



SENIOR NEWSLETTER DECEMBER 2021

'Tis the Season of Giving

Join us in helping the less fortunate in Montclair. From Monday, November 15 through Friday, December 10 food donations will be accepted for the Montclair Holiday Food and Toy Basket Program. Donate canned food or an unused toy from 8:00 a.m. to 6:00 p.m. at the Recreation Center or Senior Center, located at 5111 Benito Street. For the health and safety of those receiving baskets we cannot accept outdated, dented, bulging, perishable or open cans or packages. Residents are also encouraged to adopt a family. A donation of \$75 to feed a parent and child or a donation of \$100 to feed a family of four can be made any time prior to December 10. A list of suggested donation items is included below.

For more information on making a donation, please contact Mayra Cano at (909) 625-9457 or mcano@cityofmontclair.org

Traditional Dinner Items

- Bisquick
- Boxed Potatoes
- Cake Mix
- Canned Corn
- Canned Frosting
- Canned Green Beans
- Canned Yams
- Cranberry Sauce
- Gravy
- Olives
- Pickles
- Stuffing Mix



Everyday Food Items

- Baby Food
- Cake & Muffin Mixes
- Canned Beans
- Canned Frosting
- Canned Fruits
- Canned Meats
- Canned Vegetables
- Cereal
- Cooking Oil
- Evaporated Milk
- Fruit Juices
- Jello
- Jelly
- Macaroni & Cheese
- Pasta & Sauce
- Peanut Butter
- Popcorn
- Soups



New Unwrapped Toys/Gifts

- Art Supplies
- Bathtub Toys
- Batteries (all sizes)
- Bikes
- Board Games
- Books
- Cars & Trucks
- Craft Kits
- Curling Irons/Hair Brush
- Kits
- Dolls
- Infant Toys
- Legos & Building Sets
- Movie Tickets
- Princess & Dress up Items
- Puzzles
- Sports Equipment: basketballs, soccer balls, etc.



INTERESTED IN HELPING YOUR COMMUNITY?

We are looking for fully vaccinated volunteers to help with the food distribution events and senior lunch. **We cannot run our in-person programming without your help!** If you are interested, please contact Mayra Cano at (909) 625-9456. Thank you!

For information or questions regarding the Senior Center, please call Mayra Cano at (909) 625-9456
For information or questions regarding Healthy Montclair, please call Letty Gavilanes at (909) 625-9485

Visit HEALTHYMONTCLAIR.ORG for more updates and information on our programs.



RESOURCES

***ATTENTION! PLEASE NOTE DATE CHANGE* Food Distribution** The next walk-up food distribution event is on **Thursday, December 9, 2021** in the Montclair Community Center from 8:30 a.m. to 9:30 a.m. or until supplies last.

- 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 serve basis or while supplies last.
- Please park in the Montclair Civic Center parking lots.
- Due to COVID-19 and for your safety, we require all participants to wear a face mask while in City buildings.

The program is coordinated with the Community Action Partnership of San Bernardino County. To qualify you must bring a valid ID and live in 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) 625-9456 for information on qualifying income guidelines, confirmation of dates and food items. Please refer to The Emergency Food Assistance Program (TEFAP) 2020 Income Guidelines to determine if you qualify. Check the City of Montclair Facebook page for any location and time updates. www.facebook.com/CityofMontclair

Montclair Senior Nutrition Meal Program Contributions

Thank you for participating in the City of Montclair's Senior Nutrition Meal program. We are privileged to serve our community during these difficult and uncertain times, but we need your help now more than ever! This program is primarily grant-funded, but still relies on the generous support of our community to continue serving healthy, daily meals to Montclair senior citizens.

The senior nutrition suggested donation is \$3.00; however, not everyone can afford to contribute, and your donation is not a requirement for you to receive a meal if you are eligible for the program. Any extra small contribution will help to maintain the meal program we are providing.

The Montclair Senior Nutrition Meal Program is asking that you please contribute what you can to help support and continue this program. Your contribution will be used to make a positive impact in the lives of Montclair senior citizens in our community. To donate to Senior Nutrition please make checks payable to the City of Montclair. If you would like your donation to the Senior Center programs, please make checks payable to the Montclair Community Foundation. If you have any questions regarding donations, please call 909-625-9459.

ATTENTION! Meals on Wheels is looking for drivers to help deliver meals on Mondays, Thursdays, and Fridays to seniors within the City of Montclair. If you are available from 10:30 a.m. to 12:00 p.m. (approximately) and are interested in volunteering, please contact Sue Yoakum at alsuey@verizon.net or (909) 986-5522. Thank you!



COVID-19 Testing, Vaccinations, and Boosters COVID-19 testing and vaccinations will be available at Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Space #2138). For parking, enter off Moreno St. by Moreno St. Market Food Court. Vaccinations are held in the upper level, across Forever 21. COVID testing is held in the upper level, across from Wetzels Pretzels.

Testing will be Tuesday through Saturday from 10 a.m. to 6 p.m. Appointments accepted, walk-ins welcome. Take home kits will be available Tuesday through Friday. Testing is FREE and no symptoms or health insurance is required. To schedule an appointment, please visit <https://sbccovid19.com/testing-sites/>

Individuals with no internet access or who have access/functional needs can call to make an appointment at (909) 387-3911, Monday-Friday from 9 a.m. to 6 p.m.

