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SENIOR CENTER IS OPEN MONDAY THRU FRIDAY



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

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# SENIOR VALLEY NEWS

Volume 39 Number 4 (909) 584-0323

April 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  
Sue Durbin —Mary Powers

### MEETING DATES

Board Meeting April 2 at 9:30 a.m. Senior Center  
General Meeting April 8 at 1p.m. Senior Center





## Carol's Corner

Welcome our new board member, Sue Durbin!

Don't forget if you need your taxes done, you can have them done at the senior center on April 12. Just call 1 (877) 410-8829 to schedule your appointment.

Cinnamon rolls and coffee with the City Manager, Tuesday, April 16 8 a.m. to 10 a.m. will also be at the senior center.

*Carol*

### THE WORLD IS A CAT



### PLAYING WITH AUSTRALIA

MontyBoy.net

**NEWSLETTER IN COLOR ON OUR BLOG PAGE**

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

## FOOD BANK

April 19



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.

## THE TRAVEL CLUB MEETING

1st Mondays at 11:00 a.m.

Kathleen Payne, Coordinator

(909) 936-2210

## DISCLAIMER

The best time to start a diet? Probably "April 1st," that way you can fool yourself into thinking it'll last.

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 April 15  
( May ISSUE)



## April 1 Fool's Day

- \* It has been celebrated for several centuries by different cultures, but its exact origins are unknown.
- \* Jokesters often expose their actions by shouting "April Fools!" at the recipient or clueing them in at the end of the day.
- \* Some people believe that the jokes should stop at 12 pm, otherwise the prankster becomes the fool.
- \* In France, it is called Poisson d'Avril, which means April Fish, and people may stick paper fish on each other's backs.



The saying "April showers bring May flowers" itself actually originates from the United Kingdom in 1886.

## **SOCIAL NEWS AND MEMORIES**

At March's Social, Charlene won the guessing game with her guess of the exact amount of easter candy (250) She won the \$25 gift card for Staters.

The Big Bear High School Rotary Interact Club provided easter eggs for coloring for those who wanted to do it after lunch. A donation check of \$250 was presented to them as approved by the board in February. February's meal cost \$1,066.72 not including the snacks.

Our next social will be on April 20.

The Senior Center will be open 10 a.m. to 3 p.m. serving assorted snacks, donuts, chips and dip including beverages. The menu will be Fired Chicken, Mash Potato & Gravy, Squash, Garden Salad, Fruit and Cupcakes for desert .

May's social will May 25 (Our first annual chili cook off)

Thank you

YOUR SOCIAL COMMITEE



## **OUR SUNSHINE LADY**

If you know someone who is ill or needs a little cheer, contact the office at the senior center while Dena is out recuperating.

**A Condolence Card** was sent to the family of Val Morgan and Johnne Shepler-Swanson (with a donation of \$50 in her memory to Grateful Heart Animal Sanctuary)

**A Get Well Card** was sent to Dena Johnson and Pearl Gornik.

## **April Birthday Greetings**

Barbara Orabuena, Elaina Vaccaro, Yoshiko Grove, Dolores Toner, Bonnisara Shea, Kenneth Porter, Jerry Nieto, Deeanne Driver, Ellen Monsalve, Brenda McAlister, Vere Butler, Bob Moffatt, Kay Kemper Floyd, Dawn Hanson, Marlene St. John, Doris Forrest, Lyn Hoerger, Alan Pontiev, Estella Ortega, Joe Wise, Carol Wenker, Aloha Rosario

The risk of falling — and fall-related problems — rises as people age. If you fall and break a bone it could lead to more serious problems, such as a hospital visit, injury, or disability. However, taking care of your overall health may lower your risk of falling. Here are a few tips to help you avoid falls and broken bones:



- **Stay physically active.** Plan an exercise program that is right for you; regular exercise can help strengthen muscles.
- **Have your eyes and ears tested.** Changes in vision and hearing may cause you to fall. If you receive new eyewear or hearing aids, take time to get used to them.
- **Make sure you get enough sleep.** A lack of sleep can make you susceptible to falls.
- **Tell your doctor if you have fallen.** A fall can alert your doctor to a possible problem and help the doctor provide you with steps to prevent future accidents.

## MARCH SOCIAL



## How Does the Taxpayer Advocate Service Work for You?

The Taxpayer Advocate Service is an independent organization within the Internal Revenue Service protecting taxpayers' rights by ensuring that all taxpayers receive fair treatment. Know and understand your rights under the Taxpayer Bill of Rights.

### What is the Taxpayer Bill of Rights?

The Taxpayer Bill of Rights describes ten basic rights that all taxpayers have when dealing with the IRS. The taxpayer rights webpage can help you understand what these rights mean to you and how they apply. These are your rights. Know them. Use them.

The site at [taxpayeradvocate.irs.gov](https://taxpayeradvocate.irs.gov) also can help you with common tax issues and situations: what to do if you made a mistake on your tax return, if you got a notice from the IRS or you're thinking about hiring a tax preparer.

