

# SENIOR NEWSLETTER | NOVEMBER 2022

## Weekly Senior Activities

<p><b>BINGO</b> Mondays, 1:00 - 4:00 pm</p> 	<p><b>BUNCO</b> Thursdays, 1:00 - 4:00 pm</p> 
<p><b>Canasta</b> Wednesdays, 12:45 - 3:00 pm</p> 	<p><b>Exercise Classes</b> Wednesdays, 9:30 - 10:30 am</p>  <div style="border: 1px solid black; border-radius: 10px; padding: 5px; display: inline-block;"><b>Limited Capacity</b></div>
<p><b>Loteria</b> Wednesdays 1:00 - 3:00 pm</p> 	<p>This 8 week session is <b>free</b> and will meet on Wednesdays from 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.</p>
<p><b>Line Dancing</b> Thursdays, 1:00 -2:00 pm</p> 	

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

**Wednesday, November 9**

Veterans Day and Trivia

**Tuesday, November 15 - November 30**

Thankful Tree– add leaves to the tree with messages of gratitude

**Wednesday, November 23**

Senior Birthdays! Theme: Pumpkin/Harvest

### Senior Center Hours of Operation

**CLOSED FRI. NOV. 11 FOR VETERANS DAY  
CLOSED THURS. NOV. 24 AND FRI. NOV. 25  
FOR THANKSGIVING**

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

# See's CANDIES®

### Deadline to Order See's Candies: November 16

It's that time of year again! Order your See's Candy with the Montclair Senior Center to support Women's Club of Montclair. The price for candy is \$25.00 per pound; the store price is \$27.50 per pound. Deadline to order is Wednesday, November 16. The delivery date will be Tuesday, November 23. Please see the last page for the candy order form.

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 (November 1) 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.

- Did you know Seniors and Veterans can visit California State Parks at a discount? Visit [www.parks.ca.gov](http://www.parks.ca.gov) and on the top search bar enter "Senior Citizen Discount" or "New Distinguished Veteran and Disabled Discount Passes" for more details or visit your local library to find out about California State Library Park Passes.

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

- Monday, November 7 from 9:30 - 10:30 a.m.  
Coping with Holiday Blues
- Monday, November 21 from 9:30 - 10:30 a.m.  
Art Activity: Gratitude Wreath

## HICAP Counseling Services

A HICAP Counselor will be available by appointment only on Friday, November 18 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

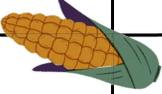
What we eat and drink are essential to good health. The Montclair Senior Center is open for lunch daily (Monday-Friday). Lunch is served from 11:30 a.m. to 12:30 p.m. Doors open at 10:30 a.m. for coffee, tea, and socializing.

Suggested contribution is \$3.00.

Guests (under 60 years of age) are welcome at \$6.00 per person.

# November 2022

## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	<b>2</b> <b>BAKED CHICKEN BREAST</b> Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	<b>3</b> <b>High Sodium Meal BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	<b>4</b> <b>BAKED FISH</b> Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice
<b>7</b> <b>High Sodium Meal ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice	<b>8</b> <b>HERB BAKED CHICKEN</b> Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread	 <b>9</b> <b>SWEDISH MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>10</b> <b>BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup	<b>11</b> <i>Closed</i>  <b>HAPPY VETERANS DAY</b>
<b>14</b> <b>STUFFED PEPPER</b> Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	<b>15</b> <b>CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookies WW Bread	<b>16</b> <b>MEAT LOAF</b> Baked Potato Corn Bread Pudding WW Bread Apple Juice	<b>17</b> <b>CHICKEN FAJITAS</b> Brown Rice Black Beans Fresh Pineapple WW Tortilla	<b>18</b> <b>TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread
<b>21</b> <b>BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	<b>22</b> <b>HAM &amp; SPINACH QUICHE</b> 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	<b>23</b> <b>Senior Birthdays! ROAST TURKEY</b> Stuffing Mashed Potatoes Zucchini Green Salad Cranberry Sauce Pumpkin Pie	<b>24</b> 	<b>25</b> <i>We will be closed for the holiday on November 24 and 25</i>
<b>28</b> <b>High Sodium Meal CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>29</b> <b>SLOPPY JOE</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	<b>30</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>SITE MANAGER:</b> <b>KEITH ALBER</b> <b>(909) 625-9488</b>  <b>5111 BENITO ST.</b> <b>MONTCLAIR, CA.</b> <b>(909) 625-9483</b> <b>MONDAY- FRIDAY:</b> <b>11:30 a.m. - 12:30 p.m.</b>	<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 CALIFORNIA 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

I ran across a newspaper cartoon years ago that showed 2 ladies having the following conversation. The first said to the other, "That's it. I'm through with being ungrateful. I'm going to learn to appreciate what I have....someday... maybe... when I have something worthy of appreciation."

