

See the new activity calendar included on page 4!

Senior Center

5111 Benito St. Montclair CA, 91763
Front Desk Phone: (909) 625-9483

Hours of Operation

Monday-Thursday, 8:00 AM - 6:00 PM
Friday, 9:00 AM - 5:00 PM
Closed on Saturday and Sunday

CLOSED MON. MAY 29 FOR MEMORIAL DAY

Karaoke



Join the Montclair Senior Center, **Tuesday, May 16** from **1:00 PM to 2:30 PM** for a special, **free** karaoke session.

Senior Nutrition Program

The Montclair Senior Center is open for lunch daily (Monday-Friday). Lunch is served from 11:30 AM to 12:30 PM. Doors open at **8:00 AM** for socializing. Suggested donation is \$3.00. Guests (under 60 years of age) are welcome at \$6.00 per person.

Please see page 2 for this month's menu.

Join us for these upcoming activities during Senior Lunch.

Friday, May 5

Cinco De Mayo Fiesta with Mariachi

Monday, May 15

Mothers Day Celebration

Wednesday, May 24

Senior Birthdays!

Theme: Cinco De Mayo

Friday, May 26

Wear Red, White, and Blue in honor of Memorial Day

Paint and Fun with Memo's Canvas

Join the Montclair Senior Center, **Tuesday, May 30 at 1:00 PM** for a special, **free** class of Paint and Fun with Memo's Canvas. Supplies and light refreshments will be provided.

Open to the first 20 sign-ups.

Registration is required. Please register by **Tuesday, May 16** by calling the Senior Center Front Desk at **(909) 625-9483.**



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.

May 2023

Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 STUFFED PEPPER Mashed Potatoes Mixed Vegetables Loose Leaf Salad Fruit Cocktail WW Bread	2 CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Orange Slices Oatmeal Cookie WW Bread	3 MEAT LOAF Baked Potato Corn Bread Pudding WW Bread Apple Juice	4 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread	5 CHICKEN FAJITAS Brown Rice Black Beans Fresh Pineapple WW Tortilla
8 BBQ CHICKEN Baked Potato Mixed Vegetables Coleslaw Cantaloupe WW Bread	9 HAM & SPINACH QUILCHE 3 Bean Salad Carrot Raisin Salad Orange Slices WW Bread	10 WW SPAGHETTI & MEAT SAUCE Green Beans Loose Leaf Salad Fruit Cocktail French Bread Orange Juice	11 ROAST TURKEY Mashed Potatoes Buttered Corn Romaine Salad Oatmeal Cookie WW Bread Apple Juice	12 BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread
15 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	16 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon	17 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	18 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	19 BAKED FISH Baked Potato Green Beans Loose Leaf Salad Apple WW Bread Orange Juice
22 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	23 OVEN BAKED CHICKEN Baked Potato Green Beans Green Salad Peaches WW Bread Orange Juice	24 Senior Birthdays! CHICKEN SOFT TACO w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla	25 SHEPHERDS PIE Loose Leaf Salad Banana WW Bread	26 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Fresh Vegetable Salad Fresh Orange Slices
29 Closed for the holiday ** Happy ** MEMORIAL DAY	30 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Fresh Orange Cup WW Tortilla	31 BAKED CHICKEN BREAST Baked Potato Spinach Carrot Raisin Salad Seasonal Melon WW Bread	FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY- FRIDAY: 11:30 AM - 12:30 PM	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 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.



You're Invited to Montclair Senior Citizen Club's & the Women's Club of Montclair's annual

Bingo Bash

Friday, May 5, 2023
6:00 - 9:00 p.m.

Montclair Senior Center
5111 Benito Street, Montclair

*Meal included in ticket price (taco plate dinner); no outside food allowed

Doors open at 4:30 p.m.

18+ only; **limited seating**

Buy your pre-sale tickets at the Senior Center to reserve your seat and save \$5.

For more information call (909) 625-9483

Proceeds benefit the

Trisha Martinez Scholarship Fund

Bingo prizes sponsored by:

Montclair Mayor
John Dutrey



Director
G. Michael Milhiser



Montclair Council Member
Bill Ruh

Montclair Mayor Pro Tem
Tenice Johnson



Director
Roger De Santiago
(909) 509-9149



WOM
Women's Club of Montclair
Diane Wells



Director
Manny Martinez



ASSEMBLY MEMBER
Freddie Rodriguez
DISTRICT 53



Ricardo Ayala

Montclair Council Member
Corysa Martinez

\$20 buy-in pre-sale
 (available at the Senior Center; dinner included)*

\$25 buy-in at the door*

Includes ten games with a prize of \$100 each game.

