



SENIOR NEWSLETTER | JANUARY 2025

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 the following dates:

Wednesday, January 1 for New Years Day & Monday, January 20 in observation of Martin Luther King Day.

New Year Celebration

Birthday Party!

Wednesday, January 29

10:30 AM - 12:30 PM

Join us at the Montclair Community Center in honoring our January birthdays!

Please dress in your best New Year Celebration attire.

Silver and golds are encouraged!

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.

Scam Stopper Event

Join us on **Friday, January 31 at 12:45 PM**

to learn how to protect yourself from scammers.

Presented by Senator Susan Rubio's office and the Contractors State License Board. For more information please see the flyer on page 11.

WELCOME TO THE SENIOR CENTER!

In this issue...

Nutrition and Fitness.....	2
January Senior Lunch Menu.....	3
Special Presentations and Activities.....	4-5
January Activity Calendar.....	6
Transportation Information.....	7
Travel Time Trips and Tours.....	8
Excursions.....	9-10
Membership Application.....	11



Bingo

NEW UPDATE

New bingo start time will begin at **1:30 PM** starting **Monday, January 6, 2025**.

Montclair Senior Center

Participants enrolled in any programs and/or services will need to complete a registration and code of conduct for **2025**. Registration and code of conduct will need to be completed by **Monday, January 6, 2025**.

Montclair Senior Citizen's Club

The Montclair Senior Citizen's Club is a non-profit meant to enhance the Senior Center experience! Membership is for persons over the age of 50 and the cost is **\$15** per year.

The membership is valid from **March 2025** through **February 2026**. With your membership, you will receive a mailed monthly newsletter and offered exclusive club perks such as discounted rates to club events.

If you were a member in **2024**, you must renew your membership for continued club access. Senior Citizen's Club membership applications are on page 10.

Visit <https://www.cityofmontclair.org/senior-center/> for more updates and information on our programs.

NUTRITION

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:

January 29: Senior Birthdays! Theme: "New Year Celebration" **RSVP** is 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, January 16 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) 2024 Income Guidelines found on the City of Montclair website to determine if you qualify.

SENIOR MOBILE PANTRY PROGRAM

by Feeding America

Wednesday, January 22 from 9 AM-11 AM

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

FITNESS

MONTCLAIR WALKERS

Monday, Wednesday, Friday

from 10 AM - 11 AM

Note: Montclair Walkers will not be meeting on **Monday, January 20** due to the 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. The Monthly Walkers meeting is **1/27 at 11:00 AM**. Location: **The Canyon of Montclair**.



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 2 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. **Registration required.**

1) Low Impact Exercise

Thursdays from 9 AM - 10 AM

This class focuses on gentle, selective exercise to improve flexibility, mobility, stability, and strength.

Registration required. Class begins March 2025.

2) Senior Exercise Class

Tuesdays & Thursdays from 10 AM - 11 AM

This class is for seniors who are physically active.

Registration required. Class ends 1/30.

Sponsored by West End Family Counseling.

January 2025

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM</p>	<p>SUGGESTED CONTRIBUTION FOR ADULTS AGES 60+ \$3.00 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE. "WW" -Whole Wheat Milk is provided daily</p>	<p>1 CLOSED IN OBSERVANCE OF New Years HAPPY New Year</p>	<p>2 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>3 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice</p>
<p>6 HERB BAKED CHICKEN Navy Bean Soup Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread</p>	<p>7 ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice</p>	<p>8 High Sodium Meal CHICKEN ALFREDO w/ WW Fettuccini Cooked Zucchini Romaine Salad Seasonal Melon WW Bread</p>	<p>9 CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</p>	<p>10 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>
<p>13 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread</p>	<p>14 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread</p>	<p>15 STUFFED PEPPER Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread</p>	<p>16 ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>17 TUNA SALAD Pasta Salad Beet & Onion Salad Cantaloupe WW Bread</p>
<p>20 CLOSED IN OBSERVANCE OF </p>	<p>21 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>22 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread</p>	<p>23 MEAT LOAF Baked Potato Corn Romaine Salad Banana WW Bread Apple Juice</p>	<p>24 TUNA SALAD Pasta Salad Beet & Onion Salad Cantaloupe WW Bread</p>
<p>27 SHEPHERDS PIE Loose Leaf Salad Banana Vanilla Pudding WW Bread</p>	<p>28 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Pineapple WW Tortilla</p>	<p>29 Senior Birthday! (RSVP is required) OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread</p>	<p>30 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice</p>	<p>31 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices</p>

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES- PUBLIC GUARDIAN THROUGH A GRANT AWARD FROM THE DEPARTMENT OF AGING.