### What can a Taxpayer Advocate do for you?

They can help you resolve problems that you can't resolve with the IRS. The service is free. Always try to resolve your problem with the IRS first, but if you can't, then come to the Taxpayer Advocate Service. The best thing you can do is act now!

They help individuals, businesses, and exempt organizations. If you qualify for our help, your advocate will be with you at every turn and do everything possible.

- You may be eligible for our help if your IRS problem is causing financial difficulty or you believe an IRS procedure just isn't working as it should.
- With offices in every state, the local advocate's number is in your local directory and at [taxpayeradvocate.irs.gov](https://taxpayeradvocate.irs.gov). You can also call us at 1-877-777-4778.

## Monthly General Membership Meeting

April 8, 2024 at 1 p.m.

Speaker: Twyla Seymour, "Service Dogs Change Lives"

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

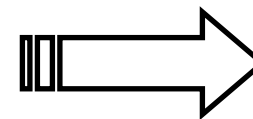
Refreshments served.

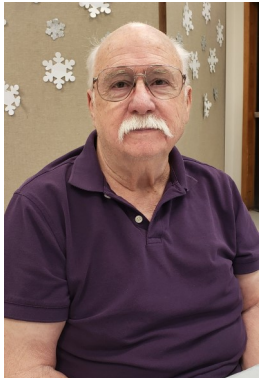
Be sure to pickup your copy of our monthly activities calendar at the senior center.

*A kind word will keep someone*

*warm for years.*

SCAN HERE





GETTING TO KNOW  
YOUR  
SCOBV MEMBER  
BEN HARTLEY

Ben Hartley (77) is a new member joining this year. He recently moved to California end of October after spending 2 years in Arkansas. He wanted to live closer to family. Ben went to college earning a degree in Business working as a machinist for 30 years and driving big rigs for freight.

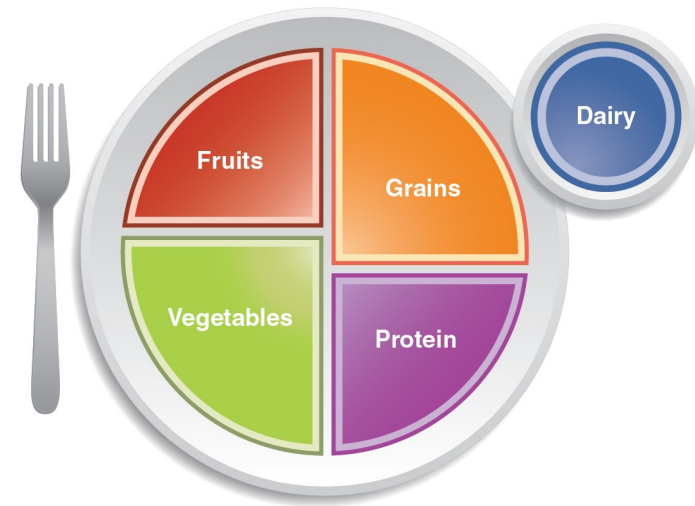
Ben has 3 children and 4 grandchildren. He has 3 recused pets. 2 dogs, one name Chewbacca and the other Lydia. His other pet is a bird (a condre which looks like a parrot) named Buddy renamed Betty that he remembers recusing from a road runner.

Ben enjoys fishing especially salt water.

His secret for long life is eat well, give everyone the right away and follow-up with your doctor's visits.

Understanding the different food groups — and how much of each group should make up your diet — can help you form a healthy eating pattern over time. A healthy diet can provide you with the nutrients and energy your body needs, while also lowering your risk of developing certain diseases as you age. A few important food groups to incorporate in your diet include:

- **Vegetables.** Vegetables contain vitamins and minerals, carbohydrates, and fiber, which are important elements of a healthy diet.
- **Fruits.** Similar to vegetables, fruits contain essential nutrients, including carbohydrates and extra fiber, that help keep your digestive system moving.
- **Dairy.** Consuming dairy helps maintain strong bones and provides several vital nutrients, including calcium, potassium, and vitamin D.



Choose**MyPlate**.gov

**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 SCOBBV.

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 SCOBBV function and requires membership to participate.

might i interest you in some sushi



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

Monday	April	1	Chicken Parmesan
Tuesday	April	2	Beef Tacos
Wednesday	April	3	BLT Sandwich
Thursday	April	4	Ham & Egg Sandwich
Friday	April	5	Baked Cod
Monday	April	8	Cheeseburger
Tuesday	April	9	Taco Salad
Wednesday	April	10	Lemon Herb Chicken
Thursday	April	11	Eggs & Bacon
Friday	April	12	Pulled Pork Sandwich
Monday	April	15	Meatloaf
Tuesday	April	16	Baked Chicken
Wednesday	April	17	Cheese Enchiladas
Thursday	April	18	French Toast
Friday	April	19	Shrimp Pasta
Monday	April	22	Chicken Cobb Salad
Tuesday	April	23	Carnitas Tacos
Wednesday	April	24	French Dip Sandwich
Thursday	April	25	Banana Pacakes
Friday	April	26	Orange Chicken
Monday	April	29	Chili Mac
Tuesday	April	30	Fish Tacos