

# SENIOR NEWSLETTER | APRIL 2025

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

## TAX SEASON IS HERE!

**Provided by SAN BERNARDINO COUNTY TRANSITIONAL ASSISTANCE DEPARTMENT (TAD)**  
**FREE INCOME TAX ASSISTANCE!** The City of Montclair is partnering with the San Bernardino County Transitional Assistance Department (TAD) for tax preparation. Tax preparation services will be available by **APPOINTMENT ONLY** at the Montclair Senior Center on **April 10** from **8:30 AM to 5:00 PM**.  
 To schedule an appointment, please call **(877) 410-8829**.

### MONTCLAIR MEDICAL OMM CLINIC

The Medical Osteopathic Manipulative Medicine (OMM) clinic will be held on **April 14** from **6:00 - 8:00 PM** and staffed by Western University medical student volunteers who will offer OMM, a form of treatment that physically manipulates the body's muscle tissue and bones. Patients will not be provided with prescriptions or other medical care. Appointments are available to those without insurance or to those whose insurance does not cover OMM treatment. Appointments are limited. Office visits are **\$15** and payment is due at the time of appointment. (Located inside the Recreation Center at 5111 Benito St. Montclair, CA 91763; Parking is available in Lot B, located behind the Montclair Branch Library, and accessible via Fremont Ave).  
 For more information and to schedule an appointment, please call (909) 625-9479.

### City of Montclair

Presents

### EASTER EGGSTRAVAGANZA & PANCAKE BREAKFAST

Saturday, April 19, 2025

9:00 - 11:00 AM

(Weather permitting)

For more information, check out page 9.



### WELCOME TO THE SENIOR CENTER!

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### Senior Birthday Party!

#### Theme: Spring Time

Wednesday, April 23 10:30 AM - 12:30 PM

Hop on in and join us at the Montclair Community Center in honoring our April birthdays! The theme will be "**Spring Time**" wearing pastel colors like **blue, pink, and yellows** 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.*



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:

**April 23: Senior Birthdays!** Theme: "Spring Time" **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](mailto:alsuey@verizon.net) or (909) 986-5522.

## CITY OF MONTCLAIR FOOD DISTRIBUTION

**Thursday, April 17 from 9:30 - 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, April 23 from 9:00 - 11:00 AM**

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

## MONTCLAIR WALKERS

**Monday, Wednesday, Friday**

from **10:00 - 11:00 AM**

Upper level near North West Plaza Entrance

(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 next Monthly Walkers meeting is scheduled for **4/28 at 11:00 AM**. Location: Main Event (5201 Montclair Plz Ln, Montclair, CA 91763).



## MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

**Monday - Friday - 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 **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) TAI CHI

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

Tai Chi is a type of physical activity that helps with arthritis and fall prevention. Tai Chi has many benefits, such as: posture improvement, increased flexibility and helps reduce stress. This program will be led by a certified instructor from the County of San Bernardino. Classes began **Tuesday, February 18** and end **Tuesday, April 8**.

### 2) SENIOR EXERCISE CLASS

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

This class is for seniors who are physically active. Sponsored by West End Family Counseling.

### 3) LOW IMPACT EXERCISE

Every **Thursday from 9:00 - 10:00 AM** This class focuses on gentle, selective exercise to improve flexibility, mobility, stability, and strength.

