



# SENIOR NEWSLETTER | DECEMBER 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, December 25 for Christmas Day.**



## GINGERBREAD HOUSE BIRTHDAY PARTY!

**Wednesday, December 13  
from 10:30 AM - 12:30 PM**

Join us at the Montclair Community Center in  
honoring our December Birthdays!

**Come dressed in your ugly holiday sweater!**

RSVP is recommended, please sign up in person or  
call (909) 625-9483.

## Explore, Adventure, and Travel!

See page 7 for more information on Trips and Tours for 2024



### WELCOME TO THE SENIOR CENTER!

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### **SPECIAL** **ANNOUNCEMENTS!**

#### **HICAP PRESENTATION**

**Tuesday, December 5 at 12:45 PM**

A HICAP Outreach Coordinator will be presenting  
on open enrollment insurance information. All are  
welcome. More information on Page 4.

**NEW! Exercise Class is starting soon!**  
**More information on Page 2**

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 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.

DEC 13: Senior Birthdays! Theme: Gingerbread House 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](mailto:alsuey@verizon.net) or (909) 986-5522.

## CITY OF MONTCLAIR FOOD DISTRIBUTION

**Thursday, December 14 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) 625-9483 for information on qualifying income guidelines, confirmation of dates and food items.

Please refer to The Emergency Food Assistance Program (TEFAP) 2023 Income Guidelines to determine if you qualify.

## SENIOR MOBILE PANTRY PROGRAM

by Feeding America

**Wednesday, December 27 from 9 AM - 11 AM**

Recreation Center Patio

All ages welcome (one per household)

## MONTCLAIR WALKERS

**Monday, Wednesday, Friday from 10:00 AM - 11:00 AM**

**Montclair Walkers will meet until Friday, December 8 and will resume in January 2024.**

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.



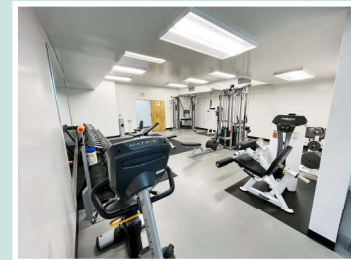
## MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

**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.



## NEW! Senior Exercise Class

**Tuesdays & Thursdays from 10 AM - 11 AM**

**Starting Tuesday, December 5**

This 8 week session is **free** and will meet on Tuesdays and Thursdays beginning December 5 to January 25 at the Senior Center's East Room. Space is limited. Registration required. Please call (909) 625-9483 to sign-up.

Sponsored by West End Family Counseling.

# December 2023

## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<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>	<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>1</b> <b>High Sodium Meal</b> <b>HAM &amp; SPINACH QUICHE</b> Green Beans Coleslaw Orange Slices WW Bread
<b>4</b> <b>SHEPHERDS PIE</b> Loose Leaf Salad Seasonal Melon WW Bread	<b>5</b> <b>High Sodium Meal</b> <b>BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	<b>6</b> <b>OVEN BAKED CHICKEN</b> Baked Potato Green Beans Romaine Salad Peaches WW Bread	<b>7</b> <b>BBQ PULLED PORK SANDWICH</b> w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	<b>8</b> <b>BAKED FISH</b> Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
<b>11</b> <b>SLOPPY JOE</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	<b>12</b> <b>High Sodium Meal</b> <b>CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>13</b> <b>Senior Birthday Party!</b> <b>BAKED HAM</b> Baked Potato Green Beans Green Salad Fruit Cocktail Corn Bread	<b>14</b> <b>BAKED PORK CHOP</b> Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	<b>15</b> <b>BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup
<b>18</b> <b>WW SPAGHETTI &amp; MEAT SAUCE</b> Peas and Carrots Loose Leaf Salad Orange Slices French Bread	<b>19</b> <b>PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	<b>20</b> <b>MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>21</b> <b>COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>22</b> <b>BAKED FISH</b> Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
<b>25</b> <b>Closed</b> <b>MERRY CHRISTMAS</b>	<b>26</b> <b>High Sodium Meal</b> <b>ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	<b>27</b> <b>BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	<b>28</b> <b>CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>29</b> <b>CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla

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, December 4 at 1:00 PM**

- Activity: Holiday Coloring Cards Celebration

## HICAP COUNSELING PRESENTATION

**Tuesday, December 5 at 12:45 PM**

A HICAP Outreach Coordinator will be presenting on open enrollment time frames, Medicare coverage and Medicare advantage coverage, low income assistance programs, and health or drug plan changes. HICAP provides free, unbiased Medicare counseling to Medicare beneficiaries and their families and can help you apply for these programs. All are welcome.

