



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](http://www.scobbv.wordpress.com)

EMAIL: [scobbv@charter.net](mailto:scobbv@charter.net)

## SENIOR VALLEY NEWS

Volume 39 Number 2 (909) 584-0323

February 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

### MEETING DATES

Board Meeting Feb 6 at 9:30 a.m. Senior Center  
General Meeting Feb 12 at 1p.m. Senior Center





## Carol's Corner

Hello, February. Goodbye, New Year's resolutions.

Happy February, people! Hang in there – it won't be long until Spring has sprung!

I LOVE CATS!



Meet My Cat Cisco.

I have 2 cats but only Cisco was willing to have a picture taken.

*Carol*

**Senior Center Closure Hotline**

**(909) 866-6480**

NEWSLETTER IN COLOR ON OUR BLOG PAGE

[www.scobbv.wordpress.com](http://www.scobbv.wordpress.com)

## FOOD BANK

February 23

11:00 A.M.

Weather/Delivery Permitting



If you sign up for a lunch, breakfast, or 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

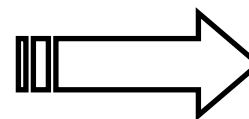
FRIDAY

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.

SCAN HERE



## DISCLAIMER

If February did not have valentine's Day, it would still be January.

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 February 15  
( March ISSUE)

**WANTED**

**NEWSLETTER EDITOR**

**SEE OFFICE OR CAROL**

(NEWSLETTER CAN BE DONE IN THE OFFICE)

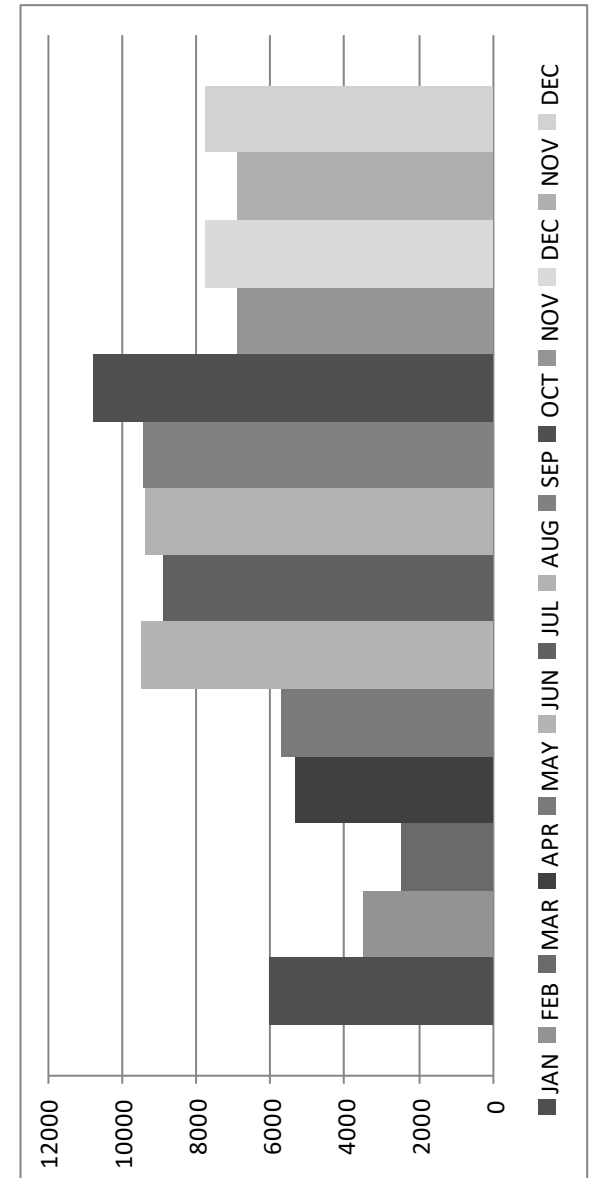
### THE TRAVEL CLUB MEETING

1st Mondays at 11:00 a.m.

Kathleen Payne, Coordinator

(909) 936-2210

- THRIFT STORES SALES IN 2023
- THANK YOU FOR YOUR SUPPORT. SALES KEEP OUR MEMBERSHIP DUES LOW AND SUPPORT OUR ACTIVITIES.



## **SOCIAL NEWS AND MEMORIES**

At January's Social. Kathleen Payne won the Guessing Game. The number of candies in the jar was 203 and she guessed 200 so Kathleen received a \$25 gift card for Stater Bros. Congrats!

Socials are for members only which do not include guests. Our socials are free.

**February 10** is the next social.

The Senior Center will be open 10 a.m. to 3 p.m. serving assorted snacks, donuts, chips and dip including beverages. We will try something new, Broccoli Beef with Brown Rice, Salad and Fruit with Cake or Cupcakes for desert. Also, we will have the guessing contest for a \$25 gift card. Deadline to sign up is February 7.

We can always use volunteers during and after the social is over.

March's Social will be March 23 for a traditional Corned Beef Meal.