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	<b>2</b> <b>High Sodium Meal</b> <b>CHICKEN ALFREDO</b> w/ WW Fettuccini Cooked Zucchini Romaine Salad Seasonal Melon WW Bread	<b>3</b> <b>CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>4</b> <b>CHICKEN</b> <b>SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
	 <b>7</b> <b>BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread	<b>8</b> <b>High Sodium Meal</b> <b>CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	 <b>10</b> <b>ROAST TURKEY</b> Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	<b>11</b> <b>TUNA SALAD</b> Pasta Salad Beet & Onion Salad Cantaloupe WW Bread
<b>14</b> <b>CHICKEN FAJITAS</b> Brown Rice Black Beans Fresh Pineapple WW Tortilla	<b>15</b> <b>SWEDISH</b> <b>MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>16</b> <b>BAKED</b> <b>CHICKEN BREAST</b> Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	<b>17</b> <b>MEAT LOAF</b> Baked Potato Corn Romaine Salad Banana WW Bread Apple Juice	<b>18</b> <b>BAKED FISH</b> Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
<b>21</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Banana Vanilla Pudding WW Bread	 <b>22</b> <b>High Sodium Meal</b> <b>BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Pineapple WW Tortilla	<b>23</b> <b>Senior Birthdays!</b> <b>(RSVP required)</b> <b>OVEN BAKED</b> <b>CHICKEN</b> Baked Potato Green Beans Romaine Salad Peaches WW Bread	 <b>24</b> <b>BBQ PULLED PORK</b> <b>SANDWICH</b> w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	<b>25</b> <b>High Sodium Meal</b> <b>HAM &amp; SPINACH</b> <b>QUICHE</b> Green Beans Coleslaw Orange Slices Bread Pudding WW Bread
<b>28</b> <b>BEEF HAMBURGER</b> w/WW Hamburger Bun Lettuce & Tomato Baked Potato Mixed Vegetables Apple Orange Juice	 <b>29</b> <b>High Sodium Meal</b> <b>CHICKEN</b> <b>ENCHILADA</b> <b>CASSEROLE</b> Refried Beans Mexican Rice Orange Slices	<b>30</b> <b>LASAGNA</b> <b>w/WW PASTA</b> Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	<b>SUGGESTED</b> <b>CONTRIBUTION</b> <b>FOR ADULTS AGES 60+:</b> <b>\$3.00</b> <b>GUESTS AGES 59 AND</b> <b>UNDER: \$6.00</b> <b>MENU IS SUBJECT TO</b> <b>CHANGE .</b> <b>"WW" -Whole Wheat</b> <b>Milk is provided daily</b>	<b>FOR MORE</b> <b>INFORMATION:</b>  <b>5111 BENITO ST.</b> <b>MONTCLAIR, CA.</b> <b>(909) 625-9483</b> <b>MONDAY-FRIDAY:</b> <b>11:30 AM - 12:30 PM</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

## THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

**Tuesday, April 1 at 9:00 - 10:30 AM**

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!

## WEST END FAMILY COUNSELING HEALTH AND WELLNESS

**Monday, April 7 at 1:00 PM**

*Presentation: Fall Prevention Presentation*

**Monday, April 21 at 1:00 PM**

*Activity: Felt Flower Vases*

## SPEAKERS BUREAU & ROUNDTABLE DISCUSSIONS

(meets on the second Tuesday of the month)

**Tuesday, April 8 at 1:00 - 2:00 PM**

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

## LEGAL SERVICES

**Thursday, April 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.

## CITY OF HOPE PRESENTATION: THE IMPORTANCE OF LUNG CANCER SCREENING & TOBACCO CESSATION

**Tuesday, April 22 from 12:45 - 1:45 PM**

Review lung cancer statistics and risk factors, discussing what lung cancer screening is, tobacco cessation, and tobacco-related disparities.

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

**Friday, April 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.

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

**Tuesday, April 29 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.



# SPOTLIGHT ACTIVITIES

## ARTS & CRAFTS WORKSHOP

**Friday, April 4 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.

## DIABETES AMONG FRIENDS

**PRESENTED BY IEHP**

**Friday, April 4 (English) & April 11 (Spanish) at 1:00 PM**

This program is led by an IEHP Health Educator who teaches participants with type 2 diabetes and caregivers of people with diabetes how to manage the condition. Classes cover topics such as healthy eating, physical activity, managing medications and monitoring blood sugar. This series will meet in the Senior Center and is presented by Inland Empire Health Plan (IEHP).

