



# SENIOR NEWSLETTER | FEBRUARY 2024

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, February 19 for President's Day**

## TAX PREP SERVICES

This year, there are two providers for free tax assistance! The deadline to file taxes is **April 15**. More details on each provider can be found below:

### AARP TAX SERVICES

Volunteers from AARP will be assisting with filing income taxes at the Montclair Senior Center every Tuesday from February 6 through April 9 from 1 - 4 PM. Assistance will be provided on a first come, first served basis. A sign-up sheet will be available as soon as the Senior Center opens at 8 AM on the day of each session. Sign-up must be made in person and you must be present at the time you are called. No advanced registration will be taken.

### SAN BERNARDINO COUNTY TRANSITIONAL ASSISTANCE DEPARTMENT (TAD)

TAD Tax preparation services will be available by **APPOINTMENT ONLY** at the Montclair Senior Center from 8:30 to 11:30 a.m. on **February 14, March 20, March 29** and **April 4**. To schedule an appointment, please call (909) 421-4091 (909) 421-4093, or (877) 410-8829.

*The Montclair Senior Citizen's Club Presents*

### St. Patrick's Day Dance

**March 13 from 2:00 PM - 5:00 PM**

Join us at the Montclair Senior Center for an afternoon of fun and dancing!

**COST:** Senior Citizen's Club Members are FREE!

Non-club members \$5

**RSVP by March 6.** Payment is required at the time of RSVP, sign-up in person at the front desk

### WELCOME TO THE SENIOR CENTER!

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# Celebrate in Paris



## SENIOR BIRTHDAY PARTY!

**Wednesday, February 28  
from 10:30 AM - 12:30 PM**

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

RSVP is recommended, please sign up in person or call (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 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.

**FEB 28: Senior Birthdays! Theme: Celebrate in Paris**

## 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, February 15 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 served 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, February 28 from 9 - 11 AM**

Recreation Center Patio

All ages welcome (one per household)

# FITNESS

## MONTCLAIR WALKERS

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

**There will be no walking on  
Monday, February 19 in observance  
of President's Day.**

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 make new friends. Earn those steps and become a part of the **100 Mile Club!** Registered Walkers who log 100 miles (or more) receive a 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.

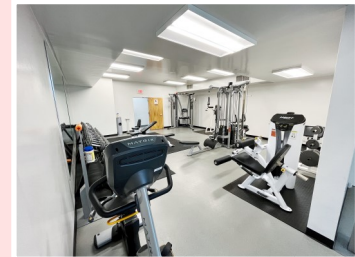


## MONTCLAIR WEIGHT ROOM & RACQUETBALL COURTS

**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.



## Senior Exercise Class


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

Senior Center East Room

Montclair Senior Center is hosting an Exercise Class. This program is **free** and will meet on Tuesdays and Thursdays and ends on March 21. Space is limited. Registration required. Please call (909) 625-9483 to sign-up.

Sponsored by West End Family Counseling.

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 COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>2 High Sodium Meal HAM &amp; SPINACH QUICHE</b> Green Beans Coleslaw Orange Slices WW Bread
<b>5 HERB BAKED CHICKEN</b> Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	<b>6 High Sodium Meal ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	<b>7 BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	<b>8 CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>9 CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>12 BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread	<b>13 High Sodium Meal CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	<div>   </div> <b>14 STUFFED PEPPER</b> Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	<b>15 ROAST TURKEY</b> Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	<b>16 TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread
<div>  </div> <b>19 CLOSED</b>	<b>20 SWEDISH MEATBALLS</b> On Noodles Peas and Carrots Loose Leaf Salad Seasonal Melon WW Bread	<b>21 BAKED CHICKEN BREAST</b> Mashed Potato Spinach Carrot Raisin Salad Fruit Cocktail WW Bread	<b>22 MEAT LOAF</b> Baked Potato Corn Romaine Salad Bread Pudding WW Bread Apple Juice	<b>23 BAKED FISH</b> Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
<b>26 SHEPHERDS PIE</b> Loose Leaf Salad Seasonal Melon WW Bread	<b>27 High Sodium Meal BEEF SOFT TACO</b> w/ Taco Toppings Spanish Rice Pinto Beans Banana Vanilla Pudding	<b>28 Senior Birthday Party! OVEN BAKED CHICKEN</b> Baked Potato Green Beans Romaine Salad Peaches WW Bread	<b>29 BBQ PULLED PORK SANDWICH</b> w/WW Hamburger Bun Potato Salad Vegetable Salad Orange Slices	

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, February 5 at 1:00 PM**

• *Presentation: Benefits of Adult Coloring*

**Tuesday, February 20 at 1:00 PM**

• *Activity: Winter Wreath Crafts*

## THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

**Tuesday, February 6 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.

## LEGAL SERVICES PRESENTATION

**Wednesday, February 7 at 12:45 PM**

Isabelle Espinoza-Montes will be presenting on the services available from Inland Counties Legal Services. All are welcome.