The month of November may mean elections or time changes but it also means celebrating THANKSGIVING. 'Tis the season of gratitude and thankfulness and there is always something to be thankful for. What does having an attitude of gratitude look like? Does it really matter?

Gratitude is defined as, a state of thankfulness, and is chosen attitude. A chosen attitude is an outlook one adopts regarding a particular subject, topic, or event. So this means one actively and intentionally chooses to be thankful and grateful. An attitude of gratitude has been proven to positively impact our emotions, social relationships, careers, mental health, and general physical health.

Take a look at these categories and reflect on your wellness wheel. Gratitude easily influences at least half, if not, more of the segments. That being the case there MUST be health benefits to being grateful and thankful, right? Right! Take a look at the diagram below. These outcomes are just a sample of those revealed by 40 research studies on gratitude.

## GRATITUDE

### Personality

Increased self-esteem  
Less envy

### Emotion

Increased resilience  
Less self-centeredness

### Social

Deeper relationships  
Increased kindness

### Health

Improved sleep  
Improved energy

### Career

Increased productivity  
Better decision making

So how can you begin developing or enhancing your attitude of gratitude: Start a thankful/gratitude journal. Start slow - maybe commit to once a week. List 5 things you are thankful for. They don't have to be big things. In fact my first list included a warm bed, a choice of breakfast foods, a job, money for gas, and a functional car. The following week repeat the same exercise but you can not repeat the items from list one. As you continue to do this you will find it easier and easier. Perspectives may change and things you once took for granted may start showing up on your list. Once it begins easier to list 5 things you may want to modify your commitment from weekly to 2-3 times a week. Make this exercise fit your needs. Remember, the pursuit of health and wellness is an individual endeavor.

Finally, I leave you with this thought:



*Narrative Credit: Celeste R Dunlap, MS*

# SAVE THE DATE



**What:** Senior Mobile Pantry Program by Feeding America  
**When:** Monday, November 21 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 (November 21) 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 November. For more information, call DeMario Dunn at (909) 948-6235.

**Legal Services** Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month (November 10) 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.



## DAYLIGHT SAVINGS TIME ENDS SUNDAY, NOVEMBER 6.

On Sunday, November 6, 2022 remember to set your clock backward one hour.

### What: Food Distribution

**When:** The next walk-up monthly event is **Thursday, November 17, 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

Join us in helping the less fortunate in Montclair.

From Monday, November 14 through Friday, December 9 food donations and unwrapped gifts for teens will be accepted from 8:00 a.m. to 6:00 p.m. at the Montclair Senior Center. 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 \$125 to feed a family of four can be made any time prior to December 9.

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



# 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, 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/>

**Please note all OptumService testing site locations will be closed on Fri. Nov. 11 in observance of Veterans Day and Thurs. Nov. 24 for Thanksgiving. This OptumServe site will be open on Fri. Nov. 25.**

### **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)

**This site will be closed Fri. Nov. 11 in observance of Veterans Day and Thurs. Nov. 24 and Fri. Nov. 25 for Thanksgiving.**

### **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.

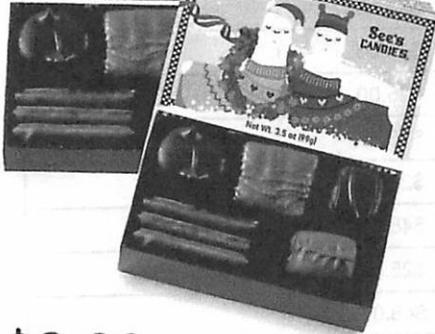
**To schedule an appointment, visit:** <https://lhi.care/covidtesting> or call (888) 634-1123.

**Please note all OptumService testing site locations will be closed on Fri. Nov. 11 in observance of Veterans Day and Thurs. Nov. 24 for Thanksgiving. This OptumServe site will be open on Fri. Nov. 25.**

# GREAT STOCKING STUFFERS!!

# Women's Club of Montclair

## 2022 See's Candy Fundraiser Catalog



**\$8.00 ea (3.5 oz)**

Sleigh Box or  
Holiday Llama Box



See's  
Famous Old Time  
CANDIES



Box of Chocolates:

Milk, Dark, Soft, Bridge,  
Nuts & Chews, or Assorted

**\$25.00 ea (1 lb)**

**\$48.00 ea (2 lbs)**

Awesome Bars!  
Peanut Brittle,  
Nut & Chew, or  
Walnut Square

**\$14.00/box (8 bars)**



Peanut Brittle

Milk or Dark  
Chocolate Balls **\$8.00 ea (5 oz)**  
**\$26.00 ea (1.5 lbs)**

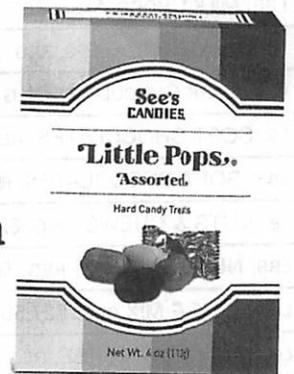
**\$8.00 ea (8 oz)**



Little  
Pops

(4 oz)

