



SAVE THE DATE

We are excited to announce the Montclair Senior Center
is reopening May 2022.

More information will be announced soon.

Please visit the Senior Center webpage for updates.

www.cityofmontclair.org/senior-center



SENIOR NEWSLETTER

APRIL 2022

Monthly Gardening Tips

In the Garden

- **Start Your Veggies.** Now is the time to start tomatoes, peppers, cucumbers, zucchini, eggplant...all the vegetables you love to harvest come summer.
- **Color in Your Garden.** All winter/cool season color like pansies and cyclamen should be replaced with plants that thrive in warm months like geraniums, marigolds, impatiens, petunias and more. Plant in the garden, pots and hanging baskets.
- **Waterwise Favorites.** The selection of waterwise plants that thrive with little water and care has never been better! Plant low water geraniums, lavender, daylilies, lantana, butterfly bush and more.
- **Reduce Fruit.** What? Reducing a quarter of the fruit on deciduous trees now will give you're a higher quality fruit and help prevent branch breakage.
- **Roses in Bloom.** Now is a great time to choose from over 50 types of roses that are now in bloom. Choose from roses known for the fragrance, for cutting or landscape roses that require little care.
- **Water Wisely.** As the weather warms up its important to water your garden. Maximize water use by watering between 6-9am with a deep watering.
- **Plant Summer Blooming Bulbs.** Now is the time to plant Gladioli, Dahlias and Lilies for summer blooms.



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

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

Food Distribution The next walk-up food distribution event is on **Thursday, April 21, 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

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 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 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

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

April Senior Activities

Join us for these upcoming senior activities during the senior center drive-thru lunch!

April 1 April Fool's Day



April 8 Art Exhibit Day

A display of local artists including some of our local students



April 15 Celebrating Easter



April 22 Earth Day

Recognizing countries of the world





April 27 Senior Birthdays, Hollywood Theme



April 2022

Montclair Senior Center Drive Thru Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SITE MANAGER: KEITH ALBER (909) 625-9488</p> <p>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 a.m. - 12:30 p.m.</p>		<p>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</p> <p>GUESTS AGES 59 AND UNDER: \$6.00</p> <p>MENU IS SUBJECT TO CHANGE.</p> <p>"WW" - Whole Wheat</p>		<p>1 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Pinto Beans Spanish Rice Banana & Vanilla Pudding</p>
<p>4 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices</p>	<p>5 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Cantaloupe</p>	<p>6 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</p>	<p>7 CHICKEN FAJITAS Brown Rice Black Beans Pineapple WW Tortilla</p>	<p>8 BAKED FISH Baked Potato Loose Leaf Salad Apple WW Bread Orange Juice</p>
<p>11 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Cantaloupe WW Bread</p>	<p>12 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice</p>	<p>13 PULLED BBQ PORK SANDWICH w/ WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices</p>	<p>14 SHEPHERD'S PIE Loose Leaf Salad Banana WW Bread</p>	<p>15 BAKED FISH Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice</p>
<p>18 MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</p>	<p>19 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla</p>	<p>20 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread</p>	<p>21 BAKED ZITI Cooked Zucchini Green Salad Fresh Orange Wedges WW Bread</p>	<p>22 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup</p>
<p>25 High Sodium Meal ROAST PORK Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice</p>	<p>26 High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread</p>	<p>27 Senior Birthdays! SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>28 CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>	<p>29 CHILI BEANS w/ Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</p>

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.