



VALENTINE'S DAY DANCE



Join the Montclair Senior Center on **Tuesday, February 14 from 1:30 to 4:30 PM** for our **Valentine's Day Dance!** RSVP is required for this event. **Please RSVP by Tuesday, February 7** by calling the Senior Center Reception Desk at (909) 625-9483.



We will celebrate love and friendship with a DJ, photo booth, and lots of dancing. Desserts and refreshments will be served for your enjoyment.

FEBRUARY IS HEART HEALTH MONTH ... See **page 4** for a Heart Healthy recipe.

ARE YOU READY FOR TAX SEASON? ... See **page 5** for more information on Tax Preparation Services.

Join us for these upcoming activities during Senior Lunch

Friday, February 3

Wear red for Heart Health Month

Friday, February 10

Wear your favorite football apparel

Tuesday, February 14

Valentine's Dance

Wednesday, February 22

Senior Birthdays! Theme: Mardi Gras



Coming Soon



Montclair Walkers

For details and to add your name and phone number to our interest list please call Recreation Coordinator Deondra Gutierrez at (909) 625-9456.

Senior Center Hours of Operation

CLOSED MON. FEB. 20 FOR PRESIDENTS' DAY

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 (909) 625-9483.
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.

Weekly Activities

BINGO

Mondays, 1:00 - 4:00 PM



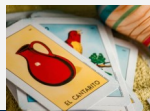
Canasta

Wednesdays, 12:45 - 3:00 PM



Loteria

Wednesdays 1:00 - 3:00 PM



Line Dancing

Thursdays, 1:00 -2:00 PM



BUNCO

Thursdays, 1:00 - 4:00 PM



Exercise Classes

Wednesdays and Fridays, 9:30 - 10:30 AM



Sponsored by
West End Family Counseling



Arts & Crafts

Fridays, 9:00 -11:00 AM



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

ATTENTION! MONTCLAIR MEALS ON WHEELS

Montclair Meals on Wheels is a non-profit volunteer organization that delivers meals Monday-Friday to Montclair residents who are unable to shop and/or cook for themselves. If you need meal service or for additional information please contact Sue Yoakum at alsuey@verizon.net or (909) 986-5522.

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:

- 1) Senior lunches;
- 2) Monthly Food Distribution program;
- 3) 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.

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 **11:30AM to 12:30 PM.**

Suggested contribution is \$3.00. Guests (under 60 years of age) are welcome at \$6.00 per person.

Funding for this service has been provided by the San Bernardino County Department of Aging and Adult Services-Public Guardian through a grant award from the California Department of Aging. Please see menu attached to this newsletter.

West End Family Counseling Health and Wellness Presentation:

**Monday, February 6 at 1:00 PM at
Montclair Senior Center**
Topic: Social Relationships
Activity: Valentine's Day Coloring




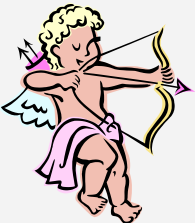




February 2023

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	2 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Potato Wedges Coleslaw Fresh Orange Cup	3 CHILI BEANS w/shredded Cheese Green Salad Corn Bread Fresh Orange Cup
6 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	7 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	8 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	9 CHICKEN FAJITAS Black beans Brown rice Fresh Pineapple WW tortillas	10 TUNA SALAD 3 Bean Salad Pasta Salad Cantaloupe WW Bread
13 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	14 HAM & SPINACH QUICHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	15 WW SPAGHETTI & MEATSAUCE Green Beans Loose Leaf Salad French Bread Fruit Cocktail Orange Juice	16 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	17 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread
20 <i>Closed for the holiday</i>  PRESIDENTS DAY	21 SLOPPY JOES w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	22 Senior Birthdays! LASAGNA w/WW Pasta Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	23 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	24 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
27 BAKED PORK CHOP Macaroni and Cheese Peas & Carrots Green Salad Seasonal Melon WW Bread	28 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	FOR MORE INFORMATION PLEASE CALL: (909) 625-9483 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 Milk is provided daily	

FUNDING FOR THIS SERVICE HAS BEEN PROVIDED BY THE SAN BERNARDINO COUNTY DEPARTMENT OF AGING AND ADULT SERVICES-PUBLIC GUARDIAN 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 (909) 625-9483 with any questions or concerns.

