



## HONORING OUR VETERANS



Join the Montclair Senior Center, **Wednesday, November 9 from 3 p.m. to 5 p.m.** for a **Happy Hour Social Honoring our Veterans!** RSVP is required for this event.

We will Honor our Veterans with an individual recognition of their service and live entertainment. Light appetizers will be served for your enjoyment.

**Please RSVP by Tuesday, October 18** by calling the Senior Center Reception Desk at (909) 625-9483 or with Senior Citizens Supervisor Celeste Dunlap at (909) 625-9462.

*Join us for a special arts and crafts class where we will be making Veterans Day cards for Veterans at Loma Linda and Long Beach Veterans Hospital. The class is on Wednesday, October 12 at the Montclair Senior Center Dining Room beginning at 1 p.m. All are welcome.*

## Weekly Senior Activities

### BINGO

Mondays, 1:00 - 4:00 pm



### BUNCO

Thursdays, 1:00 - 4:00 pm



### \*NEW\* Canasta

Beginning October 5

Wednesdays, 12:45 - 3:00 pm



### \*NEW\* Exercise Classes Beginning October 12

Wednesdays, 9:30 - 10:30 am



**Limited  
Capacity**

### Loteria

Wednesdays 1:00 - 3:00 pm



This 8 week session is **free** and will meet on Wednesdays beginning October 12 to November 30 at the Senior Center's East Room. Registration required. Please call (909) 625-9483 to sign-up. Sponsored by West End Family Counseling.

### Line Dancing

Thursdays, 1:00 -2:00 pm



## Join us for these upcoming activities during Senior Lunch.

**Thursday, October 6**

Hispanic Art Wall, 10:30 am - 12:30 pm  
Chips and Salsa and Mocktails with lunch

**Wednesday, October 12**

Apple Harvest Theme and Fall Recipe Exchange

**Wednesday, October 26**

Senior Birthdays! Theme: Halloween.  
Costumes Encouraged.



## Senior Center Hours of Operation



Monday-Thursday, 8:00 AM - 6:00 PM

Friday, 9:00 AM - 5:00 PM

Closed on Saturday and Sunday

Reception Desk Phone: (909) 625-9483

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 (909) 625-9485.

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

# DID YOU KNOW...

**The Regional Council on Aging** meets the first Tuesday of every month (October 4) at the Montclair Senior Center from 9:30 a.m. to 11:30 a.m. 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.

## **Speakers Bureau**

Be fully informed on topics important to aging in place, safely and well.

**WHAT:** AgingNext - an overview of senior programs with a special focus on transportation and care giver support programs.

**WHO:** Abbie Pascua, CEO of AgingNext

**WHY:** To be fully informed of the programs and assistance available to ensure your greatest quality of life.

**WHEN:** Tuesday, October 11 at 1:00 p.m.

**WHERE:** Montclair Senior Center Dining Room



## **West End Family Counseling Health and Wellness Upcoming Presentations at the Montclair Senior Center:**

- Monday, October 3 from 9:30 - 10:30 a.m.  
Coping with Loss and Grief
- Monday, October 17 from 9:30 - 10:30 a.m.  
Art Activity: Memorial Lanterns

## **HICAP Counseling Services**

A HICAP Counselor will be available by appointment only on Friday, October 28 from 9:30 a.m. - 12:30 p.m. Please call Betty Nicoles at (909) 256-8369 to schedule an appointment.

## **VOLUNTEERISM**

Volunteering is good for your health and wellbeing. Volunteering falls under the Vocational/Educational segment of the Wellness Wheel but touches almost all the other segments in one way or another.

Studies indicate that 1/4 of Americans volunteer and 1/3 of those volunteer 100 hours or more a year.

Volunteering just 2 hours a week (which translates to 100 hours of year) yields personal health benefits.

So while helping others you are also helping yourself.

Some people say I don't have the time or I don't have a skill people need... but how do you know?

Here are 3 areas where we could use your help:

- Senior lunches
- Monthly Food Distribution program
- Drivers for Meals on Wheels

If you need more information or are interested in helping with lunches or Food Distribution, please call Celeste Dunlap at (909) 625-9462.

If you are interested in driving for Meals on Wheels please contact Sue Yoakum at (909) 986-5522.

