



HealthyMontclair

SENIOR NEWSLETTER | SEPTEMBER 2023

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

The Montclair Senior Center will be closed on Monday, September 4, 2023 in observance of Labor Day.

Intergenerational



DANCE

Wednesday, September 13, 2023

3:00 PM - 6:00 PM

Join us for the coolest and most hip dance of the year! Our annual Intergenerational Dance is scheduled for Wednesday, September 13 from 3:00 PM to 6:00 PM at the Community Center. Come dressed in your best 50's attire! Desserts and refreshments will be served for your enjoyment. RSVP is required for this event. **Please RSVP by Friday, September 8** by calling (909) 625-9483.

Tai Chi

New!

Every Thursday from 9:00 - 10:00 AM

Beginning September 7

Montclair Senior Center

New!

Tai Chi is a type of physical activity that helps with arthritis and fall prevention. Tai Chi is associated with many benefits, such as: posture improvement, increased flexibility and helps reduce stress. This FREE program will be led by a certified instructor from the County of San Bernardino for 8 weeks. For more information please call 909-625-9483

WELCOME TO THE SENIOR CENTER!

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

SENIOR NUTRITION PROGRAM

Monday - Friday from 10:30 AM - 12:30 PM

Doors open at 8:00 AM for socializing.

Suggested contribution 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.

- September 1: Fun Friday! Wear fall colors
- September 27: Senior Birthdays! Theme: Football

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.

CITY OF MONTCLAIR FOOD DISTRIBUTION

Thursday, September 21 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, September 27 from 9:00 - 11:00 AM

Recreation Center Patio

All ages welcome (one per household)

**NEW DATE
AND TIME**

MONTCLAIR WALKERS

Monday, Wednesday, Friday from 10:00 - 11:00 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.

Earn those steps and become a part of the **100 Mile Club!** Those who log 100 miles (or more) receive a cool, free 100 Mile Club shirt!

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

For more information, contact the Senior Center at (909) 625-9483.



MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

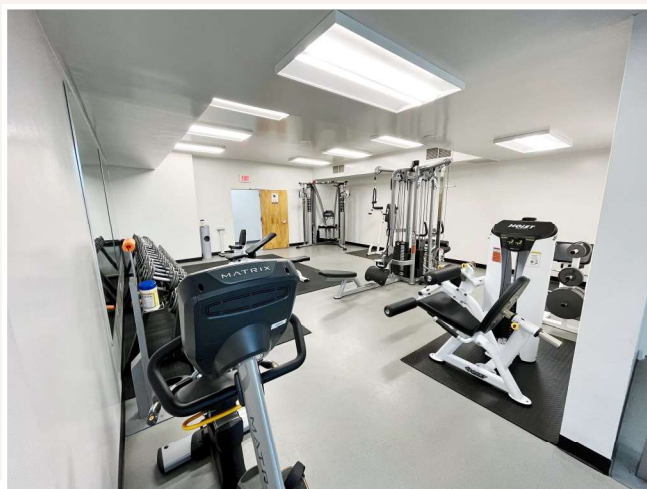
Monday-Friday from 7:30 AM - 6:30 PM

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.






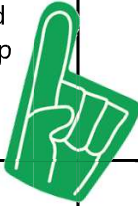




September 2023



Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
SUGGESTED CONTRIBUTION 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	FOR MORE INFORMATION: 5111 BENITO ST. MONTCLAIR, CA. (909) 625-9483 MONDAY-FRIDAY: 11:30 AM - 12:30 PM			1 TUNA SALAD Pasta Salad 3 Bean Salad Cantaloupe WW Bread
4 CLOSED FOR LABOR DAY 	5 SWEDISH MEATBALLS On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	6 BAKED CHICKEN BREAST Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	7 MEAT LOAF Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice 	8 High Sodium Meal HAM & SPINACH QUICHE Green Beans Coleslaw Orange Slices WW Bread
11 SHEPHERDS PIE Loose Leaf Salad Seasonal Melon WW Bread 	12 High Sodium Meal BEEF SOFT TACO w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	13 OVEN BAKED CHICKEN Baked Potato Green Beans Romaine Salad Peaches WW Bread	14 BBQ PULLED PORK SANDWICH w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	15 BAKED FISH Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
18 SLOPPY JOE w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	19 High Sodium Meal CHICKEN ENCHILADA CASSEROLE Refried Beans Corn Orange Slices	20 LASAGNA w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread 	21 BAKED PORK CHOP Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	22 BBQ CHICKEN SANDWICH w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup
25 WW SPAGHETTI & MEAT SAUCE Peas and Carrots Loose Leaf Salad Orange Slices French Bread	26 PORK CHOP MEXICANA Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	27 Senior Birthdays! MEAT LOAF Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	28 COLD TURKEY SANDWICH Pasta Salad Carrot Raisin Salad Fresh Orange Cup	29 BAKED FISH Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice

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

THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)
Tuesday, September 5 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, Part III

(meets the second Tuesday of the month)
Tuesday, September 12 at 1:00 PM
Join the Regional Council on Aging for the Speakers Bureau.
Part III 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, September 14 from 10:00 AM - 12:00 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.

WEST END FAMILY COUNSELING HEALTH AND WELLNESS

Monday, September 18 at 1:00 PM

- *Presentation: Senior Safety - Learning about the different environmental and social dangers and how to keep ourselves safe.*
- *Activity: DIY Suncatcher*

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

(meets on the third Wednesday of the month)
Wednesday, September 20 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 September 20. For more information, call the DAAS-PG office at (909) 948-6235.

