



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, **September 24, 2019** at 10:00 a.m. in the
Senior Center.

By all these lovely tokens,
September days are here,
with summer's best of weather
And autumn's best of cheer.

Helen Hunt Jackson

President and Club Officers



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SENIORS IN THE SPOTLIGHT

Join us Thursday, **September 26, 2019**,
2:00 – 3:30 p.m.



**Join Chris Black
For a fun filled afternoon
Doing a craft.**

The event is **FREE!**
Please RSVP to 625-9483.
Join us!
Refreshments will be served.

MONTCLAIR SENIOR NEWSLETTER

September 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
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evargaspipersky
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Antoinette "Toni" Carrillo

Senior Recreation Specialist
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ancarrillo@cityofmontclair.org

Tania Lopez

Recreation Leader
(909) 625-9483
tlopez@cityofmontclair.org

Patti Pennington

Nutrition Site Manager
(909) 625-9488
ppennington@cityofmontclair.org

Keith Alber

Kitchen Assistant
(909) 625-9488

Yolanda Reyes

Transportation Coordinator
(909) 625-9452
yreyes@cityofmontclair.org

Patricia Serna

Transportation Coordinator
(909) 625-9452
pserna@cityofmontclair.org

Upcoming Special Events

ATTENTION: THE SENIOR CENTER AND ALL CITY OFFICES WILL BE CLOSED ON MONDAY, SEPTEMBER 2, IN OBSERVANCE OF LABOR DAY.

iPhone Camera Class: Tuesday, **September 10**, 10:00 – 11:30 a.m.

A representative from Inter Valley Health Plan will be showing you how to take pictures using your iPhone. Please make sure you bring your iPhone to the presentation. Please RSVP at the Senior Center front desk or by calling 625-9483. People of all ages are welcome to attend.

Android Class: Tuesday, **September 17**, 10:00 – 11:30 a.m.

A representative from Inter Valley Health Plan will be showing you how to use your Android phone. Discover how to best use your smartphone camera plus steps on how to take a great picture ever time! Please make sure you bring your phone to the presentation. Please contact the Senior Center to RSVP by calling 625-9483. People of all ages are welcome to attend.

Intergeneration Dance: Wednesday, **September 18**, 3:00 – 6:00 p.m.

Please join us for an afternoon of fun and dancing. This event will be intergenerational and people of all ages are welcome to attend. Radio Klash DJ will be providing the music. The dance is free, but you must sign up and pick up your tickets at the Senior Center front desk. Space is limited. If you have any questions, please contact 625-9483.

Seniors in the Spotlight: Thursday, **September 26**, 2:00 – 3:30 p.m.

Chris Black will be showing you how to make a fun craft. Space is limited so please RSVP at 625-9483.

Color Away Your Stress: Every first and third Wednesday, 9:30 – 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. Please call the Senior Center at 625-9483 to RSVP.



Food Distribution: Thursday, **September 19**, 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. Bring your bags. Remember, first-come, first-served.



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, **September 24**, “*Air Force One*,” a thriller/drama, starring Harrison Ford. Rated R. Candy and nuts will be on sale for \$1 each; money raised benefits the senior programs.

FREE Blood Pressure Screenings: Every first and third Monday of each month, from 10:30 a.m. – 11:30 a.m., a representative from Visiting Nurses Association will be coming to the Senior Center to take your blood pressure.

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: Every 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 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. Call the Senior Center for more information 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 class and will be held on Tuesdays and Thursdays, 10:00 – 11:00 a.m. in the Senior Center. Each session will focus on having fun while listening to music.



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 9:00 a.m. and goes until 10:00 a.m. Come join our walking family and get some exercise.
	10:30 a.m. – 11:30 a.m.	<u>Blood Pressure Screening:</u> Every 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. – 7:00 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.
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!!!
Friday	9:00 a.m. – 11:00 p.m.	<u>Arts & Craft.</u>
	9:00 a.m. – 10:00 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.

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 **\$4.00 (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.