## LEGAL SERVICES

(available on the second Thursday of the month)

**Thursday, February 8 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

## SPEAKERS BUREAU

**Tuesday, February 13 at 1:00 PM**

Join the Regional Council on Aging for the Speakers Bureau, every second Tuesday monthly at 1 PM.

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

(meets on the third Wednesday of the month)

**Wednesday, February 21 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 may also be available for distribution for the current month; however bus distribution is not guaranteed and is dependent on supply. For more information, call the DAAS-PG office at (909) 948-6235.

## HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP) COUNSELING SERVICES

**Friday, February 23 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 CULTIVATING WELLNESS

**Wednesday, Feb. 7 and Feb. 21 at 9:30 AM**

Learn how to start an herb garden by learning basics of gardening.

Presented by Healthy Montclair.

For more information call (909) 625-9485.



## JOIN US AFTERNOON AT THE MOVIES



**Friday, February 16 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

**Casablanca**

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

## ARTS & CRAFTS WORKSHOP

**Thursday, February 22 at 9:00 AM**

The Senior Center is hosting an Arts & Crafts Workshop.

All skill levels are welcome!

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



## BLANKET MAKING



(meets on the last Friday of the month)

**Friday, February 23 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.

## Scrapbooking Club

**February 27 at 9:00 AM**

Please join us for a scrapbooking club lead by Toni Arteaga!

No craft skills needed, beginners are welcome.

Supplies will be provided.

## SAVE THE DATE:

### Breathe Easier™: Understanding & Managing COPD Workshop

**March 6 at 12:45 PM**

COPD is Chronic Obstructive Pulmonary Disease. This workshop is will offer a free lung screening capacity test using a spirometer. Learn how to identify risk factors and triggers for COPD, self-management strategies through medication adherence and lifestyle modifications, and develop a greater awareness of COPD risks. This workshop is presented by Breathe Southern California's Health Educator and Registered Respiratory Therapist.


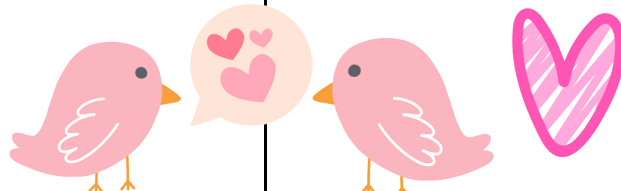
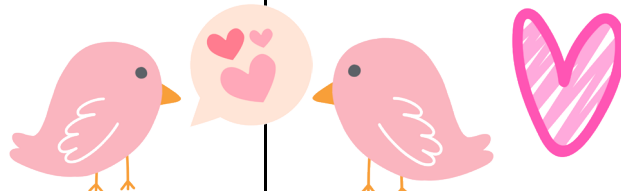
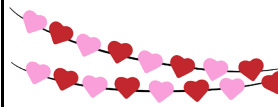