WINDOW INTO WELLNESS WITH CELESTE

Written by Celeste R. Dunlap MS, Senior Citizens Supervisor

Take a chance on what can be for 2023

Last month my column explored a new perspective on New Year's resolutions. The emphasis was on making SMART goals- specific, realistic, measureable, etc. This column will continue with some suggestions from noted gerontologist and newspaper columnist Helen Dennis (Daily Bulletin- Jan 1, 2023) and the insights of Peter Drucker. In these times of uncertainty, we have a choice. Do we find a safe haven and isolate or do we intentionally "seize the day" in a fashion suited to move forward and improve ourselves?

Ms. Dennis suggests we Embrace Uncertainty-Don't Avoid it. Her mantra is "Be informed rather than being surprised." To do this sometimes we have to take a risk—move outside your comfort zone. Increase your awareness, be informed by joining a book club, taking a class, or volunteering for a cause dear to your heart. You never know who you might meet or what new interest you might develop.

Peter Drucker is highly regarded in business and management circles. He suggests being a change agent rather than being swept up in change. Being a change agent may require a time of reflection, a period of deep introspection. Jot down thoughts in a journal. Review them every now and then. What can you control? What can't you control? What is fulfilling for you? What can you eliminate from your life? What will you do with the free time you create? Embrace the change-don't avoid it. It may take some time and work, a process I call cocooning. But you enter the process as a caterpillar, you spend some time alone with yourself, you make decisions, create a plan, establish the resources/network needed and emerge as a beautiful butterfly.

Age does not matter. The focus is on being the most satisfied, evolved you that you can be at 60, 70, 80, and beyond. Being actively engaged in who you want to be is what matters.

The choice is ours—be passive and let life happen or take a risk and create something new—and a new you and a new life. Take a chance on what could be for 2023!

do it for you

FEATURED RECIPE

CHICKADILLO (CHICKEN PICADILLO)



Ingredients

- 1 pound chicken breast, boneless, skinless, cut into thin strips
- 1 teaspoon olive oil
- 1 large yellow onion, finely chopped
- 1 medium green pepper, finely chopped
- 1 medium red pepper, finely chopped
- 3 cloves garlic, mashed
- ½ cup no-salt-added tomato sauce
- ½ cup low-sodium chicken broth
- ½ cup fresh lemon juice
- ½ cup water
- ¼ teaspoon ground cumin
- 2 bay leaves
- ¼ cup golden raisins

Garnishes

- Fresh cilantro leaves
- 1 tablespoon capers, drained
- 2 tablespoons green olives, chopped

Directions

1. Heat the olive oil in a large skillet over medium heat. Add the onion, peppers, and garlic, and sauté until the vegetables are soft, about 5 minutes.
2. Add the chicken and stir fry for another 5 to 10 minutes, until the chicken has cooked through.
3. Add the tomato sauce, chicken broth, lemon juice, water, cumin, bay leaves, and raisins to the vegetables and chicken.
4. Cover the pan and reduce the heat. Simmer for 10 minutes or until the chicken is tender.
5. Remove the bay leaves and serve with brown rice and black beans. Garnish with fresh cilantro, capers, and olives.

Yield 6 servings, **Serving Size:** ¾ cup, **Calories** 162, **Total Fat** 5g, **Saturated Fat** 1g, **Cholesterol** 46mg, **Sodium** 133mg, **Total Fiber** 2g, **Protein** 18g, **Carbohydrates** 13g, **Potassium** 380mg

Source: <https://www.nhlbi.nih.gov/health/educational/wecan/eat-right/chickadillo.htm>

RESOURCES

TAX PREP SERVICES The City of Montclair is partnering with the San Bernardino County Transitional Assistance Department (TAD) for tax preparation. Tax preparation services will be available **by APPOINTMENT ONLY** at the Montclair Senior Center (5111 Benito Street, Montclair) from 8:30 to 11:30 AM on Tuesday, February 7, March 21, and Thursday, April 6. To schedule an appointment, please call (909) 421-4091 or (909) 421-4093.