We strive to provide high quality food and consistently follow our monthly menu. We do our best to serve the items on our menu as advertised; however, we appreciate your understanding that the menu is subject to change daily. In addition, although we do our best to forecast how many meals will be needed daily, the demand for meals greatly varies and we may run out of the advertised menu; however, we will always have an option for lunch to provide any senior that participates in the daily nutrition program. Thank you for your understanding. Please call (909) 625-9483 with any questions or concerns.

SPECIAL PRESENTATIONS

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, January 6 at 1:00 PM

Presentation: Watch Out: frauds, scams and other schemes to look out for.

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

Tuesday, January 7 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!

LEGAL SERVICES

Thursday, January 9 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, January 14 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, January 15 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.

ALZHEIMER'S ASSOCIATION: DEMENTIA CONVERSATIONS

Tuesday, January 21 beginning at 12:45 PM

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

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

Tuesday, January 28 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, January 31 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, January 10 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, January 14 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.

PAINT AND FUN

with MEMO's CANVAS

Tuesday, January 14 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.



JOIN US AFTERNOON AT THE MOVIES

Friday, January 17 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 *Under the Same Moon*

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

Jazz in January

 Enjoy some live Jazz with us on **Tuesday, January, 21** during our senior center lunch program from **11:00 A.M. - 12:00 P.M.**



BLANKET MAKING

(meets on the fourth Friday of the month)

Friday, January 24 at 1:00 PM

Join Soroptimist 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.



KARAOKE



Tuesday, January 28 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.



Free Tax Services

Provided by AARP & San Bernardino County (TAD)

AARP:

Volunteers from AARP will be assisting with filing income taxes at the Montclair Senior Center every **Tuesday** from **February 4** until **Tuesday, April 15 from 8:30 A.M. - 11:00 A.M.**

Sign-ups are made in person and is at a first come, first serve basis.

Sign-up sheets will be provided when the Senior Center opens at **8:00 A.M.** the day of each session.

San Bernardino County Transitional Assistance Department (TAD)

TAD Tax preparation services will be available by APPOINTMENT ONLY.

At the Montclair Senior Center from:

8:30 A.M. to 11:00 A.M. on Thursday, February 6, Thursday, February 20 and Thursday, March 13, 2025

To make an appointment please contact the Montclair Senior Center at (909) 625-9483.

***Note: The deadline to file taxes is April 15, 2025.**



Blissfully Ever After (Vow Renewal)

Wednesday, February 12 from 3:00 P.M. - 6:00 P.M.

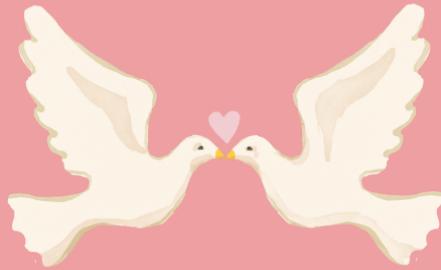
Registered senior couples age 60 and over please join us as we celebrate love and commitment for a vow renewal ceremony.

Cost: Free

Registration begins: Thursday, December 5.

RSVP is required, the number of couples accepted will be limited. Please register as soon as possible. All participating couples and guests must register by **January 29**. 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.



ST. PATRICK'S DAY



The Montclair Senior Citizen's Club Presents

St. Patrick's Day Dance

Wednesday, March 12 from 2:00 P.M. - 5:00 P.M.

Please join us for an afternoon of fun and dancing.

Cost: Senior Citizen's Club Members are FREE.

Non-club members \$5. RSVP by March 5.

Payment is required at the time of RSVP
sign-up in person at the Senior Center.

