

Health Fair
inside front cover



Tree Lighting Ceremony
inside back cover

CLASSES
SPECIAL EVENTS
SPORTS LEAGUES
SENIOR SERVICES
COMMUNITY PROGRAMS



Montclair Human Services **ACTIVITIES & PROGRAMS**

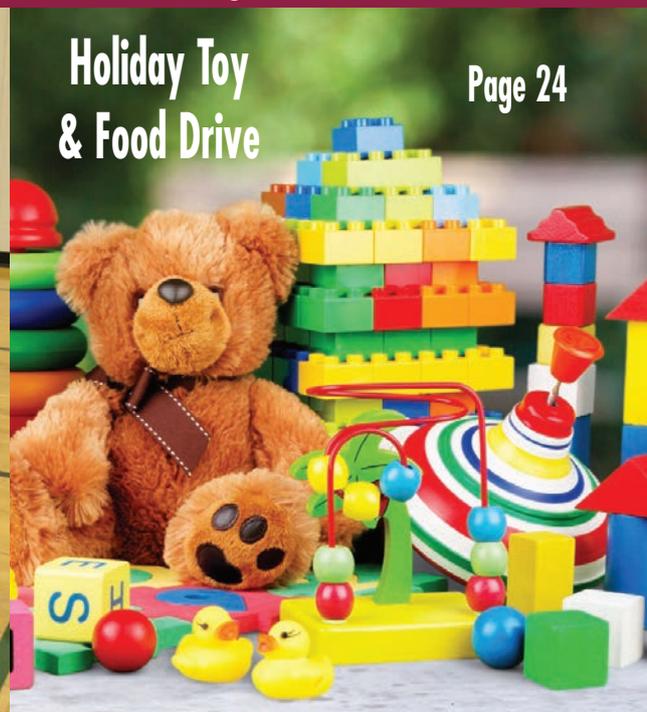
Fall 2016

We Create Community Through People, Parks and Programs



Children's Halloween Party

Page 4



**Holiday Toy
& Food Drive**

Page 24

FREE HEALTH SCREENINGS AND INFORMATION



FREE!

Montclair Community Health Fair

Tuesday, October 18, 2016

9:00 am – noon

Montclair Community Center

5111 Benito Street • (909) 625-9479

Flu shots will be given based on availability.
Call (909) 625-9479 after October 1, 2016 to confirm.

No Appointment Necessary, Free Door Prizes,
Nutritious Refreshments

Co-sponsored by:



Montclair-Ontario
Junior Women's Club

**Free Glucose, Blood Pressure &
Body Structural Screenings**

Health Care Agencies

Social Services Agencies

**Health Insurance
Companies**

Law Enforcement

Fire Safety

MONTCLAIR CITY COUNCIL

- Paul M. Eaton** Mayor
- Carolyn Raft** Mayor Pro Tem
- J. John Dutrey** Council Member
- Bill Ruh** Council Member
- Trisha Martinez** Council Member
- Edward C. Starr** City Manager

HUMAN SERVICES STAFF

- Marcia Richter** Director
- Michelle Castillo** Senior Human Services Supervisor
- Laura Floyd-Cole** Senior Recreation Supervisor
- Fernando Saltos** Recreation Supervisor
- Leticia Gavilanes** Health Education Specialist
- Ester Vargas-Pipersky** Senior Citizens Supervisor

CITY DIRECTORY

City General Information • 626-8571
 City Hall, 5111 Benito Street
 Montclair, CA 91763

Hours of Business

Monday - Thursday 7:00 am-6:00 pm

HUMAN SERVICES DEPARTMENT

5111 Benito Street, Montclair, CA 91763

*Located behind Montclair Library,
 accessible from Fremont Avenue.*

Hours of Business

Recreation Center

Monday - Friday 7:30 am-9:30 pm

MEDICAL CLINIC

(by appointment only)

Day Clinic Mon-Fri
 8:00 am-5:00 pm

Evening Clinic Mon & Thu
 5:30 pm-8:30 pm

HUMAN SERVICES TELEPHONE NUMBERS

- Classes/Front Desk/Racquetball** 625-9479
- Facility Rentals** 625-9482
- Medical Clinic (Day)** 399-3173
- Medical Clinic (Evening)** 625-9464
- Montclair Community Collaborative** 445-1616
- Montclair Mini-School** 920-5781
- Nutrition Site** 625-9488
- Por La Vida** 625-9485
- Senior Center** 625-9483
- Senior Transportation** 625-9452
- Sports** 625-9496
- Youth Services** 625-9486
- Fax** 399-9751



MONTCLAIR

**CITY OF MONTCLAIR
 HUMAN SERVICES**

GUIDE TO ACTIVITIES & PROGRAMS



8 YOUTH PROGRAMS

- Youth Classes • After-School Program
- Youth Sports • Youth Center

17 SENIOR PROGRAMS

- Classes & Activities • Senior Services
- Special Events • Trips & Tours

14 ADULT PROGRAMS

- Adult Classes • Adult Sports

21 COMMUNITY PROGRAMS

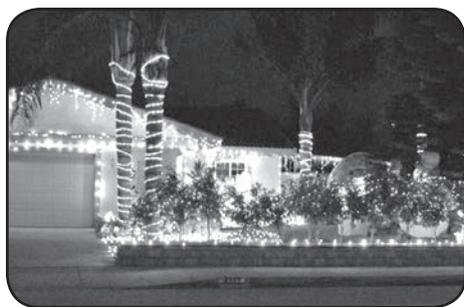
23 FACILITIES & REGISTRATION

www.cityofmontclair.org



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 Recreation Center, 909/625-9479, at least three business days prior to the date of the activity.

The Montclair Human Services Guide to Activities and Programs is published three times a year by the City of Montclair, Human Services Department.



Holiday Home Decoration Contest

Montclair residents are invited to submit their entries for the annual Holiday Home Decoration Contest. All entries are due by Friday, December 9. Entries will be judged by the Montclair Community Action Committee. Judging will take place on Monday, December 12 (please make sure your lights are on) and awards will be presented at the December 19 City Council Meeting at 7 pm.

Entries can be delivered to the City of Montclair, Human Services Department (Recreation Center), Monday-Friday from 7:30 am-9:30 pm or mailed.

City employees, their families, City Council, Planning Commission and CAC Members are not eligible. Previous winners are ineligible for three years. Mobile homes and apartments are not eligible.

For more information call (909) 625-9479

Nominations must be submitted by mail or in person to the

City of Montclair, Attn: Holiday Home Decoration Contest, 5111 Benito St., Montclair, CA 91763

YOUR NAME _____ YOUR PHONE _____

NOMINEE'S NAME _____ NOMINEE'S PHONE _____

NOMINEE'S ADDRESS _____

COMMENTS _____

Return this form to Montclair Human Services Department by Friday, December 9, 2016



LA COUNTY
FAIR
 SEPT 2-25, 2016

Montclair Day at the L.A. County Fair Thursday, September 22

All Montclair residents are invited to join us at the L.A. County Fair on Thursday, September 22 for Montclair Day at the Fair. Special events include a parade, recognition of the Montclair Community Heroes and evening entertainment.

Montclair residents are eligible to receive a coupon, good for \$5 admission to the Fair with advanced online purchase or by presenting coupon at the gate, valid only on Montclair Day. Coupons are available at the Recreation Center and on the City's website.

The Montclair Golden Express will be providing a FREE shuttle service for those 18 and older to the Fair on Thursday, September 22 for "Montclair Day". Make your reservation for the shuttle service by calling 625-9483.

L.A. County Fair Discount Tickets

The L.A. County Fair in Pomona runs September 2 - 25, 2016. The Fair will be open Wednesday – Sunday, and closed Monday and Tuesday. The Human Services Department will be selling discount Fair admission tickets, good throughout the Fair. Tickets will be available at the Recreation Center (cash only). Below is a breakdown of regular admission costs and discount admission costs.

AGE	REGULAR ADMISSION	DISCOUNT
Adult, 13+	\$20 weekends + holidays \$14 weekdays	\$12 any day
Seniors, 60+	\$15 weekends + holidays \$10 weekdays	FREE Wednesdays between 12-3 pm
Children (ages 6-12)	\$12 weekends + holidays \$8 weekdays	\$6 any day
Children 5 & under		FREE Everyday



Halloween Party

FREE!

**Costume Contest,
Prizes, Games,
Refreshments,
Candy**

**Monday
October 31, 2016**

5:30 – 8:00 pm

**Montclair Community Center,
5111 Benito Street
(corner of Benito St. and Fremont Ave.)**

For children 12 years old and younger

Parents must accompany
children at the party

Costume Contest at 6:45 pm

CATEGORIES:

Scariest	0-6 years old & 7-12 years old
Most Unique	0-6 years old & 7-12 years old
Cutest	0-6 years old & 7-12 years old
Family	(two or more family members dressed in a theme)

All relatives of City employees, City Council members, Planning Commission members, and Community Action Committee members are not eligible to win costume contest.

Sponsored by:



*Montclair-Ontario
Junior Women's Club*



For more information call (909) 625-9479

Military Banner Programs

Sponsored by the Community Action Committee in Honor of Veterans' Day

The City of Montclair will be taking submissions for two banner programs, the Current Member of the Armed Forces banner program for those currently serving in the armed forces (offered free of charge) and Veteran banner program for those who have been honorably discharged from the armed forces (\$300 for the first year, including banner production and labor, and \$65 every additional year banner is displayed). Banners are available for Montclair residents or Montclair High School graduates only.