## Scrapbooking Club

**Tuesday, April 8 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.

## KARAOKE



**Tuesday, April 15 from 2:00 - 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, April 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

**Easter Parade**

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



## BLANKET MAKING

(meets on the fourth Friday of the month)

**Friday, April 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.





# April 2025

## Daily Calendar of Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY EASTER</b>	<b>1</b> <b>Tai Chi</b> <ul style="list-style-type: none"><li>9:00 - 10:00 AM <b>Regional Council on Aging</b></li><li>9:00 - 10:30 AM <b>Exercise Class</b></li><li>10:00 - 11:00 AM</li></ul>	<b>2</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Canasta</b></li><li>12:45 - 4:30 PM <b>Loteria</b></li><li>1:00 - 3:00 PM</li></ul>	<b>3</b> <b>Low Impact Exercise Class</b> <ul style="list-style-type: none"><li>9:00 - 10:00 AM <b>Exercise Class</b></li><li>10:00 - 11:00 AM <b>Line Dancing</b></li><li>1:00 - 2:00 PM <b>Bunco</b></li><li>1:00 - 4:00 PM</li></ul>	<b>4</b> <b>Arts &amp; Crafts Workshop</b> <ul style="list-style-type: none"><li>9:30 AM <b>Montclair Walkers</b></li><li>10:00 - 11:00 AM <b>Diabetes Among Friends (English)</b></li><li>1:00 PM</li></ul>
<b>7</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>West End Counseling Presentation: Fall Prevention Presentation</b></li><li>1:00 PM <b>Bingo</b></li><li>1:30 - 4:30 PM <b>DEADLINE TO REGISTER: EXCURSION: BOWER'S MUSEUM</b></li></ul> 	<b>8</b> <b>Tai Chi</b> <ul style="list-style-type: none"><li>9:00 - 10:00 AM <b>Scrapbooking Club</b></li><li>9:00 - 12:00 PM <b>Exercise Class</b></li><li>10:00 - 11:00 AM <b>Speakers Bureau</b></li><li>1:00 PM - 2:00 PM</li></ul> 	<b>9</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Canasta</b></li><li>12:45 - 4:30 PM <b>Loteria</b></li><li>1:00 - 3:00 PM</li></ul> 	<b>10</b> <b>TAD Free Income Tax Assistance (by appointment)</b> <ul style="list-style-type: none"><li>8:30 - 11:30 AM <b>Excursion: Bower's Museum</b></li><li>8:30 AM - 5:00 PM <b>Low Impact Exercise Class</b></li><li>9:00 - 10:00 AM <b>Exercise Class</b></li><li>10:00 - 11:00 AM <b>Legal Services (by appointment)</b></li><li>10:00 AM - 12:00 PM <b>Line Dancing</b></li><li>1:00 - 2:00 PM <b>Bunco</b></li><li>1:00 - 4:00 PM</li></ul>	<b>11</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Diabetes Among Friends (Spanish)</b></li><li>1:00 PM</li></ul> 
<b>14</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Bingo</b></li><li>1:30 - 4:30 PM <b>Montclair Medical OMM Clinic</b></li><li>6:00 - 8:00 PM</li></ul>	<b>15</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Karaoke</b></li><li>2:00 - 4:00 PM</li></ul> 	<b>16</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Canasta</b></li><li>12:45 - 4:30 PM <b>Loteria</b></li><li>1:00 - 3:00 PM</li></ul>	<b>17</b> <b>Low Impact Exercise Class</b> <ul style="list-style-type: none"><li>9:00 - 10:00 AM <b>Food Distribution</b></li><li>9:30 - 10:30 AM <b>Exercise Class</b></li><li>10:00 - 11:00 AM <b>Line Dancing</b></li><li>1:00 - 2:00 PM <b>Bunco</b></li><li>1:00 - 4:00 PM</li></ul>	<b>18</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Afternoon at the Movies: Easter Parade</b></li><li>1:00 PM</li></ul> 
<b>21</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>West End Counseling Activity: Felt Flower Vases</b></li><li>1:00 PM <b>Bingo</b></li><li>1:30 - 4:30 PM</li></ul> 	<b>22</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>City of Hope Presentation: The Importance of Lung Cancer Screening &amp; Tobacco Cessation</b></li><li>12:45 - 1:45 PM</li></ul>	<b>23</b> <b>Senior Mobile Pantry Program by Feeding America</b> <ul style="list-style-type: none"><li>9:00 - 11:00 AM <b>Montclair Walkers</b></li><li>10:00 - 11:00 AM <b>Senior Birthday Party! Theme: Spring Time (RSVP required)</b></li><li>10:30 AM - 12:30 PM <b>Canasta</b></li><li>12:45 - 4:30 PM <b>Loteria</b></li><li>1:00 - 3:00 PM</li></ul> 	<b>24</b> <b>Low Impact Exercise Class</b> <ul style="list-style-type: none"><li>9:00 - 10:00 AM <b>Exercise Class</b></li><li>10:00 - 11:00 AM <b>Line Dancing</b></li><li>1:00 - 2:00 PM <b>Bunco</b></li><li>1:00 - 4:00 PM</li></ul>	<b>25</b> <b>HICAP services (by appointment)</b> <ul style="list-style-type: none"><li>9:30 AM - 12:30 PM <b>Montclair Walkers</b></li><li>10:00 - 11:00 AM <b>Blanket Making</b></li><li>1:00 PM</li></ul> 
<b>28</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Walkers Meeting</b></li><li>11:00 AM - 12:00 PM <b>Bingo</b></li><li>1:30 - 4:30 PM</li></ul>	<b>29</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>DAAS-PG</b></li><li>10:00 AM - 12:00 PM</li></ul>	<b>30</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>10:00 - 11:00 AM <b>Canasta</b></li><li>12:45 - 4:30 PM <b>Loteria</b></li><li>1:00 - 3:00 PM</li></ul> 	<b>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.</b>	