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

(meets on the third Wednesday of the month)

**Wednesday, December 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 for the current month. For more information, call the DAAS-PG office at (909) 948-6235.

## THE REGIONAL COUNCIL ON AGING

The Regional Council on Aging meeting for December is cancelled. Please join us on the first Tuesday in January to 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

Join the Regional Council on Aging for the Speakers Bureau resuming in January 2024.

## HICAP COUNSELING SERVICES

A HICAP Counselor will not be available for appointments in December and will resume in 2024.

## LEGAL SERVICES

Appointments with Isabel from Inland Counties Legal Services will not be available in December and will resume in January 2024.

MERRY &  
BRIGHT

# SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

## KARAOKE

**Friday, December 1, 2023 from 12:30 PM - 2:00 PM**

Sing your heart out 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.



**JOIN US  
AFTERNOON AT THE MOVIES**



**Friday, December 15 at 1:00 PM**

We're popping the popcorn for an Afternoon at the Movies.

Come and enjoy a free screening of *Holiday Inn*.

For more information and to RSVP, call (909) 625-9483.



## Montclair Holiday Food & Toy Basket Program

Join us in helping the less fortunate in Montclair. Food donations and unwrapped gifts for teens will be accepted from 8:00 a.m. to 6:00 p.m. at the Montclair Senior Center until Friday, December 15. For the health and safety of those receiving baskets we cannot accept outdated, dented, bulging, perishable or open cans or packages.

Residents are also encouraged to adopt a family. A donation of \$75 to feed a parent and child or a donation of \$125 to feed a family of four can be made any time prior to December 15.

For more information on making a donation, please contact Jordi Ubaldo at (909) 625-9489 or email [montclairevents@cityofmontclair.org](mailto:montclairevents@cityofmontclair.org)

## ARTS & CRAFTS WORKSHOP

**Tuesday, December 19 at 12:30 PM**

The Senior Center is hosting an Arts & Crafts Workshop.

We will be making a holiday craft.

Space is limited, please sign up in person or call (909) 625-9483.

## HOLIDAY SOCIAL

**Tuesday, December 26, 2023 from 12:30 PM - 3:00 PM**

Join us at the Senior Center after lunch for an afternoon of socializing. Board games and holiday music included.



## BLANKET MAKING



**Friday, December 29, 2023 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.





# December 2023

## Daily Calendar of Activities



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>1</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Karaoke</b> • 12:30 - 2:00 PM
<b>4</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Bingo</b> • 1:00 - 4:00 PM <b>West End Family Counseling Activity</b> • 1:00 PM	<b>5</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>HICAP Presentation</b> • 12:45 PM	<b>6</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM <b>Canasta</b> • 12:45 - 4:30 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>7</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>8</b> <b>Montclair Walkers</b> • 10:00 - 11:00 AM 
<b>11</b> <b>Bingo</b> • 1:00 - 4:00 PM  <b>BIRTHDAY PARTY!</b> WEAR YOUR UGLY HOLIDAY SWEATER	<b>12</b> <b>Exercise Class</b> • 10:00 - 11:00 AM	<b>13</b> <b>DAAS-PG</b> • 10:00 AM - 12:00 PM <b>Senior Birthday Party!</b> <b>Theme: Gingerbread House Party</b> • 10:30 AM - 12:30 PM <b>Canasta</b> • 12:45 - 4:30 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>14</b> <b>Food Distribution</b> • 9:30 - 10:30 AM <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>15</b> <b>Afternoon at the Movies: Holiday Inn</b> • 1:00 PM 
<b>18</b> <b>Bingo</b> • 1:00 - 4:00 PM 	<b>19</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Arts &amp; Crafts Workshop</b> • 12:30 PM	<b>20</b> <b>Canasta</b> • 12:45 - 4:30 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>21</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>22</b> 
<b>25</b> <b>Closed</b> <b>MERRY christmas</b>	<b>26</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Holiday Social</b> • 12:30 - 3:00 PM	<b>27</b> <b>Senior Mobile Pantry Program by Feeding America</b> • 9:00 - 11:00 AM <b>Canasta</b> • 12:45 - 4:30 PM <b>Loteria</b> • 1:00 - 3:00 PM	<b>28</b> <b>Exercise Class</b> • 10:00 - 11:00 AM <b>Line Dancing</b> • 1:00 - 2:00 PM <b>Bunco</b> • 1:00 - 4:00 PM	<b>29</b> <b>Blanket Making</b> • 1:00 PM 



# TRANSPORTATION SERVICES AND MORE!



**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, Monday – Friday 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/](http://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.