Banners are displayed every Spring through November on Montclair streets. After the banner holder in the Current Member of the Armed Forces program is discharged or the banner holder in the Veteran program chooses to not display their banner it will be presented to them or their family at a City Council meeting.

Applications will be accepted until November 10, 2016 or until all banner spaces are full. For more information call 625-9451.

Application information must be submitted by email, mail or in person to

Montclair Human Services Department, Attn: Michelle Castillo, 5111 Benito St., Montclair, CA 91763 or mcastillo@cityofmontclair.org.

Please check appropriate banner program

CURRENT MEMBER OF THE ARMED FORCES
(free of charge)

VETERAN
(\$300 fee; check made payable to City of Montclair)

NAME OF THE MEMBER OF THE ARMED FORCES _____

THEIR MILITARY BRANCH _____ THEIR DATE OF BIRTH _____

YOUR NAME _____

YOUR ADDRESS _____

YOUR HOME PHONE _____

ADDITIONAL PHONE _____

YOUR EMAIL _____

GRADUATE OF MONTCLAIR HIGH SCHOOL? YES, IF SO, YEAR _____

NO, GRADUATED FROM _____

Information and payment
(if applicable) due by
November 10, 2016.



Montclair After-School Program

The City of Montclair in partnership with the Ontario-Montclair School District provides After-School Programs at our local schools. The program begins after school and ends at 6:00 pm.

Program components include academic, enrichment opportunities, and physical education activities. Students are assigned to adult Learning Leaders who plan and conduct daily activities. Besides assisting students with homework, Learning Leaders lead enrichment activities such as art, drama, music, dance, games, and sports.



Our program goals are to provide a safe place after school for children and to find creative ways to make learning fun! The program also provides a nutritious meal each day. Enrollment for the After-School Program is held at each of the following school sites:

El Camino, Howard, Kingsley, Lehigh, Mission, Monte Vista, Montera, Moreno, Ramona, Serrano, and Vernon. Enrollment for the After-School Program is held at the school site your child attends.

City of Montclair

18th Annual Lights On After-School Celebration

GREAT INVENTORS PAST AND PRESENT

Thursday, October 20, 2016

6:30 - 8 pm

Montclair Community Center, 5111 Benito St.

*An event featuring visual arts, dance, drama, and music,
created and performed by participants in the
City of Montclair After-School Program*

*Call 625-9458 if you
have questions about the
After-School Program*

Montclair Library



Ongoing Children's Programs

Storytime - Where amazing books meet songs, rhymes, dance and more. Thursdays 10 am.

Kids on the Move

(0-5 years old) - Bring your little ones as we sing and move with fun songs, props and finger plays. Tuesdays 11 am.

Ongoing Adult Programs

Basic Computer Instruction - Learn basic Microsoft computer programs; internet, email, and basic computer programs.

Adult Book Club - Join the Montclair Library Book Club on the first Wednesdays of the month at 2 pm for a fun and lively read of the month discussion.

Special Events

Volunteer Orientation - Come learn all about being a library volunteer and volunteer duties that are available, Monday, September 12 from 4-6 pm.

Hispanic Heritage Storytime - Thursday, September 15 from 10-11 am.

9955 Fremont Ave. • (909) 624-4671
www.sbclib.org



HealthyMontclair

Improving access to physical activity, nutritious food and health care

HEALTHY MONTCLAIR is part of a countywide effort to improve the health and well-being of all county residents by creating healthy environments and promoting healthful lifestyle choices. Healthy Montclair focuses on improving access to physical activity, nutritious food and appropriate health care. It serves as a resource for the City to become a healthy place to live, work, learn, and play.

Most recently, for the second year in a row, the City of Montclair became one of only 259 communities across the nation to be recognized as a Playful CityUSA! The work of Healthy Montclair helped greatly to receive this prestigious recognition. This national program honors cities and towns across the country for making their cities more playable, which refers to the extent to which a city makes it easy for all kids to get balanced and active play.

The Montclair Community Certified Farmers' Market is on a temporary hiatus at the moment. For the most updated information about the market, please refer to the Healthy Montclair website (healthymontclair.org).

If you are interested in more information on the Por La Vida program which includes free healthy living classes, please call (909) 625-9485. There is more information on the Montclair Medical Clinic on page 22, which offers a multitude of low cost health services. Please check the Healthy Montclair website (healthymontclair.org) for updates on our progress and for opportunities for you to become involved. Healthy Montclair is here!

Come out and enjoy the recreational, sporting, and healthful city activities offered throughout this brochure. Also, look out for additional opportunities to stay healthy. We invite Montclair residents to share ideas about how together we can make Montclair a healthier city! Please contact us with your ideas by email or phone.

Call: (909) 625-9485 • **Email:** lgavilanes@cityofmontclair.org

www.healthymontclair.org



Montclair Community Fruit Park
Sunset Park, 4351 Orchard Street
The Community is welcome to visit the park and enjoy the fruit trees!

Por La Vida

The Montclair Por La Vida, Healthy Living program offers a variety of helpful topics that can help you in living a healthier lifestyle including: healthy eating, portions and food labels, physical activity, self-esteem for the entire family, visits to the supermarket and much more!

For more information please call (909) 625-9485



Medical Clinic
page 22



LOW COST HEALTH SERVICES

Community Garden

Healthy Montclair is proud to introduce the Montclair Community Garden!

Please join us and be a part of transforming our community one garden at a time. Everyone is welcome! Plots are first come, first serve. Applications to obtain a plot in the garden are available upon request. Contact information can be found below. Completed applications can be turned into the email address below OR in person to the Front Desk of the Recreation Center.

4495 Palo Verde St.
South West corner of Palo Verde and Ramona



Contact Healthy Montclair for more information (909) 625-9485 or lgavilanes@cityofmontclair.org.

Montclair Youth Talent Showcase

A NIGHT ON BROADWAY

Dance!

Sing!

Act!

**Play a
Song!**

**Friday,
October 14, 2016
6:00 - 8:00 pm**

Mandatory Auditions Wednesday, October 5, 2016 • 5:00 – 7:00 pm

All acts interested in participating in the show must attend auditions.
Those acts selected for the show will be notified by mail.

Dress Rehearsal for Selected Acts Wednesday, October 12, 2016 • 5:00 – 7:00 pm

All Youth ages 6-17 that live or attend school in Montclair are invited to audition for the Youth Talent Showcase. Applications are available at the Human Services Department (Recreation Center), located at 5111 Benito Street and on the City's web site at www.cityofmontclair.org.

All applications must be signed by a parent or guardian and returned to the Human Services Department by Friday, September 30, 2016.

All relatives of City employees, City Council members, Planning Commission members, and Community Action Committee members are not eligible.

**For more information
call Quaresha Fields at
(909) 625-9486
or email
QFields@cityofmontclair.org**



Youth Center

5111 Benito Street (next to Alma Hofman Skate Park)

*Join us for fun,
supervised activities
with your friends!*



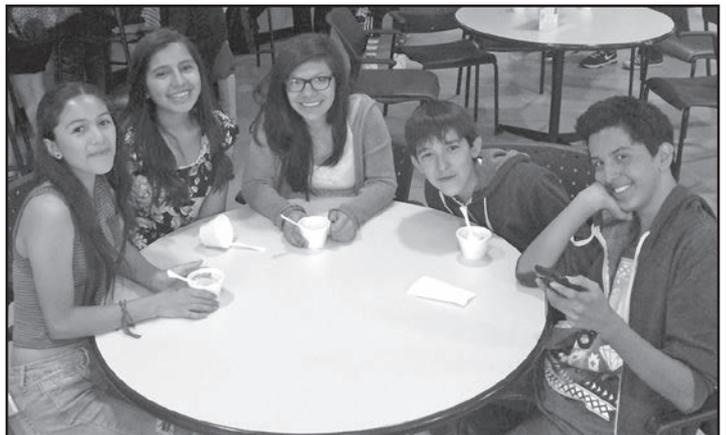
*Indoor Basketball
Games
Food Crafts
Sports
Arts & Crafts
Clubs
Field Trips*

FREE!



Check us out on Facebook under
Montclair Youth Center

Monday	2:00-6:00 pm
Tuesday	1:00-6:00 pm
Wednesday	2:00-6:00 pm
Thursday	2:00-6:00 pm
Friday	2:00-8:00 pm



*For youth in grades 7-10 who live in Montclair or
attend a Montclair school (proof required).*

FOR MORE INFORMATION CALL OR EMAIL: Volunteer (909) 625-9484 • Quaresha Fields (909) 625-9486 or QFields@cityofmontclair.org
Fernando Saltos (909) 625-9496 or FSaltos@cityofmontclair.org • Emily Gomez-Medina (909) 625-9482 or EGMedina@cityofmontclair.org

YOUTH PROGRAMS

ICE SKATING

Learn to skate across the ice forwards and backwards, glide on one foot, stop, turn, and more! Participants must arrive 20 min. early and dress warmly! Skate rentals are included. Class will be held at Center Ice Arena, 201 S. Plum Ave., Ontario. *Instructors: Center Ice Staff.* (Max. 15 students).



