



AUGUST 2018 SENIOR NEWSLETTER



La Verne Community Center
3680 "D" Street, La Verne, CA 91750
(909) 596-8776
www.cityoflaverne.org

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2018

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The Senior Newsletter is available online on our City web site:
[www.cityoflaverne.org / srnews](http://www.cityoflaverne.org/srnews)

**SUMMER CONCERT
IN THE PARK**
Sundays at
Heritage Park
(5001 Via De Mansion)
6:30 PM

Last one - Sunday,
August 12th
*The Answer to Classic
Rock*

Enjoy the evening with your family and friends. Come with your own blankets and/or lawn chairs to listen to wonderful music while relaxing under the stars. Refreshments and raffles are all part of the fun!



MOVIE NIGHT AT THE PARK

Sunday, August 5th at Heritage Park
(5001 Via De Mansion)
Movie starts at approximately 8:15 PM

"Star Wars: The Last Jedi"

The La Verne Police Officers Association and the Community Services Department present this fun movie night under the stars! Bring your own blankets and/or lawn chairs. For more information, contact the Community Services Department at (909) 596-8700.

SAVE THE DATE: LA VERNE DAY AT THE FAIR

Wednesday, September 19th
Purchase a Fair ticket online at
www.lacountyfair.com.



MOVIE MATINEE

MONDAY, AUGUST 13TH
"Grumpy Old Men"

MONDAY, SEPTEMBER 10TH
"Quartet"

Every 2nd Monday of the Month at the Community Center at 12:30 PM
A feature film awaits you! Join us for an afternoon filled with FREE cinematic entertainment and light refreshments right after our senior lunch program.



No Reservations needed—just come and enjoy!

SPECIAL CITY SPONSORED LUNCH Wednesday, August 15th 11:30 AM

It's a Luau!

Come celebrate all things Hawaiian at this special FREE Luau themed lunch. Wear your best Hawaiian shirts and leis to join in on the fun!

Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day ahead by 11:00 AM.

This lunch is FREE to seniors 60 and older.



SENIOR SEMINAR SERIES

These seminars are at the La Verne Community Center. All classes are FREE and open to anyone. To RSVP for one or several seminars, please see the front desk or call (909) 596-8776.

WEDNESDAY, AUGUST 22ND:

"Long Term Care Insurance"
9:30-10:30 AM
Presented by Bankers Life

FRIDAY, AUGUST 24TH:

"Diabetes 101"
10:00-11:00 AM
Presented by Regal Medical

WEDNESDAY, SEPT. 26TH:

"Medicare 101 Class #1"
2:00-3:00 PM
Presented by TMB Insurance

TAKE A TRIP WITH LAVERNE! Friendly reminder to excursion participants, please remember to park on Durward Way. This allows you to park closer and also frees up the parking lot for City Hall and Community Center guests. Call Jennee at (909) 596-8776 from 8:00 AM to 4:00 PM Tuesday thru Thursday.

IMPORTANT: Registration is taken on a first-come-first-served basis and done at the Community Services Office, 3660 "D" St. For more info call (909) 596-8700.

***PLEASE NOTE:** Our buses have wheelchair/scooter compartments in the bottom of the bus, but participants must still be able to get from the sidewalk into the bus up 2 stairs. Thank you.

There is a \$10 cancellation fee. ****Trips scheduled to change!****

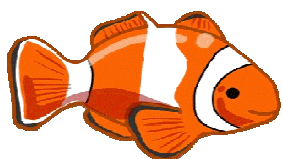
Registration for the following trips available now! For Registration info call (909) 596-8700.