*Wishing you Happy Holidays from all  
of us at the Montclair Senior Center!*



# SENIOR TRIPS & TOURS

## DEATH VALLEY WILDFLOWER ADVENTURE



**Friday, March 1 - Sunday March 3**

**Share pp \$499.50**

**Single \$599.50**

Tour highlights include two nights' accommodations in Beatty, Nevada (Death Valley) at the Stagecoach Inn Hotel & Casino, extensive sightseeing that includes Ghost-town Rhyolite, Furnace Creek Ranch, Borax Museum, Death Valley Visitor Center with film, Zabriskie Point, Shoshone, Harmony Borax Works, Sand Dunes, Badwater, Death Valley Junction/Amargosa Opera House (Optional "Behind-the-Scenes" tour) and Stove Pipe Wells. Full breakfast included daily.

**\$200.00 confirms your reservation with balance due by January 29, 2024.**

DEPART: Montclair Police Department @ 8:20 AM

RETURN: 5-6:00 PM

## A GRAND TOUR OF NEW ORLEANS



**Tuesday, April 2 - Saturday, April 6**

**Share pp \$2499.00**

**Single \$2899.00**

Four nights, one hotel . . . unpack just once! This spring we again return to this "still"

beautiful city of New Orleans, Louisiana. Come discover the rich history of the south, enjoy a delicious dinner on Bourbon Street, narrated City/Cemetery/Garden District highlights tour, Dixieland Jazz Luncheon Cruise on the Mississippi, Alligator Swamp Boat Tour, Delicious brunch at the Court of Two Sisters (Jazz music and all!), Plantation Tour including delicious buffet, visit the National World War II Museum (Tom Hanks-narrated Victory Theatre "Beyond All Boundaries" film included) PLUS lodging INSIDE the French Quarter. Explore Bourbon Street, and perhaps a visit to Preservation Hall. Roundtrip airport transportation and airfare included with our fully escorted tour.

**\$1200.00 deposit confirms your reservation with balance due February 13, 2024.**

DEPART: Montclair Police Department

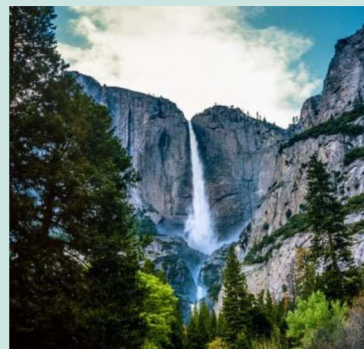
## YOSEMITE NATIONAL PARK

**Friday, April 19 - Sunday, April 21**

**Share pp \$589.50**

**Single \$769.50**

Located in central California on the Western slope of the Sierra Nevada range, this mountainous region offers unusual beauty, breathtaking scenery, and numerous waterfalls. The waterfalls are never more



spectacular than in the spring. Accommodations will once again be just outside the park in Oakhurst at the Yosemite Southgate Hotel & Suites. Highlights include: Wawona Hotel, Bridalveil Fall, Yosemite Falls, El Capitan, Half Dome, Yosemite Village, the historic Ahwahnee Hotel and even a visit to picturesque Bass Lake. Price includes ranger narrated Yosemite Valley Floor Tour. Includes breakfast daily!

**\$250.00 confirms your reservation with balance due by March 15, 2024.**

DEPART: Montclair Police Department @ 6:55 AM

RETURN: 5-6:00 PM

## ZION NATIONAL PARK



**Monday, May 13 - Wednesday, May 15**

**Share pp \$509.50**

**Single \$609.50**

Now, here's one we haven't offered since 2019! Please join us as we repeat our visit to beautiful, picturesque ZION NATIONAL

PARK, which will again include two nights lodging in Mesquite, Nevada (located just 70 miles north of Las Vegas) at the Casa Blanca Resort Hotel & Casino, \$12.00 per person daily breakfast voucher, a full day of extensive sightseeing in majestic Zion National Park, and even a stop in Las Vegas!

**\$200.00 deposit confirms your reservation with balance due by April 9, 2024.**

DEPART: Montclair Police Department @ 8:20 AM

RETURN: 5-6:00 PM

Detailed trip flyers, descriptions, and payment information are available at the Senior Center. For more information please call (909) 599-9325. You can also visit [www.traveltimetours.com](http://www.traveltimetours.com)