AGE	FEE	START	DAY	TIME
5 WEEKS • TOT AND ME • PARENT MUST ATTEND				
2-5 yrs	\$80	Sep 10	Sat	11:00-11:30 am
2-5 yrs	\$80	Oct 15	Sat	11:00-11:30 am
5 WEEKS				
3-5 yrs	\$55	Sep 10	Sat	11:00-11:30 am
3-5 yrs	\$55	Oct 15	Sat	11:00-11:30 am
6-12 yrs	\$55	Sep 10	Sat	11:00-11:30 am
6-12 yrs	\$55	Oct 15	Sat	11:00-11:30 am

CONTEMPORARY DANCE

A style of expressive dance combining elements of several genres such as Modern, Jazz, Lyrical, and Classical Ballet into fluid movements. Warm-ups, floor work, and center work will be included. Please bring socks with grip or half soles, kneepads, a bag for belongings and come dressed to class. Girls can wear leotards, or fitted shirts, leggings, tights, or dance shorts. Boys can wear t-shirts, basketball shorts or sweat shorts/pants. This class is for beginners and experienced dancers. Classes will be held in Room D, Recreation Center. No class Nov 24. *Instructor: Jatarara Newell*

AGE	FEE	START	DAY	TIME
4 WEEKS				
10-16 yrs	\$62	Sep 8	Thu	4-5 pm
10-16 yrs	\$62	Oct 6	Thu	4-5 pm
10-16 yrs	\$62	Nov 3	Thu	4-5 pm
10-16 yrs	\$62	Dec 1	Thu	4-5 pm

JAZZ FUNK

A unique style that incorporates jazz and hip-hop. Choreography and floor work are taught in class. This is a class for beginners and experienced dancers. Please bring sneakers, bag for belongings, and loose hip-hop or jazz attire. Classes will be held in Room D, Recreation Center. *Instructor: Jatarara Newell*

AGE	FEE	START	DAY	TIME
4 WEEKS				
10-16 yrs	\$62	Sep 6	Tue	4-5 pm
10-16 yrs	\$62	Oct 4	Tue	4-5 pm
10-16 yrs	\$62	Nov 1	Tue	4-5 pm
10-16 yrs	\$62	Dec 6	Tue	4-5 pm

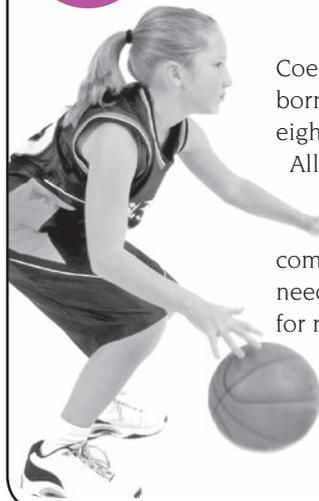


Find us on
Facebook

www.fb.com/cityofmontclair

**AGES
6-13**

Youth Basketball League



Coed teams will be formed for children born 2003-2010 or in first through eighth grade (2016-2017 school year).

All players will receive a jersey. The league emphasizes fun and sportsmanship instead of competition. Volunteer coaches are needed for all divisions. Call 625-9496 for more information on the coaching application process. All coaches will be fingerprinted by the Montclair Police Department.

Registration: Sep 17 from 9:00 am-noon (or until filled) at the Montclair Youth Center
Sep 19- Oct 8 (or until filled) at the Montclair Recreation Center

Fee: Division D: \$45 (includes jersey, trophy and pictures)
Divisions A-C: \$65 (includes jersey, trophy and pictures)

Divisions: Division D: Boys and girls born 2009-2010
Division C: Boys and girls born 2007-2008
Division B: Boys and girls born 2005-2006
Division A: Boys and girls born 2003-2004

All players are required to attend a mandatory skills assessment in the Montclair Community Center Gymnasium on

Tue, Nov 1, 2016: Division C: 6:00 pm • Division B: 7:30 pm
Thu, Nov 3, 2016: Division D: 6:00 pm • Division A: 7:30 pm

Practices: Practices will begin the first week of December. Teams will have one to two practices per week. Practices will be held indoors and outdoors.

Games: League games will be played at the Montclair Community Center Gymnasium. Games will be played on Saturdays starting Jan 7. Some play-off games will be played on weeknights. Season is seven weeks, plus play-offs (Div. A, B & C only).

Information: 625-9496

DANCE

All dance classes will be level one, beginner classes. In level one classes students will learn beginning level fundamentals of the dance style/styles. Classes will begin with a warm up followed by across the floor and a small routine. Register at the Recreation Center prior to the first of each month. Class will be held at 5472 Moreno St., Montclair, CA 91763. No class Nov 21-Nov 26 & Dec 17-Dec 31. Instructor: Jini Dance Academy Instructors.

AGE	FEE	START	DAY	TIME
8 wks-18 mo	\$27	Sep	Mon	10:00-10:25 am
			or Sat	10:00-10:25 am
8 wks-18 mo	\$27	Oct	Mon	10:00-10:25 am
			or Sat	10:00-10:25 am
8 wks-18 mo	\$27	Nov	Mon	10:00-10:25 am
			or Sat	10:00-10:25 am
8 wks-18 mo	\$27	Dec	Mon	10:00-10:25 am
			or Sat	10:00-10:25 am

4 WEEKS • BALLET/TAP COMBO

3-4 yrs	\$47	Sep	Fri	4:30-5:25 pm
			or Sat	9:00-9:55 am
3-4 yrs	\$47	Oct	Fri	4:30-5:25 pm
			or Sat	9:00-9:55 am
3-4 yrs	\$47	Nov	Fri	4:30-5:25 pm
			or Sat	9:00-9:55 am
3-4 yrs	\$47	Dec	Fri	4:30-5:25 pm
			or Sat	9:00-9:55 am
5-7 yrs	\$47	Sep	Wed (Ballet only)	4:00-4:55 pm
			or Sat (Ballet/Tap)	10:00-10:55 am
5-7 yrs	\$47	Oct	Wed (Ballet only)	4:00-4:55 pm
			or Sat (Ballet/Tap)	10:00-10:55 am
5-7 yrs	\$47	Nov	Wed (Ballet only)	4:00-4:55 pm
			or Sat (Ballet/Tap)	10:00-10:55 am
5-7 yrs	\$47	Dec	Wed (Ballet only)	4:00-4:55 pm
			or Sat (Ballet/Tap)	10:00-10:55 am

4 WEEKS • JAZZ/HIP HOP

3-4 yrs	\$47	Sep	Mon	3:30-4:25 pm
			or Fri	3:30-4:25 pm
3-4 yrs	\$47	Oct	Mon	3:30-4:25 pm
			or Fri	3:30-4:25 pm
3-4 yrs	\$47	Nov	Mon	3:30-4:25 pm
			or Fri	3:30-4:25 pm
3-4 yrs	\$47	Dec	Mon	3:30-4:25 pm
			or Fri	3:30-4:25 pm
5-7 yrs	\$47	Sep	Wed (Hip Hop only)	5:00-5:55 pm
			or Sat (Jazz/Hip Hop)	11:00-11:55 am
5-7 yrs	\$47	Oct	Wed (Hip Hop only)	5:00-5:55 pm
			or Sat (Jazz/Hip Hop)	11:00-11:55 am
5-7 yrs	\$47	Nov	Wed (Hip Hop only)	5:00-5:55 pm
			or Sat (Jazz/Hip Hop)	11:00-11:55 am
5-7 yrs	\$47	Dec	Wed (Hip Hop only)	5:00-5:55 pm
			or Sat (Jazz/Hip Hop)	11:00-11:55 am

REGISTER EARLY!

YOUTH SPORTS

CHALLENGER LITTLE LEAGUE

Servicing Children with Special Needs
 Contact: Mariza Hernandez – 519-9998
 email: challengerbaseball@hotmail.com

MONTCLAIR LITTLE LEAGUE

email: montclairlittleleague@gmail.com
 leagues.bluesombrero.com/montclairll
 facebook.com/montclairlittleleagues

ALL CITIES YOUTH BASEBALL

Ages 3-10
 Information: Contact: Kristina Ellis 909-821-1526
 Carlos Valdivia 909-762-7882
 email: MontclairPony@gmail.com
 Facebook: Montclair Pony

AYSO SOCCER- MONTCLAIR REGION #66

Registration: 391-4199

GOLDEN GIRLS SOFTBALL LEAGUE

www.eteamz.com/goldengirls



The City of Montclair does not administer the operations of the youth leagues listed here. The contact names and phone numbers are provided for your information.



Mini-School

This program is designed to provide recreational activities and social interaction experiences for pre-kindergarten children. Child must be potty trained (no "pull-ups"). This is a non-parent participation class. Class will be held at the Kid's Station at the Montclair Metrolink Transcenter, 4985 Richton Street. Register at Montclair Recreation Center, 5111 Benito Street, Montclair (certified birth certificate and current immunization record required). Participants are not required to live in Montclair.



SESSION III • 6 WEEKS

Registration begins Monday, November 7, 2016. Children enrolling in this session must have reached age 3 no later than December 5, 2016. Mini-School will be CLOSED December 19, 2016-January 6, 2017 for Christmas and New Year holidays. School will resume Monday, January 9, 2017. Must meet a minimum registration of twenty students one week before the first day of the session.