## **Arts & Crafts**

Fridays, 9:00 - 11:00 am

*By registration. If interested please call (909) 625-9483 to be put on our wait list.*



***Class is at capacity.***

## **Nutrition and Hydration**

What we eat and drink are essential to good health.

The Montclair Senior Center is open for lunch daily (Monday-Friday). Doors open at 10:30 a.m. for coffee, tea, and socializing.


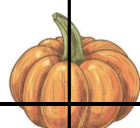

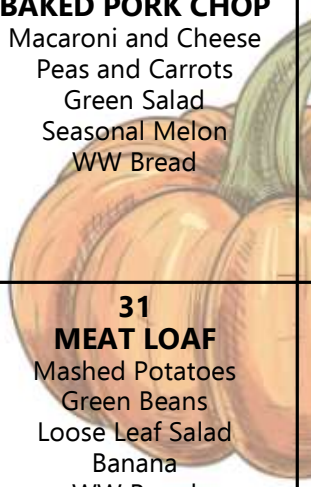


Lunch is served from 11:30 a.m. to 12:30 p.m.

Suggested donation is \$3.00.

Guests (those under 60) are welcome at a cost of \$6.00 per person.

# October 2022

## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>STUFFED PEPPER</b> Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	<b>4</b> <b>CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	<b>5</b> <b>MEAT LOAF</b> Baked Potato Corn Bread Pudding WW Bread Apple Juice	<b>6</b> <b>CHICKEN FAJITAS</b> Brown Rice Black Beans Fresh Pineapple WW Tortilla 	<b>7</b> <b>TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread
<b>10</b> <b>BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread 	<b>11</b> <b>HAM &amp; SPINACH QUICHE</b> 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	<b>12</b> <b>WW SPAGHETTI &amp; MEAT SAUCE</b> Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	<b>13</b> <b>ROAST TURKEY</b> Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	<b>14</b> <b>BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread
<b>17</b> <b>High Sodium Meal</b> <b>CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>18</b> <b>SLOPPY JOES</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	<b>19</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>20</b> <b>LASAGNA w/WW PASTA</b> Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread 	<b>21</b> <b>BAKED FISH</b> Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
<b>24</b> <b>BAKED PORK CHOP</b> Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread 	<b>25</b> <b>OVEN BAKED CHICKEN</b> Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	<b>26</b> <i>Senior Birthdays!</i> <b>Theme: Halloween</b> <b>CHEF SPECIAL HAM w/GLAZED SAUCE</b> Sweet Potatoes Green Beans Romaine Salad Corn Bread	<b>27</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Banana WW Bread 	<b>28</b> <b>CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>31</b> <b>MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread			<b>SITE MANAGER:</b> <b>KEITH ALBER</b> (909) 625-9488  <b>5111 BENITO ST.</b> <b>MONTCLAIR, CA.</b> (909) 625-9483 <b>MONDAY- FRIDAY:</b> 11:30 a.m. - 12:30 p.m.	<b>SUGGESTED DONATION FOR ADULTS</b> <b>AGES 60+: \$3.00</b> <b>GUESTS AGES 59 AND UNDER: \$6.00</b>  <b>MENU IS SUBJECT TO CHANGE.</b>  "WW" - Whole Wheat Milk is provided daily.

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. 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.



# Window into Wellness with Celeste

This month's column will focus on Mental Health — Stress Management techniques in particular. There are many techniques for stress management. This column will focus on 3, but explore others and certainly choose a technique/ process you can stick to and that fits your lifestyle best.

A definite benefit of the following 3 techniques is all of them are FREE!!!

1) **Laughter/maintain a sense of humor** - You can do this by intentionally choosing to be more light-hearted, more comedy centered programming over news, drama, or horror programs. You could add a "joke of the day" app to your phone, read the comics in the paper, or get a pad of Mad Libs. The health benefits of laughter are numerous. The following list is just a snapshot of how laughter improves our quality of life:

- Adds joy and zest to life
- Eases anxiety and fear
- Relieves stress
- Improves mood
- Enhances resilience

2) **Use of Mantras/Meditation/Mindfulness** -

These techniques create a mind-body connection. These are meant to keep one in the present and reduce the tendency for "snowballing" and borrowing trouble. They promote relaxation and quiet the chaotic sounds of our lives. They assist in restoring the balance between systems thereby reducing the sense of fear, stress, and anxiety. These techniques are meant to promote affirmation Follow these 4 steps and create your own personal mantra.

