



SENIOR CENTER  
P.O. BOX 2308  
5111 BENITO STREET  
MONTCLAIR, CA 91763

Return Service Requested

Phone: (909) 625-9483  
Fax: (909) 399-9751

Montclair Senior Center  
*Where Everyone is Family*



**MESSAGE FROM THE CLUB PRESIDENT**  
**HOLLIS JUDKINS**

Our next club meeting is scheduled for  
Tuesday, **July 23, 2019** at 10:00 a.m. in the  
Senior Center.

President and Club Officers



## SENIORS IN THE SPOTLIGHT

Join us Thursday, **July 18, 2019**  
2:00 p.m. – 3:30 p.m.

### Christine's Corner

Christine Black will be demonstrating  
How to do an art project.



Join us!  
**The event is FREE, space is limited!**  
Please RSVP to 625-9483.

# MONTCLAIR SENIOR NEWSLETTER

JULY 2019

## Contact Information

### Senior Center

Hours: Mon. - Thurs.

8:00 a.m. - 7:00 p.m.

Fri. 8:00 a.m. - 4:00 p.m.

(909) 625-9483

### Recreation Center

Hours: Mon. - Fri.

7:30 a.m. - 9:30 p.m.

(909) 625-9479

### Ester Vargas-Pipersky

Senior Citizens Supervisor

(909) 625-9462

evargaspipersky

@cityofmontclair.org

### Antoinette "Toni" Carrillo

Senior Recreation Specialist

(909) 625-9456

ancarrillo@cityofmontclair.org

### Tania Lopez

Recreation Leader

(909) 625-9483

tlopez@cityofmontclair.org

### Patti Pennington

Nutrition Site Manager

(909) 625-9488

ppennington@cityofmontclair.org

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### Keith Alber

Kitchen Assistant

(909) 625-9488

### Yolanda Reyes

Transportation Coordinator

(909) 625-9452

yreyes@cityofmontclair.org

### Patricia Serna

Transportation Coordinator

(909) 625-9452

## Upcoming Special Events

**ATTENTION: THE SENIOR CENTER AND ALL CITY OFFICES WILL BE CLOSED ON THURSDAY, JULY 4, 2019 IN OBSERVANCE OF INDEPENDENCE DAY.**

**County of San Bernardino Office of Grand Jury:** On Wednesday, July 17, 10:00 a.m. – 11:30 a.m. the County of San Bernardino Office of the Grand Jury will be providing an overview of the responsibilities of the Civil Grand Jury, how to file a complaint, and how to apply for the Civil Grand Jury. Please RSVP by calling 625-9483.

**Senior In The Spotlight:** Join us on Thursday, July 18, 2:00 p.m. – 3:30 p.m., Chris Black will be demonstrating how to do an art project. Space is limited. RSVP at 625-9483

**Ice Cream Social:** On Wednesday, July 24, 3:00 p.m. – 4:30 p.m., please join us for music and delicious ice cream in the cool atmosphere of the Senior Center. You must RSVP for this event by calling 625-9483. Space is limited, the event is FREE.

**AARP Mature Driver Safety Program:** Wednesday, July 24, 2019, 8:30 a.m. – 12:30 p.m., a representative from AARP will be conducting a one day driving refresher course. If you are 50 or older and you take this course, you may receive a discount on your car insurance. The cost of this class is \$15.00 for AARP members and \$20.00 for non-AARP members. You must pre-register; we need to have at least 15 people registered to conduct the class. Please call the Senior Center at 625-9483 for more information or to register.

**National Night Out:** Tuesday, August 6, 2019 7:45 p.m. National Night Out is presented by Montclair Police Department and will feature public safety exhibits and the opportunity to meet our local emergency personnel, as well as a screening of **INCREDIBLES 2**

**Evening Movie:** Thursday, August 15, 2019, 4:00 p.m. – 7:00 p.m. The Montclair Senior Center will be hosting a FREE evening movie "The Upside." Movie and snacks will be provided. Please call to RSVP at 625-9483.

**Mixx Dance:** Thursday, August 22, 2019, 3:00 p.m. – 6:00 p.m. Join us at the Senior Center for a dance with "In The Mixx Band" Tickets will be available at the Senior Center, \$5.00 per person. Space is limited. Call 625-9483 for more information.

