



# SENIOR NEWSLETTER | JULY 2023

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

Mon-Thu, 8AM-6PM; Fri, 9AM-5PM

(909) 625-9483

**ATTENTION: The Senior Center will be open only for senior lunch on Monday, July 3, 2023. The Montclair Senior Center will be closed on Tuesday, July 4, 2023 in honor of Independence Day.**

## WELCOME TO THE SENIOR CENTER!

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## Ice Cream Social



**Thursday, July 6 at 1:00 PM**

Stop by the Senior Center for some summer fun!

Enjoy free ice cream and socializing.

For more information and to RSVP, please call the Senior Center Reception Desk at (909) 625-9483.

## Karaoke



**Tuesday, July 25 at 1:00 PM - 2:30 PM**

Sing your heart out at the Montclair Senior Center!

Warm up those vocal cords and join us for some FREE karaoke.

RSVP is recommended, please sign up in person or by calling the Senior Center front desk at (909) 625-9483

### Cooling Centers

When temperatures are over 100 degrees on Sundays, the Montclair Senior Center is open to Montclair residents from 12 PM - 6 PM.

The Montclair Branch Library serves as a cooling center Monday-Saturdays.



## JOIN US AFTERNOON AT THE MOVIES



**Friday, July 21 at 1:30 PM**

We're popping the popcorn for an Afternoon at the Movies at the Montclair Senior Center! Come and enjoy a free screening of *La Bamba* (PG-13). The movie starts at 1:30 PM. For more information and to RSVP, please call the Senior Center Reception Desk at (909) 625-9483.

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

# NUTRITION

## SENIOR NUTRITION PROGRAM

Monday - Friday from 11:30 AM - 12:30 PM

**ATTN: All guests must re-register with the program annually. New intakes will be available July 1.**

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 3 for this month's menu.

Join us for these upcoming activities during Senior Lunch.

- July 7: Fun Friday! Wear Red, White, and Blue
- July 14: Fun Friday! Wear a hat
- July 26: Senior Birthdays! Theme: Picnic in July

## 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 are interested in driving for Meals on Wheels, please contact Sue Yoakum at [alsuey@verizon.net](mailto:alsuey@verizon.net) or (909) 986-5522.

## CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, July 20 from 9:30 AM - 10:30 AM

Montclair Community Center

To qualify you must bring a valid ID and live in San Bernardino County. 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. 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.

## SENIOR MOBILE PANTRY PROGRAM

by Feeding America

Wednesday, July 26 from 9 - 11 AM

Recreation Center Patio

All ages welcome (one per household)

**NEW DATE  
AND TIME**

# FITNESS

## MONTCLAIR WALKERS

Monday, Wednesday, Friday from 10 - 11 AM

**ATTN: SESSION CANCELLED FOR MONDAY, JULY 3**

Upper level near The Canyon (5060 E Montclair Plaza Ln).

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.

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](mailto:dgutierrez@cityofmontclair.org)



## MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

Monday-Friday from 7:30 AM - 6:30 PM

Montclair Seniors (60+) can use the weight room for FREE. (must provide proof of address with a valid California ID and utility bill)

The fee for Non-Resident Seniors (60+) is \$3.00/day or \$20.00/month.

Racquetball courts are \$5.00/per person per hour and can be reserved up to 24 hours in advance.

For more information, call (909) 625-9479.





# July 2023



## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>WW SPAGHETTI &amp; MEAT SAUCE</b> Peas and Carrots Loose Leaf Salad Orange Slices French Bread	<b>4</b> <i>Closed for the holiday</i> 	<b>5</b> <b>MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>6</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>7</b> <b>BAKED FISH</b> Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
<b>10</b> <b>HERB BAKED CHICKEN</b> Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	<b>11</b> <b>High Sodium Meal ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	<b>12</b> <b>BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	<b>13</b> <b>CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>14</b> <b>CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>17</b> <b>BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread	<b>18</b> <b>High Sodium Meal CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	<b>19</b> <b>STUFFED PEPPER</b> Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	<b>20</b> <b>ROAST TURKEY</b> Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	<b>21</b> <b>TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread
<b>24</b> <b>CHICKEN FAJITAS</b> Brown Rice Black Beans Fresh Pineapple WW Tortilla	<b>25</b> <b>SWEDISH MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>26</b> <b>Senior Birthdays! BAKED CHICKEN BREAST</b> Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	<b>27</b> <b>MEAT LOAF</b> Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice	<b>28</b> <b>High Sodium Meal HAM &amp; SPINACH QUICHE</b> Green Beans Coleslaw Orange Slices WW Bread
<b>31</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Seasonal Melon WW Bread		<b>FOR MORE INFORMATION:</b> <b>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483</b> <b>MONDAY-FRIDAY: 11:30 AM - 12:30 PM</b>	<b>SUGGESTED DONATION FOR ADULTS AGES 60+: \$3.00</b> <b>GUESTS AGES 59 AND UNDER: \$6.00</b> <b>MENU IS SUBJECT TO CHANGE .</b> <b>"WW" - Whole Wheat Milk is provided daily</b>	