Vaccinations and Boosters will take place Tuesday through Saturday from 10 a.m. to 6 p.m. Appointments accepted, walk-ins welcome while supplies last. To schedule a vaccination appointment, please visit <https://sbccovid19.com/vaccine/> and click on "Vaccine Locations & Registrations." Need assistance with scheduling an appointment or have questions about the vaccine? Residents of San Bernardino County may call (909) 891-3810 or (888) 743-1485 or email coronavirus@dph.sbcounty.gov

COVID-19 Testing Bus COVID-19 testing is available Wednesday-Sunday from 11 a.m. to 7 p.m. at the Montclair Kid's Station located on 4985 Richton St. This is a State testing site. State testing sites are hosted by OptumServe in partnership with the California Department of Public Health. No symptoms are required for testing. Testing is free for all individuals, including those who are uninsured, underinsured, undocumented, or homeless. To schedule an appointment, visit <https://lhi.care/covidtesting> Participants without internet can call (888) 634-1123 to make an appointment. Please do not call the venues about testing or appointments. Walk-ins are welcomed.



December 2021



Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SITE MANAGER: KEITH ALBER (909) 625-9488 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.	SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00 GUESTS AGES 59 AND UNDER: \$6.00 MENU IS SUBJECT TO CHANGE. "WW" - Whole Wheat	1 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	2 BAKED FISH w/ Tartar Sauce Baked Potato Loose Leaf Salad Apple WW Bread Orange Juice	3 CHICKEN FAJITAS Brown Rice Black Beans Pineapple WW Tortilla
6 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Cantaloupe WW Bread	7 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	8 BBQ PULLED PORK SANDWICH w/ WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices	9 SHEPHERD'S PIE Mashed Potato Loose Leaf Salad Banana WW Bread	10 BBQ CHICKEN SANDWICH w/ WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup
13 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	14 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	15 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	16 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread	17 BAKED FISH w/ Tartar Sauce Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
20 High Sodium Meal ROAST PORK w/ Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	21 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	22 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	23 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	24 <i>We will be closed for the holiday on December 24</i>
27 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	28 HERB BAKED CHICKEN Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	29 SENIOR BIRTHDAYS! MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	30 TUNA SALAD Pasta Salad Three Bean Salad Cantaloupe WW Bread	31 <i>We will be closed for the holiday on December 31</i>

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

We strive to provide high quality food and consistently follow our monthly menu; however, due to the COVID-19 pandemic, our supply of certain items on the daily menu may be low. 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.

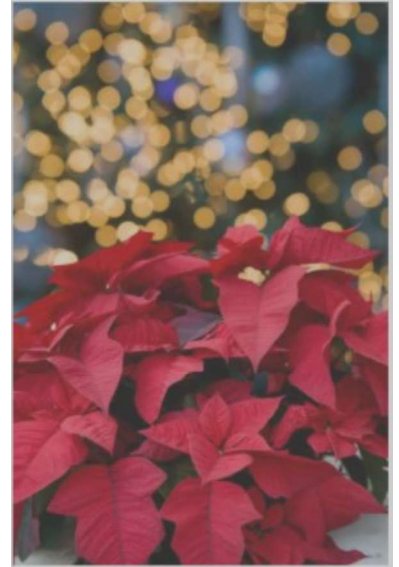
Thank you for your understanding. Please call Keith Alber (909) 625-9488 with any questions or concerns.



DECEMBER GARDENING TIPS

In the House

- **Select Your Christmas Tree.** When selecting a Christmas tree, make sure that it is fresh. Cup your hand at the base of a branch and run it down the length of the branch. If the needles have a healthy green color, are soft and hold fast, the tree is fresh.
- **Make a Fresh Cut:** Make a fresh cut on the bottom of the trunk before putting the tree in the stand. If you have to cut off any branches, use them to decorate and provide a refreshing evergreen fragrance around the house.
- **Get a Christmas Tree Stand:** Christmas tree stands should be large enough to hold at least one gallon of water. Replenish the water as needed, never letting the water level drop below the bottom of the trunk.
- **Keep Poinsettias and Christmas Cactus Fresh:** Place holiday plants in the coolest indoor spot possible or the flowers and leaves will drop prematurely. Do not place in drafty areas or near a direct heat source like a fireplace or heating vent.
- **Deck the Halls with Fresh Garland.** Decorate the inside and outside of your home with fresh, fragrant garland and greens.



In the Garden

- **Plant cool-season annuals.** For a fresh look plant Linaria, Nemesia and Diascia. Poppies, Snapdragons, Pansies, Violas and Stock are never out of style.
- **Plant California wildflower seeds and California native plants** of all kinds.
- **Plant all kinds of cool-season veggies** now like onions and lettuce.;

For more gardening tips, please visit <https://www.armstronggarden.com/monthly-tips/december-lawn-garden-tips>

Spread Holiday Cheer with These Festive Riddles



Why are Christmas trees bad at knitting?

Because they always drop their needles.

Who sings "Blue Christmas" and makes toy guitars?

Elfis

How many presents can Santa fit in an empty bag?

Only one—after that, it's not empty anymore!



*Happy Holidays
from Montclair Human Services*