NEW! - AQUARIUM OF THE PACIFIC, A LONG BEACH CRUISE & THE PIKE

Thursday, August 9th

The Aquarium of the Pacific is home to more than 11,000 ocean animals representing nearly 500 species. In addition to the three main galleries, the Aquarium features exhibits outdoors, including the Shark Lagoon and the Lorikeet Forest Aviary. After your self-guided tour of the Aquarium, it's off to a 45-minute, fully narrated tour of the Long Beach Harbor where you'll see 50 points of interest, including the Queen Mary. And finally, just outside the Aquarium, you'll discover dozens of restaurants to choose from for lunch at the Pike. And if shopping is your thing, you'll love looking for deals at the new outlets.

**DEPART: 8:30 AM
RETURN: 5:30 PM
FEE: \$58 (Lunch on your own)**



LAUGHLIN GETAWAY (3 DAYS-2 NIGHTS) AT THE RIVERSIDE RESORT HOTEL & CASINO FEATURING THE LAUGHLIN LUAU PARTY

Wednesday, Sept. 12th - Friday, Sept. 14th

Clinging to the banks of the blue Colorado River, Laughlin, Nevada is a neon oasis of excitement! Join us for a 3 day and 2 night adventure at the Riverside Resort, including the special Laughlin Luau Party! This package includes: Bus transportation, 2 nights at the hotel, 2 breakfast buffets, 1 buffet of choice and a Luau Party in the Starview Room with a buffet dinner and entertainment. It's a party you don't want to miss!

**DEPART: 9:00 AM on 9/12
RETURN: 6:00 PM on 9/14
FEE: \$150 per person (Double Occupancy)
\$170 per person (Single Occupancy)**

VALLEY VIEW CASINO (2 chances to go!)

**Wednesday, Sept. 26th
Wednesday, Jan. 30th**

Try your luck at San Diego's only Certified Loose Slots and all of your favorite table games with beautifully appointed rooms and seven delicious restaurants. Everyone will receive \$15 "More Play" and a coupon for the Buffet. Due to regulations, if you are a new member, please be prepared to give your Driver's License Number and Expiration Date.

**DEPART: 9:00 AM
RETURN: 6:00 PM
FEE: \$30 (Lunch on your own)**

SAN DIEGO GASLAMP DISTRICT Sunday, October 7th

Shop, dine and play in the historic Gaslamp Quarter in San Diego. There are blocks of great restaurants, hotels and shops just waiting for you to discover. You will be on your own for the day to see what San Diego has to offer. Lunch will be on your own—there are so many great restaurants to choose from like the Old Spaghetti Factory, House of Blues or Greystone—and don't forget to get a world famous sundae from Ghiradelli's. Wear comfortable shoes—there can be a lot of walking.

**DEPART: 8:30 AM
RETURN: 6:00 PM
FEE: \$32 (Lunch on your own)**

NEW! - ARCHITECTURAL L.A. WITH LUNCH AT THE HMS BOUNTY

**Sunday, October 21st
THIS TRIP IS FULL!**

THE GETTY VILLA IN MALIBU

**Thursday, November 8th
THIS TRIP IS FULL!**

A DAY IN SOLVANG Sunday, November 18th

Come enjoy the fall season on one of our most popular trips! The day is yours to enjoy and explore the sights, sounds and tastes of the storybook Danish town that is Solvang. Located in the lush Santa Ynez Valley, you'll see a traditional windmill and smell the aroma of fresh-baked pastries.

Lunch and shopping are on your own.
**DEPART: 8:00 AM
RETURN: 6:30 PM
FEE: \$32 (Lunch on your own)**

NEW! - DOWNTOWN DISNEY & ROGER'S GARDENS AT CHRISTMAS TIME

Thursday, December 6th

First it's off to Downtown Disney District for lunch or dinner and shopping on your own. All decorated for Christmas to get you in the Christmas spirit, downtown has numerous restaurants and shops. Reservations at restaurants beforehand are highly recommended as it gets very busy. Please note, you will go thru Security to get into the Downtown Disney area. Then it's off to Roger's Gardens. The Center is completely transformed into a Christmas Extravaganza complete with a "Wonderland Boutique." The time is yours to browse and shop at your leisure.