**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.



# SPECIAL PRESENTATIONS

## WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, July 17 at 1:00 PM  
Due to the July 4 holiday, West End Family Counseling Health and Wellness will meet once this month on Monday, July 17 at 1:00 PM for a presentation and activity.

- Presentation: *Sleep is the Best Medicine*
- Activity: *DIY Dream Catcher*

## THE REGIONAL COUNCIL ON AGING

The Regional Council on Aging meeting for July is cancelled due to the 4th of July holiday. Please join us on the first Tuesday in August to learn more about programs and services available to you. The Council also wants to hear about your needs and concerns. All Seniors are welcome.

## SPEAKERS BUREAU: HOUSING SERIES

Tuesday, July 11 at 1:00 PM  
Join the Regional Council on Aging for the Speakers Bureau, every second Tuesday monthly at 1 PM.  
July kicks off a three part Housing Series. Part 1 focuses on Senior living choices presented by Sue Yoakum, M.A.

## LEGAL SERVICES

(available on the second Thursday of the month)  
Thursday, July 13 from 10 AM - 12 PM  
Appointments with Isabel from Inland Counties Legal Services are available on the second Thursday of the month. Appointments are limited, no walk-ins available. Seniors can make an appointment by calling Isabel at (888) 245-4257.

## DEPARTMENT OF AGING AND ADULT SERVICES - PUBLIC GUARDIAN (DAAS-PG)

A DAAS-PG representative and bus passes will not be available at the Montclair Senior Center in July. For more information, call the DAAS-PG office at (909) 948-6235.

## HICAP COUNSELING SERVICES

Friday, July 28 from 9:30 AM - 12:30 PM  
A HICAP Counselor will be available by appointment. Please call (909) 256-8369 to schedule an appointment.

## LYTE (Living Your Truth Empowered) Foundation

Monday, July 31 at 12:30 PM  
Are you a breast cancer survivor or know someone who is? Join LYTE to discuss how together we can empower survivors to illuminate their path forward through no-cost community based and locally tailored health coaching and wellness navigation.



# SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

## Beat the Heat! Social Hour

Tuesday, July 18 at 1:00 PM

Beat the heat at the Montclair Senior Center. Enjoy games and activities.  
For more information, please call the Senior Center front desk at (909) 625-9483.

## SENIOR BIRTHDAY PARTY!

THEME: Picnic IN July

Wednesday, July 26 at 11:30 AM - 12:30 PM

Join us at the Montclair Community Center in honoring our July Birthdays! Come dressed for the occasion.  
RSVP is recommended, please sign up in person or by calling the Senior Center front desk at (909) 625-9483.

## ARTS & CRAFTS WORKSHOP

Thursday, July 27 at 1:00 PM - 2:30 PM

The Senior Center is hosting an Arts & Crafts Workshop. Space is limited, please sign up in person or by calling the Senior Center front desk at (909) 625-9483.

## BLANKET MAKING FOR CHILDREN IN NEED!

Friday, July 28 at 1:00 PM

Join Soroptomist International, Montclair/Inland Valley to help support over 500 children in need per month by assisting in blanket making. Blankets made will be donated to the San Bernardino Assessment Center.  
For more information please contact Diane Wells (909) 717-8221.