AGE	FEE	START	DAY	TIME
3-5 yrs	\$60 + \$6 snack fee	Dec 5-Feb 1	M & W	9:00 am-noon
3-5 yrs	\$60 + \$6 snack fee	Dec 6-Feb 2	Tu & Th	9:00 am-noon

SESSION IV • 6 WEEKS

Registration begins Monday, January 9, 2017. Children enrolling in this session must have reached age 3 no later than February 6, 2016. Must meet a minimum registration of twenty students one week before the first day of the session.

AGE	FEE	START	DAY	TIME
3-5 yrs	\$60 + \$6 snack fee	Feb 6-Mar 22	M & W	9:00 am-noon
3-5 yrs	\$60 + \$6 snack fee	Feb 7-Mar 23	Tu & Th	9:00 am-noon

Information: call (909) 920-5781 or visit www.cityofmontclair.org

YOUTH PROGRAMS



LITTLE TIGERS KARATE

Children will learn basic karate and self-defense techniques and the philosophy of Karate-Do (empty hand way). This program challenges the mind and body and instills self-discipline, concentration, and respect. Train one time a week \$45/month, or train unlimited for \$85/month. Register at the Recreation Center prior to the first of each month. Class will be held at Defense Arts Center, 1811 W. Foothill Blvd., Upland. *Instructors: Defense Arts Center Staff.* (www.uskl.org).

MONTHLY

AGE	FEE	START	DAY	TIME
6-11 yrs	\$45/\$85	May	MWF or Sat	6:00-7:00 pm 10:00-11:00 am
6-11 yrs	\$45/\$85	Jun	MWF or Sat	6:00-7:00 pm 10:00-11:00 am
6-11 yrs	\$45/\$85	Jul	MWF or Sat	6:00-7:00 pm 10:00-11:00 am
6-11 yrs	\$45/\$85	Aug	MWF or Sat	6:00-7:00 pm 10:00-11:00 am

KUNG FU SAN SOO

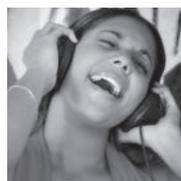
Teaching effective use of physics, body dynamics, and common sense, San Soo martial art trains the mind and body to generate maximum control and power while instantly adapting to any hostile or bullying situation. In most cases, just having the control and confidence, with the knowledge that you can defend yourself can defuse most altercations. Children may attend any or all of our beginner classes. CLASS SIZES ARE LIMITED. Register at the Recreation Center prior to the first of each month. Class will be held at Weeks Martial Arts, 8926 North Benson Ave., Suite H, Montclair. *Instructors: Weeks Martial Arts staff.*

MONTHLY • CLASSES HELD 3 TIMES WEEKLY

AGE	FEE	START	DAY	TIME
7-10 yrs	\$75	Sep	M-W	4:30-5:30 pm
7-10 yrs	\$75	Oct	M-W	4:30-5:30 pm
7-10 yrs	\$75	Nov	M-W	4:30-5:30 pm
7-10 yrs	\$75	Dec	M-W	4:30-5:30 pm
10-14 yrs	\$75	Sep	M-Th	5:30-6:30 pm
10-14 yrs	\$75	Oct	M-Th	5:30-6:30 pm
10-14 yrs	\$75	Nov	M-Th	5:30-6:30 pm
10-14 yrs	\$75	Dec	M-Th	5:30-6:30 pm

SINGING

This course accommodates beginners, intermediate and advance singers! It will teach basic singers music theory, vocal warm ups, correct breathing techniques and vocal control. Stage etiquette will also be introduced along with microphone techniques and lyric analysis. By the end of this course your child will be able to dominate their vocals and become a better performer. Class will be held at the Recreation Center in Room D. *Instructor: Luis Cordova.* (Max. 10 students).



7 WEEKS

AGE	FEE	START	DAY	TIME
7-14 yrs	\$92	Sep 13	Tue	6:45-7:45 pm
7-14 yrs	\$92	Nov 1	Tue	6:45-7:45 pm



JUNIOR CHEFS CLAREMONT CHEF'S ACADEMY

Junior chef classes are designed for kids with all levels of cooking skills. All students are taught the basics to more advanced culinary skills. In these classes students will: have a 90 minute hands-on cooking experience, learn 2-3 different recipes each week, learn knife skills, proper measuring, culinary terms, and much more, eat what they make and receive the recipes at the end of class. \$20 materials fee on 1st day of class. Register at the Recreation Center. Class will be held at Claremont Chef's Academy-514 W. 1st St., Claremont, CA 91711 in the Claremont Packing Bldg. *Instructor: TBD* (www.claremontchefsacademy.com)

4 WEEKS

AGE	FEE	START	DAY	TIME
6-12 yrs	\$95	Aug 30	Tue	4:00-5:30 pm
6-12 yrs	\$95	Sep 27	Tue	4:00-5:30 pm
6-12 yrs	\$95	Oct 25	Tue	4:00-5:30 pm



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REGISTER EARLY!



GYMNASTICS

Register at the Recreation Center prior to the first of each month. An insurance fee of \$25/year is payable to Baldy View Gymnastics at the first class. Class will be held at Baldy View Gymnastics, 916 Monte Vista Ave., Upland. Class size limited. No class Nov 24-25 & Dec 28-30. Instructors: Staff/Janine Bissonnette. (Max. 8 students).

MONTHLY

AGE	FEE	START	DAY	TIME
3-6 yrs	\$38	Sep 2	Fri	4:30-5:15 pm
3-6 yrs	\$38	Oct 7	Fri	4:30-5:15 pm
3-6 yrs	\$38	Nov 4	Fri	4:30-5:15 pm
3-6 yrs	\$38	Dec 2	Fri	4:30-5:15 pm
6+ yrs	\$38	Sep 7	Wed	5:00-6:00 pm
6+ yrs	\$38	Oct 5	Wed	5:00-6:00 pm
6+ yrs	\$38	Nov 2	Wed	5:00-6:00 pm
6+ yrs	\$38	Dec 7	Wed	5:00-6:00 pm
6+ yrs	\$38	Sep 1	Thu	6:00-7:00 pm
6+ yrs	\$38	Oct 6	Thu	6:00-7:00 pm
6+ yrs	\$38	Nov 3	Thu	6:00-7:00 pm
6+ yrs	\$38	Dec 1	Thu	6:00-7:00 pm

GUITAR

This course will introduce music theory, guitar part names, guitar tuning, chords and guitar care. Techniques such as picking and strumming will also be taught. Students will establish stage etiquette skills that will improve their performance. This class is built to help beginners and intermediate players. By the end of this course your child will have learned the necessary guitar features along with learning and playing a few songs! Class will be held at the Recreation Center in Room D. Instructor: Luis Cordova. (Max. 10 students).



7 WEEKS

AGE	FEE	START	DAY	TIME
7-14 yrs	\$92	Sep 13	Tue	5:30-6:30 pm
7-14 yrs	\$92	Nov 1	Tue	5:30-6:30 pm

ATTENTION

9th grade students at
Montclair High School

Chaffey College

What is Montclair Online to College Program?

The Montclair Online to College (MOTC) program launched in 2014. The program is open to all Montclair High School students who are enrolled in MOTC in the 9th grade and continue to be a student at MHS in 10th, 11th, and 12th grade. Those who complete the requirements of the MOTC program and graduate from Montclair High School will be awarded a two year scholarship to Chaffey College which includes, tuition, textbooks, student fees, and parking.

What's Required of Students?

- Enroll in the MOTC program during your 9th grade year before September 30, 2016, and re-enroll again in your 10th, 11th, and 12th grades
- Stay enrolled at Montclair High School from 9th-12th grade without significant disciplinary actions
- Complete a minimum of 5 hours of community service each year (verification required)
- Successfully graduate from Montclair High School with at least a 2.0 cumulative grade point average
- Attend required MOTC workshops and Montclair High School meetings and workshops
- Complete the Federal Student Financial Aid form in the 12th grade at Montclair High School and every year you are enrolled at Chaffey College

How Do I Enroll?

Visit www.chaffey.edu/motc and complete and submit the MOTC application by

September 30, 2016

**scholarship covers education expenses not covered by Financial Aid and is based on available funding*

ADULT PROGRAMS



KUNG FU SAN SOO

Teaching effective use of physics, body dynamics, and common sense, San Soo martial arts train the mind and body to generate maximum control and power while instantly adapting to any hostile situation. In most cases, just having the control and confidence, with the knowledge that you can defend yourself can defuse most altercations. Great cardio workout! Adults may attend any or all of our all beginner classes. Register at the Recreation Center office prior to the first of each month. Class will be held at Weeks Martial Arts, 8926 North Benson Ave., Suite H, Montclair. www.weeksmartialarts.us. (909) 996-7353. *Instructors: Weeks Martial Arts staff.*

MONTHLY • CLASSES HELD 5 TIMES WEEKLY

AGE	FEE	START	DAY	TIME
14+ yrs	\$75	Sep	M-Th Sat	6:30-8:00 pm 10:00-11:30 am
14+ yrs	\$75	Oct	M-Th Sat	6:30-8:00 pm 10:00-11:30 am
14+ yrs	\$75	Nov	M-Th Sat	6:30-8:00 pm 10:00-11:30 am
14+ yrs	\$75	Dec	M-TH Sat	6:30-8:00 pm 10:00-11:30 am



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KARATE

Come learn basic karate and self-defense techniques and the philosophy of Karate-Do (empty hand way). This program challenges the mind and body and instills self-discipline, concentration, and respect. Train one time a week for \$45/month, or train unlimited for \$85/month. Register at the Recreation Center prior to the first of each month. Class will be held at Defense Arts Center, 1811 W. Foothill Blvd., Upland. *Instructors: Defense Arts Center Staff.* (www.uskl.org).