# 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/](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.



## 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](http://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.



# Montclair Senior Center Excursions

## BOWERS MUSEUM & DOWNTOWN DISNEY

Date: **Thursday, April 10, 2025**

Time: **8:30 AM – 5:00 PM**

Fee: **\$40** (Museum entrance fee included. Lunch Not Included).

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

Activity Code: M

Registration begins **March 3, 2025** at the Senior Center.

Last Day to Register is **April 7, 2025** or when capacity is reached.



## PAUMA CASINO

Date: **Thursday, May 8, 2025**

Time: **8:30 AM – 5:30 PM**

Fee: **\$30** (Lunch Not Included).

\*Note: first time members receive \$20.

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

Activity Code: E

Registration begins **April 1, 2025** at the Senior Center.

Last Day to Register is **May 5, 2025** or when capacity is reached.



## WHALE WATCHING & FASHION ISLAND

Date: **Thursday, June 12, 2025**

Time: **7:00 AM – 5:30 PM**

Fee: **\$55** (Lunch Not Included).

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

Activity Code: A

Registration begins **May 1, 2025** at the Senior Center.

Last Day to Register is **June 9, 2025** or when capacity is reached.



## YAAMAVA CASINO

DATE: **THURSDAY, JULY 10, 2025**

TIME: **9:00 AM – 4:30 PM**

FEE: **\$40** (LUNCH NOT INCLUDED).

\*PLEASE MAKE CHECKS PAYABLE TO: MONTCLAIR SENIOR CITIZENS CLUB\*

ACTIVITY CODE: E

REGISTRATION BEGINS **JUNE 2, 2025** AT THE SENIOR CENTER.