**DEPART: 2:00 PM
RETURN: 8:30 PM
FEE: \$32 (Lunch/Dinner on your own)**

CONTINUED ON PAGE 3...

HEALTH AND WELLNESS

SUMMER/FALL NEW TRIPS CONTINUED...

NEW! - THE PETERSEN & BROAD MUSEUMS & FARMER'S MARKET **Thursday, January 17th**

This trip includes 3 experiences! First you'll visit the all new Petersen Automotive Museum to see more than 300 very rare cars on display, everything from one-of-a-kind classics, turn of the century and historical rarities, political cars, famous movie cars and even a Mercedes racer worth over 100 million dollars. Then it's off to the Broad Museum, The Broad is a new contemporary art museum home to the 2,000 works of art in the Broad collection. Finally, lunch will be own your own at L.A.'s Original Famer's Market where you'll find every imaginable cuisine!

DEPART: 8:30 AM

RETURN: 4:30 PM

FEE: \$45 (Lunch on your own)

***For more info, call Jennee
 Tuesday-Thursday at
 (909) 596-8776.***



FALL MT. SAC CLASSES

Fall Semester: August 27th - December 14th
FREE EXERCISE CLASSES FOR SENIORS

AEROBICS (HEALTHY AGING)

INSTRUCTOR: Jennifer Shapiro

Tuesdays & Thursdays, 8:00-9:30 AM

FALL PREVENTION: BALANCE & MOBILITY

INSTRUCTOR: Jill Trimble

Tuesdays & Thursdays, 1:30-2:30 PM

TAI CHI

INSTRUCTOR: John Rafter

Thursdays, 1:00-3:00 PM

BLOOD PRESSURE CHECK

Thursday, August 16th

Worry about your blood pressure? Need to keep track of your numbers? Come to the FREE blood pressure check every third Thursday of the month from 9:30-11:30 AM to get your blood pressure checked by nurses.

Sponsored by: Health Care Partners

SENIOR STRUTTERS

The La Verne Community Services Department offers an ongoing Community walking program called the Senior Strutters. If you would like to talk and make new friends, come join us Monday, Wednesday, and Friday at 7:00 AM sharp! We walk a different route every day between 2 and 3 miles.

AUGUST SCHEDULE

Wed. 8/1: Senior Center

Walk to Hillcrest area & back

Fri. 8/3: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/6: Thompson Creek

Walk trail to end of road & back

Wed. 8/8: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/10: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/13: Thompson Creek

Walk trail to end of road & back

Wed. 8/15: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/17: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/20: Thompson Creek

Walk trail to end of road & back

Wed. 8/22: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/24: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/27: Thompson Creek

Walk trail to end of road & back

Wed. 8/29: San Dimas Canyon Park

Walk to dog park area & back

Fri. 8/31: Brackett Field Airport

Walk to Puddingstone & back

**For further information
 or questions
 contact: Anna Grubb
 (909) 730-3322**



Upcoming Events, Announcements & Programs...

COMMUNITY SENIOR SERVICES VOLUNTEER ESCORT/DRIVER REIMBURSEMENT PROGRAM

This program is designed to help senior and disabled residents of Claremont, La Verne, Pomona and San Dimas who can't easily use existing transportation. Program participants recruit their own volunteer drivers from among their friends and neighbors. Passengers then have the means to reimburse them for mileage costs. The program is allowed to cross city and county lines, but most importantly it provides an opportunity for volunteers to share companionship and friendships. And that's the whole idea behind Community Senior Services, which is acting as the umbrella agency. Community Connections staff will do extensive phone interviews with applicants. For more information or to apply, call (909) 621-9900 Monday through Friday from 11:00 AM to 3:00 PM.