<div>   <div> <h1>July 2023</h1> <h2>Daily Calendar of Activities</h2> </div>   </div>				
Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>  <div> <b>ATTENTION:</b>            THE SENIOR CENTER            WILL BE OPEN ONLY            FOR SENIOR LUNCH            ON MONDAY, JULY 3         </div>	<b>4</b> <b>CLOSED FOR THE HOLIDAY</b>  	<b>5</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Canasta</b> • 12:45 - 3:00 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>6</b> <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM <b>Ice Cream Social</b>  • 1:00 PM <b>Movie in the Park: Toy Story (PG)</b> • 8:00 PM	<b>7</b> <b>Arts and Crafts Club</b> • 9:00 - 10:00 AM <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>FUN FRIDAY! Wear Red, White, and Blue</b>
<b>10</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Bingo</b> • 1:00 - 4:00 PM	<b>11</b> <b>Speakers Bureau</b> • 1:00 PM <b>Concert in the Park: Melodia Versatil</b> • 7:00 PM	<b>12</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Canasta</b> • 12:45 - 3:00 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>13</b> <b>Legal Services</b> • 10:00 AM - 12:00 PM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>14</b> <b>Arts and Crafts Club</b> • 9:00 - 10:00 AM <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>FUN FRIDAY! Wear a hat</b>
<b>17</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Bingo</b> • 1:00 - 4:00 PM <b>West End Family Counseling Presentation and Activity</b> • 1:00 PM	<b>18</b> <b>Beat the Heat! +Social Hour</b> • 1:00 PM <b>Concert in the Park: Queen of Hearts</b> • 7:00 PM	<b>19</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Canasta</b> • 12:45 - 3:00 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>20</b> <b>Food Distribution</b> • 9:30 - 10:30 AM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>21</b> <b>Arts and Crafts Club</b> • 9:00 - 10:00 AM <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Afternoon Movie</b> • 1:30 PM 
<b>24</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Bingo</b> • 1:00 - 4:00 PM	<b>25</b> <b>Karaoke</b> • 1:00 PM - 2:30 PM <b>Concert in the Park: Mariachi Aguilas de Mexico</b> • 7:00 PM	<b>26</b> <b>Senior Mobile Pantry Program by Feeding America</b> • 9:00 - 11:00 AM <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Senior Birthday Party! Theme: Picnic in July</b> • 10:30 AM - 12:30 PM <b>Canasta</b> • 12:45 - 3:00 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>27</b> <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Art Workshop</b> • 1:00 - 2:30 PM <b>Bunco</b> • 1:00 - 4:00 PM 	<b>28</b> <b>Arts and Crafts Club</b> • 9:00 - 10:00 AM <b>HICAP Counseling Services</b> • 9:30 AM - 12:30 PM <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Blanket Making</b> • 1:00 - 2:30 PM
<b>31</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Bingo</b> • 1:00 - 4:00 PM <b>LYTE</b> • 12:00 PM			<div>  </div>	



**FREE  
FAMILY  
SHOWS**

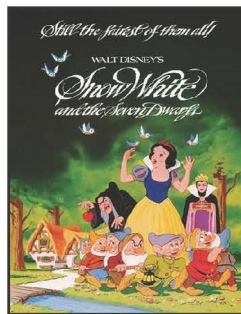
**FREE  
KIDS  
ACTIVITIES**

# MONTCLAIR'S 62<sup>ND</sup> ANNUAL SUMMER CONCERT AND MOVIE SERIES

Bring the family and lawn chairs to enjoy an evening in the park.

**Food Trucks** will be selling your favorite foods and snacks.

**Alma Hofman Park (Shark Park), 5201 Benito St., Montclair**



JUNE 13 • 8 PM  
**SNOW WHITE AND THE SEVEN DWARFS (G)**  
(Movie in the Park)



JUNE 20 • 7 PM  
**COLD DUCK**  
(Latin and R&B)



JUNE 27 • 7 PM  
**IN THE MIXX**  
(Old School and Top 40)



**THROW BACK THURSDAY!**

JULY 6 • 8 PM  
**TOY STORY (G)**  
(Movie in the Park)



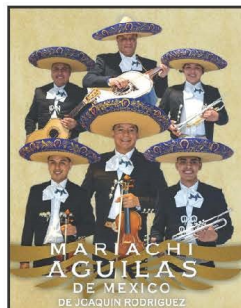
**VENDOR FAIR!**  
JULY 11 • 7 PM  
**MELODIA VERSATIL**  
(Cumbia, Salsa, Merengue)



JULY 18 • 7 PM  
**QUEEN OF HEARTS**  
(Country)

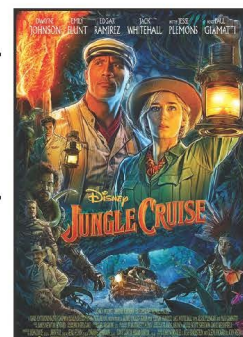


JULY 25 • 7 PM  
**MARIACHI AGUILAS DE MEXICO**  
(Mariachi)



**NATIONAL NIGHT OUT!**

TUESDAY, AUGUST 1 • 8:00 PM  
**JUNGLE CRUISE (PG)**  
(Movie in the Park)



**Tuesday, August 1 at 6:30 pm**

National Night Out is presented by Montclair Police Department and will feature public safety exhibits and the opportunity to meet our local emergency personnel, as well as a screening of JUNGLE CRUISE.



**MONTCLAIR**  
Human Services Department  
(909) 625-9479