LAST DAY TO REGISTER IS **JULY 7, 2025** OR WHEN CAPACITY IS REACHED



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

# TRAVEL TIME TRIPS & TOURS 2025

## ZION NATIONAL PARK

**Monday, May 12 - Wednesday, May 14**

**Share pp \$544.50**

**Single \$664.50**

Join us as we return to the breathtaking Zion National Park for another unforgettable experience! This amazing trip includes two nights at the Casa Blanca Resort Hotel & Casino in Mesquite, Nevada (just 70 miles north of Las Vegas), a daily breakfast voucher, a full day of sightseeing in the awe-inspiring Zion National Park, and even a fun stop in Las Vegas! Highlights include: scenic hikes, breathtaking views, and an unforgettable adventure through one of the most beautiful national parks in the country. Don't miss out on this opportunity to explore the majesty of Zion!

**\$200.00 confirms your reservation with balance due by April 7, 2025.**



## OUR NATION'S CAPITAL: DISTINCTIVELY D.C.

**Monday, May 26 - Friday, May 30**

**Share pp \$2829.00**

**Single \$3349.00**

Join us for a memorable five-day trip to the nation's capital, staying at the Cambria Hotel & Suites in Washington D.C. This all-inclusive adventure offers a comprehensive sightseeing experience. Your trip will include two fully narrated city tours, with stops at iconic landmarks such as the White House, the White House Visitor Center, the U.S. Supreme Court, the Library of Congress, the U.S. Capitol, the National Cathedral, the National Mall, and many more must-see destinations! Your package includes airfare, a fully escorted tour, a delicious breakfast buffet each morning, and free Wi-Fi, ensuring you have everything you need for an unforgettable experience.

**\$800.00 confirms your reservation with balance due by April 8, 2025.**

## 5-DAY AMTRAK GETAWAY

**Sunday, June 8 - Thursday, June 12**

**Share pp \$1,299.00**

**Single \$1,619.00**

Embark on an Unforgettable 5-Day Train Adventure, prepare yourself for a breathtaking 5-day journey, featuring three unforgettable train rides that will take you through some of California's most stunning landscapes. This popular summer tour offers everything you need for a truly memorable experience, beginning with four nights of deluxe accommodations and daily breakfast at the first two properties. Your adventure kicks off with an Amtrak ride from Glendale to Santa Barbara, where you'll soak in the scenic views along the way. In Monterey, you'll visit Fisherman's Wharf before continuing to Felton for a thrilling ride aboard the Roaring Camp Steam Train. The journey then takes you to Sacramento, where you'll explore historic Old Town, the Old Governor's Mansion, the California Vietnam Memorial, and the State Capitol. As you board the iconic California Zephyr, enjoy a comfortable ride through the majestic Donner Pass and onward to Truckee, all while savoring the views from the Dome and Dining Cars. Finally, you'll spend two nights in the picturesque beauty of Lake Tahoe, where a narrated cruise on the lake will be the perfect way to end this unforgettable journey.

**\$500.00 confirms your reservation with balance due April 25, 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](http://www.traveltimetours.com)





JOIN  
US!

FAMILY  
FUN!

City of  
Montclair

EASTER  
EGG STRAVA  
GANZA!

& Pancake Breakfast

SATURDAY,  
April 19, 2025

9:00 – 11:00 am  
(weather permitting)

CANDY!

FREE  
CANDY-FILLED  
EASTER EGGS  
AND TREATS

for children ages 12 and  
under, while supplies last

PHOTOS  
WITH  
THE  
BUNNY!

\$3 photo,  
\$1 using own camera  
(cash only)

PANCAKE  
BREAKFAST!

\$5 BREAKFAST

2 Pancakes, 2 Sausages, and  
1 Juice, while supplies last  
(cash only)

Alma Hofman Park  
5201 Benito St., Montclair

IMPORTANT: Please bring your  
own bag or basket to collect  
eggs and treats at the event

For more event  
information please call:  
(909) 625-9479

PRIZE  
EGGS!

and an opportunity drawing  
for a large Easter Basket for  
children ages 3-12

Presented by



Kiwanis  
ONTARIO-MONTCLAIR



MONTCLAIR  
FIRE FIGHTERS  
ASSOCIATION