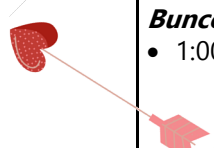











# February 2024

## Daily Calendar of Activities



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Line Dancing</b> <ul style="list-style-type: none"><li>• 1:00 - 2:00 PM</li></ul> <b>Bunco</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>2</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul>
<b>5</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>West End Counseling Presentation</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> <b>Bingo</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>6</b> <b>Regional Council on Aging</b> <ul style="list-style-type: none"><li>• 9:30 - 11:30 AM</li></ul> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>AARP Tax Services (first come, first serve)</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>7</b> <b>Cultivating Wellness</b> <ul style="list-style-type: none"><li>• 9:30 AM</li></ul> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Legal Services Presentation</b> <ul style="list-style-type: none"><li>• 12:45 PM</li></ul> <b>Canasta</b> <ul style="list-style-type: none"><li>• 12:45 - 4:30 PM</li></ul> <b>Loteria</b> <ul style="list-style-type: none"><li>• 1:00 - 3:00 PM</li></ul>	<b>8</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Legal Services (by appointment)</b> <ul style="list-style-type: none"><li>• 10:00 AM - 12:00 PM</li></ul> <b>Line Dancing</b> <ul style="list-style-type: none"><li>• 1:00 - 2:00 PM</li></ul> <b>Bunco</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>9</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> 
<b>12</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Bingo</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul> 	<b>13</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Speakers Bureau</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> <b>AARP Tax Services (first come, first serve)</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>14</b> <b>Free Income Tax Assistance (by appointment)</b> <ul style="list-style-type: none"><li>• 8:30 - 11:30 AM</li></ul> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Valentine's Day Dance</b> <ul style="list-style-type: none"><li>• 2:30 - 4:30 PM</li></ul> 	<b>15</b> <b>Food Distribution</b> <ul style="list-style-type: none"><li>• 9:30 - 10:30 AM</li></ul> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Line Dancing</b> <ul style="list-style-type: none"><li>• 1:00 - 2:00 PM</li></ul> <b>Bunco</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>16</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Afternoon at the Movies: Casablanca</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> 
<b>19</b> <b>CLOSED</b> 	<b>20</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>West End Family Counseling Activity</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> <b>AARP Tax Services (first come, first serve)</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>21</b> <b>Cultivating Wellness</b> <ul style="list-style-type: none"><li>• 9:30 AM</li></ul> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>DAAS-PG</b> <ul style="list-style-type: none"><li>• 10:00 AM - 12:00 PM</li></ul> <b>Canasta</b> <ul style="list-style-type: none"><li>• 12:45 - 4:30 PM</li></ul> <b>Loteria</b> <ul style="list-style-type: none"><li>• 1:00 - 3:00 PM</li></ul>	<b>22</b> <b>Arts &amp; Crafts Workshop</b> <ul style="list-style-type: none"><li>• 9:00 AM</li></ul> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Line Dancing</b> <ul style="list-style-type: none"><li>• 1:00 - 2:00 PM</li></ul> <b>Bunco</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>23</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>HICAP services (by appointment)</b> <ul style="list-style-type: none"><li>• 9:30 AM - 12:30 PM</li></ul> <b>Blanket Making</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul>
<b>26</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Bingo</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul> 	<b>27</b> <b>Scrapbooking Club</b> <ul style="list-style-type: none"><li>• 9:00 AM</li></ul> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>AARP Tax Services (first come, first serve)</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul> 	<b>28</b> <b>Senior Mobile Pantry Program by Feeding America</b> <ul style="list-style-type: none"><li>• 9:00 - 11:00 AM</li></ul> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Senior Birthday Party! Theme: Celebrate in Paris</b> <ul style="list-style-type: none"><li>• 10:30 AM - 12:30 PM</li></ul> <b>Canasta</b> <ul style="list-style-type: none"><li>• 12:45 - 4:30 PM</li></ul> <b>Loteria</b> <ul style="list-style-type: none"><li>• 1:00 - 3:00 PM</li></ul> 	<b>29</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Line Dancing</b> <ul style="list-style-type: none"><li>• 1:00 - 2:00 PM</li></ul> <b>Bunco</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul> 	<b>BIRTHDAY PARTY!</b> 

# 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.

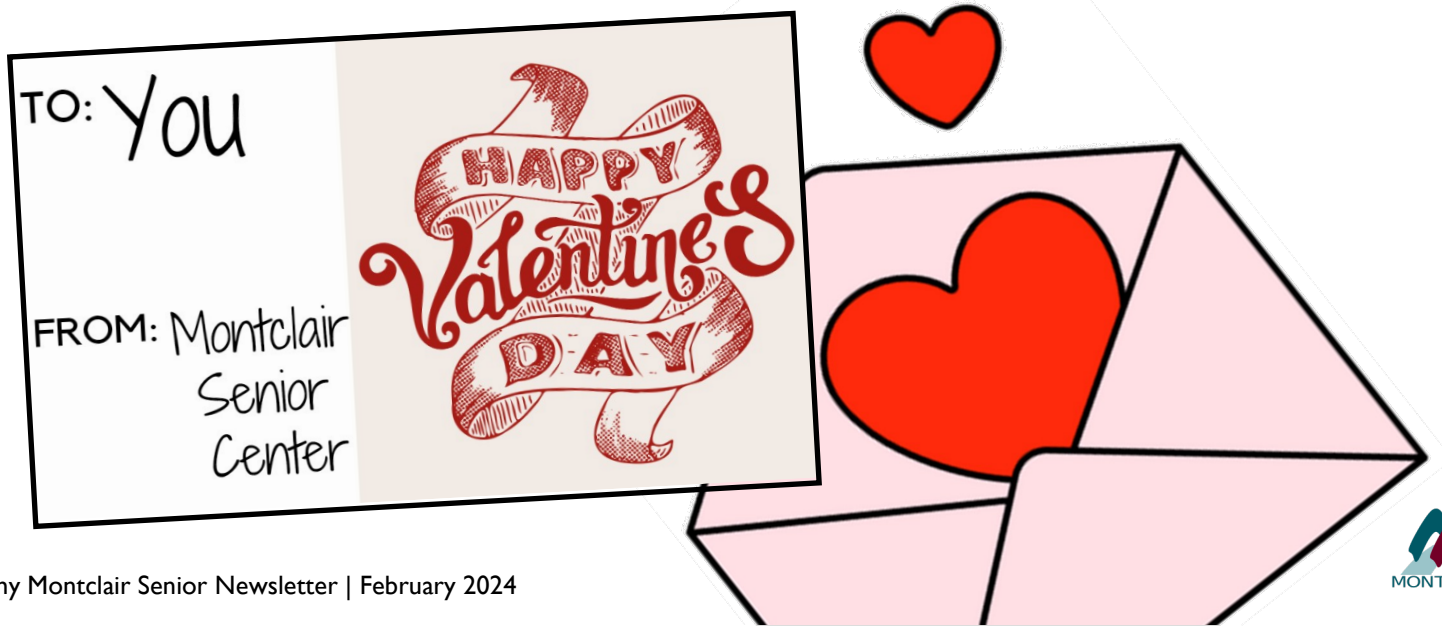
## VOLUNTEER AT THE SENIOR CENTER!

