

SENIOR LIVING NEWSLETTER



Welcome to the first edition of City of Ontario's Senior Living Newsletter. During this unprecedented time, as a City it is our goal to keep everyone informed with the most up-to-date information on how the City is responding to COVID-19.

Enhancing the quality of life and connecting community is an important aspect of the Ontario Recreation & Community Services Department, and it is important to know that no one is alone in this, we are all in this together.

Please enjoy this newsletter and know that we miss you and cannot wait for you to visit the Ontario Senior Center again soon.

Have questions about COVID-19?

Please call the City Hall Hotline at (909) 988-3650 from Monday - Friday, 9 AM - 5 PM.

City Hall is open by appointment only and is closed to the general public.

To make an appointment please call the City Hall Hotline at (909) 988-3650.



STAY CONNECTED

The City of Ontario is here to serve you, stay connected with other community members via these internet resources:

Up-to-Date Information on COVID-19
www.OntarioCA.gov/Coronavirus

Explore resources on staying active, connecting with others and much more by visiting the City of Ontario's Virtual Community Life & Culture Resource Center
www.OntarioCA.gov/VirtualCenter

For questions regarding in-home electricity and related services visit Southern California Edison www.SCE.com

For questions regarding gas and related services visit SoCalGas www.SoCalGas.com

The City of Ontario Police and Fire Departments are here for your safety, if you have a non-emergency situation please call City of Ontario Dispatch at (909) 986-6711.



WATER: Ontario's Got You Covered!

During this time, the City of Ontario will be suspending utility shut-offs, penalties and late-fees. If you have any questions regarding utility shut-offs, please call the City Hall Hotline at (909) 988-3650 from 9 AM - 5 PM.



SILVER S.T.A.R.S.

Our premier partner, the Ontario-Montclair YMCA Silver STARS is offering rides for necessary medical runs, Monday - Friday from 8:30 AM - 4:30 PM.

Please call (909) 988-1864 to schedule your appointment. 24 hour advance notice is required.



SENIOR GROCERY TIMES

Cardenas: 8 AM - 9 PM *

1837 E. Fourth Street
1848 S. Euclid Avenue
2450 S. Vineyard Avenue
720 E. Holt Boulevard

*7 AM - 8 AM reserved for seniors, first responders, and health impaired

Dollar General: 8 AM - 9 PM *

844 E. Holt Boulevard

*First hour of operation reserved for senior and at-risk customers

Stater Bros: 8 AM - 9 PM *

1105 W. Philadelphia Street
1939 E. Fourth Street

*Opening at 7:45 AM for senior shoppers (65+)

Superior: 8 AM - 7 PM *

815 W. Holt Boulevard
*7 AM - 8 AM reserved for senior customers only (65+)

Target: 8 AM - 9 PM *

4200 E. Fourth Street
*Reserving the first hour of shopping each Wednesday to support vulnerable guests

SENIOR HOTLINE

Your City is here for you! As part of our extended Senior Center family we want to make sure you are taken care of during this time. If you need services such as pharmacy or grocery store pick-up, please call the City of Ontario Senior Hotline at (909) 395-2021. We will help connect you with local agencies and service providers to assist with your needs. 24 hour advance notice is required.



Looking for some fun things to do while inside the house? We got you covered!

Go4Life from the National Institute on Aging provides online video workouts that you can do from the comfort of your home. Check them out at: www.go4life.nia.nih.gov

Looking to connect with others in and out of your community?

National Institute on Aging provides a 24-hour toll free Friendship Line. Check them out at: www.ioaging.org/services/all-inclusive-health-care/friendship-line or call directly toll-free at (800) 971-0016.

P.A.L.s (Phone Assurance Line)

Have your loved one called on a regular basis for companionship, referrals and social interaction. Mondays, Wednesdays and Fridays. For more information call the Senior Hotline at (909) 395-2021.