MONTHLY

AGE	FEE	START	DAY	TIME
14+ yrs	\$45/\$85	Sep	MWTh Sat Sun	6:00-7:00 pm 9:00-10:00 am 9:30-10:30 am
14+ yrs	\$45/\$85	Oct	MWTh Sat Sun	6:00-7:00 pm 9:00-10:00 am 9:30-10:30 am
14+ yrs	\$45/\$85	Nov	MWTh Sat Sun	6:00-7:00 pm 9:00-10:00 am 9:30-10:30 am
14+ yrs	\$45/\$85	Dec	MWTh Sat Sun	6:00-7:00 pm 9:00-10:00 am 9:30-10:30 am

SINGING

This course accommodates beginners, intermediate and advance singers! It will teach basic singers music theory, vocal warm ups, correct breathing techniques and vocal control. Stage etiquette will also be introduced along with microphone techniques and lyric analyzation. By the end of this course you will be able to dominate your vocals and become a better performer. Class will be held at the Recreation Center in Room D. *Instructor: Luis Cordova.* (Max. 10 students).

7 WEEKS

AGE	FEE	START	DAY	TIME
15+ yrs	\$92	Sep 15	Thu	6:45-7:45 pm
15+ yrs	\$92	Nov 3	Thu	6:45-7:45 pm

GUITAR

This course will introduce music theory, guitar parts names, guitar tuning, chords and guitar care. Techniques such as picking and strumming will also be taught. Students will establish stage etiquette skills that will improve their performance. This class is built to help beginners and intermediate players. By the end of this course you will have learned the necessary guitar features along with learning and playing a few songs! Class will be held at the Recreation Center in Room D. *Instructor: Luis Cordova.* (Max. 10 students).

7 WEEKS

AGE	FEE	START	DAY	TIME
15+ yrs	\$92	Sep 15	Thu	5:30-6:30 pm
15+ yrs	\$92	Nov 3	Thu	5:30-6:30 pm



GENTLE YOGA

This class is suitable for beginner and intermediate students and teaches yoga poses in connection to the breath. Yoga benefits everyone regardless of age! It can increase your flexibility and strength, reduces stress, and promotes energy as it heals and rejuvenates. Discover the abundant benefits of yoga! Class will be held in the Montclair Senior Center. Materials: Participants must bring a yoga mat, yoga block, blanket, and yoga strap (optional). No class Oct 26 & Nov 23. *Instructor: Aida Taracena*

4 WEEKS

AGE	FEE	START	DAY	TIME
16+ yrs	\$24	Sep	Wed	5:45-7 pm
16+ yrs	\$24	Oct	Wed	5:45-7 pm
16+ yrs	\$24	Nov	Wed	5:45-7 pm
16+ yrs	\$24	Dec	Wed	5:45-7 pm

REGISTER EARLY!

FIRST AID/CPR/AED TRAINING

This course provides training for anyone who is interested in learning CPR and First Aid. This class is great for care takers, babysitters, or anyone interested in knowing lifesaving skills. You owe it to yourself and those around you to learn this vital lifesaving skill. Become familiar with the technique of cardiopulmonary resuscitation as taught by the American Heart Association. Certification will be valid for a period of 2 years. This class does include 'First Aid CPR & AED' or 'Healthcare Provider 'C' certification. Class will be held at BLS Express CPR, 360 E 7th St Suite 0, Upland, CA 91786. Additional material fee for workbook. Instructors: Rupinder Bedi, EMT/BLS.

MONTHLY • CLASSES HELD 5 TIMES WEEKLY

AGE	FEE	START	DAY	TIME
8+ yrs	\$50	Sep	Sat Thu	9 am-12 pm 6 pm-9 pm
8+ yrs	\$50	Oct	Sat Thu	9 am-12 pm 6 pm-9 pm
8+ yrs	\$50	Nov	Sat Thu	9 am-12 pm 6 pm-9 pm
8+ yrs	\$50	Dec	Sat Thu	9 am-12 pm 6 pm-9 pm

Men's Adult Basketball Thursday Night League



Registration dates: Nov 7, 2016 – Dec 10, 2016
A maximum of eight teams will be allowed to register.
League play begins: Jan 12, 2017 (10 weeks plus playoffs)
League fees: \$250 – Returning teams; \$275 – New teams
Forfeit fees: \$100; must accompany league fees
Official fees: \$25 per team, per game, paid at court, including playoffs

Women's Adult Volleyball Tuesday Night League



Registration dates: Nov 7, 2016 – Dec 10, 2016
A maximum of eight teams will be allowed to register.
League play begins: Jan 10, 2017 (10 weeks plus playoffs)
League fees: \$150 – Returning teams; \$175 – New teams
Forfeit fees: \$48; must accompany league fees
Official fees: \$12 per team, per game, paid at court, including playoffs

For more information on Adult Sports Leagues please call 625-9496

Volunteers Needed!

The Montclair community Garden and the Montclair Community Fruit Park are in need of volunteers to help remove weeds and to help perform general tree and garden maintenance.

The Gardening Club will meet the second Saturday of the every month from 9:00 am – 12:00 pm at both the Montclair Community Garden and the Montclair Fruit Park.

MEETING DATES: Sep 10, Oct 8, Nov 12, Dec 10

Those who are interested in volunteering please show up at either park ready to volunteer. No gardening knowledge is needed; we will provide instructions and the gardening tools & gloves. (However, you are welcome to bring your own!)

Light refreshments will be provided to those who volunteer. Both parks do not have restrooms on site, so please plan accordingly.

Volunteers under the age of 18 are welcome; however, a parent/guardian will need to fill out a waiver before they can participate. Volunteers under the age of 12 must be accompanied by a parent/guardian while volunteering.



4495 Palo Verde St.,
Montclair, CA 91763

SW corner of Palo Verde and Ramona



4351 Orchard St.,
Montclair, CA 91763

(A.K.A. Sunset Park)

MOTC students
complete your
community service
hours!

For more information please call (909) 625-9485 or email lgavilanes@cityofmontclair.org



EMERGENCY MEDICAL SERVICES (EMS) SUBSCRIPTION PROGRAM

No one likes to think about needing emergency medical assistance, but each year thousands of 9-1-1 medical calls are received from Montclair residents and businesses. Unexpected emergencies can result in costly medical bills. By subscribing to the EMS Subscription Program, you can protect yourself, your family, or employees against unexpected emergency medical service fees (this subscription does not cover ambulance transport costs).

For more information, please contact the Montclair Fire Department at (909) 447-3540.



PROPER USE OF 9-1-1

In the event of an emergency, call 9-1-1 for assistance. An emergency is considered an event or occurrence demanding immediate action, or any condition endangering life or property. For example, you may call 9-1-1 if you smell smoke; see a fire; witness or are involved in a serious vehicle accident; or if there is a serious medical emergency or potentially dangerous situation. Unfortunately, there are many instances where 9-1-1 has been dialed as a joke or a nuisance call. Dialing 9-1-1 is serious and calling unnecessarily may endanger someone else's life or property! When dialing 9-1-1, give the dispatcher the following information: the phone number you are calling from, your name, your location, and the nature of the problem. Remain on the line until the dispatcher tells you it is okay to hang up.

Tips for a Safe Halloween

- Trick-or-Treat when there is still light outside.
- Cross the street at corners. Never cross in between cars or mid-block.
- Trick-or-Treat with a parent or older sibling.
- Wear a costume that makes it easy for you to walk, see, and be seen.
- Carry a flashlight with you.
- Use makeup instead of a mask.
- If you go out at night, pick well-lighted streets.
- Wait until you get home to sort, check, and eat treats.



FIRE DEPARTMENT SAFETY MESSAGE

"Are you prepared?"

Make a Plan - One important step you can take to prepare for emergencies is to develop an Emergency Plan. Your family may not be together when disaster strikes, so it is important to sit down together now and decide what you will do in an emergency. For tools that will assist you in developing your plan, please visit: www.ready.gov/make-a-plan.

Build a Kit - After a disaster occurs, you may need to be self-sufficient for three days or more. This means being able to survive without grocery stores, pharmacies, running water, trash or sewer services, electricity, gas, and/or telephones. To ensure that you are prepared for when disasters strike, build an emergency supply kit! Information on how to build a kit may be found at: www.ready.gov/build-a-kit.

Be Informed - A vital step in preparing for emergencies is learning about the hazards that may affect the areas you frequent. Depending on where you live or work, you may be susceptible to different types of hazards. The types of hazards that Montclair might be affected by are identified in the City's Emergency Operations Plan and Hazard Mitigation Plan. To request information, please call the phone number listed below.

