



## SENIOR NEWSLETTER MARCH 2022

### Gardening in a Drought

#### Gardening in a Drought: Three Simple Steps to Dream Gardens

By Waterwise Community Center

California is home to many native drought-resilient plants and trees that will grow to provide beautiful gardens and shade. Get started on your drought-resilient landscaping today. Here's how:

##### Step 1: Prepare your Waterwise Garden

Before choosing what water-saving plants go best in your yard, be sure to prepare your garden for the transformation. Begin by thinking what you want your landscape to do for you? Create a plan that includes what it looks like, what you are getting out of it, and what it does for you. If you enjoy drinking a cup of coffee and bird watching, make it a haven for local birds, butterflies, and other pollinators. Many water-saving plants are good at attracting pollinators. Continue with a list of personal goals. This can include a comfortable place to sit and read, simple to maintain, or looks nice. Do your homework, research the plant types that work for your space and how it is going to get watered (irrigation system).

##### Step 2: Consider California Native Plants

Gardens filled with California native plants are not only beautiful, but bright, use less water, and provide homes and food for butterflies and other local critters alike.

Native plant varieties that you may consider include: grasses, trees, and pollinator friendly plants.

##### Step 3: Choosing Waterwise Plants

Waterwise plants, such as the California Buckwheat, Sages, and Toyon, are excellent choices when considering the best ways to drought-proof your yard. Other waterwise plants you may consider include succulents and native bunch grasses such as Deergrass.

*Learn more about California native gardening by visiting the Chino Basin Water Conservation District website at <https://www.cbwcd.org>*

### 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 Celeste Dunlap at (909) 625-9462.

For information or questions regarding the Senior Center, please call Celeste Dunlap at (909) 625-9462  
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

## Daylight Saving Time Begins Sunday, March 13, 2022 "Spring forward and fall back"

On Sunday, March 13, 2022 remember to set your clock forward one hour.

**Food Distribution** The next walk-up food distribution event is on **Thursday, March 17, 2022** 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](https://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](mailto: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 Wetzel's 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](mailto:coronavirus@dph.sbcounty.gov)

**COVID-19 Testing Bus** COVID-19 testing is available 7 days a week 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.

# TAX PREP SERVICES

**AARP Taxes** Representatives from AARP will be assisting with filing income taxes at the Ontario Senior Center, Chino Senior Center, Upland Senior Center, and the Brulte Senior Center in Rancho Cucamonga. **Deadline to file taxes is April 18.** Please call the center for more information and/or to set up an appointment.

- Ontario Senior Center, (909) 395-2021
- Chino Senior Center, (909) 591-9836
- Upland Senior Center, (909) 981-4501
- James L. Brulte Senior Center in Rancho Cucamonga, (909) 447-2780

**Alternative tax preparation via Tax Aide** Generally Tax-Aide service will run from February 1 to April 18. Note, however, that tax service and date of opening depend on local COVID-19 spread and volunteer availability. For more information, including what types of service are available near you and which documents you will need, visit [aarpfoundation.org/taxaide](http://aarpfoundation.org/taxaide) or call 888-AARPNOW (888-227-7669).

**Additional Tax Support** The San Bernardino County Transitional Assistance Department provides free tax preparation through the IRS VITA (Volunteer Income Tax Assistance) program. This free service is available to eligible individuals and families whose combined household earned income was less than \$58,000 in 2021. The tax preparation is offered throughout the county at select locations by appointment starting January 24, 2022. For more information and locations, please visit [wp.sbcounty.gov/tad/resources](http://wp.sbcounty.gov/tad/resources)

For certified support to assist you with tax return questions and guidance call 909-515-8715, or the IRS Taxpayer hotline 800-829-1040.

## March Senior Activities

Join us for these upcoming senior activities during the senior center drive-thru lunch!  
Please dress in the theme of the day!