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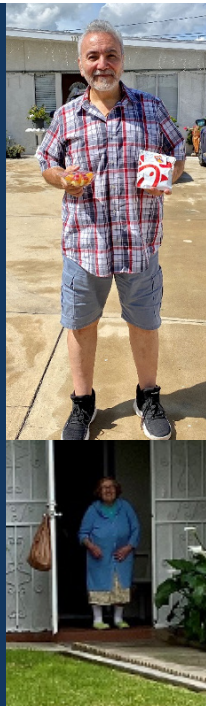
CLASSIC WESTERN WORD SEARCH

CIMARRON
DESTRY RIDES AGAIN
EL DORADO
HANG EM HIGH
HIGH NOON
LITTLE BIG MAN
MCLINTOCK
PAINT YOUR WAGON
PALE RIDER
RED RIVER
RIO GRANDE
SHANE
STAGECOACH
THE FAR COUNTRY
THE GUNFIGHTER
THE SEARCHERS
THE SHOOTIST
THE VIRGINIAN
THE WILD BUNCH
TRUE GRIT

SENIOR MEALS

11:30 AM - 12:30 PM

In an effort to keep our senior community as safe as possible and to encourage social distancing, all senior meal distribution at the Ontario Senior Center will be handed out in a drive-thru system that does not require seniors to get out of their cars. This will minimize potential exposure to COVID-19.



Seniors will be able to pick up their meals Monday - Friday at the Ontario Senior Center, located at 225 E. B Street.

Please follow the orange cones and signage to receive the meals while staying in cars. Ontario Recreation & Community Services staff will be available at entrance points to answer any questions seniors may have.



If you are homebound and require meals to be delivered to you, please call the Senior Hotline at (909) 395-2021. 24 hour advance notice is required.

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LOW IMPACT CARDIO

1. LOW-IMPACT JUMPING JACK

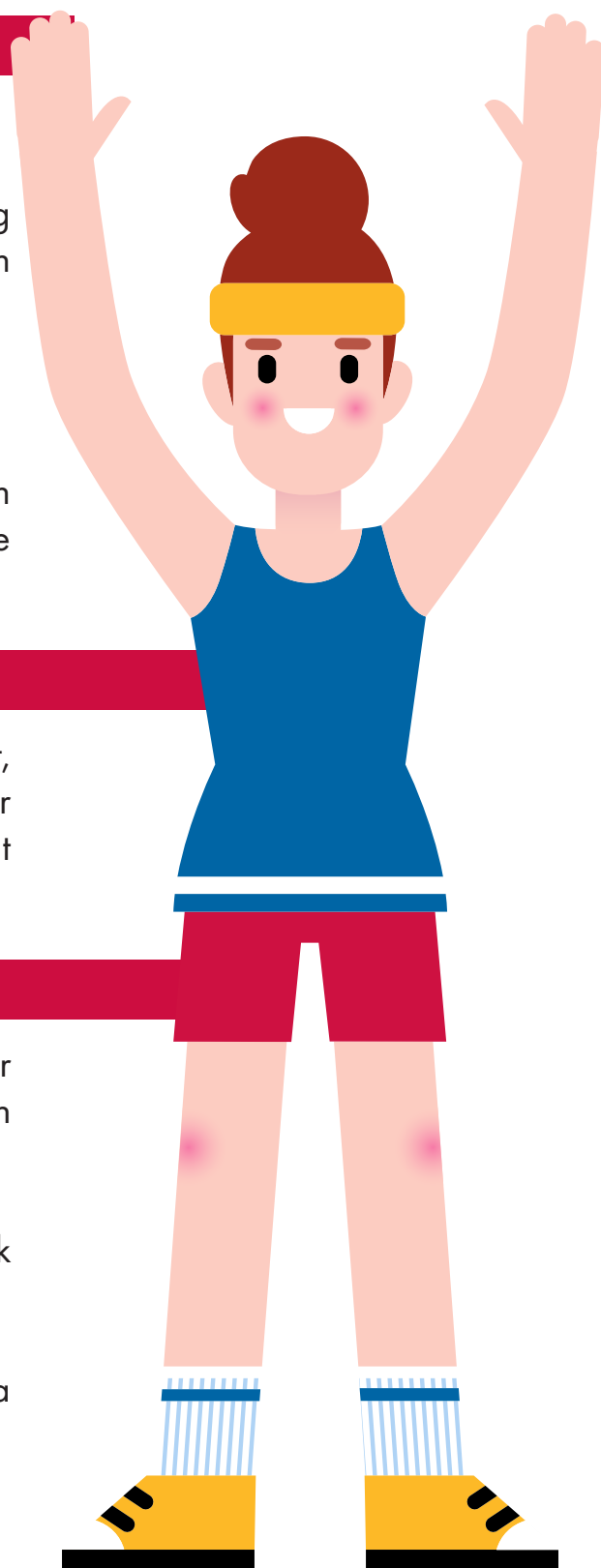
- Start by standing with arms down at your sides.
- Step your right foot out, and at the same time bring your arms up above your head. Keep your weight in your foot throughout this movement.
- Return to your starting position.
- Immediately step your left foot out. Once again, with your weight on your left foot, bring your arms above your head.