**WE'RE ALL
A LITTLE
IRISH
TODAY**

January 2025

Daily Calendar of Activities

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>2025</h1> <p>HAPPY NEW YEAR</p>	<p>1 CLOSED IN OBSERVANCE OF New Years HAPPY New Year</p>	<p>2 *Note: The Senior center is open between 10:30 AM - 12:30 PM for Senior Nutrition only.</p>	<p>3 *Note: The Senior center is open between 10:30 AM - 12:30 PM for Senior Nutrition only.</p>	
<p>6 Montclair Walkers • 10:00 AM - 11:00 AM Bingo • 1:30 PM - 4:30 PM West End Counseling Presentation: Watch Out • 1:00 PM</p>	<p>7 Regional Council on Aging • 9:00 AM - 10:30 AM Exercise Class • 10:00 AM - 11:00 AM</p>	<p>8 Montclair Walkers • 10:00 AM - 11:00 AM Canasta • 12:45 PM - 4:30 PM Loteria • 1:00 PM - 3:00 PM</p>	<p>9 Excursion: Fantasy Springs Casino • 8:30 AM - 5:30 PM Legal Services (by appointment) • 10:00 AM - 12:00 PM Exercise Class • 10:00 AM - 11:00 AM Line Dancing 1:00 PM - 2:00 PM Bunco • 1:00 PM - 4:00 PM</p>	<p>10 Arts & Crafts Workshop • 9:30 AM Montclair Walkers • 10:00 AM - 11:00 AM</p>
<p>13 Montclair Walkers • 10:00 AM - 11:00 AM Bingo • 1:30 PM - 4:30 PM</p>	<p>14 Scrapbooking Club • 9:00 AM Exercise Class • 10:00 AM - 11:00 AM Speakers Bureau • 1:00 PM Paint and Fun with Memo's Canvas (RSVP Required) • 2:00 PM</p>	<p>15 Cultivating Wellness • 9:30 AM Montclair Walkers • 10:00 AM - 11:00 AM Canasta • 12:45 PM - 4:30 PM Loteria • 1:00 PM - 3:00 PM</p>	<p>16 Food Distribution • 9:30 AM - 10:30 AM Exercise Class • 10:00 AM - 11:00 AM Line Dancing • 1:00 PM - 2:00 PM Bunco • 1:00 PM - 4:00 PM</p>	<p>17 Montclair Walkers • 10:00 AM - 11:00 AM Afternoon Movie: Under the Same Moon • 1:00 PM</p>
<p>20 CLOSED IN OBSERVANCE OF MLK DAY</p>	<p>21 Exercise Class • 10:00 AM - 11:00 AM Jazz in January • 11:00 AM - 12:00 PM Alzheimer's Association: Dementia Conversations • 12:45 PM</p>	<p>22 Senior Mobile Pantry Program by Feeding America • 9:00 AM Montclair Walkers • 10:00 AM - 11:00 AM Canasta • 12:45 PM - 4:30 PM Loteria • 1:00 PM - 3:00 PM</p>	<p>23 Exercise Class • 10:00 AM - 11:00 AM Line Dancing • 1:00 PM - 2:00 PM Bunco • 1:00 PM - 4:00 PM</p>	<p>24 Montclair Walkers • 10:00 AM - 11:00 AM Blanket Making • 1:00 PM</p>
<p>27 Montclair Walkers • 10:00 AM - 11:00 AM Bingo • 1:30 PM - 4:30 PM</p>	<p>28 Exercise Class • 10:00 AM - 11:00 AM DAAS-PG • 10:00 AM - 12:00 PM Karaoke • 2:00 PM - 4:00 PM</p>	<p>29 Montclair Walkers • 10:00 AM - 11:00 AM Senior Birthday Party! Theme: New Years Celebration (RSVP is required) • 10:30 AM - 12:30 PM Canasta • 12:45 PM - 4:30 PM Loteria • 1:00 PM - 3:00 PM</p>	<p>30 Exercise Class • 10:00 AM - 11:00 AM Line Dancing • 1:00 PM - 2:00 PM Bunco • 1:00 PM - 4:00 PM</p>	<p>31 HICAP services (by appointment) • 9:30 AM - 12:30 PM Montclair Walkers • 10:00 AM - 11:00 AM Scam Stopper Event Presented by Senator Susan Rubio's office and the Contractors State License Board • 12:45 PM - 2:15 PM</p>

TRANSPORTATION SERVICES AND MORE!



Hours of operation: Mon-Fri, 9:00 AM - 3:00 PM
For information call 625-9483.

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) 625-9483. 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.

OmniTrans

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 of 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.

