



42651 Big Bear Blvd.

PO Box 6644, Big Bear Lake, CA 92315

RETURN SERVICE REQUESTED



Find us on:
facebook®

Senior Center Closure
Hotline (909) 866-6480



YouTube

Non-Profit Organization
U.S. Postage Paid
Permit No. 181
Big Bear Lake,
CA 92315

SENIOR CENTER IS OPEN MONDAY THRU FRIDAY



www.scobbv.wordpress.com

EMAIL: scobbv@charter.net

SENIOR VALLEY NEWS

Volume 39 Number 1 (909) 584-0323

January 2024

2024 EXECUTIVE OFFICERS

PRESIDENT: Carol Titchner— VICE-PRESIDENT: Dena Johnson
TREASURER: Susan Chaidez —SECRETARY: Carolyn Chavez

BOARD OF DIRECTORS

Pearl Gornik —Janise Hawk —Lee Hiett— Jerry Merino
Val Morgan —Mary Powers—Martin Krause

MEETING DATES

Board Meeting Jan 9 at 9:30 a.m. Senior Center
General Meeting Jan 16 at 1p.m. Senior Center

Happy
New Year!



Carol's Corner

Wishing our SCOBV members and your families a wonderful and joyous new year.

I want you to have 12 months of Happiness, 52 weeks of Laughter, 365 days of Fun, 8760 hours of Joy, 525,600 minutes of Good Luck, and 31,536,000 seconds of being YOU!

Carol



Senior Center Closure Hotline (909) 866-6480

Newsletter available in color on our blog page

www.scobv.wordpress.com

FOOD BANK

January 22, 2024

Starts at 11:00 a.m.



NOTICE

**SIMPLE SUPPERS HAS
BEEN DISCONTINUED.**

If you sign up for a lunch, breakfast, or our Socials and find out that you are not coming in on the day of, please call the office at 909-584-0323.

THRIFT STORE IS OPEN!

1013 W. Big Bear Blvd., Big Bear City

TUESDAY

WEDNESDAY

FRIDAY

SATURDAY

Day and hours subject to change due to availability of volunteers and weather. (909) 585-0131

We could always use volunteers such as cashiers and sorters. Contact the Senior Center.

CAUTION:

January: the month when resolutions never winter!

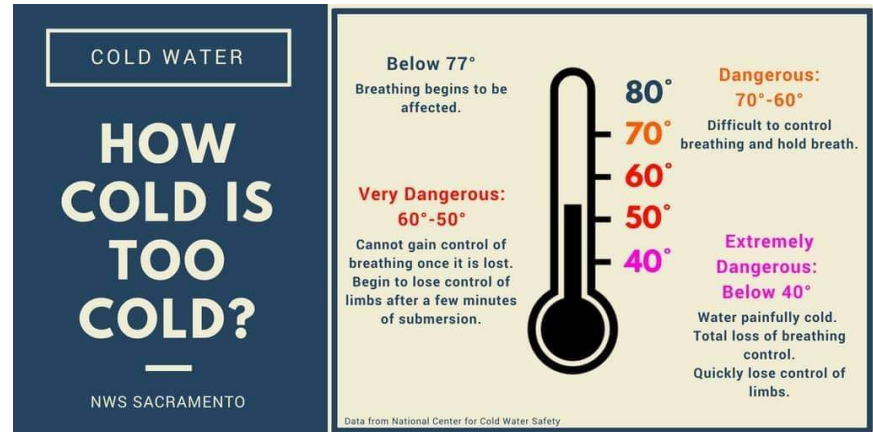
We welcome your articles and non copyrighted pictures: our email address: scobbv@charter.net or leave in the office. We love your good comments.

NEWSLETTER DEADLINE IS January 15
(February 2024 ISSUE)

Welcome
Carolyn Chavez who
volunteered to be our
NEWSLETTER EDITOR
Starting with March

THE TRAVEL CLUB MEETING
2nd Monday (January) at 11 a.m.
Kathleen Payne, Coordinator
(909) 936-2210

Even though the Senior Center was open on December 6, the Rotary held their 35th annual senior holiday luncheon. Photos provided by Pearl Gornik.



SOCIAL NEWS AND MEMORIES

At December's Social

Bonnie won the guessing Game, guessing 295 which is the closest to the count of 291. Jim won 1st place, Richard won 2nd place, Bonnie won 3rd place in our ugly sweater contest. We thank Carla Craft for providing homemade pumpkin tarts for desert.

The January Social will be on Saturday, January 20. The Senior Center will be open 10 a.m. to 3 p.m. serving assorted snacks, donuts, chips and dip including beverages. We will have pizza from Maggio's with a Garden Salad and Cake. The pizza will be the original House Special and we will also have 1 vege only pizza.

We need volunteers to help plan, set up and clean up to help make our socials successful.

Next Month's social will be Saturday, February 10 (Broccoli Beef)

Thank you

YOUR SOCIAL COMMITTEE



OUR SUNSHINE LADY

If you know someone who is ill or needs a little cheer, contact Dena Johnson at (909) 205-0319.

A Condolence Card was sent to June Watkins's family

A Get Well was sent to Bob Funk.

