70's Disco Dance Party

Get ready to celebrate, boogie, and groove with us on **Wednesday, August 23**. The Senior Birthday Party lunch will start at 11:30 AM, doors will open at 10:30 AM for socializing, followed by the 70's Disco Dance from 12:30 PM to 3:00 PM at the Community Center. Come dressed in your grooviest attire!

Desserts and refreshments will be served for your enjoyment.

**Please RSVP by Friday, August 18** by calling (909) 625-9483.

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**WELCOME TO THE SENIOR CENTER!**

*In this issue…*

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**Ice Cream Social**

**Tuesday, August 29 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 (909) 625-9483.

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**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.

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Visit [https://www.cityofmontclair.org/senior-center/](https://www.cityofmontclair.org/senior-center/) for more updates and information on our programs.
NUTRITION

SENIOR NUTRITION PROGRAM
Monday - Friday from 10:30 AM - 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 3 for this month’s menu.
Join us for these upcoming activities during Senior Lunch.
- Aug 4: Fun Friday! Wear Tie Dye
- Aug 21: Senior Citizen’s Day Celebration
- Aug 23: Senior Birthdays! Theme: 70’s Disco Party

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 or (909) 986-5522.

FITNESS

MONTCLAIR WALKERS
Monday, Wednesday, Friday from 10 - 11 AM
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

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.

SENIOR MOBILE PANTRY PROGRAM
by Feeding America
Wednesday, August 23 from 9 - 11 AM
Recreation Center Patio
All ages welcome (one per household)
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<tr>
<td>SUGGESTED DONATION FOR ADULTS AGES 60+: $3.00</td>
<td><strong>1</strong> High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding</td>
<td><strong>2</strong> OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread</td>
<td><strong>3</strong> BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices</td>
<td><strong>4</strong> BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice</td>
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<td>GUESTS AGES 59 AND UNDER: $6.00 MENU IS SUBJECT TO CHANGE. “WW” - Whole Wheat Milk is provided daily</td>
<td><strong>7</strong> SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice</td>
<td><strong>8</strong> High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices</td>
<td><strong>9</strong> LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread</td>
<td><strong>10</strong> BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread</td>
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<td><strong>11</strong> WW SPAGHETTI &amp; MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread</td>
<td><strong>12</strong> PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches Banana WW Tortilla</td>
<td><strong>13</strong> MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread</td>
<td><strong>14</strong> BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup</td>
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<td><strong>15</strong> HERB BAKED CHICKEN Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread</td>
<td><strong>16</strong> ROAST PORK w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice</td>
<td><strong>17</strong> COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup</td>
<td><strong>18</strong> BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice</td>
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<td><strong>19</strong> BAKED ZITI Cooked Zucchini Green Salad Orange Slices WW Bread</td>
<td><strong>20</strong> High Sodium Meal MEXICAN CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread</td>
<td><strong>21</strong> Stuffed PEPPER Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread</td>
<td><strong>22</strong> CHILI BEANS w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup</td>
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<td><strong>23</strong> High Sodium Meal CHICKEN TERIYAKI Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread</td>
<td><strong>24</strong> BBQ CHICKEN w/Taco Toppings Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread</td>
<td><strong>25</strong> CHICKEN SOFT TACO Cooked Zucchini Green Salad Orange Slices WW Tortilla</td>
<td>FOR MORE INFORMATION:</td>
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<td><strong>26</strong> BBQ CHICKEN w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices</td>
<td><strong>27</strong> BBQ CHICKEN w/Taco Toppings Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread</td>
<td>5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM</td>
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<td></td>
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<td><strong>27</strong> ROAST TURKEY Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice</td>
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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, August 7 at 1:00 PM
- Presentation: Senior Jeopardy: Learning about the Signs, Symptoms of Prevention of Depression & Anxiety
Monday, August 21 at 1:00 PM
- Activity: DIY Crafting your own wind chimes

THE REGIONAL COUNCIL ON AGING
(meets on the first Tuesday of the month)
Tuesday, August 1 at 9:30 AM - 11:30 AM
Montclair Senior Center
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.

SPEAKERS BUREAU: HOUSING SERIES
Tuesday, August 8 at 1:00 PM
Join the Regional Council on Aging for the Speakers Bureau, every second Tuesday monthly at 1 PM.
Part II focuses on choosing the right type of Senior Living for you. Presented by Sue Yoakum, M.A.