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 Get Well Card** was sent to Leon Rothchild and Jack Graham

**A Thinking of You Card** was sent to Stella Ortega

## **February Birthday Greetings**

Rebecca Sievers, Karen Clanton, Doretta Stankovich, Dale Arias, Janet Sobczyk, Barbara Witham, Bob Calabrese, Giovanni LaBarbera, Martin Bumstead, Lonny Holt, Pat Critchlow, Linda Bettys, Doris Sablan, Lee Tabor, Vickie Koopman, Charles Encinas, Mark Berg, Fred Hand, Sue Martinez, Valleva Morgan, Lori Scott, Sherry Ransom, Irie Clark.



CalFresh Food benefits are the convenient way to get grocery help when you need it most. You can use them in stores, online, and at most farmers markets.

For CalFresh eligibility purposes, you are considered a senior if you are 60 years or older. You can get CalFresh even if you get money from Social Security, retirement, a job, unemployment, General Assistance or SSI benefits. Find out today by calling one of the numbers below or apply online to see if you qualify. Items like your house and car typically aren't counted as income.

Apply online at [www.GetCalFresh.org](http://www.GetCalFresh.org) or

Call (877)847-3663 or

Contact a local office : Barstow: (877) 410-8829 ,  
Yucca Valley: (877) 410-8829,  
Victorville: (877)410-8829

If approved, you will get an EBT card for groceries within 10 days. You'll need to submit proof within 30 days of applying. In addition to these required documents, there may be other optional documents that could increase your benefit . This is a federally funded but managed and distributed by state departments.



## Watch out for Black Ice

### What is black ice?

Black ice is actually invisible ice that is almost totally transparent. It can easily catch drivers off-guard and cause crashes.

### How and where does black ice form?

Black ice forms when the air temperature is warmer than pavement, which causes moisture to rapidly freeze and creates a thin, transparent layer of ice on the roadway.

### What can I do to be safer?

- \* Slow down on bridges, overpasses and tunnels, and in the early morning when the air temperature is rising faster than the pavement temperature
- \* Avoid applying brakes on ice as it may cause a vehicle to skid
- \* Do not use cruise control during winter driving conditions
- \* Use a safe speed for winter driving conditions, regardless of the posted speed limit
- \* Keep a safe stopping distance from the vehicle in front of you
- \* Do not use a cell phone while driving.
- \* Keep both hands on the steering wheel, your eyes on the road and your attention on your driving



## Monthly General Membership Meeting

February 12, 2024 at 1 p.m.

Speaker: Joseph Homes from the Law Office of David Philipson. He will talk about trusts and wills.

[www.bigbearlaw.com](http://www.bigbearlaw.com)

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.



**DON'T LET THIS**  
**BE YOUR LAST**  
**NEWSLETTER!**



GETTING TO KNOW  
YOUR  
SCOBV MEMBER  
CHRIS CARSON

Chris Carson (65) has been a SCOBV member since 2019. He lived in Big Bear Valley in the 70s graduating from Big Bear High School at the old middle school. He moved away and return in 1992 to Big Bear Valley.

Chris is single with no children dedicating a life of ministry. His previous life was working as a machinist and brick mason in the south bay area.

He is known at the senior center as a care taker and as a Chaplin for the Fire Department. He finds it rewarding to do volunteer work when he can.

Chris has a cat named Sammy who is a 3 year female.

His advice for long life is the pursuit of righteous and love.

June Watkins went to her Heavenly Home on December 8, 2023. Her family and friends celebrated her life Saturday, January 13, 2024, at her residence.

She was a member of the Big Bear Senior Center for many years, where she served as the Sunshine Lady for sixteen years.

Before coming to Big Bear, she was a Caregiver for the elderly, and volunteered for a Visually Impaired Program. Anyone who knew her knew that she was a kind, gentile, and generous person. June will be missed.

*Submitted by Dixon Brown*

2024 SCOBV MEMEBERHIP DUES

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 21, 2024, you will no longer received the newsletter until you renew your membership. You will not be eligible to attend our monthly socials or participate at our monthly General Meeting drawings. Please provide any updates to your address or phone number.

**MEALS**

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 A.M. (PLEASE BE SEATED BY 8:45 A.M.) Suggested donation \$3 per meal

Senior nutrition meals Monday through Friday is done by County. Monthly socials is a SCOBV function and requires membership to participate.



**MENU FOR FEBRUARY 2024 (only the main Entrée is listed)**

Thursday	February	1	BISCUIT & GRAVY
Friday	February	2	FISH FRY
Monday	February	5	TACO SALAD
Tuesday	February	6	CHICKEN PARMEASAN
Wednesday	February	7	BEEF CHILI
Thursday	February	8	BLUEBERRY PANCAKES
Friday	February	9	HOT TURKEY
Monday	February	12	CHICKEN FAJITA TACOS
Tuesday	February	13	LASAGNA
Wednesday	February	14	BAKED CHICKEN
Thursday	February	15	HAM & CHEESE OMELET
Friday	February	16	CHICKEN CESAR SALAD
<b>Monday</b>	<b>February</b>	<b>19</b>	<b>CLOSED</b>
Tuesday	February	20	FRENCH DIP
Wednesday	February	21	TACO SALAD
Thursday	February	22	COUNTRY FIRED STEAK
Friday	February	23	SALISBURY STEAK
Monday	February	26	ORANGE CHICKEN
Tuesday	February	27	SPAGHETTI MEAT SAUCE
Wednesday	February	28	CARNITA TACOS
Thursday	February	29	DENVER OMELET