### March 1 Mardi Gras

Wear the colors gold, green, and purple



### March 17 St. Patrick's Day

Wear the color green



### March 30 Senior Birthdays, "Garden, Flowers, and Gnomes"





# March 2022



## Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SITE MANAGER: KEITH ALBER (909) 625-9488</b>  <b>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</b> <b>MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.</b>	<b>1 OVEN BAKED CHICKEN</b> Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	<b>2 PULLED BBQ PORK SANDWICH</b> w/ WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices	<b>3 SHEPHERD'S PIE</b> Loose Leaf Salad Banana WW Bread	<b>4 BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup
<b>7 MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>8 PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	<b>9 BAKED CHICKEN BREAST</b> Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	<b>10 BAKED ZITI</b> Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread	<b>11 BAKED FISH</b> Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
<b>14 High Sodium Meal ROAST PORK</b> Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	<b>15 HERB BAKED CHICKEN</b> Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	<b>16 SWEDISH MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>17 CHEF SPECIAL High Sodium Meal POLISH SAUSAGE</b> Boiled Potatoes Steamed Cabbage Lime Jell-O Rye Bread	<b>18 CHILI BEANS</b> w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup
<b>21 STUFFED PEPPER</b> Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	<b>22 High Sodium Meal CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	<b>23 MEAT LOAF</b> Baked Potato Corn Bread Pudding WW Bread Apple Juice	<b>24 LASAGNA w/WW PASTA</b> Cooked Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	<b>25 TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread
<b>28 BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	<b>29 High Sodium Meal HAM &amp; SPINACH QUICHE</b> 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	<b>30 Senior Birthdays! SPAGHETTI &amp; MEAT SAUCE</b> Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	<b>31 ROAST TURKEY</b> Mashed Potatoes Cut Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	<b>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</b> <b>GUESTS AGES 59 AND UNDER: \$6.00</b> <b>MENU IS SUBJECT TO CHANGE.</b> <b>"WW" - Whole Wheat</b>

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.



# Gardening Tools Word Search

Find the gardening words as listed. The words could be forwards, backwards, up, down, or diagonal. Circle each letter separately and many letters may be used in more than one of the gardening words as they intersect. When the Gardening Word Search puzzle is complete, read the left over letters starting at the top left and reading down to the bottom right to learn an interesting gardening tip. Source: [www.printactivities.com](http://www.printactivities.com)

D O N O T P R T A H N U S U N  
 R E Y A R P S K N A T E E G V  
 E S P O L E P R U N E R R L W  
 G R R W K E L E N D S I N O A  
 T A H A E S S E P T R M L V S  
 I E R T N G R P V R O R A E G  
 W H E E L B A R R O W U W S N  
 N S E R E V E T R W H E N R I  
 G G R I E E H B I E N S M S N  
 S N D N U R S I N L G T O R U  
 H I E G D L E A F B L O W E R  
 O N R C M A G N T W I E E P P  
 N U T A E R D R E D A E R P S  
 M R O N K N E E S T O O L O N  
 T P H E S O H N E D R A G L S

- |              |                |
|--------------|----------------|
| BROOM        | PRUNING SAW    |
| GARDEN HOSE  | PRUNING SHEARS |
| GLOVES       | RAKE           |
| HAND TROWEL  | SHOVEL         |
| HEDGE SHEARS | SPREADER       |
| KNEE STOOL   | SUNHAT         |
| LAWNMOWER    | TANK SPRAYER   |
| LEAF BLOWER  | TILLER         |
| LOPPERS      | WATERING CAN   |
| POLE PRUNER  | WHEELBARROW    |

## ANSWERS

DO NOT PRUNE EVERGREENS IN THE SPRING  
 PRUNE EVERGREENS DURING THE DORMANT WINTER  
 MONTHS

D O N O T P R T A H N U S U N  
 R E Y A R P S K N A T E E G V  
 E S P O L E P R U N E R R L W  
 G R R W K E L E N D S I N O A  
 T A H A E S S E P T R M L V S  
 I E R T N G R P V R O R A E G  
 W H E E L B A R R O W U W S N  
 N S E R E V E T R W H E N R I  
 G G R I E E H B I E N S M S N  
 S N D N U R S I N L G T O R U  
 H I E G D L E A F B L O W E R  
 O N R C M A G N T W I E E P P  
 N U T A E R D R E D A E R P S  
 M R O N K N E E S T O O L O N  
 T P H E S O H N E D R A G L S