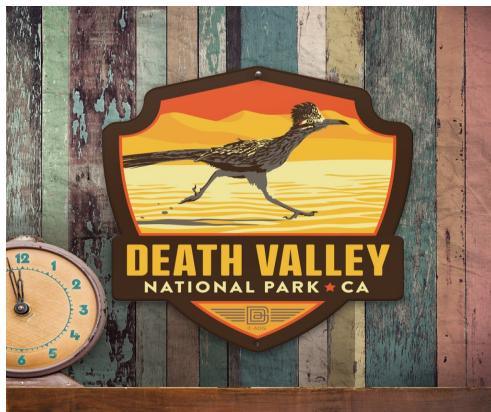
More information
909-379-7341

Scan QR to complete your application online.



Applications will be provided at the front desk of the Senior Center.

TRAVEL TIME TRIPS & TOURS 2025



DEATH VALLEY WILDFLOWER ADVENTURE

Friday, March 7 – Sunday, March 9

Share pp \$549.50

Single \$649.50

Tour includes two nights accommodations in Beatty, Nevada (Death Valley) at the Stagecoach Inn Hotel & Casino, which includes extensive sightseeing of the ghost-town, Furnace Creek Ranch (with buffet lunch), Borax Museum, Death Valley Visitor Center with film, Zabriskie Point, Shosone, Harmony Borax Works, Sand Dunes, Badwater, Death Valley Junction/Amargosa Opera House, and Stove Pipe Wells. You will see it all with a full breakfast included daily!

\$200.00 confirms your reservation with balance due January 31, 2025.

A GRAND TOUR OF NEW ORLEANS

Monday, April 7 – Friday, April 11

Share pp \$2599.00

Single \$2949.00

Just unpack once! Four nights one hotel, this spring we return to this beautiful City of New Orleans, Louisiana. Come discover the rich history of the south, enjoy a delicious get-acquainted dinner on Bourbon Street, narrated City/Cemetery/Garden District highlights tour, Dixieland Jazz Dinner Cruise on the Mississippi, Alligator Swamp Boat Tour, brunch at the Court of Two Sisters (Jazz music and all!), Oak Alley Plantation Tour including delicious buffet, visit the National World War II Museum (Tom Hanks-narrated Victory Theatre “Beyond All Boundaries” film included) PLUS lodging INSIDE the French Quarter (it's ALL included). Explore Bourbon Street, perhaps a visit to Preservation Hall . . . it's all here! Roundtrip airport transportation and airfare ALWAYS included with our fully escorted tour.

\$1,200.00 confirms your reservation with balance due February 18, 2025.



Yosemite National Park

Friday, April 25 – Sunday, April 27

Share pp \$619.50

Single \$809.50

Located in central California on the Western slope of the Sierra Nevada range, this mountainous region offers unusual beauty, breathtaking scenery, and numerous waterfalls. The waterfalls are never more spectacular than in the spring. Accommodations will once again be just outside the park in Oakhurst at the Yosemite Southgate Hotel & Suites. Highlights include: Wawona Hotel, Bridalveil Fall, Yosemite Falls, El Capitan, Half Dome, Yosemite Village, the historic Ahwahnee Hotel, and even a visit to picturesque Bass Lake. Price includes ranger narrated Yosemite Valley Floor Tour. Includes breakfast daily!

\$250.00 confirms your reservation with balance due March 14, 2025.



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

RSVP BY JANUARY 6

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, January 9, 2025

8:30 a.m. – 5:30 p.m.

Fee: \$40 (Lunch Not Included)

Please make checks payable to: Montclair Senior Citizens

Activity Code: E

Registration begins December 12, 2024 at the Senior Center
Last Day to Register is January 6, 2025 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 Senior Center Excursions

San Bernardino County Museum & Mountain Grove Shopping Center

San Bernardino County Museum in Redlands features exhibits that highlights the history, art, anthropology, archaeology, biology, geology, and paleontology unique to this Inland Southern California region. Visitors will find exhibits dedicated to the Inland Empire region that depicts the life in the town of Redlands and other surrounding areas. The collections and exhibits continue to expand as families, schools, and service organizations donate artifacts. After the museum, we will visit the Mountain Grove shopping center for shopping and food, such as JoJo's Grill-A-Dog, Miguel's Jr, Ocean Pho, and more!

Date: Thursday, February 13, 2025

Time: 8:00 a.m. – 4:00 p.m.

Fee: \$40 (Lunch not included, museum entrance fee included).