"Holiday Safety Tips"

The year-end holiday season - Halloween, Thanksgiving, Hanukkah, Christmas, Kwanzaa, New Year's - is a prime time for residential fires. Decorative lights, candles, and the onset of the heating season, all increase the likelihood of a fire.

Candles - Instead of using candles in jack-o-lanterns, try battery operated tea candles. Never burn candles near a Christmas tree. Keep candles away from curtains and other combustibles. Don't leave candles burning unattended or within the reach of small children.

Holiday Lights - Throw away any set of lights that has cracked or frayed cords, or loose or damaged sockets. Do not overload electrical outlets or run extension cords under carpets, across doorways, or near heaters. Never use electrical lights on a metal Christmas tree.

Fireplaces - Have chimneys inspected by a professional at least once a year and have it cleaned if necessary. Use a fire screen, and burn only materials appropriate for fireplaces - never burn trash or paper in a fireplace.

For more information on the topics listed above, please contact the Montclair Fire Department at (909) 447-3540.

SENIOR PROGRAMS

Senior Services

Do you feel lost at times with issues pertaining to senior citizens? Or is there a service you may need and do not know where to look? Maybe you are looking to make new friends or go on an adventure? Call the Senior Center and they can help you or find someone who can. For more information call 625-9483.

MEALS ON WHEELS

VOLUNTEER DRIVERS NEEDED

This program is designed for the frail, disabled senior citizen who is homebound. For more information, please call the Senior Center front desk at 625-9483.



SENIOR TRANSPORTATION

This transportation program provides free curb-to-curb service for senior citizens ages 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. This program is made available through funding from the City of Montclair, San Bernardino County Department of Aging and Adult Services, and the San Bernardino County Economic Development Department. Hours of operation: 9:00 am-3:00 pm Monday-Friday. For information call 625-9452.

HICAP INSURANCE COUNSELING

FREE!

A state trained HICAP counselor is available free of charge to assist with problems regarding Medicare, HMO's supplemental (Medi-Gap) insurance and interpreting long-term care insurance policies. Every 3rd Tuesday, 9:00 am - noon. Call HICAP at 1-800-434-0222 for an appointment.

MONTCLAIR WALKING PROGRAM

The Montclair Walkers group, with the motto "Walking for Health and Fun," is 400 members strong and always welcomes new members. The group meets every Monday, Wednesday, and Friday at 9:00 am in the south side of the Montclair Place near Barnes & Noble Bookstore. Warm-up exercises are held from 9:00 am to 9:15 am. The group is then led to the carpeted, upper level to begin walking. There is no fee to be a member of this health-conscious exercise group. The only requirements are completion of a membership form and waiver. The group receives a monthly newsletter, and a group meeting is held the last Monday of each month. There are incentive programs for completing 100 miles of walking. To join our walking family, please join us at the mall. For further information, call the Senior Center at 625-9456.



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Senior Center Hours

Monday - Thursday 8 am - 7 pm
Friday 8 am - 4 pm



SENIOR NUTRITION PROGRAM

The Senior Center

Daily: Monday-Friday, 11:30 am-1 pm
Suggested donation for seniors 60+ is \$2.00.

Birthday celebration dates require you to purchase a ticket at the nutrition site at least one week prior to the party. For more information call site manager Patti Pennington at 625-9488. Cost is \$4.00 per person 60+ years and \$5.00 for those under 60 yrs.

2016 Birthday celebration dates

September 14 • November 16
October 26 • December 14

Tickets must be pre-purchased at least one week in advance.

Funding for the nutrition program is provided by the City of Montclair and the San Bernardino County Department of Aging and Adult Services through a grant award from the California Department of Aging.

SENIOR PROGRAMS

COUNSELING AND CASE MANAGEMENT

FREE!

West End Family Counseling Service's Older Adult Community Services Program provides free counseling and case management services to adults 60 years and older who meet the requirements for Early Intervention and Prevention Services. If you would like to schedule an appointment, please contact Denise Christensen, PhD, LCSW at 983-2020 ext. 2231 for more information. These services are funded through the Mental Health Services Act

FILE OF LIFE

FREE!

The "File of Life" is a magnetic pocket holder that contains an information sheet with all your recent medical history. It attaches to the outside of your refrigerator and assists emergency medical personnel who may come to your home during an emergency. "File of Life" is free at the Montclair Senior Center.

GET TO KNOW YOUR LOCAL LAW ENFORCEMENT OFFICERS

Every second Tuesday of each month from 10:30-11:30 am 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.

MONTCLAIR SENIOR CITIZEN'S CLUB

Membership is for persons over the age of 50 and the cost is \$10 per year. The membership goes through March 31, 2017. With your membership, you will be mailed a monthly newsletter of all the upcoming events and programs. For more information call 625-9483.

LEGAL ASSISTANCE

Inland Counties Legal Services provides assistance with legal matters for seniors, age 60 and over, who are residents of San Bernardino County. Call Inland Counties Legal Services at (800) 977-4257.



BLOOD PRESSURE SCREENINGS

Every first and third Monday of each month from 10:30-11:30 am a representative from Visiting Nurses Association will be coming to the Senior Center to do blood pressure screenings for free.

PEER COUNSELING

FREE!

Senior Peer Counselors are willing to listen and may help you sort out problems. AgeWise is a program brought to you free of charge by the San Bernardino County Department of Behavioral Health. For more information, call the Senior Center at 625-9483 or call AgeWise at 1-800-451-5633.

TRASH SERVICE DISCOUNT

Senior Citizens, 65 years of age and older who pay their own trash service, are eligible to receive a 15 percent discount on their bills. Applications may be obtained from the Senior Center or at the City Hall reception area.



FREE!

AFTERNOON AT THE MOVIES

<p>Sep 27 Tuesday</p> <p>Oct 25 Tuesday</p> <p>Nov 15 Tuesday</p> <p>Dec 13 Tuesday</p>	<p>My Fat Greek Wedding II (Rated PG-13) <i>comedy - family - drama</i></p> <p>The Finest Hour (Rated PG-13) <i>action - drama - true story</i></p> <p>Spare Parts (Rated PG-13) <i>drama - true story</i></p> <p>Christmas for a Dollar (Rated PG) <i>family - drama - true story</i></p>	<p>Once a month a FREE movie will be shown in the Senior Center at 1:00 pm. Popcorn and lemonade will be provided. Candy and nuts will be on sale for \$1 each, monies raised benefit the senior programs.</p>
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***Every Tuesday in the month of September a movie will be shown.**

Classes

All classes and workshops meet at the Montclair Senior Center, 5111 Benito Street, Montclair, unless otherwise noted. 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 on Wednesday or Friday, 10:00 – 11:00 am in the Senior Center. Each session will focus on having fun while listening to music using a variety of exercises designed to strengthen muscles that help with the activities of daily living. PRE-REGISTRATION IS REQUIRED and space is limited.

MATURE DRIVERS 55 ALIVE CLASSES

A representative of AARP will conduct a two-day 55 Alive driving course. If you are 50 years of age or older and you take this course, you may receive a discount on your car insurance. Class fee is \$15 for AARP members and \$20 for non-members. You must pre-register. Class will be held in the Senior Center West Room. For more information, please call 625-9483.

September 13 & 14, 12:30-4:30 pm

September 20 & 21, 12:30-4:30 pm
Class held in Spanish

November 29 & 30, 12:30-4:30 pm

NEEDLE CRAFT & SCRAPBOOKING

FREE - Fridays 9:00 – noon



BINGO

\$3 for the first pack, \$2 for each additional pack. Mondays at 1:00 pm.

CARDS

FREE - Bridge, Pinochle or Poker. Fridays at 1:00 pm.



UNO!

FREE - Card game. Fridays, 1:00 - 3:00 pm.



BUNCO

FREE - Thursdays at 1:00 pm.



DANCE

FREE - Learn to dance if you are single or have a partner every Thursday, 1:30-2:30 pm in the Senior Center. Instructor George Messina will be teaching a variety of dances, but will focus on Line Dancing. If you have any questions please call 625-9483.

SENIOR INFORMATION WORKSHOPS

FREE (unless noted) - The City of Montclair Human Services Department is hosting various seminars and events. We invite you to attend. These programs will be held in the Senior Center. Please RSVP to 625-9483 if you plan on attending. Refreshments will be served.



Organic Gardening & Composting

Tues, Aug 30 • 3:30 – 4:30 pm
David Schroeder from Chino Basin Water Conservation District will be discussing organic gardening, and composting. Please RSVP, refreshments will be served.

Suicide Prevention

Wed, Sep 7
10:00 – 11:30 am (English)
1:00 – 2:30 pm (Spanish)
West End Family Counseling Services will be discussing how to prevent suicide. Please RSVP to 625-9483.

Changing Negative Thoughts

Thu, Sep 22 • 10:00 – 11:30 am
A representative from West End Family West End Family Counseling Services will be discussing how to change negative thoughts. RSVP to 625-9483.

Lunch with Montclair Fire Department Firefighters

Thu, Oct 13 • 11:30 am-12:30 pm
This event will be held in the Senior Center at the regular lunch. You must RSVP to 625-9483 for this event no later than Tuesday, Oct 3. Participants are encouraged to wear red.



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Grandparents Raising Grandchildren

Tue, Oct 25 • 10:00 – 11:30 am
West End Family Counseling will be talking on challenges and services that are provided to those grandparents who are raising their grandchildren. Please RSVP for this event by calling 625-9483.