GARDENING AS THERAPY

Feeling stressed, anxious, or depressed? Do you have difficulty managing anger or connecting with your children, family, or friends? If so, then Therapeutic Community Gardening may be able to help you. Therapeutic Community Gardening (TCG) is a free program open to all residents of the cities Pomona, Claremont, and La Verne. Weekly groups are conducted with families (parents/caregivers & their children), youth (ages 16-25), adults (of all ages), and military veterans. Through gardening and group activities, participants learn how to grow their own fruits, vegetables, flowers, herbs, and other plants, while connecting with others in their community and having fun! For more information contact Luis Resendez at (909) 784-3299 or lresendez@tricitymhs.org. All calls are confidential.

THE FOOTHILL GOLD LINE IS COMING TO LA VERNE

The Foothill Gold Line will add new light rail stations in Glendora, San Dimas, La Verne, Pomona, Claremont and Montclair. Work has begun, with major construction starting in 2020.

Sign up now to receive updates on this important project by going online to www.foothillgoldline.org. Additional questions, call (626) 471-9050.

SAVE THE DATE: 1ST EVER LA VERNE ON TAP BEER WALK

Saturday, September 29th
5:00-8:30 PM
Old Town La Verne
www.laverneontap.com

RSVP SERVICES PRESENTS - Y.A.N.A. "YOU ARE NOT ALONE" PROGRAM

If you are a senior living alone in La Verne or you have parents or friends who live alone you need to know about this Program. The "You Are Not Alone" Program is designed for La Verne residents to provide a measure of security and well-being for those who are alone. This free program consists of checking on a regular basis the welfare of those residents who have requested it. Participants in the program can choose to have the senior volunteers of the La Verne Police Department Retired Senior Volunteer Patrol either come to the residence or make a phone call to the residence regularly.

Program Criteria: 1. Be at least 65 years old or have a medical disability. 2. Live in La Verne and 3. Have a next-of-kin or relative available as a responsible party. For more information, contact the La Verne Police Department at (909) 596-1913, extension 2224. You can leave a message, and a Y.A.N.A. representative will call you back as soon as possible.

SAVE THE DATE: 16TH ANNUAL PUMPKIN PATCH CLASSIC CAR SHOW

Saturday, October 27th, 10:00 AM-3:00 PM
Heritage Park (5001 Via De Mansion)

Come choose your pumpkin and check out the beautiful display of classic cars. Heritage Park gives the perfect backdrop to enjoy a part of the past with the 16th Annual Classic Car Show. Music, prizes, 50/50 drawing, food, hay rides and antique farm equipment are all part of the fun. If interested in displaying your pre-1975 car or truck, please call (909) 293-9005.

SAVE THE DATE: SENIOR DINNER DANCE EXTRAVAGANZA

Sunday, November 4th, 5:00-8:00 PM
"Abracadabra Magic!"

Join us for an "Abracadabra Magic" themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10 and prepaid reservations must be made in order to attend.. Registration begins August 13th at the Community Services Office (3660 "D" St., City Hall) or online. Seating is limited, so don't delay!



CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
August 15th
10:00 to 11:15 AM

We are looking for a new SAC Member to join our Committee! If you are interested, please come to the next meeting to receive an application and see what we are all about.

The City Council of La Verne established the Senior Citizens Advisory Committee in October 1989. This Committee has been responsible for all of the senior activities, lunch program, many equipment upgrades and beautification projects at the Community Center. We encourage you to attend these public meetings and share your thoughts, ideas, and/or concerns.

Join us at the SAC Meetings. Your input is important!

THE SENIOR GOLF LEAGUE OF LA VERNE

Our first event in July was our annual "Red, White and Blue" tournament. This involved all players rotating hitting their tee shots from the red, the white and the blue tee boxes. Bob Garcia was our winner with a net 66. Todd Newman was second with a net 69, with a tie for third place between Art Hernandez and Ed Linberg, both of whom shot a net 71. Art won the prize money by winning the tie-breaker formula we use to resolve ties since breaking ties by playing additional holes is not an option.