Department of Aging and Adult Services-Public Guardian (DAAS-PG) A representative will be at the Senior Center on **Tuesday, February 21**, from **10:00 AM to 12:00 PM**, to provide information and assistance on programs that are available to senior citizens. Bus passes will also be available for distribution **February 21**. 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 (**February 9**) from **9:00AM to 12:00PM**. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

What: Food Distribution

When: Thursday, February 16, 2023

Time: 8:00 to 9:30 AM

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 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) 2022 Income Guidelines to determine if you qualify.

Check the City of Montclair Facebook page for any location and time updates: www.facebook.com/CityofMontclair

The Regional Council on Aging

Meets the first Tuesday of every month (**February 7**) at the Montclair Senior Center from **9:30 to 11:30 AM**. 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.

HICAP Counseling Services

A HICAP Counselor will be available by appointment only, on Friday, **February 24** from **9:30AM to 12:30 PM**

Please call Betty Nicoles at (909) 256-8369 to schedule an appointment.

What: Senior Mobile Pantry Program

By Feeding America

When: Thurs. Feb. 23

Time: 12:00 - 2:00PM

Where: Community Center (adjacent to the library, 5111 Benito St. Montclair).

Who: All ages welcome (one per household).



FLU SHOTS & COVID NEWS

Test to Treat

CLOSING FEBRUARY 25, 2023

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://sbcovid19.com/treatments-and-therapeutics-for-covid-19/>

COVID-19 Vaccines, Boosters and Flu Shots to Homebound Residents

The San Bernardino County Department of Aging and Adult Services— Public Guardian offers in-home COVID-19 vaccines, boosters and Flu shots 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 Bus Hosted by OptumServe & the California Department of Public Health

CLOSING FEBRUARY 25, 2023

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

When: COVID-19 testing is available Wednesday through Sunday from 10 a.m. to 6 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 Mon. Feb. 20 for President's Day.

Membership Application

Membership dues for the Montclair Senior Citizens Club for the 2023 club year are \$10.00 per person. Membership dues are from March 1, 2023 to February 29, 2024. Please complete, sign and return this application to the Senior Center. These dues are an **ANNUAL, one time fee.**

Membership includes special club activities and a monthly mailed newsletter.

Waiver of Liability and Disclaimer:

I, the undersigned, hereby release, discharge, and hold harmless the City of Montclair, its officers, agents, employees, volunteers and other representatives from all liabilities, claims, and causes of action that I, my family, guardians, assignees, or legal representatives, have now or may hereafter have, arising out of or in relation to injury or damage resulting from my participation in Senior Center and/or City of Montclair activities. Further, I acknowledge that participation in Senior Center and/or City of Montclair activities may involve the risk of physical injury and I also acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that participation in the activities may cause me to be exposed or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

Acknowledgment and Consent:

For both the internal and external use, I, the undersigned, hereby authorize and give the City of Montclair, its legal representatives and assignees, the right to compile address and mailing labels and permission to publish, without charge, photographs or videos taken during Senior Center activities or at special events sponsored by the City of Montclair where I may appear. I further authorize that these photographs and videos may be used in publications, audio-visual presentations, promotional literature, advertising, webpages, and/or other media or commercial, informational, educational, training, recruiting or promotional materials relating thereto using any means, method or media which the City of Montclair deems appropriate in its sole discretion. I consent to such uses and hereby waive all rights to compensation.

PLEASE PRINT THE FOLLOWING:

Name: _____

Address: _____ Apt # _____

City: _____ Zip: _____ Phone: _____

Date of Birth: _____

Emergency Contact: _____ Phone: _____

New Member: _____

Renewal: _____

Office Use Only

File Card _____

Mailing List _____

Amount Paid \$ _____

Signature

Date