



# SENIOR NEWSLETTER | MARCH 2024

Montclair Senior Center

5111 Benito St. Montclair, CA 91763

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

(909) 625-9483

Daylight Saving Time begins Sunday, March 10: Remember to set your clock forward one hour.

## 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 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 **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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Save the Date

# SENIOR

*Prom*

**Wednesday, May 8, 2024**

More information coming soon.

## SENIOR BIRTHDAY PARTY!

**Wednesday, March 27**

**from 10:30 AM - 12:30 PM**

Join us at the Montclair Community Center in honoring our March Birthdays! The theme will be "Spring is in the air." Walk-ins are not guaranteed admission. **RSVP is required**, 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 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 on March 27 for Senior Birthdays! Theme: Spring is in the air. RSVP required, please sign up in person or call (909) 625-9483.

## 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, March 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 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, March 27 from 9 - 11 AM**

Recreation Center Patio

All ages welcome (one per household)

# FITNESS

## MONTCLAIR WALKERS

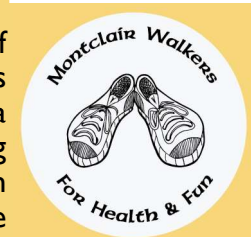
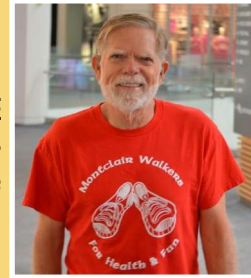
**Monday, Wednesday, Friday from 10:00 AM - 11:00 AM**

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.



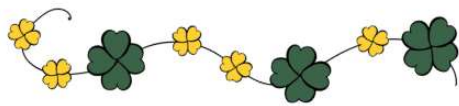
## Senior Exercise Class

**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.



# March 2024



## Montclair Senior Center Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SUGGESTED CONTRIBUTION 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 BAKED FISH</b> Scalloped Potatoes Steamed Broccoli Loose Leaf Salad Apple WW Bread Orange Juice
<b>4 SLOPPY JOE</b> w/WW Hamburger Bun Potato Wedges Loose Leaf Salad Seasonal Melon Orange Juice	<b>5 High Sodium Meal CHICKEN ENCHILADA CASSEROLE</b> Refried Beans Corn Orange Slices	<b>6 LASAGNA</b> w/WW PASTA Buttered Zucchini Romaine Salad Mixed Fruit Cup Garlic Bread	<b>7 BAKED PORK CHOP</b> Macaroni and Cheese Peas and Carrots Green Salad Seasonal Melon WW Bread	 <b>8 BBQ CHICKEN SANDWICH</b> w/WW Hamburger Bun Sweet Potato Fries Coleslaw Fresh Orange Cup
 <b>11 WW SPAGHETTI &amp; MEAT SAUCE</b> Peas and Carrots Loose Leaf Salad Orange Slices French Bread	<b>12 PORK CHOP MEXICANA</b> Brown Rice Cooked Zucchini Romaine Salad Peaches WW Tortilla	 <b>13 MEAT LOAF</b> Mashed Potatoes Green Beans Loose Leaf Salad Banana WW Bread	<b>14 COLD TURKEY SANDWICH</b> Pasta Salad Carrot Raisin Salad Fresh Orange Cup	<b>15 BAKED FISH</b> Potato Wedges Corn Coleslaw Bread Pudding WW Bread Orange Juice
 <b>18 HERB BAKED CHICKEN</b> Steamed Rice Green Beans Loose Leaf Salad Fresh Orange Cup WW Bread	<b>19 High Sodium Meal ROAST PORK</b> w/WW Bread Stuffing Mashed Potatoes Cooked Carrots Apple Orange Juice	 <b>20 BBQ CHICKEN</b> Baked Potato Mixed Vegetables Coleslaw Fresh Pineapple WW Bread	 <b>21 CHILI BEANS</b> w/Shredded Cheese Green Salad Corn Bread Fresh Orange Cup	<b>22 CHICKEN SOFT TACO</b> w/ Taco Toppings Spanish Rice Black Beans Fruit Cocktail WW Tortilla
<b>25 STUFFED PEPPER</b> Potato Salad Peas and Carrots Loose Leaf Salad Fruit Cocktail WW Bread	<b>26 High Sodium Meal CHICKEN TERIYAKI</b> Steamed Rice Mixed Vegetables Romaine Salad Fresh Pineapple WW Bread	<b>27 Senior Birthday Party! BAKED ZITI</b> Cooked Zucchini Green Salad Orange Slices WW Bread	<b>28 ROAST TURKEY</b> Mashed Potatoes Buttered Corn Carrot Raisin Salad Oatmeal Cookie WW Bread Apple Juice	<b>29 TUNA SALAD</b> Pasta Salad 3 Bean Salad Cantaloupe WW Bread

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, March 4 at 1:00 PM**

- Presentation: Fall Prevention Presentation

**Monday, March 18 at 1:00 PM**

- Activity: Sunflower Mason Jar

## THE REGIONAL COUNCIL ON AGING

(meets on the first Tuesday of the month)

**Tuesday, March 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.

## CULTIVATING WELLNESS

**Wednesday, March 6 and March 20 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.

## SPEAKERS BUREAU

**Tuesday, March 12 at 1:00 PM**

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

## LEGAL SERVICES PRESENTATION

**Wednesday, March 13 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, March 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.