As this is written, we'll be playing two more times in July—the 24th and 31st respectively. On the 31st, we'll be playing a four-player scramble format as we do every time there is a fifth Tuesday. We'll play twice in August—the 14th and the 28th. The format for the 14th will be playing "Blitz Points." In this format, golfers will win points for their Gross score, i.e. not using their handicap, on each hole as follows: 5 points for an Eagle, 4 points for a Birdie, 3 points for a Par, 2 points for a Bogey and 1 point for a Double Bogey. After the Blitz Points are totaled for each golfer, we'll then add his/her handicap number to determine his/her point total for the round. The three golfers who have the most Blitz Points, plus their handicaps, will be our winners.

We continue to welcome new golfers who have joined us now that we are playing at the Sierra La Verne Country Club. We always welcome new golfers, but we'd also like to see some of our former regulars who have yet joined us regularly since we moved our golf outings from Marshall Canyon to Sierra La Verne.

Our current roster has 39 golfers, down by one with the recent death of one of our regular players for many years - Hal Platts. Hal's great sense of humor will be missed by all of us. We extend our condolences to his wife, Gladys, and to his family.

If you would like to be a part of the La Verne Senior Golf League, you may contact George Borst or Ed Linberg, Co-Coordinator. George's email address is: jegborst@aol.com and Ed's is: emlinberg@earthlink.net. Ed's phone number is (909) 392-6688 and George's is (909) 596-3982. We hope to see YOU, plus all of our regulars, as well as many more new members, at Sierra La Verne Country Club for Senior Golf twice a month beginning in August. Our first tee time on the 2nd and 4th Tuesdays is 9:30 AM. We ask that everyone report to the course by 8:45 AM at the latest. This will give us ample time to make any needed last minute changes in our pairings for the day, and to be ready to have the first group tee off as early as 9:15 AM. Since we've been playing at Sierra La Verne, more often than not, the Starter has given us the "green light" to begin a few minutes early. So by arriving by 8:45 AM, our golfers will make it easier for us to start before 9:30 AM.

A personal note - Ed Linberg, Co-Coordinator of the La Verne Senior Golf League received a call from Ken Lowenthal about joining the Senior Golf League. The number provide via an answer machine was (909) 292-4577. Ed has called this number 3 or 4 times only to get the dreaded message: "This number is no longer in service."

So Ken, if by some chance you read this article about the La Verne Senior Golf League, we want you to know we'd love to have you join us. We just don't have a way to contact you due to some confusion about your phone number. So please call either Ed or George at one of the numbers listed above. We're sorry for the mix-up.

SENIOR SOCIAL CLUB

The annual fee is \$5 per member and \$.50 per week. This covers the cost of the Christmas Luncheon, other feasts, coffee, tea & supplies. We will be happy to teach you Pinochle if you don't already know how. During our last session we had 2 tables playing Pinochle which is great fun. We play Pinochle and tile games or anything that you care to bring into our Monday sessions. We also play Mexican Mule Train and Kings in the Corner in the afternoon.

If that sounds better than watching TV, give us a visit. We meet each Monday from 9:00 AM to 3:00 PM. You don't have to be here at 9:00 AM. Come when you can, leave when you must. First one in makes the coffee. Most of our group takes advantage of the lunch program at the Center, or you can bring your own lunch. Come meet new people-guests are always welcome. It's a nice way to find out if it suits your style. Give us a try on Mondays!



Daily Calendar AUGUST 2018

All classes and programs are held at the La Verne Community Center, 3680 "D" Street, unless indicated at Veterans Hall. Veterans Hall is located at 1550 Bonita Avenue. For further information and class descriptions please refer to the Summer/Fall 2018-2019 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Wednesday, August 1st

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 1:00 PM—**Golden Investment Meeting**
 6:15 PM—Jazzercise

Thursday, August 2nd

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, August 3rd

9:00 AM—Basic Computing Level III
 9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, August 6th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, August 7th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, August 8th

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 11:30 AM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, August 9th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 10:00 AM—**Garden Friends**
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, August 10th