- Create a sentence or phrase that you can actually use when what you are saying starts becoming true.
- State your affirmation in a positive way without focusing on what you need to avoid.
- Use your mantra as a declaration of what

has already been manifested/created in your life.

- Truly let yourself feel your mantra/affirmation.  
Ex. I believe in myself and my abilities.

Ex. I choose to find joy in every circumstance.

3) **Stress busters and the Wellness Wheel** - Here are a few samples of stress relieving techniques and the segment of the wellness wheel they correspond to. Please find a complete list on the last page of the newsletter. Read them through. Take the time to categorize them and then use the ones best suited to you in any given stressful situation.

- Exercise - Physical
- Learn to Say No - Mental
- Don't Sweat the Small Stuff - Emotional
- Believe in Yourself and Others - Spiritual
- Ask for Help - Relational
- Budget Time and Money - Financial

Your levels of Health and Wellness are influenced by your choices. You are in control. Be safe. Be well.

*(More on page 7)*



*Narrative Credit: Celeste R Dunlap, MS*

*Source: Eldercare Services "Developing Aging Solutions with Heart" (2000)*

# SAVE THE DATE



**What: Senior Mobile Pantry Program** by Feeding America  
**When: Thursday, October 27 from 12:00 p.m. to 2:00 p.m.**  
**Where: Civic Center Parking lot B** (behind the library, 5111 Benito St. Montclair).  
**Who: all ages welcome** (one per household).

**Department of Aging and Adult Services (DAAS)** A DAAS representative will be at the Senior Center on the third Monday of the month (October 17) from 10:00 a.m. to 12:00 p.m., to provide information and assistance on programs that are available to senior citizens. Bus passes will also be available for distribution in September. For more information, call DeMario Dunn at (909) 948-6235.

**Legal Services** Appointments with Isabel are available on the second Thursday of the month (October 13) from 9 a.m. to 12 p.m. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

## What: Food Distribution

**When:** The next walk-up monthly event is **Thursday, October 20, 2022 from 8:30 a.m. to 9:30 a.m.**

**Where:** Montclair Community Center

**Who:** San Bernardino County residents with a valid ID. 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 highly recommend 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 Holiday Food Basket Program

Food baskets will be available to families that live in Montclair and meet specific income guidelines. To be considered, applicants must complete an application. Applications will be accepted by appointment only. Please contact Adriana Navarrete by Friday, Oct. 21, to schedule an appointment.

For more information on making a donation or to schedule an appointment, please contact Adriana Navarrete at (909) 625-9454 or [acampos@cityofmontclair.org](mailto:acampos@cityofmontclair.org).



## The CITY OF MONTCLAIR celebrates **HISPANIC HERITAGE MONTH**

October 8, 2022  
5 p.m. - 7 p.m.  
Montclair Place's Center Court



- Folklorico Dance Performance by the Montclair After-School Program
- Mexican Tissue Paper Flower Craft

# FLU SHOTS & COVID NEWS



## **SAN BERNARDINO FREE COVID-19 VACCINES, BOOSTERS, AND FLU VACCINATION EVENT**

San Bernardino County will be offering free COVID-19 vaccines, boosters, and flu vaccines on **Tuesday, October 18, 2022** and **Tuesday, November 1, 2022** from 9:30 a.m. to 1:30 p.m. at the **Montclair Community Center** (5111 Benito Street, Montclair) The flu vaccine and COVID-19 vaccine can be administered together. Appointments are encouraged, but walk-ins are welcome. If you would like to pre-register for an appointment, go to <https://MyTurn.ca.gov> and provide the requested information. You can also call the COVID-19 Hotline at (909) 387-3911, Monday through Friday, 9:00 a.m. – 5:00 p.m.

### **Test to Treat**

**What:** The Montclair OptumServe location is now offering free Test to Treat therapeutics for COVID-19.

**Who:** The Test to Treat program will provide access for qualified patients to receive a prescription oral anti-viral (Paxlovid or Molnupiravir) at the test site located on 4985 Richton St.