**Color Away Your Stress:** Every first and third Wednesday, 9:30 a.m. – 11:00 a.m., West End Family Counseling Services will be discussing the importance of positive thinking through coloring. This method has become very popular with aging adults. Psychologists have demonstrated the positive effects on mental well-being as it unlocks memories of childhood and similar times. To RSVP, please call the Senior Center at 625-9483.

Food Distribution: Thursday, **July 18**, 10:00 a.m. – 11:00 a.m. in the Community Center. Qualifications: one-member household \$1,361, two-member household \$1,839. Everyone must show identification, one per household. Remember, first-come, first-served. Bring 3 grocery bags.

Afternoon at the Movies: Once a month a FREE movie will be shown in the Senior Center at 1:00 p.m.



Popcorn and lemonade will be provided. Tuesday, **July 23**, "*Secretariat*," a drama, true story, starring Diane Lane. Candy and nuts will be on sale for \$1 each; money raised benefits the senior programs.

HICAP Insurance Counseling: A state-trained HICAP counselor is available to assist you regarding Medicare, HMO's Supplemental (Medi-Gap) Insurance, and interpreting Long-Term Care Insurance policies. Phone HICAP (Health Insurance Counseling and Advocacy Program) at 1-800-434-0222 for an appointment to be seen at the Montclair Senior Center. Funded by a grant from the State of California, all HICAP services are provided free of charge.

Department of Aging and Adult Services: The first Monday of each month, from 10:00 a.m. – 11:30 a.m., a representative from the Department of Aging and Adult Services will be at the Senior Center to assist with HEAP (Home Energy Assistance Program) applications and provide information & assistance on programs that are available to senior citizens. For more information, call Alice Cruz at 948-6235.

Get to Know your Local Law Enforcement Officers: Every second Tuesday of each month, from 10:30 a.m. – 11:30 a.m., a law enforcement officer from Montclair Police Department will be available to answer any questions or concerns. This is an opportunity for the community and local law enforcement to build a closer relationship on a personal basis.



Legal Appointments: Every Tuesday and Thursday, from 9:00 a.m. – 11:00 a.m., Inland Counties Legal Services will have a representative accepting phone calls from seniors ages 60 and over. An application for legal services will be taken over the phone and the senior will be called back by an advocate from Inland Counties Legal Services to schedule an appointment at the Montclair office. Please call 1-888-245-4257 if you wish to speak with an advocate.



FREE Line Dancing Classes: The Senior Center will be offering dance classes every Thursday from 1:30 p.m. – 2:30 p.m. in the Senior Center. Instructor George Messina will be teaching Line Dancing. If you have any questions, please call the Senior Center at 625-9483.

There's a "Counselor in the House": Alma Valdez-Carreon, LCSW, from West End Family Counseling Services, is available by appointment for a free counseling consultation with seniors who may be experiencing problems related to life changes, family issues, depression or anxiety. If interested, please call to schedule an appointment at 983-2020, ext. 2231.

Opportunity to become a Stipend Senior Companion Volunteer in the Local Community! Are you 55+? Live on a limited income? Can you serve as a friendly visitor (non-medical) to homebound older adults, for 16 hours or more, weekly? We need you! No experience necessary, just a passion for helping others. Volunteers get training and earn a modest and non-taxable monthly income for their service. For more information, contact the Senior Companion Program 909-621-9900.



Montclair Walkers: Montclair Walkers is a FREE exercise program, open to all ages, sponsored by the City of Montclair and Montclair Place. Come join our walking family every Monday, Wednesday, and Friday at 9:00 a.m. on the north side of Montclair Place, near Macy's, for stretching exercises before you start walking. We walk until about 10:00 a.m. For more information, call the Senior Center at 625-9483.

Muscle Strength Range of Motion Exercises: The City of Montclair Senior Center and West End Family Counseling invite you to attend FREE exercise classes held every Tuesdays and Thursdays, 10:00 a.m. – 11:00 a.m. in the Senior Center. Each session will focus on having fun while listening to music and will incorporate a variety of exercises to strengthen the muscles that help with the activities of daily living.