9:00 AM—Basic Computing Level III
 9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, August 13th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—**Movie Matinee**
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, August 14th

8:00 AM—Aerobics (Healthy Aging)
 9:00 PM—**AARP Mature Driving**
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, August 15th

9:00 AM—**AARP Mature Driving**
 9:30 AM—Bone Builders
 10:00 AM—**SAC Meeting**
 11:30 AM—**Special City Sponsored Lunch**
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Daily Calendar continued Friday, August 24th

Thursday, August 16th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 9:30 AM—**Blood Pressure Check**
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, August 17th

9:00 AM—Basic Computing Level III
 9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, August 20th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, August 21st

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, August 22nd

9:30 AM—Bone Builders
 9:30 AM—**Senior Seminar**
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, August 23rd

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Internet Research
 9:00 AM—Drawing
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—**Sunkissed Stitchers**

9:00 AM—Basic Computing Level III
 9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 10:00 AM—**Attorney**
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Watercolor

Monday, August 27th

Mt. SAC Fall Session Begins

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, August 28th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, August 29th

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, August 30th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Internet Research
 9:00 AM—Drawing
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, August 31st

9:00 AM—Basic Computing Level II
 9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Watercolor

CLUBS, PROGRAMS & SERVICES CONT.....



BINGO—Bigger Payouts!!!



BINGO TIME 12:45 PM.

***THE SELLING OF PAPER WILL CEASE AT 12:30 PM!**

****Last game of the last Friday of the month, the payout is \$200...no joke!****

La Verne Bingo is better than ever! Bingo is held every Friday from 12:30 PM to 3:00 PM at the Community Center. It's \$5 for the first pack and \$3 for each additional pack. Payouts are as follows: each regular game is normally \$60 depending on attendance, one odd and even game is \$100, one 3 face Bingo is \$100, 2 blackouts are \$125 each and the pull tabs are \$125. There are two \$10 intermission prizes. On the last Friday of the month we will have four \$10 prizes. A total of 12 regular games will be played plus the specials. We have added a power ball to the regular games. If you win on the power ball your payout is increased by the amount at that time. Bring your daubers, as we don't play hard cards. Any person 18 years of age or older is welcome to play. Reservations are not required for Bingo. **Why not complete the day with lunch just prior to playing Bingo? You MUST call one day in advance by 11:00 AM for lunch reservations at (909) 596-8778.**

TRAIL TREKKER HIKING PROGRAM

The La Verne Trail Trekker Program is a city sponsored organization. Free to join, even for non-La Verne residents. We have different hikes 6 days a week ranging from easy to tough and from local trails to as far as Malibu & Palm Springs. Monday is always at Marshall Canyon and Friday is at Puddingstone Lake. Starting time is 8:00 AM and after the hike we socialize at the Bagelry on the corner of Foothill & "D" Street. Thursday is our "Secret Stairs" hike where we hike the public stairs in the Hollywood Hills, Silver Lake and Echo Park or go to distant places. Not all of our activities include hiking. Once a month we have "Huell Howser-style visiting" to interesting places. For more info, contact Kiam Oey at ktcoey@hotmail.com or (909) 262-2357 text OK.

HILLCREST

Did you know that Hillcrest has an Aquatic & Fitness Center with various exercise classes such as Aqua Fitness, Water Walking, Chair Pilates, and much more? Check out all that Hillcrest has to offer by calling (909) 392-4029 or going on www.livingathillcrest.org.

FREE SENIOR LEGAL CONSULTATION

At the Community Center

Do you have a question regarding a legal matter? Howard Hawkins, Attorney-at-Law, will be on hand to answer your questions. Call (909) 596-8776 to arrange an appointment - waiting lists are available.

Next Appointment:

Friday, August 24th

Appointments subject to change & do book up far in advance.