2. SKATERS

- Start in a curtsy lunge position with both legs bent, your right leg behind and across your body. Your left arm should be straight down, and right arm bent comfortably up at your side for balance.

3. SQUAT TO JAB

- Start by standing with your feet slightly wider than shoulder-width apart and your arms down at your sides.
- Squat down, ensuring your chest is up, butt is back knees are out.
- Stand up, and when your legs are extended, throw a cross-body punch with each arm.
- Squat down again, stand up and punch.



CARDIO DE BAJO IMPACTO

1. BAJO IMPACTO

- Comience parándose con los pies a los lados.
- Saca el pie derecho y, al mismo tiempo, levanta los brazos por encima de la cabeza. Mantenga su peso en el pie durante todo este movimiento.
- Regrese a su posición inicial.
- Inmediatamente saque el pie izquierdo. Una vez más, con su peso sobre el pie izquierdo, lleve los brazos por encima de la cabeza.

2. PATINADORES

- Comience en una posición de estocada de reverencia con ambas piernas dobladas, su pierna derecha detrás y a través de su cuerpo. Su brazo izquierdo debe estar recto hacia abajo y el brazo derecho doblado cómodamente a su lado para mantener el equilibrio.

3. PÓNGASE EN CADERA AL JAB

- Comience parándose con los pies ligeramente más separados que el ancho de los hombros y los brazos hacia abajo a los costados.
- Póngase en cadera, asegurándose de que su pecho esté arriba, pero su cadera esté hacia atrás.
- Levántate, y cuando tus piernas estén extendidas, lanza un golpe cruzado con cada brazo.
- Póngase en cuclillas nuevamente, levántese y golpee.



FOOD DISTRIBUTION CENTERS IN SAN BERNARDINO COUNTY




**Always call before
going to agencies!**




Food Warehouse/Water of Life:

(909) 463-0103 • Tuesday and Thursday
2 PM - 7 PM

16815 Spring Street, Fontana, CA
2 pm - 3PM is for disabled people
3 PM - 7 PM is for general public
One form of ID required 


Ontario Christian Center:

(909) 983-5269 • Friday
5 PM

1620 E. Hawthorne Street, Ontario
One form of ID required 

Inland Valley Hope Partners SOVA:

(909) 391-4882 • Monday - Thursday
9 AM - 3 PM

904 E. California Street, Ontario, CA
MUST show proof of income, address, and
have an ID for everyone in the family. 

GAP Food Bank:


(909) 945-1020 • Thursday
4 PM - 6 PM, the parking lot
Food line opens up at 3 PM

8768 Helms Street, Suite A,
Rancho Cucamonga, CA

The first 350 families will be given food;
please come early!

Abundant Living Outreach Center


(909) 476-0300 • Tuesday and Thursday
4 PM - 7 PM

Saturday 10 AM - 1 PM
9269 Utica Avenue, Suite 125,
Rancho Cucamonga, CA 91730
You must bring and ID with you. 

Please call before going over
to see if the center is open.

Upland Church of Christ

(909) 982-1676 • 2nd and 4th Monday
10 AM - 12 PM

331 W. 9th Street, Upland, CA 91786
You must bring an ID as well as
a current utility bill. 

The Bread of Life Ministry

(909) 627-1634 • Saturday
10:30 AM (except holidays)
9014 Benson Avenue, Montclair, CA 91763
Must bring proof of residency that you live
in San Bernardino or Riverside County.

 **PICTURE ID REQUIRED**