\$5 more for an additional Bingo Blackout game with a prize of \$200

No splitting packs

Additional 10 game pack \$5 each

Additional blackout special sheet \$3 each




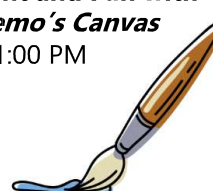






May 2023

Daily Calendar of Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>West End Family Counseling Presentation</p> <ul style="list-style-type: none"> 1:00 PM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>2</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Regional Council on Aging</p> <ul style="list-style-type: none"> 9:30 - 11:30 AM 	<p>3</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 3:00 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>4</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>5</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Fun Friday! Cinco De Mayo Fiesta with Mariachi</p> <ul style="list-style-type: none"> 10:30 AM - 12:30 PM 
<p>8</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>9</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Speakers Bureau</p> <ul style="list-style-type: none"> 1:00 PM 	<p>10</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 3:00 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>11</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Legal Services</p> <ul style="list-style-type: none"> 10:00 AM - 12:00 PM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>12</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM
<p>15</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bus Passes by DAAS-PG</p> <ul style="list-style-type: none"> 10:00 AM - 12:00 PM <p>Mother's Day Celebration</p> <ul style="list-style-type: none"> 10:30 - 11:30 AM <p>West End Family Counseling Activity</p> <ul style="list-style-type: none"> 1:00 PM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>16</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Karaoke</p> <ul style="list-style-type: none"> 1:00 - 2:30 PM 	<p>17</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 3:00 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>18</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Food Distribution</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>19</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM
<p>22</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Bingo</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>23</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM 	<p>24</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Senior Birthday Party!</p> <p>Theme: Cinco de Mayo</p> <ul style="list-style-type: none"> 11:30 AM - 12:30 PM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 3:00 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	<p>25</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Senior Mobile Pantry Program by Feeding America</p> <ul style="list-style-type: none"> 12:00 - 2:00 PM <p>Line Dancing</p> <ul style="list-style-type: none"> 1:00 - 2:00 PM <p>Bunco</p> <ul style="list-style-type: none"> 1:00 - 4:00 PM 	<p>26</p> <p>HICAP Counseling Services</p> <ul style="list-style-type: none"> 9:30 AM - 12:30 PM <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Wear red, white, and blue</p> <ul style="list-style-type: none"> 10:30 AM - 12:30 PM
<p>29</p> <p>Senior Center closed in honor of Memorial Day</p> <p>Memorial Day Ceremony</p> <ul style="list-style-type: none"> 6:00 PM (see page 5) 	<p>30</p> <p>Exercise Class</p> <ul style="list-style-type: none"> 9:30 - 10:30 AM <p>Paint and Fun with Memo's Canvas</p> <ul style="list-style-type: none"> 1:00 PM 	<p>31</p> <p>Montclair Walkers</p> <ul style="list-style-type: none"> 10:00 - 11:00 AM <p>Canasta</p> <ul style="list-style-type: none"> 12:45 - 3:00 PM <p>Loteria</p> <ul style="list-style-type: none"> 1:00 - 3:00 PM 	 <p>The Exercise Class is sponsored by West End Family Counseling</p>	<p>Arts & Crafts</p> <p>For more information, please see page 6.</p> 

DID YOU KNOW...

Join West End Family Counseling Health and Wellness for the following presentations and activities:

Monday, May 1 at 1:00 PM

Presentation: Depression and Anxiety: Signs, Symptoms, and Coping Techniques

Monday, May 15 at 1:00 PM

Activity: Developing Mindfulness Through Adult Coloring



If you're looking to add regular walking to your routine then join the Montclair Walkers!

Montclair Walkers is a FREE exercise program focused on Seniors and open to all ages sponsored by the City of Montclair – Human Services Department and Montclair Place. It's a great way to take steps towards staying healthy and making new friends.

Join us! Monday, Wednesday and Friday from 10-11 AM in the upper level near The Canyon (5060 E Montclair Plaza Ln).

Complete a program application and receive exclusive membership perks!

Applications are available on site with the program attendant or at the Montclair Senior Center.

For more information, contact Recreation Coordinator, Deondra Gutierrez at (909) 625-9456 or via email at dgutierrez@cityofmontclair.org

Volunteering is a great way to give back to your community, meet new people, or just have fun!

Jump start your volunteering with the following City Programs: 1) Senior Lunch, 2) Food Distribution, 3) Montclair Walkers Stretch Leaders or 4) the Montclair Meals on Wheels Organization as a Driver.

If you are interested in volunteering with City Senior Programs, please call the Senior Center at (909) 625-9483.

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

Join us for Montclair's annual **Memorial Day Ceremony** on **Monday, May 29, 2023** at **6:00 p.m.**

The ceremony will be held at the Memorial Garden (5111 Benito Street, Montclair) located adjacent to City Hall. We will be honoring the individuals who have plaques on our Veterans Memorial Wall. The event will feature patriotic songs, readings, and refreshments.

This event is sponsored by the Montclair Community Activities Commission.



SAVE THE DATE

Arts & Crafts If you are interested in an Arts & Crafts class starting in June, please call the Senior Center front desk at (909) 625-9483 to register and be put on a waitlist. Thank you!



The Regional Council on Aging meets the first Tuesday of every month **May 2** at the Montclair Senior Center from **9:30 AM 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.

Legal Services Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month **May 11** 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.

Speakers Bureau

In conjunction with the Regional Council on Aging, you are welcome to join the Speakers Bureau. Be fully informed on topics important to aging in place, safely and well.

What: Age Well - Drive Smart Senior Driver Education Class

Who: Presented by the California Highway Patrol

When: **May 9** at **1:00 PM**

Where: Montclair Senior Center Dining Room



What: Food Distribution

When: **Thursday, May 18, 2023** from **9:30 AM 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.

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.

Department of Aging and Adult Services - Public Guardian (DAAS-PG)

A DAAS-PG representative will be at the Senior Center on the third Monday of the month **May 15** 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 on **May 15**.

For more information, call the DAAS-PG office at (909) 948-6235.

What: Senior Mobile Pantry Program

by Feeding America

When: **Thursday, May 25** from **12:00 PM to 2:00 PM**

Where: Montclair Community Center

Who: All ages welcome (one per household)



HICAP Counseling Services A HICAP Counselor will be available by appointment only, on **Friday, May 26** from **9:30 AM to 12:30 PM** Please call (909) 256-8369 to schedule an appointment.