To learn more about Test to Treat, please visit the County's webpage for Covid-19 treatments and therapeutics: <https://sbccovid19.com/treatments-and-therapeutics-for-covid-19/>

**COVID-19 Vaccines and Boosters to Homebound Residents** The San Bernardino County Department of Aging and Adult Services— Public Guardian offers in-home COVID-19 vaccines and boosters to homebound residents, their caretakers and/or family members who are aged 5 and older. Our services ensure that homebound individuals who cannot safely leave their residence are able to receive the COVID-19 vaccine. San Bernardino County residents who are homebound, or are caretakers of homebound individuals, are encouraged to contact our **Homebound Vaccination support team at (888) 743-1485 to schedule an appointment.**

### **COVID-19 Testing**

**Who:** All individuals ages 5+ who live or work in San Bernardino County.

**Where:** Montclair Place (5060 E. N Montclair Plaza Ln., 2nd Floor, Space #2168), across from Forever 21.

**When:** Monday through Friday from 10 a.m. to 4 p.m. Appointments accepted, walk-ins welcome while supplies last. **Services are FREE.**

- To schedule a testing appointment, please visit <https://sbccovid19.com/testing-sites/> or call (909) 387-3911.
- For assistance or questions call (909) 891-3810 or (888) 743-1485 or email [coronavirus@dph.sbcounty.gov](mailto:coronavirus@dph.sbcounty.gov)

### **COVID-19 Testing Bus Hosted by OptumServe & the California Department of Public Health**

**Where:** Montclair Kid's Station (4985 Richton St.)

**When:** COVID-19 testing is available 7 days a week from 11 a.m. to 7 p.m.

**Who: All individuals**, including those who are uninsured, underinsured, undocumented, or homeless.

**To schedule an appointment, visit:** <https://lhi.care/covidtesting> or call (888) 634-1123.

# 70 Great Stress Busters Ideas

(Continued from page 4) Below is a list of 70 stress relieving techniques. Read them through and take time to categorize them according to the following areas of the Wellness Wheel. Find the ones that best suit you in any given stressful situation.

- 1) Make Lists
- 2) Take A Deep Breath
- 3) Exercise
- 4) Sing a Song
- 5) Eat a Healthy Meal
- 6) Call a Friend
- 7) Laugh at Yourself
- 8) Ask Others to Help
- 9) Smile
- 10) Set Realistic Goals
- 11) Take Breaks
- 12) Prioritize Tasks
- 13) Delegate Work
- 14) Avoid Clutter
- 15) Use Proper Lighting
- 16) Have a Hobby
- 17) Keep Noise Down
- 18) Talk Things Out
- 19) Visualize a Peaceful Scene
- 20) Learn to Relax
- 21) Budget Time and Money
- 22) Plant a Garden
- 23) Massage Tense Muscles
- 24) Reward Yourself
- 25) Go Out to Lunch
- 26) Meditate
- 27) Set Limits
- 28) Think Positively
- 29) Count to 10
- 30) Enjoy Small Pleasures
- 31) Avoid Junk Food
- 32) Practice Team Work
- 33) Believe in Others
- 34) Believe in Yourself
- 35) Confront Your Feelings
- 36) Be Kind
- 37) Cry if Necessary
- 38) Remember: Time Heals
- 39) Get Regular Checkups
- 40) Take a Walk
- 41) Get Organized
- 42) Do Neck Rolls
- 43) Avoid Dangerous Drugs
- 44) Be Flexible
- 45) Stretch Often
- 46) Control Your Weight
- 47) Avoid Distractions
- 48) Set Reasonable Deadlines
- 49) Don't Sweat the Small Stuff
- 50) Learn to Say "No"
- 51) Forgive and Forget
- 52) Use the Right Tools
- 53) Don't Procrastinate
- 54) Reflect on Your Joys
- 55) Encourage Others
- 56) Get Up Earlier
- 57) Break Up Monotony
- 58) See Problems as Challenges
- 59) Stop and Smell the Roses
- 60) Love Others
- 61) Love Yourself
- 62) Avoid Unnecessary Meetings
- 63) Screen Your Calls
- 64) Never Drink and Drive
- 65) Give Hugs
- 66) Seek Out Positive People
- 67) Be Faithful
- 68) Read Good Books
- 69) Remember Your Triumphs
- 70) Laugh Often

## **EMOTIONAL**

- *Don't Sweat the Small Stuff*

## **SPIRITUAL**

- *Believe in Yourself*

## **RELATIONAL**

- *Ask Others to Help*

## **SOCIAL**

- *Go Out to Lunch*

## **FINANCIAL**

- *Budget Time and Money*

## **PHYSICAL**

- *Exercise*

## **MENTAL**

- *Learn to Say "No"*