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

(meets on the third Wednesday of the month)

**Wednesday, March 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 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, March 22 from 9:30 AM - 12:30 PM**

A HICAP Counselor will be available by appointment. Please call (909) 256-8369 to schedule an appointment.

## CITY OF HOPE: COLON CANCER

**Tuesday, March 26 beginning at 12:45 PM**

Colon Cancer Presentation: City of Hope Educators will present on the risks of colon cancer as well as the significance of colon cancer screening.

# SPOTLIGHT ACTIVITIES AT THE MONTCLAIR SENIOR CENTER

## AREA AGENCY ON AGING (AAA) Public Hearing

**Tuesday, March 5 at 9:00 AM**

On Tuesday, March 5 the Area Agency on Aging (AAA) of San Bernardino County will conduct public hearings to discuss the 2024-2028 Area Plan. The plan sets forth goals and objectives to address the needs of older adults and individuals with disabilities throughout San Bernardino County. The agency is interested in receiving comments regarding the Area Plan from older adults, individuals with disabilities, family caregivers, advocacy groups who serve these individuals, and any other interested parties.

The hearing will begin at 9:00 AM at the Montclair Senior Center.

## Breathe Easier™: Understanding & Managing COPD Workshop

**Wednesday, 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.

## 10 Warning Signs of Alzheimer's

**Thursday, March 14 at 12:45 PM**

Learn the 10 warning signs of Alzheimer's disease. Hear from people who have the disease and find out how to recognize the signs in yourself and others. Presented by the Alzheimer's Association.

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

## AFTERNOON AT THE MOVIES

**Friday, March 15 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

**Sound of Music**

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

## KARAOKE

**Tuesday, March 19 from 1:00 - 3:00 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.

## ARTS & CRAFTS WORKSHOP

**Friday, March 22 at 1:00 PM**

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.

## SCRAPBOOKING CLUB

**Tuesday, March 26 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.

## BLANKET MAKING

(meets on the last Friday of the month)

**Friday, March 29 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.



# March 2024

## Daily Calendar of Activities



Monday	Tuesday	Wednesday	Thursday	Friday
<b>All participants must have a registration card, signed code of conduct and waiver on file. Please see the front desk for more information.</b>				<b>1</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul>
<b>4</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>5</b> <b>Area Agency on Aging Public Hearing</b> <ul style="list-style-type: none"><li>• 9:00 AM</li></ul> <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>6</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>Breathe Easier Workshop</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>7</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>8</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul>
<b>11</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>12</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>13</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>St. Patrick's Day Dance (Senior Citizens Club Event, RSVP required)</b> <ul style="list-style-type: none"><li>• 2:00 - 5:00 PM</li></ul> <b>Legal Services Presentation</b> <ul style="list-style-type: none"><li>• 12:45 PM</li></ul> <p>*Canasta and Loteria are cancelled on 3/13</p>	<b>14</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>Alzheimer's Association</b> <ul style="list-style-type: none"><li>• 12:45 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>15</b> <b>Montclair Walkers</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Afternoon Movie: Sound of Music</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> 
<b>18</b> <b>Montclair Walkers</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>Bingo</b> <ul style="list-style-type: none"><li>• 1:00 - 4:00 PM</li></ul>	<b>19</b> <b>Exercise Class</b> <ul style="list-style-type: none"><li>• 10:00 - 11:00 AM</li></ul> <b>Karaoke</b> <ul style="list-style-type: none"><li>• 1:00 - 3:00 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>20</b> <b>Cultivating Wellness</b> <ul style="list-style-type: none"><li>• 9:30 AM</li></ul> <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>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>21</b> <b>Food Distribution</b> <ul style="list-style-type: none"><li>• 9:30 - 10:30 AM</li></ul> <b>Exercise Class (last 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>22</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>Arts &amp; Crafts Workshop</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul>
<b>25</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>26</b> <b>Scrapbooking Club</b> <ul style="list-style-type: none"><li>• 9:00 AM</li></ul> <b>City of Hope: Colon Cancer</b> <ul style="list-style-type: none"><li>• 12:45 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>27</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: Spring is in the air (RSVP required)</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>28</b> <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>29</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>Blanket Making</b> <ul style="list-style-type: none"><li>• 1:00 PM</li></ul> 
<b>5 Healthy Montclair Senior Newsletter   March 2024</b>			<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

## 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



*Time For:*  
**ADVENTURE**

## 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.**

DEPART: Montclair Police Department @ 9:25 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)