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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 5 (909) 584-0323

May 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 May 7 at 9:30 a.m. Senior Center

General Meeting May 13 at 1p.m. Senior Center





Carol's Corner

I hope you are all having an introspective and rejuvenating month.

July's newsletter might not be done due to no editor.

May 25 is our 1st chili cook-off and on May 18, there is a health fair at the Hospital Parking Lot.

Carol



NEWSLETTER IN COLOR ON OUR BLOG PAGE
www.scobbv.wordpress.com

FOOD BANK

May 24 at 11:00 a.m.
(depends on truck)



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

WARNING

Never yell into a colander: It'll strain your voice.

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 May 15
(June ISSUE)



Author Unknown

“LIFE
DOESN'T
COME
WITH A
MANUAL,
IT COMES
WITH
A MOTHER.”



SOCIAL NEWS AND MEMORIES

At April's Social, Laura won the Guessing Game. There were 216 clothes pins in the jar, she guess the closest at 215. Who will win in May?

May 25 Bring your Chili to share! We will be hosting our first annual "Chili Cook off".

Wear your western wear and have some fun.

The Senior Center will be open 10 a.m. to 3 p.m. serving assorted snacks, donuts, fruit, chips and dip including beverages.

Basic Rule: Chili should look good, smell good and taste good. When the Chili is gone so is the contest.

We will judge the contest the same way we judge the Halloween Contest. Gift cards to Stater bros. will be given to 1st place \$35 (with bragging rights) , 2nd place \$25, 3rd Place \$10

June's social will June 22. Cheeseburgers

Thank you

YOUR SOCIAL COMMITEE



OUR SUNSHINE LADY

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

No cards were sent in April

May Birthday Greetings

Jean Evans, Pat Holt, Dennis Benson, Lisa Segien, Lorraine Aleman, Regan Senter, Virginia Knowlton, Robyn Ross, Tony Chavez, Kathy Johnson, DeeGee Berg, Frank Grieco, Nickie Rul, Adelmo Martinez, Janice MaCauley, Richard Martin, Dick Sure, Steve Bench, Arnulfo Reyes, Jeannette Brown, Charlene Shinn, Elizabeth Tabor, Carla Craft, Kathleen Payne, Leon Rothchild, John Beavor



Homebound and need a California ID card? Do you know someone in need of this unknown at home service such as someone in a nursing home.

If you are a person or know of someone with a disability that needs to apply for an I.D. not a Driver's License from the California Department of Motor Vehicles (DMV), but cannot visit the local DMV Office to complete an application.

1. Call the DMV at (800) 777-0133. Tell them that you have a disability, are homebound and cannot visit the DMV in person. You can also call on someone's behalf.
2. Tell them that you need an accommodation from them under the Americans with Disabilities Act (ADA).
3. The DMV then should make an appointment with you for a home visit or in a nursing home to complete the process. They may call you later depending on the location. Note: this program varies by state.

April's Social





AVOID SCAMS

Scams can happen to anyone — don't be ashamed if you or someone you know has been a victim. Scammers are savvy and persuasive, and their scams are designed to catch people off guard. Some common scams aimed at older adults include:

- Government impersonator scams, such as someone posing as a Medicare representative asking for account information
- Fake prize, sweepstakes, and lottery scams, when you are asked to pay money or provide account information to claim a prize
- Computer tech support scams, where someone tells you your computer has a problem and asks you to pay to fix it over the phone
- The grandparent scam, in which the caller pretends to be a grandchild or other relative in distress
- To learn more, check out this year's report. And if you spot a fraud or scam, tell the FTC at [ReportFraud.ftc.gov](https://www.ftc.gov/report-fraud).

Monthly General Membership Meeting

May 13 , 2024 at 1 p.m.

Speaker: Randy from Chirp

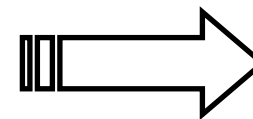
Attend our monthly meetings for a chance to WIN one out of four \$25 drawings.

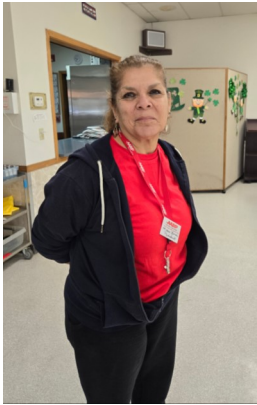
Refreshments served.

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

Conclusion is the place you reach when you are completely tired of thinking.

SCAN HERE





GETTING TO KNOW
YOUR
SCOBV MEMBER
MARIA LEMOS

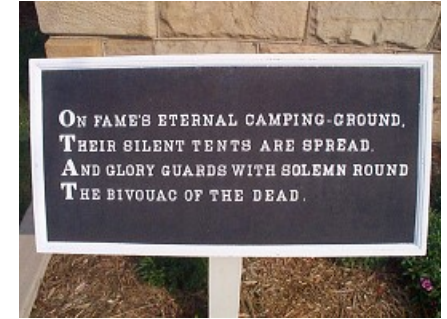
Marie Lemos (62) has been a SCOBV member since 2022. She has lived Big Bear Valley for 5 years. She enjoys volunteering. Maria is the current president of our local AARP chapter, you many have seen her at the monthly food banks at the Senior Center. She also volunteers with Calvary Chapel's food bank.

Maria has 3 boys, 6 grandchildren from a previous marriage. She has been married 5 years. She has a doggy named MS Dickens who is 7 years old.

After graduating from High School, Maria was a mail carrier for 30 years.

Her secret to long life is to keep busy.

Memorial
Day
History



Although stanzas from Theodore O'Hara's elegiac poem, "Bivouac of the Dead," are inscribed on iron tablets found throughout some of the oldest units of this country's national cemeteries, there is little public recognition of this poet-soldier and his long-lived literary contribution to the memorialization of fallen troops. O'Hara's military service bridged the period from the Mexican War, whose action inspired the poem, to the Civil War, which led him to places where some of the first cemeteries were created. An elegy, or elegiac poem, expresses feelings of melancholy, sorrow or lamentation—especially for a person or persons who are dead. It may seem unusual that verse written about heroes of the relatively remote Mexican conflict was appropriated for the Civil War more than a decade later, but "Bivouac" had captivated the attention of a patriotic nation and would continue to do so for decades to come. Quartermaster General Montgomery C. Meigs (1816–1892) recognized its solemn appeal and directed that lines from "Bivouac" grace the entrance to Arlington National Cemetery.

<https://www.cem.va.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 Alpine 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.



MENU FOR MAY 2024 (only the main Entrée is listed)

Wednesday	May	1	CHICKEN FRIED STEAK
Thursday	May	2	VEGGIE OMELET
Friday	May	3	PORK CHOP
Monday	May	6	LASAGNA
Tuesday	May	7	TACO SALAD
Wednesday	May	8	TERRIYAKI
Thursday	May	9	SCRAMBLED EGGS
Friday	May	10	HOT TURKEY SANDWICH
Monday	May	13	HAM
Tuesday	May	14	BURRITO
Wednesday	May	15	CHICKEN FETTUCINE
Thursday	May	16	PANCAKES
Friday	May	17	FRIED FISH
Monday	May	20	BAKED CHICKEN
Tuesday	May	21	MEATLOAF
Wednesday	May	22	BBQ RIBS
Thursday	May	23	BISCUIT & GRAVY
Friday	May	24	TUNA CASSEROLE
Monday	May	27	CLOSED
Tuesday	May	28	STUFFED PASTA SHELLS
Wednesday	May	29	BEEF STROGANOFF
Thursday	May	30	FRENCH TOAST
Friday	May	31	CHICKEN