# Get Involved in Our Weekly Programs

Monday	9:00 a.m. – 10:00 a.m.	<u>Walking Group</u> : The Montclair Walkers meet at the north entrance of Macy's for warm-up exercises. Walking begins at 9:15 and goes until 10:10 a.m. Come join our walking family and get some exercise.
	10:30 a.m. – 11:30 a.m.	<u>Blood Pressure Screening</u> : The first and third Monday of each month.
	1:00 p.m. – 4:30 p.m.	<u>Bingo</u> . Everyone's Welcome!!! Buy-in \$4.00, additional packs \$2.00
	5:30 p.m. – 8:00 p.m.	<u>Medical Clinic</u> . Low-cost medical care for both Seniors and non-Seniors located at 5050 San Bernardino Street in Montclair. Some free services are offered to those without insurance, or those with low income. Call the clinic at 281-5800 for an appointment.
Tuesday	10:00 a.m. – 11:00 a.m.	<u>Coffee Club</u> . Everyone's Welcome!!! Current events discussion group.
	10:00 a.m. – 11:00 a.m.	<u>Exercise Class (FREE)</u>
Wednesday	9:00 a.m. – 10:00 a.m.	<u>Walking Group</u> . See Monday for details.
	5:30 p.m. – 8:00 p.m.	<u>Medical Clinic</u> . See Monday for details.
Thursday	10:00 a.m. – 11:00 a.m.	<u>Exercise Class (FREE)</u>
	1:00 p.m. – 3:30 p.m.	<u>Bunco</u> .
	1:30 p.m. – 2:30 p.m.	<u>Line Dance Class</u> . FREE! Everyone's Welcome!!!
	5:30 p.m. – 8:00 p.m.	<u>Medical Clinic</u> . See Monday for details.
Friday	9:00 a.m. – 11:00 a.m.	<u>Arts and Crafts</u> .
	9:00 a.m. – 10:15 a.m.	<u>Walking Group</u> . See Monday for details.
	1:00 p.m. – 3:00 p.m.	<u>UNO card game</u> . Everyone's Welcome!!!
	1:00 p.m. – 4:00 p.m.	<u>Cards Club Members</u> : Bridge/Uno.

## Volunteer Opportunities

The following programs are looking for volunteers:

### Senior Nutrition Program

M-F from  
9:30 a.m. - 1:30 p.m.

### Food Distribution

3rd Thursday of every month  
from 10:00 - 11:00 a.m.  
Call 625-9483

### Bingo

Every Monday afternoon  
Call 625-9483



### DAILY SENIOR LUNCH PROGRAM

Nutrition Site luncheon is served every day, Monday through Friday, 11:30 a.m. to 1:00 p.m. Suggested donation is **\$2.00** per person, 60 years of age and over. Menus for the month are available in the lunchroom, on the City's web site and at the Senior Center.

Persons with disabilities are included in programs offered by the Human Services Department. If you wish to request special accommodations for any activity, please notify the Senior Center at 625-9483, at least three business days prior to the date of the activity. Please call Patti Pennington for cost of birthday parties at 625-9488.

Monthly birthday party tickets are \$5.50 non-senior, \$4 senior 60+.

Montclair Golden Express: This transportation program provides free curb-to-curb service for senior citizens ages 60 and over who are Montclair residents. Service includes transportation to the Senior Center, general errands within Montclair, and medical appointments. Reservations are required a minimum of two days and a maximum of two weeks in advance. Reservations are provided on a first-come, first-served basis. Participants in the program must be pre-registered and have a signed waiver of liability on file before participating in the program. For more information, please call the Transportation Coordinator at 625-9452.

Omnitrans Public Bus & Access Information: For information about public transportation, call Omnitrans at 1-800-966-6428 or Access at 1-800-990-2404.

Volunteer Driver Program: Community Senior Services announces a new program! Community Connections is a special program serving the cities of Chino, Chino Hills, Montclair, Ontario, Rancho Cucamonga and Upland. Seniors and individuals with disabilities living in eligible cities who are too frail or unable to use public transportation for other reasons, or wish to travel to a destination that crosses county or city lines are eligible to apply. Volunteer drivers are reimbursed for mileage to transport individuals. Call Community Senior Services at 621-9900 for more information.

Meals on Wheels: This program is for frail, disabled Montclair residents who are homebound. Recipients are those who either are unable to shop or cook for themselves because of illness, age, physical disability, recent surgery, accident, or who have no one to shop or cook for them. Meals are \$3.60 each. For more information, please call 625-9483.