LEGAL SERVICES
-available on the second Thursday of the month-
Thursday, August 10 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)
(meets on the third Wednesday of the month)
Wednesday, August 16 from 10:00 AM - 12:00 PM
A DAAS-PG representative will be at the Montclair Senior Center to provide information and assistance on programs that are available to senior citizens. Bus passes will also be available for distribution on August 16. For more information, call the DAAS-PG office at (909) 948-6235.

SPOTLIGHT ACTIVITIES

ARTS & CRAFTS WORKSHOP
Thursday, August 3 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 call (909) 625-9483.

Beat the Heat!
Social Hour
Tuesday, August 15 at 1:00 PM
Beat the heat at the Montclair Senior Center. Enjoy games and activities.
For more information, please call (909) 625-9483.

JOIN US
Afternoon at the Movies
Friday, August 18 at 1:30 PM
at the Montclair Senior Center! Come and enjoy a free screening of Grease (PG). The movie starts at 1:30 PM.
For more information and to RSVP, call (909) 625-9483.

SENIOR BIRTHDAY PARTY!
Theme: 70's Disco Party
Wednesday, August 23 at 11:30 AM - 12:30 PM
Join us at the Montclair Community Center in honoring our August Birthdays! Come dressed for the occasion. RSVP is recommended, please sign up in person or call (909) 625-9483.

BLANKET MAKING FOR CHILDREN IN NEED!
Friday, August 25 at 1:00 PM
Join Soroptimist 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.
### August 2023
#### Daily Calendar of Activities

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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>7 Montclair Walkers</td>
<td>8 Speakers Bureau: Housing Series, Part II</td>
<td>9 Montclair Walkers</td>
<td>10 Legal Services</td>
<td>4 Arts and Crafts Club</td>
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<tr>
<td>10:00 - 11:00 AM Bingo</td>
<td>1:00 - 4:00 PM West End Family Counseling Presentation</td>
<td>10:00 - 11:00 AM Canasta</td>
<td>10:00 AM - 12:00 PM Line Dancing</td>
<td>9:00 - 10:00 AM Montclair Walkers</td>
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<td>1:00 PM</td>
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<td>12:45 - 3:00 PM Lotería</td>
<td>1:00 - 2:00 PM Bunco</td>
<td>10:00 - 11:00 AM FUN FRIDAY! Wear Tie Dye</td>
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<td>1:00 - 4:00 PM</td>
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<td>14 Montclair Walkers</td>
<td>15 Beat the Heat! + Social Hour</td>
<td>16 Montclair Walkers</td>
<td>17 Food Distribution</td>
<td>11 Arts and Crafts Club</td>
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<td>21 Montclair Walkers</td>
<td>22 Birthday Party!</td>
<td>23 Senior Mobile Pantry Program by Feeding America</td>
<td>24 Line Dancing</td>
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<td>28 Montclair Walkers</td>
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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.
Piña Colada Smoothie

Source: https://feelgoodfoodie.net/recipe/healthy-pina-colada-smoothie/

Try this Piña Colada Smoothie made with pineapples, banana, coconut flakes and coconut milk. It’s sweet, satisfying and loaded with good-for-you fruits to make you feel nourished and refreshed.

INGREDIENTS

- 2 cups pineapple chunks
- 2 frozen bananas
- ½ cup vanilla Greek yogurt
- 2 tablespoons shredded coconut
- 1 ½ cup coconut milk

INSTRUCTIONS

1. Place the ingredients in a blender in the following order: pineapple, banana, Greek yogurt, coconut flakes, and coconut milk.

2. Blend the ingredients in a high-speed blender for 2-3 minutes until you get a smooth and creamy texture.

3. Taste the smoothie, adding more coconut milk if it is too thick or adding a sweetener of choice if it’s not sweet enough for you.

4. Pour into a cup or mason jar. Enjoy cold immediately, or store in fridge for up to 24 hours.

NOTES

- Fresh fruit smoothies are best enjoyed as soon as you have made them. Once fruits are broken down, they start to oxidate and slowly start to lose some of their nutrients. If you can’t drink it right away, store it covered in the fridge and drink within 24 hours.
- Coconut milk is best to use in this smoothie for a really nice coconut flavor for that perfect tropical taste. You can make this with more neutral milks as well like dairy, oat or almond.
- This piña colada smoothie contains around 350 calories and a good amount of protein and fiber, so it can easily be enjoyed for breakfast. If you like, you can also add in some protein powder to give you more energy.