Please make checks payable to: Montclair Senior Citizens.

Activity Code: A

Registration begins January 6, 2025 at the Senior Center.

Last day to register is February 10, 2025 or when capacity is reached.

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



Valley View Casino & Hotel

Step onto Southern California's most innovative casino floor to take a spin on the loosest slots. At the San Diego County casino, you can hit the jackpot on slot machines in every denomination plus video poker, keno and more! New / Returning Guests: All bus guests who earn 5 points on our slot machines and will receive \$15 MOREPLAY!

Note: *Guests must provide following information: Date of Birth, Driver License Number and valid ID upon signing up.*

Date: Thursday, March 13, 2025

Time: 8:30 a.m. – 5:00 p.m.

Fee: \$40 (Lunch Not Included).

Please make checks payable to: Montclair Senior Citizens Club

Activity Code: E

Registration begins February 3, 2025 at the Senior Center.

Last Day to Register is March 10, 2025 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.

ATTENTION Montclair Senior Citizens Club

It is a new year, and its time to renew your membership. To continue receiving this monthly newsletter every month, you need to renew your club membership by **February 26, 2025**. All newsletters will stop being mailed after March if you do not renew.

To renew your club membership, please include the attached membership application along with your \$15 membership dues in a sealed envelope. The increase in fees by \$3 this year will cover the full cost of postage which can be as much as \$1 per newsletter and other club perks. Payments can be made by cash or check. If you are including a check, please make your check payable to the City of Montclair. You can turn in your envelope to your senior meal delivery person, or by mail to City of Montclair, Attn: Senior Center, 5111 Benito Street, Montclair, CA 91763. To receive your March newsletter on time, **renewals are due February 26, 2025**. Renewals after **March 1** will not be prorated. Renewals must be at least 3 business days in advance of the next month to receive the newsletter for that month.

Membership Application

Membership dues for the Montclair Senior Citizens Club for the 2025 club year are \$15 per person. Membership dues are from **March 1, 2025** to **February 28, 2026**. Membership includes special club activities and a monthly mailed newsletter. Please complete, sign and return this application to the Senior Citizens office.

Waiver of Liability and Disclaimer:

I, the undersigned, hereby release, discharge, and hold harmless the City of Montclair, its officers, agents, employees, volunteers and other representatives from all liabilities, claims, and causes of action that I, my family, guardians, assignees, or legal representatives, have now or may hereafter have, arising out of or in relation to injury or damage resulting from my participation in Senior Center and/or City of Montclair activities. Further, I acknowledge that participation in Senior Center and/or City of Montclair activities may involve the risk of physical injury and I also acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that participation in the activities may cause me to be exposed or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

Acknowledgment and Consent:

For both the internal and external use, I, the undersigned, hereby authorize and give the City of Montclair, its legal representatives and assignees, the right to compile address and mailing labels and permission to publish, without charge, photographs or videos taken during Senior Center activities or at special events sponsored by the City of Montclair where I may appear. I further authorize that these photographs and videos may be used in publications, audio-visual presentations, promotional literature, advertising, webpages, and/or other media or commercial, informational, educational, training, recruiting or promotional materials relating thereto using any means, method or media which the City of Montclair deems appropriate in its sole discretion. I consent to such uses and hereby waive all rights to compensation.

Member Signature: _____ **Date:** _____

PLEASE PRINT

Name: _____

Address: _____ **Apt #** _____

City: _____ **Zip:** _____ **Phone:** _____

Date of Birth: _____

Emergency Contact: _____ **Phone:** _____

Office Use Only

File Card _____ Mailing List _____ Amount Paid \$ _____ Staff Initials _____ Date Rcvd _____

SENIOR SCAM STOPPERSM

CONTRACTORS STATE LICENSE BOARD



Be Informed and Protect Yourself



Join us and learn how to protect yourself from scammers. Seniors, their families, and caregivers are welcome to attend this **FREE** seminar.

SeniorScamStopper.com
www.cslb.ca.gov

FRIDAY January 31, 2025

12:45 p.m. – 2:15 p.m.

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

Senator Susan Rubio and the Contractors State License Board invite you to attend a FREE Senior Scam StopperSM seminar.

**For more information/questions
please contact
Senator Susan Rubio's office at
(626) 430-2499**



**Senator Susan Rubio
Representing the 22nd District**