CITY OF HOPE: PROSTATE CANCER

Tuesday, September 26 beginning at 12:45 PM
Prostate Cancer Prevention and Screening: City of Hope Health Educators will present on the significance of prostate cancer screening and implementing proper preventive steps to improve quality of life.

HICAP COUNSELING SERVICES

Friday, September 29 from 9:30 AM - 12:30 PM
A HICAP Counselor will be available by appointment. Please call (909) 256-8369 to schedule an appointment.

SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

ARTS & CRAFTS WORKSHOPS

**Tuesday, September 5 at 10:00 AM &
Tuesday, September 26 at 1:30 PM**

The Senior Center is hosting Arts & Crafts Workshops. Make sock animals to benefit children in need.
Space is limited for both workshops, please sign up in person or call (909) 625-9483.

Karaoke

Friday, September 15 at 1:00 PM - 3:00 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.
For more information and to RSVP, call (909) 625-9483.



Friday, September 22 at 1:00 PM

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









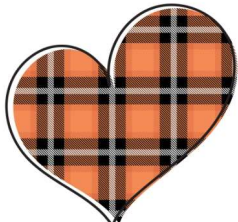
Wednesday, September 27 at 10:30 AM - 12:30 PM

Join us at the Montclair Community Center in honoring our September Birthdays! Wear your favorite football attire!
RSVP is recommended. For more information and to RSVP, call (909) 625-9483.



Friday, September 29 at 1:00 - 2:30 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.

Monday	Tuesday	Wednesday	Thursday	Friday
		hello fall		1 Arts and Crafts Club • 9:00 - 10:00 AM Montclair Walkers • 10:00 - 11:00 AM FUN FRIDAY! Wear fall colors
4 CLOSED HAPPY LABOR DAY	5 Regional Council on Aging 9:30 - 11:30 AM Art and Craft Workshop • 10:00 AM	6 Montclair Walkers • 10:00 - 11:00 AM Canasta • 12:45 - 3:00 PM Loteria • 1:00 - 3:00 PM	7 Tai Chi • 9:00 - 10:00 AM Line Dancing • 1:00 - 2:00 PM Bunco • 1:00 - 4:00 PM	8 Arts and Crafts Club • 9:00 - 10:00 AM Montclair Walkers • 10:00 - 11:00 AM
11 Montclair Walkers • 10:00 - 11:00 AM Bingo • 1:00 - 4:00 PM	12 Speakers Bureau: Housing Series, Part III • 1:00 PM	13 Montclair Walkers • 10:00 - 11:00 AM Canasta • 12:45 - 3:00 PM Loteria • 1:00 - 3:00 PM Intergenerational Dance • 3:00 - 6:00 PM	14 Tai Chi • 9:00 - 10:00 AM Legal Services • 10:00 AM - 12:00 PM Line Dancing • 1:00 - 2:00 PM Bunco • 1:00 - 4:00 PM	15 Arts and Crafts Club • 9:00 - 10:00 AM Montclair Walkers • 10:00 - 11:00 AM Karaoke • 1:00 - 3:00 PM
18 Montclair Walkers • 10:00 - 11:00 AM Bingo • 1:00 - 4:00 PM West End Family Counseling Presentation and Activity • 1:00 PM	19 	20 DAAS- PG • 10:00 AM - 12:00 PM Montclair Walkers • 10:00 - 11:00 AM Canasta • 12:45 - 3:00 PM Loteria • 1:00 - 3:00 PM	21 Tai Chi • 9:00 - 10:00 AM Food Distribution • 9:30 - 10:30 AM Line Dancing • 1:00 - 2:00 PM Bunco • 1:00 - 4:00 PM	22 Arts and Crafts Club • 9:00 - 10:00 AM Montclair Walkers 10:00 - 11:00 AM Afternoon Movie : The Blind Side (PG-13) • 1:00 PM
25 Montclair Walkers • 10:00 - 11:00 AM Bingo • 1:00 - 4:00 PM	26 City of Hope Prostate Cancer Presentation • 12:45 PM Art and Craft Workshop • 1:30 PM	27 Montclair Walkers • 10:00 - 11:00 AM Senior Mobile Pantry Program by Feeding America • 9:00 - 11:00 AM Senior Birthday Party! Theme: Football • 10:30 AM - 12:30 PM Canasta • 12:45 - 3:00 PM Loteria • 1:00 - 3:00 PM	28 Tai Chi • 9:00 - 10:00 AM Line Dancing • 1:00 - 2:00 PM Bunco • 1:00 - 4:00 PM	29 HICAP Counseling Services • 9:30 AM - 12:30 PM Blanket Making • 1:00 - 2:30 PM
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TRANSPORTATION SERVICES AND MORE!

MONTCLAIR GOLDEN EXPRESS



Hours of operation: Mon-Fri, 9:00 AM - 3:00 PM
For information call 625-9452.

This transportation program provides free curb-to-curb service for senior citizens age 60 and older who are Montclair residents and do not drive. The service includes transportation to the Senior Center and general errands within Montclair city limits.

Service outside Montclair is limited to medical appointments only. Reservations must be made 48 hours in advance by calling 909-625-9452. Transportation services are not guaranteed.

This program is made available through funding from the City of Montclair, San Bernardino County Department of Aging and Adult Services - Public Guardian, and the San Bernardino County Economic Development Department.



OmniAccess & ADA Services | OmniAccess is a curb-to-curb ADA service complementing the fixed route bus system. To ride OmniAccess you must qualify for an OmniAccess Rider ID Card. Please visit the OmniAccess website at www.omnitrans.org/services/access-ada/ for OmniAccess ADA Certification forms or you may call (800) 966-6428 to request an ADA application package by mail.

VOLUNTEER AT THE SENIOR CENTER!

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.