Veterans' Day Dance

Wed, Nov 9 • 3:00 – 6:00 pm
Montclair Senior Center will be hosting a dance in honor of our United States Veterans! The cost of the event is \$5 per person unless you are a United States Veteran there will be no charge for you or your spouse. Special refreshments will be served. You must purchase your ticket in advance by Monday, November 7; tickets are available at the Montclair Senior Center front desk.

Bird Show

Thu, Nov 17 • 3:30 – 4:00 pm
All ages! You must RSVP for the event by calling 625-9483. Refreshments will be served. The event will take place at the Montclair Senior Center.

DMV Presentation

Tue, Dec 13 • 10:00 – 11:30 am
A representative will be discussing senior citizen myths about the DMV, and also programs that benefit senior drivers. You must RSVP to 625-9483. Refreshments will be served.

SENIOR SPOTLIGHT CORNER

FREE - The City of Montclair Senior Center seminars. RSVP to 625-9483. Refreshments will be served.

Glass Project

Thu, Sep 15 • 2:00 pm
Presented by Chris Black

All About Bee's

Tue, Oct 11 • 2:00 pm
Presented by Bruce and Chris Black

How to Make Apple Butter

Tue, Nov 22 • 2:00 pm
Presented by Irene Norquist



SENIOR TRIPS & TOURS

Montclair Walker Trips

SPEND THE DAY IN HOLLYWOOD

Sep 13 - Lunch at the Vegas Seafood Buffet in Hollywood CA. There is a wide variety of delicious entrees to choose from. After lunch we will depart to the Griffith Observatory & Planetarium. Cost: \$55.

RIVERSIDE RESORT HOTEL & CASINO

Oct 11-13 - Enjoy a 3 day, 2 night stay at the Riverside Hotel & Casino in Laughlin, Nevada. Package price includes 3 days Deluxe Motorcoach transportation, room accommodations for 2 nights, room tax each night, roundtrip luggage service & 2 breakfast buffets & 1 choice buffet. Single \$158, Double \$128.

VALLEY VIEW CASINO

Nov 15 - Whether you love video poker, keno, penny, nickel or higher denomination loose slots you are sure to have a great day at the Valley View Casino. Everyone will receive with their players card a \$20 MOREPLAY incentive. Lunch will be on your own. Cost: \$35.

Travel Time Tours

GRAND ALASKA LAND TOUR

Sep 2-11 - 10 days. Outstanding itinerary includes Anchorage, Valdez, Fairbanks, Denali Park, deluxe motorcoach transportation throughout, cruise Prince William Sound to Columbia Glacier, Chena River Cruise, Alaska Railroad between Denali Park and Anchorage, Denali Park Tundra Wilderness Tour. Share (per person): \$2759, Single: \$3599.



EASTERN CANADA/ FALL FOLIAGE

Sep 20-28, Oct 4-12 - 9 colorful days. Come see the beautiful fall colors as we experience Niagara Falls, Toronto, Ottawa, Montreal, Quebec, Vermont, New Hampshire and Boston. Share (per person): \$2139, Single: \$2599.

SEDONA VERDE CANYON TRAIN

Oct 7-10 - This tour combines the best of Arizona's Verde Valley and Verde Canyon (Arizona's other Grand Canyon), plus an overnight stay in Laughlin. Highlights include 4-hour historic tram ride through the North Verde River Canyon and Sycamore Wilderness Area aboard the Verde Canyon Railroad (view Indian ruins, desert flora and fauna, bald eagles, blue herons, deer and more). Share (per person): \$509.50, Single: \$629.50.

DEATH VALLEY WEEKEND NATIONAL PARK

Nov 4-6 - 3 days, 2 nights. Includes two nights' accommodations in Beatty, Nevada at the Stagecoach Inn Hotel & Casino, sightseeing at Rhyolite, Furnace Creek Ranch (buffet luncheon included), Borax Museum, Death Valley Visitor Center with film, Zabriskie Point, Shoshone, Harmony Borax Works, Sand Dunes, Badwater, Death Valley Junction/Amargosa Opera House and Stove Pipe Wells. Share (per person): \$364.50, Single: \$434.50.

THANKSGIVING IN LAUGHLIN

Nov 23-25 - At the Riverside Hotel & Casino. Breakfast buffet and Thanksgiving Dinner Buffet included. Share (per person): \$229.50, Single: \$279.50.

HEARST CASTLE AT CHRISTMAS

Dec 2-3 - This year's "all motorcoach tour" will allow us some well-deserved additional time at both Solvang and Cambria. Oceanfront accommodations at the fantastic Best Western Cavalier Inn in San Simeon. This evening we will once again enjoy a festive "step back in time" with our very special Hearst Castle Tour (a combination of all 4 tours, with the castle beautifully decorated for the holidays including all docents in '30s period clothing. Share (per person): \$279.50, Single: \$339.50.

CHRISTMAS IN NEW YORK CITY

Dec 5-9 - Includes transportation to LAX, round trip airfare, 4 nights deluxe accommodation, Rockefeller Center Christmas Tree and Rink, Central Park Horse-Drawn Carriage ride, evening Holiday Lights Walking Tour, Macy's Christmas decorations and the Holiday Shops & Ice Rink at Bryant Park), a 3-hour narrated Circle Line Cruise around Manhattan Island, city tour of New York City including Downtown & Uptown, Ground Zero/911 Memorial (additional fee), an opportunity for a Broadway show or even the "Rockettes Christmas Show" at Radio City Music Hall (optional). Share (per person): \$1959, Single: \$2489.

All trips depart from Montclair.
Detailed trip descriptions and
flyers are available at
the Senior Center.

**For Information
Call 625-9483**

COMMUNITY PROGRAMS



Food Distribution

Every third Thursday of the month
10:00-11:00 am

Sep 15 • Oct 20
Nov 17 • Dec 15

To qualify you must be a Montclair resident. Bring proof of residency and income. For more information or questions, please call 625-9483.



Handy Helper

Handy Helper is a program for senior citizens, and it needs your help. Our Handy Helper program assists Montclair senior citizens in areas such as transportation, general household repair, housecleaning, yard work, painting, plumbing, and general maintenance. If you are interested in volunteering or you need help, call 625-9483.

Reeder Ranch Open House

Sat, Oct 22 • 2:00 – 4:00 pm
4405 Holt Blvd., Montclair

Free family event • Orange grove tours
Hands-on art activity



For more information call 625-9484

Hazardous Waste

Montclair residents may dispose of their household hazardous waste, including used motor oil, oil filters, antifreeze, household cleaners, paint, batteries, and many other items found in most homes and garages. The following collection centers will accept, free of charge, up to 15 gallons or 125 pounds per trip:

CHINO	ONTARIO	UPLAND
Public Works Service Center 5050 Schaefer Avenue Second and fourth Saturdays 8:00 am — 1:00 pm	1430 S. Cucamonga Avenue Every Friday and Saturday 9:00 am — 2:00 pm	Upland Public Works 1370 North Benson Avenue Every Saturday 9:00 am — 2:00 pm

Volunteer for Montclair



Volunteers Needed: If you love history and local lore, consider volunteering with the George C. and Hazel H. Reeder Foundation to help preserve and care for the Historic Reeder Citrus Ranch. Call (909) 624-1560 for more information.

For information about volunteer opportunities within the City of Montclair, please call 625-9484.

Montclair Yard Sale Regulations



Yard Sales are only allowed on the first full weekends of the months of February, May, August, and November. Yard Sales may only be conducted on Friday, Saturday, and/or Sunday. Following is a list of "Yard Sale Weekends" for Fall 2015.

November 4, 5, and 6, 2016

Please note that Yard Sales may not be conducted at any other time. Yard Sale permits may be obtained for \$10 at Montclair City Hall, Mon-Thu from 7:00 am - 5:30 pm.

Montclair Skate Park



The park is open from 8:00 am-10:00 pm daily, but closed periodically for maintenance and inclement weather. A helmet, knee pads and elbow pads are required to enter the park. Only skateboards, skates and inline skates may be used in the park. The use of bicycles and scooters is prohibited.

The park is unsupervised, and the City of Montclair is not liable for any injuries incurred by persons participating in such hazardous recreational activity.

Alma Hofman Park
5201 Benito Street

Medical Clinic



CLINIC HOURS

DAY CLINIC

Monday - Friday

8:00 am - 5:00 pm

Last scheduled appointment at 4 pm

Call 399-3173 for an appointment

EVENING CLINIC

Mondays & Thursdays

5:30 - 7:00 pm

Call 625-9464 for an appointment

Patients are seen by appointment only

The Medical Clinic provides treatment and preventive medical care to individuals and families with no form of health coverage (i.e., no medical insurance, Medi-Cal or Medicare).

Health services are provided at low cost, and clients with limited income may qualify for a sliding-scale fee based on income and family size. All lab work is an extra fee at a reduced rate.

**LOW COST
HEALTH
SERVICES**

- General Health Care
- Physicals (School, Sport, and Personal)
- Treatment of High Blood Pressure, Diabetes and High Cholesterol
- Treatment of Illness
- Low Cost Lab Services & Referrals

SHARPS DISPOSAL PROGRAM

Montclair residents can dispose of used sharps containers and obtain new containers at the Clinic on Wednesdays 9:00 am to 7:00 pm.

