



SENIOR NEWSLETTER

MARCH 2023



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



Arts & Crafts

Fridays, 9:00 - 11:00 AM

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



Exercise Classes

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

Sponsored by
West End Family Counseling



Join us for these upcoming activities during Senior Lunch

Wednesday, March 8

International Women's Day- Trivia

Friday, March 17

Fun Friday! Wear Green

Wednesday, March 22

Senior Birthdays!
St. Patrick's Day Karaoke



Senior Center Hours of Operation

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

Friday, 9:00 AM - 5:00 PM

Closed Saturday - Sunday

Phone: (909) 625-9483

5111 Benito St. Montclair CA, 91763

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 March 21, March 28 and Thursday, April 6. To schedule an appointment, please call (909) 421-4091 or (909) 421-4093. See flyer on page 6.

For information or questions regarding the Senior Center, please call (909) 625-9483 or Healthy Montclair, please call (909) 625-9485

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

SAVE THE DATE



What: Senior Mobile Pantry Program
by Feeding America
When: Thursday, March 23
Time: 12:00 PM to 2:00 PM
Where: Community Center
(Adjacent to the library, 5111 Benito St.)
Who: All ages welcome (one per household)

Department of Aging and Adult Services Public Guardian (DAAS-PG) A DAAS-PG representative will be at the Senior Center on Monday **March 20**, 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 **March 20**. 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 (**March 9**) from **10:00 AM to 12:00 PM**. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

What: Food Distribution

When: Thursday, March 16, 2023

Time: 9:30 to 10:30 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 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



The Regional Council on Aging

Meets the first Tuesday of every month (**March 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, **March 24** from **9:30 AM to 12:30 PM**

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

West End Family Counseling

Health and Wellness:

Monday, March 6 at 1:00 PM

Presentation: Fall Prevention

March 20 at 1:00 PM

Activity: Importance of Exercise and Balance with corn hole game play





March 2023

Montclair Senior Center Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOR MOR INFORMATION PLEASE CALL: (909) 625-9483</p> <p>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</p> <p>MONDAY- FRIDAY: 11:30a.m.- 12:30p.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 Milk is provided daily</p>	<p>1</p> <p>BBQ PULLED PORK SANDWICH</p> <p>w/ WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices</p>	<p>2</p> <p>SHEPHERD'S PIE</p> <p>Loose Leaf Salad Banana WW Bread</p> 	<p>3</p> <p>CHICKEN SOFT TACO</p> <p>w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla</p>
<p>6</p> <p>MEAT LOAF</p> <p>Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</p> 	<p>7</p> <p>PORK CHOP MEXICANA</p> <p>Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla</p>	<p>8</p> <p>BAKED CHICKEN BREAST</p> <p>Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread</p>	<p>9</p> <p>High Sodium Meal BEEF SOFT TACO</p> <p>w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding</p>	<p>10</p> <p>BAKED FISH</p> <p>Potato Wedges Cooked Carrots Coleslaw Bread Pudding WW Bread Orange Juice</p>
<p>13</p> <p>High Sodium Meal ROAST PORK</p> <p>w/WW Bread Stuffing Mashed Potatoes Buttered Corn Apple Orange Juice</p>	<p>14</p> <p>HERB BAKED CHICKEN</p> <p>Steamed Rice Green Beans Green Salad Fresh Orange Cup WW Bread</p>	<p>15</p> <p>SWEDISH MEATBALLS</p> <p>On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread</p>	<p>16</p> <p>BBQ CHICKEN SANDWICH</p> <p>w/WW Hamburger Bun Sweet Potato Wedges Coleslaw Fresh Orange Cup</p>	<p>17</p> <p>CHEF SPECIAL High Sodium Meal POLISH SAUSAGE</p> <p>Boiled Potatoes Steamed Cabbage Lime Jell-O Rye Bread</p> 
<p>20</p> <p>STUFFED PEPPER</p> <p>Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread</p> 	<p>21</p> <p>CHICKEN TERIYAKI</p> <p>Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread</p>	<p>22</p> <p>Senior Birthdays! MEAT LOAF</p> <p>Baked Potato Corn Bread Pudding WW Bread Apple Juice</p>	<p>23</p> <p>CHICKEN FAJITAS</p> <p>Brown Rice Black Beans Fresh Pineapple WW Tortilla</p>	<p>24</p> <p>TUNA SALAD</p> <p>Pasta Salad 3 Bean Salad Cantaloupe WW Bread</p> 
<p>27</p> <p>BBQ CHICKEN</p> <p>Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread</p>	<p>28</p> <p>HAM & SPINACH QUICHE</p> <p>3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread</p>	<p>29</p> <p>WW SPAGHETTI & MEAT SAUCE</p> <p>Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice</p>	<p>30</p> <p>ROAST TURKEY</p> <p>Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice</p>	<p>31</p> <p>BAKED ZITI</p> <p>Cooked Zucchini Green Salad Orange Slices WW Bread</p>

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 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.

FEATURED RECIPE

REALLY GREEN SMOOTHIE

The combination of kale and avocado makes this healthy smoothie recipe extra green. Chia seeds lend a heart-healthy punch of fiber and omega-3 fatty acids.

Ingredients

- 1 large ripe banana
- 1 cup packed baby kale or coarsely chopped mature kale
- 1 cup unsweetened vanilla almond milk
- ¼ ripe avocado
- 1 tablespoon chia seeds
- 2 teaspoons honey
- 1 cup ice cubes



Directions

Combine banana, kale, almond milk, avocado, chia seeds and honey in a blender. Blend on high until creamy and smooth. Add ice and blend until smooth.

Nutrition Facts

Serving Size:

2 1/3 cup

Per Serving:

343 calories; protein 5.9g; carbohydrates 54.7g; dietary fiber 12.1g; sugars 28.8g; fat 14.2g; saturated fat 1.6g; vitamin a iu 2264.5IU; vitamin c 36.3mg; folate 95.9mcg; calcium 309.6mg; iron 2.1mg; magnesium 112.2mg; potassium 1051.1mg; sodium 198.9mg.

Substitutes:

If you do not want to use the ingredients listed you can substitute for one of your choice.
(3 fat, 2 fruit, 1/2 other carbohydrate, 1/2 vegetable)

Source: <https://www.eatingwell.com/>

RESOURCES

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 AM 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.

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.

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.



SPRING FORWARD

On Sunday
March 12, 2023
remember to set your
clock forward one
hour.

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, 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.**



Available to **Eligible** individuals and families whose combined household earned income was **LESS than \$60,000** in 2022.

If you worked in 2022, you may be eligible to receive the:

- ▶ California Earned Income Tax Credit, for a refund up to \$3,417
- ▶ Federal Earned Income Tax Credit, for a refund up to \$6,935

Eligibility depends on your income and family size.

FREE tax preparation services will be offered at:



**City of Montclair Senior Center
5111 Benito St., Montclair**

Dates	Times
Feb. 7	8:30 - 11:30 a.m.
March 21 and 28	
April 6	

**Call to Schedule Your Appointment:
(909) 421-4091 or (909) 421-4093**