January Birthday Greetings

Betty Arnold, Rob Pyle, Howard Langford, Phyllis Jones, Myra Russell, Michael Young, Sue Durbin, Mara Murphy, Chris Carson, Diane Richards, Marvin McCrer, Susan Smith, Marion Selover, John Villani, Jay Pettingill, Andie Carrillo, Greg West, Ricardo Salazar, Candise McGrath, David Barker, Gill Savedra

“I GOT MYSELF A SENIOR’S GPS,
 NOT ONLY DOES IT TELL ME
 HOW TO GET TO MY DESTINA-
 TION, IT TELLS ME WHY I WANT-
 ED TO GO THERE.” ~Submitted by
 Dixon Brown



Travel Club found their way to the Zoo in December. (Photo provided by Kathleen Payne)

DECEMBER SOCIAL



←
**UGLY SWEATER
 WINNERS**



1. Be aware of unexpected emails or text messages that contain links or attachments: Do not click on links or open files if you do not recognize the sender.
2. Remember that appearances can be deceiving: Scam artists are able to fake anything from a company logo to an email address. Just because an email looks real, it does not mean it is real.
3. Check with your internet service or cell phone provider: If something sounds suspicious confirm its legitimacy first. Contact them directly at a number you know is accurate, not from any links or numbers provided in the suspicious email or text.
4. Exercise caution with generic emails: Scam artists often use little or no specific information to encourage you to open the message for details.
5. Question messages containing little or no personal information: Scam artists often obtain part or incorrect information to trick you into providing them with the correct information by asking you to “update and confirm”.
6. Use unique passwords: Use different passwords for each account you create. This is a simple way to reduce your risk if one password falls into the hands of scam artists.

Monthly General Membership Meeting

January 16, 2024 starting at 1 p.m.

Speaker: Bear Valley Community Hospital.

Attend our monthly meetings for a chance to WIN one out of four \$25 drawings.

Refreshments served.

Be sure to pickup your copy of our monthly activities calendar at the senior center.

If you think you may be a victim of a scam, contact San Bernardino County Adult Protective Services (APS) at 877-565-2020 or your local police department.



GETTING TO KNOW
YOUR
SCOBV MEMBER
NICKIE RUL

Nickie Rul (82) has been a member so long, we or she do not remember when she first join SCOBV. We estimate at least 15 years of membership. Nickie lived in Big Bear Valley a long time. You may have met her when she volunteered in the office taking membership years ago.

Nickie had enjoyed crocheting in the past. She has a dog named Watson and a cat named Heidi (always hiding), both are 13 years old.

Nickie has 2 daughters, 7 grandchildren and 7 great grand children. Her previous life was working as an RN for St. Jude.

Nickie was married to her sweetheart Ken of 62 years before he past away in March 2023. Many of you may remember Ken at the senior center.

Nickie's secret to long life to keep a calm attitude and eat 3 healthy meals a day.



2024 SCOBV MEMEBERHIP DUES

It's time to renew! The dues remain the same low cost of \$10 per person or \$20 per couple. Payment can be made in person when the Senior Center is open. You can also mail in your check payable to:

SCOBV

P.O. Box 6644

Big Bear Lake, CA 92315

If you do not renewed by February 20, 2024, you will no longer received the newsletter until you renew your membership. You will not be eligible to attend our monthly socials, use of Eagles' Roost or participate at our monthly General Meeting drawings. Please provide any updates to your address or phone number and your birth-days.

REMINDER

SENIOR CENTER WILL

REOPEN ON JANUARY 8, 2024

MEALS

Why sign up for lunches 2 days before? This give time to order enough meals and give time to prepare, otherwise, less is served if possible or some seniors don't get a lunch. This is unfair to those who did sign-up. Please call the senior center to (909) 584-0323 to cancel or check availability on day of.

Please sign up for lunches at least 2 days before inside the Senior Center. For lunches on Monday or Tuesday meals, call the Friday before. This allows time to place your meal order with the restaurant so they can order ingredients. Please don't call at the last minute, the order has already been placed and prepared, however we do get cancellations so call and be sure. **MEAL ITEMS SUBJECT TO CHANGE.** These meals are provided through the Big Bear Valley Recreation and Parks District with funding primarily from the Department of Aging supplemented by \$400 per month from the SCOBV.

Copies of the menus and current month activities are available at the Senior Center.

LUNCH STARTS AT 12:00

(PLEASE BE SEATED BY 11:45)

THURSDAYS BREAKFAST STARTS AT

9:00 (PLEASE BE SEATED BY 8:45)

Suggested donation \$3 per meal

MENU FOR JANUARY 2024

(only the main Entrée is listed)

Monday	January	8	CHICKEN FRIED STEAK
Tuesday	January	9	BAKED COD
Wednesday	January	10	BEEF/BEAN BURRITO
Thursday	January	11	EGGS & BACON
Friday	January	12	TERIYAKI CHICKEN
Monday	January	15	Senior Center Closed
Tuesday	January	16	FISH TACOS
Wednesday	January	17	BEEF POT ROAST
Thursday	January	18	VEGGIE EGGS
Friday	January	19	ORANGE CHICKEN
Monday	January	22	SLICED HAM
Tuesday	January	23	LEMON HERB CHICKEN
Wednesday	January	24	MEATLOAF
Thursday	January	25	FRENCH TOAST
Friday	January	26	SHRIMP PASTA
Monday	January	29	CHICKEN ENCHILADAS
Tuesday	January	30	CHEESEBURGER
Wednesday	January	31	PORK CHOP

**SENIOR CENTER REOPENS
JANUARY 8, 2024**