IMMUNIZATION CLINIC & LICE REMOVAL

Immunizations and TB test will be given Tuesdays from 2:00-4:00 pm. Lice Clinic will be held Thursdays from 3:00-4:00 pm. Clinics are available for Ontario-Montclair School District students and their families who have no insurance. No appointments are necessary, however services will be given on a first come, first serve basis. All services are offered free of charge.

Preschool Obesity Prevention Intervention

The City of Montclair is proud to offer the Preschool Obesity Prevention Intervention program (POPI). The goal of the POPI program is to improve the nutritional habits and physical fitness of preschoolers. The program will be offering free assessments for children 2 - 5 years of age who live in the City of Montclair. If you are interested in having your child participate, please leave a message for the Program Director at 625-9455.

FACILITIES & REGISTRATION

MONTCLAIR HUMAN SERVICES

5111 Benito Street, Montclair, CA 91763

Hours of Business

Monday - Friday 7:30 am-9:30 pm

CLASSES & WORKSHOPS

Registration will be accepted at the Recreation Center weekdays. Pre-registration is requested, however, registration will be accepted at the first meeting if openings exist. Certain activities could be canceled prior to the first meeting if sufficient pre-registration is not received. Payment may be made in cash, check, Visa or MasterCard. Checks are to be made payable to "City of Montclair". A parent or guardian must register participants under the age of 18. For certain activities supply fees will be charged.

CLASS CANCELLATION

When a class is canceled due to insufficient registration or other reasons, our office will notify you before the scheduled first meeting. If an alternate date has been set for the activity, you will have the option of transferring to that time period or receiving a refund. Refunds will be mailed in the form of a check and may take up to six weeks to be issued.

REFUND POLICY

Refunds will be given only if requested before the first class meeting, or if the activity is canceled by the City or as otherwise noted.

GENERAL INFORMATION

- Enrollment is limited.
- All fees must be paid at the time of registration.
- Make checks payable to the "City of Montclair".
- For programs with "no fee" - register at the first meeting.
- Instructors are subject to change without notice.
- Recreation facilities are wheelchair accessible. If you need additional information, or require special attention, contact the Recreation Center at 625-9479.

LATE REGISTRATION PROCEDURES

If a class still has openings after the close of regular registration, sign-ups will be taken at the Recreation Center prior to or at the time of the first meeting.

SPORTS LEAGUES, TRIPS, & SPECIAL EVENTS

Registration procedures will vary and will be announced in all special newsletters and announcements pertinent to those activities.

SPECIAL ACCOMMODATIONS

Persons with disabilities are included in the City's programs. If you wish to request special accommodations for any activity, please notify the Recreation Center, 625-9479, at least three business days prior to the date of the activity.



RENTING FACILITIES

The Montclair Human Services Department has facilities available for rent when they are not in use for City sponsored activities. Rates vary depending on the size of the facility needed and the type and duration of the activity. For more information on Facility Rentals please call 625-9482.

FREQUENTLY USED NUMBERS

Police Telephone (Business)
448-3600

Police Telephone (Emergency)
911

Fire Telephone (Business)
447-3540

Fire Telephone (Emergency)
911

Report a Crime or Fire in Progress
911

**Access
(for Disabled Curb to Curb Transportation)**
948-3417
TDD 948-3476

Chaffey Adult School
391-5365

Chaffey Union High School District
988-8511

Chamber of Commerce
985-5104

Family Technology and Learning Center
398-1819

Graffiti Abatement
625-9429

Metrolink Commuter Rail
800-371-5465

Montclair Library
624-4671

Montclair Community Collaborative
445-1616

Omnitrans (Bus)
800-966-6428

Ontario-Montclair School District
459-2500

Pomona Valley Humane Society
623-9777

UTILITIES/OTHER RELATED SERVICES

Time Warner Cable
888-892-2253

Burrtec Waste Industries, Inc.
620-1353

Monte Vista Water District
624-0035

Southern California Edison
469-0200

Southern California Gas
800-427-2200

Phone numbers for Montclair Human Services are located on Page 1 of this guide.

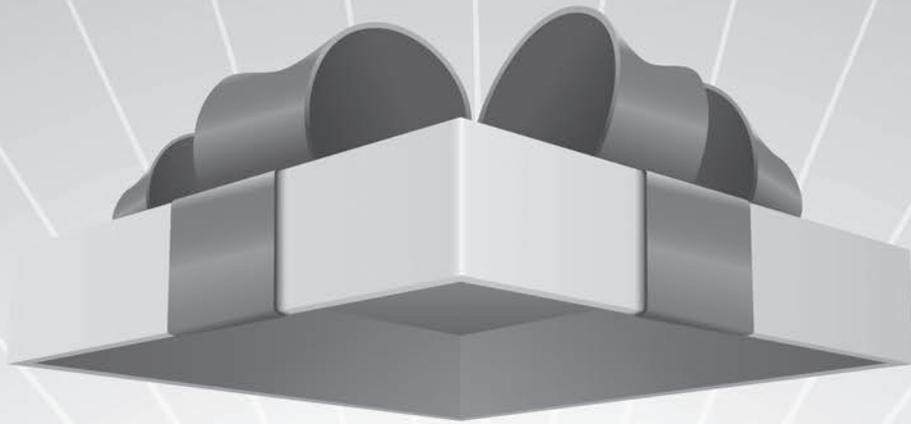
ATTENTION TIME WARNER CUSTOMERS

If you are not receiving City of Montclair information on Time Warner Channel 3, **please call 888-892-2253**; they will send a technician to adjust your digital box.

RACQUETBALL/WEIGHT ROOM COMPLEX

The racquetball/weight room complex is currently closed for remodeling. Re-opening to be determined.





GIVE!

Montclair HOLIDAY FOOD BASKET PROGRAM



JOIN US

in helping the less fortunate in Montclair.

From Monday, November 14 – Thursday, December 15 food donations will be accepted from 8:00 am to 9:00 pm at the Human Services Department (Recreation Center), located at 5111 Benito Street (behind the library).

For the health and safety of those receiving food baskets we can not accept outdated, dented, bulging, perishable or open cans or packages. Residents are also encouraged to adopt a family. A donation of \$50 to feed a parent and child or a donation of \$75 to feed a family of four can be made any time prior to December 16.



Food baskets will be available to families that live in Montclair and meet specific income guidelines. To be considered applicants must complete an application. Applications will be accepted on November 1 and 2 from 3:30 – 6:00 pm in the Community Center. Families wishing to apply who have a child that attends a Montclair elementary or middle school should contact their school office for additional program information.

Montclair Holiday Events



Tree Lighting Ceremony and Visit from Santa Claus

FREE!

Montclair Youth Center, 5111 Benito Street

Thursday, December 1, 2016 • 6 pm

Children can bring a letter to Santa or write one at the event and deposit it in the specially marked mailbox. Personal replies will be returned by mail to those who have included a legible address and the child's name.

Residents are invited to purchase a "gift light" for the community tree in memory or in honor of a loved one. Each light costs \$10 and includes a commemorative certificate. The name of the person remembered or honored will also be placed in a permanent display at City Hall during the holiday season. Proceeds from gift light sales will benefit youth services in Montclair. Event sponsored by the Community Action Committee and the Montclair-Ontario Junior Women's Club. For more information call 625-9479.

Photos with Santa
Canned food drive
Musical entertainment
Community sing-along
Free refreshments

Dashing Through Montclair

To Help Fill Santa's Sleigh

Saturday, December 3, 2016 (weather permitting)

All Afternoon Throughout Montclair

Santa, Mrs. Claus and their sleigh will be dashing through the streets of Montclair, greeting residents and spreading holiday cheer. But Santa needs Montclair's help to fill his sleigh! Toy donations will be collected by Santa's elves at various stops in Montclair. Toys collected will be distributed to needy Montclair children as part of the City's annual Toy and Food Basket Program. To follow Santa's route and to see locations for toys to be donated visit www.cityofmontclair.org/dashingthroughmontclair or call 625-9479 after November 1, 2016.





City of Montclair Calendar of Events

FALL 2016

For more information on these events, contact Montclair Human Services

5111 Benito Street, Montclair • 625-9479



MONTCLAIR DAY AT THE L.A. COUNTY FAIR

Thursday, Sep 22, 2016
L.A. County Fairgrounds



MONTCLAIR YOUTH TALENT SHOWCASE

Friday, Oct 14, 2016 • 6 pm
Montclair Community Center



MONTCLAIR COMMUNITY HEALTH FAIR

FREE!

Tuesday, Oct 18, 2016
9 am-noon
Montclair Community Center



CHILDREN'S HALLOWEEN PARTY

FREE!

Monday, Oct 31, 2016
5:30-8:00 pm
Montclair Community Center



MILITARY BANNER PROGRAMS APPLICATIONS DUE

Tuesday, Nov 10, 2016
Montclair Recreation Center



TREE LIGHTING CEREMONY & SANTA CLAUS VISIT

FREE!

Thursday, Dec 1, 2016
6 pm
Montclair Youth Center



DASHING THROUGH MONTCLAIR

Saturday, Dec 3, 2016
All Afternoon
Throughout Montclair

CITY OF MONTCLAIR
P.O. Box 2308
Montclair, CA 91763

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