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.

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





# SENIOR TRIPS & TOURS

## 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

## LAUGHLIN

**Wednesday, May 1 - Friday, May 3**

**Share pp \$344.50**

**Single \$419.50**

Come enjoy three days of fun at the city everyone is talking about . . . Laughlin, Nevada -- where the casino action and excitement are non-stop! Located in Southern Nevada, on the banks of the Colorado River, Laughlin is quickly becoming a more and more popular gambling and vacation resort (all upgraded rooms now include a refrigerator, coffee maker, free Wi-Fi, in-room safes and access to adult-only pool). Traveling by deluxe air-conditioned motor coach, we will arrive by early afternoon at one of Laughlin's most popular hotels & casinos, the Riverside Resort. The Riverside Resort Hotel & Casino features 660 rooms, full casino (1500 slot & poker machines), 4 restaurants, 2 swimming pools, 6 movie theaters and top name entertainment (currently subject to current COVID conditions). Each traveler will receive buffet of choice coupon, and an all taxes, hotel fun strip and casino fun book.



**\$150.00 deposit confirms your reservation with balance due March 15, 2024.**

## 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)



**ATTENTION**  
**Montclair Senior Citizens Club**

It is a new year, and time to renew your membership. To continue receiving this monthly newsletter every month, you need to renew your club membership by March 1, 2024. All newsletters will stop being mailed after March if you do not renew.

To renew your club membership, please include the attached membership application along with your \$12 membership dues in a sealed envelope. The increase in fees by \$2 this year will cover the full cost of postage which is \$1 per newsletter. Payments can be made by cash or check. If you are including a check, please make your check payable to the City of Montclair. You can turn in your envelope to in-person, or by mail to City of Montclair, Attn: Senior Center, 5111 Benito Street, Montclair, CA 91763. **Renewals are due March 1, 2024.** If you need further information or assistance, please call (909) 625-9483.

## Membership Application

Membership dues for the Montclair Senior Citizens Club for the 2024 club year are \$12 per person. Membership dues are from March 1, 2024 to March 1, 2025. Membership includes special club activities and a monthly mailed newsletter. Please complete, sign and return this application to the Senior Citizens office.

**Waiver of Liability and Disclaimer:**

I, the undersigned, hereby release, discharge, and hold harmless the City of Montclair, its officers, agents, employees, volunteers and other representatives from all liabilities, claims, and causes of action that I, my family, guardians, assignees, or legal representatives, have now or may hereafter have, arising out of or in relation to injury or damage resulting from my participation in Senior Center and/or City of Montclair activities. Further, I acknowledge that participation in Senior Center and/or City of Montclair activities may involve the risk of physical injury and I also acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that participation in the activities may cause me to be exposed or infected by COVID-19 and that such exposure or infection may result in personal injury, illness, permanent disability, and death.

**Acknowledgment and Consent:**

For both the internal and external use, I, the undersigned, hereby authorize and give the City of Montclair, its legal representatives and assignees, the right to compile address and mailing labels and permission to publish, without charge, photographs or videos taken during Senior Center activities or at special events sponsored by the City of Montclair where I may appear. I further authorize that these photographs and videos may be used in publications, audio-visual presentations, promotional literature, advertising, webpages, and/or other media or commercial, informational, educational, training, recruiting or promotional materials relating thereto using any means, method or media which the City of Montclair deems appropriate in its sole discretion. I consent to such uses and hereby waive all rights to compensation.

**Member Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**PLEASE PRINT**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **Apt #** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**New Member:** \_\_\_\_\_ **Renewal:** \_\_\_\_\_

Office Use Only

File Card \_\_\_\_\_ Mailing List \_\_\_\_\_ Amount Paid \$ \_\_\_\_\_ Staff Initials \_\_\_\_\_ Date Rcvd \_\_\_\_\_