclair Senior Citizens

Activity Code: A

Registration begins October 14, 2024 at the Senior Center

Last Day to Register is November 8, 2024 or when capacity is reached

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



**“Live life with no
excuses, travel
with no regret.”
— Oscar Wilde**



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 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

GREAT STOCKING STUFFERS!!

Women's Club of Montclair 2024 See's Candy Fundraiser



\$8.00 ea (3.5 oz)
Merry Reindeer Box or
Twinkly Ornaments Box

Milk or Dark Chocolate Balls
\$8.00 ea (5 oz)
\$27.00 ea (1.5 lbs)
\$8.50 ea (8 oz)



Peanut Brittle



Little Pops
(4 oz)
\$6.50 ea



Lollypops
\$27.00/box
(1 lb 5oz)



Molasses Chips **\$14.00 ea**
 or **Peppermints** **(8 oz)**



Box of Chocolates:
Milk, Dark, Soft, Bridge,
Nuts & Chews, or Assorted

\$27.00 ea (1 lb)
\$51.00 ea (2 lbs)



Awesome Bars!
Peanut Brittle,
Nut & Chew, or
Walnut Square
\$20.00/box (8 bars)



Toffee-ettes
\$27.00 ea (1 lb)



See's Gift Cards
\$25 = \$23.00
\$10 = \$9.00

2024 GFWC WOMENS CLUB OF MONTCLAIR

SEE'S CANDY SALE

ITEM	#ORDERED	X	COST	=	TOTAL
3.5 OZ.MERRY REINDEER BOX REG. \$11.00		X	\$8.00	=	
3.5 OZ.TWINKLING ORNAMENTS BOX, REG. \$11.00		X	\$8.00	=	
5 oz. PEANUT BRITTLE BOX, REG. \$9.75		X	\$8.00	=	
8 OZ.CHOCOLATE FOIL BALLS, (KSR), FLAVOR: MILK , REG. \$10.00		X	\$8.50	=	
8 OZ.CHOCOLATE FOIL BALLS, (KSR), FLAVOR: DARK , REG. \$10.00		X	\$8.50	=	
8 OZ.TRUFFLES, REG. \$17.25		X	\$15.00	=	
1 LB.TRUFFLES, REG. \$33.50		X	\$28.00	=	
1 LB.ASSORTED CHOCOLATES, REG. \$30.00		X	\$27.00	=	
2 LBS.ASSORTED CHOCOLATES, REG. \$57.00		X	\$51.00	=	
1 LB. MILK CHOCOLATES, REG. \$30.00		X	\$27.00	=	
2 LBS. MILK CHOCOLATES, REG. \$57.00		X	\$51.00	=	
1 LB.DARK CHOCOLATES, REG. \$30.00		X	\$27.00	=	
2 LBS.DARK CHOCOLATES, REG. \$57.00		X	\$51.00	=	
1 LB.SOFT CHOCOLATES, REG. \$30.00		X	\$27.00	=	
2 LBS.SOFTCHOCOLATES, REG. \$57.00		X	\$51.00	=	
1 LB.NUTS&CHEWS, REG. \$30.00		X	\$27.00	=	
2 LBS.NUTS&CHEWS, REG. \$57.00		X	\$51.00	=	
1 LB.BRIDGE MIX, REG. \$32.50		X	\$27.00	=	
1 LB.VICTORIA TOFFEE, REG. \$30.00		X	\$27.00	=	
1 LB.TOFFEE-ETTES(KSR), REG. \$30.00		X	\$27.00	=	
1 LB.8 OZ.PEANUT BRITTLE (KSR), REG. \$30.00		X	\$27.00	=	
12 oz.AWESOME WALNUT SQUARE BAR (KSR) 8 COUNT, REG. \$24.00		X	\$20.00	=	
12 oz.AWESOME NUT AND CHEW BAR (KSR) 8 COUNT, REG. \$24.00		X	\$20.00	=	
8 oz.AWESOME PEANUT BRITTLE BAR 8 COUNT, REG. \$24.00		X	\$20.00	=	
4 oz.LITTLE POPS,ASSORTED FLAVOR, REG. \$7.50		X	\$6.50	=	
8 oz. ASSORTED MOLASSES CHIPS, REG. \$15.25		X	\$14.00	=	
8 oz. ASSORTED PEPPERMINTS, REG. \$15.25		X	\$14.00	=	
1LB.5 OZ.ASSORTED LOLLIPOPS, REG. \$30.00		X	\$27.00	=	
GIFT CARDS REG. \$10.00		X	\$9.00	=	
GIFT CARDS REG. \$25.00		X	\$23.00	=	
MAILER BOX, FOR ITEM(S): _____		X	\$1.00	=	
TOTAL ITEMS ORDERED _____			GRANDTOTAL\$ _____		

NAME _____

PHONE# _____ (VERYIMPORTANT) RECEIVEDCHECK# _____ CASH _____

ORDERTAKENBY _____

MAKE CHECKS PAYABLE TO WOMEN'S CLUB OF MONTCLAIR

DEADLINETO ORDER – WED. NOV. 20 / PICK-UP WED. DEC. 4

Funds raised benefit Youth and Senior Citizen Programs

CITY OF MONTCLAIR

HALLOWEEN SPOOKTACULAR

SATURDAY, OCTOBER 26

**FAMILY
FUN!**

**6-9 P.M.
MONTCLAIR PLACE**

**TRICK OR
TREAT!**
*Bring your own bag for
the candy*

5060 N. MONTCLAIR PLAZA LN., MONTCLAIR, CA 91763



INSIDE MONTCLAIR PLACE: Costume Contest, Halloween Maze, Carnival-style games, Live DJ, Selfie stations, Crafts and Trick or Treating at participating tenants while supplies last.



**COSTUME
CONTEST!**

7:30pm in Main Stage area

WEAR YOUR FAVORITE COSTUME!

Contest Categories for Ages 0-6 & 7-12:

SCARIEST • MOST UNIQUE • CUTEST • BEST IN FAMILY*

**Family category is for two or more family members (all ages) dressed in a theme.*



For more information,
contact the Recreation Center
at (909) 625-9479 or visit
www.cityofmontclair.org/events