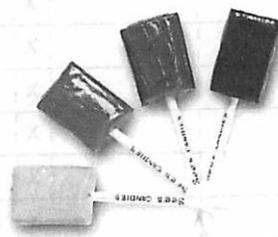
**\$6.00 ea**



Lollypops

**\$25.00/box**

(1 lb 5 oz)

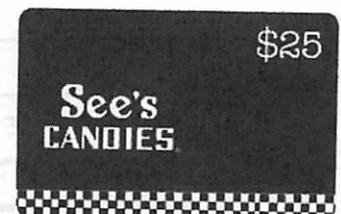


Molasses Chips **\$12.00 ea**  
or Peppermints (8 oz)



Toffee-ettes

**\$25.00 ea (1 lb)**



See's Gift Cards

**\$25 = \$23.00**

**\$10 = \$9.00**

**2022 GFWC WOMENS CLUB OF MONTCLAIR  
SEE'S CANDY SALE**

ITEM	# ORDERED	X	COST	=	TOTAL
3.5 oz. HOLIDAY LLAMA BOX REG. \$11.00		X	\$8.00	=	
3.5 oz. SLEIGH BOX REG. \$11.00		X	\$8.00	=	
5 oz. PEANUT BRITTLE, REG. \$11.00		X	\$8.00	=	
8 oz. CHOCOLATE FOIL BALLS, (KSR), FLAVOR: <u>MILK</u> , REG. \$9.50		X	\$8.00	=	
8 oz. CHOCOLATE FOIL BALLS, (KSR), FLAVOR: <u>DARK</u> , REG. \$9.50		X	\$8.00	=	
8 oz. TRUFFLES, REG. \$16.00		X	\$14.00	=	
1 LB. TRUFFLES, REG. \$31.00		X	\$27.00	=	
1 LB. ASSORTED CHOCOLATES, REG. \$27.50		X	\$25.00	=	
2 LBS. ASSORTED CHOCOLATES, REG. \$53.00		X	\$48.00	=	
1 LB. MILK CHOCOLATES, REG. \$27.50		X	\$25.00	=	
2 LBS. MILK CHOCOLATES, REG. \$53.00		X	\$48.00	=	
1 LB. DARK CHOCOLATES, REG. \$27.50		X	\$25.00	=	
2 LBS. DARK CHOCOLATES, REG. \$53.00		X	\$48.00	=	
1 LB. SOFT CHOCOLATES, REG. \$27.50		X	\$25.00	=	
2 LBS. SOFT CHOCOLATES, REG. \$53.00		X	\$48.00	=	
1 LB. NUTS & CHEWS, REG. \$27.50		X	\$25.00	=	
2 LBS. NUTS & CHEWS REG. \$53.00		X	\$48.00	=	
1 LB. BRIDGE MIX REG. \$27.50		X	\$25.00	=	
1 LB. VICTORIA TOFFEE, REG. \$27.50		X	\$25.00	=	
1 LB. TOFFEE-ETTES (KSR), REG. \$27.50		X	\$25.00	=	
1 LB. 8 OZ. PEANUT BRITTLE (KSR), REG. \$28.00		X	\$26.00	=	
8 oz. AWESOME PEANUT BRITTLE BAR (KSR), REG. \$16.00		X	\$14.00	=	
12 oz. AWESOME NUT AND CHEW BAR (KSR), REG. \$16.00		X	\$14.00	=	
12 oz. AWESOME WALNUT SQUARE BAR, REG. \$16.00		X	\$14.00	=	
4 oz. LITTLE POPS, ASSORTED FLAVOR, REG. \$7.00		X	\$6.00	=	
8 oz. MOLASSES CHIPS, REG. \$13.75		X	\$12.00	=	
8 oz. PEPPERMINTS, REG. \$13.75		X	\$12.00	=	
1 LB. 5 OZ. ASSORTED LOLLPOPS, REG. \$27.00		X	\$25.00	=	
GIFT CARDS REG. \$10.00		X	\$9.00	=	
GIFT CARDS REG. \$25.00		X	\$23.00	=	
MAILER BOX, FOR ITEM(S): _____		X	\$1.00	=	
<b>TOTAL ITEMS ORDERED</b> _____			<b>GRAND TOTAL \$</b> _____		

NAME \_\_\_\_\_ PHONE # \_\_\_\_\_ (VERY IMPORTANT)

RECEIVED CHECK # \_\_\_\_\_ CASH \_\_\_\_\_ ORDER TAKEN BY \_\_\_\_\_

**MAKE CHECKS PAYABLE TO WOMEN'S CLUB OF MONTCLAIR**

**DEADLINE TO ORDER - WED. NOV. 16 / PICK-UP WED. NOV. 23**

Funds raised benefit the Trisha Martinez Scholarship Fund and Youth Programs.