SENIOR HELP LINE

The Senior Help Line, (909) 625-4600, is an information and referral help line you can call to have your questions answered by trained, knowledgeable people who want to help you. The Help Line service is in the office of Community Senior Services, located in Claremont. For further information, please call Community Senior Services at (909) 621-9900.

Get About Transportation

Transportation is available
Weekdays: 6 AM-7:30 PM
Saturdays: 8:30 AM-5 PM
Sundays: 8:30 AM-3 PM
 The dispatch number is 909-596-5964. Applications may be obtained at Community Senior Services, 141 S. Spring St., Claremont, **please call (909) 621-9900 to register.**

NEW CLASSES TO CHECK OUT (Pre-registration required for fee & charge classes!)

AARP's Driver Safety Course

This class, offered at the Community Center, refines existing driving skills, and develops safe defensive driving techniques. Each month, the eight-hour class is presented by AARP in two half-day sessions. The class is Tuesdays and Wednesdays from 9:00 AM to 1:00 PM. Lunch is not included; however, there is a short break and you may bring a snack if you wish. Registration fees are \$15 for AARP members and \$20 for non-members. Register at the Community Services Office (3660 "D" Street).

Driver Safety Program (2 day class):

Tuesday, August 14th & Wednesday, August 15th

Driver Safety Program Renewal (1 day class):

Tuesday, September 11th

You MUST register in advance at the Community Services Office (3660 "D" Street)

NEW! - SWING DANCE

A classic dance that is not limited to the music of the era. Learn to enjoy social dancing in this viable dance community. Singles welcome. Partner not required.

INSTRUCTOR: Bill Elftman

DAYS/TIME: Thursdays

6:00-7:00 PM

SESSIONS:

Sept. 6th - Sept. 27th

Oct. 4th - Oct. 25th

FEE: \$35/session

LOCATION: Community Center

BE A SAVVY TRAVEL PLANNER

Learn about how to save money by being your own travel agent! A review of traveling options (group tours, cruises, or traveling alone) will be explored. Areas such as safety, hotel selection, traveling by train or rental cars will also be discussed.

INSTRUCTOR: Hector Hernandez

DAYS/TIME: Tuesdays, 6:00-9:00 PM

LOCATION: Community Center

FEE: \$35/session

SESSIONS:

Aug. 21st

Sept. 25th

ESSENTIAL OILS 101

Learn how beneficial essential oils are to your everyday health and wellness! This class gives an in-depth look at what essential oils are, how they work, and how to use them effectively. Learn about the various ways essential oils can be used. \$15 material fee payable to instructor at first class.

INSTRUCTOR: Genevieve Isidro

DAYS/TIME: Mondays

10:00-11:00 AM

LOCATION: Community Center

FEE: \$50/session

SESSIONS:

Aug. 6th - Aug. 27th

Sept. 10th - Oct. 1st

Oct. 15th - Nov. 5th

FAMILY NIGHT SWIM

The La Verne Aquatics Center will be open to the public on this fun night! Come join us for some family fun and evening swimming. Concessions will be available for purchase.



DAYS/TIME:

Saturday, August 4th, 4:00-7:30 PM

LOCATION: La Verne

Aquatics Center

3175 Bolling Avenue

FEE: \$3/person

"PIRATE THEME"

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, improves muscle elasticity, improves circulation, and promotes relaxation. Pilates develops a strong core and alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Wednesdays, 6:30-7:30 PM

LOCATION: Community Center

FEE: \$30/session

SESSIONS:

Aug. 1st - Aug. 22nd

Sept. 5th - Sept. 26th



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



Community Center:
(909) 596-8776

Community Center Lunch Program:
(909) 596-8778

City Hall: (909) 596-8726

Community Services Office:
(909) 596-8700

Library: (909) 596-1934

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

Mt. San Antonio College: (909) 594-5611

Chamber of Commerce:
(909) 593-5265

Community Senior Services: (909) 621-9900

Senior Help Line: (909) 625-4600

Get About Transportation: (909) 596-5964

Meals on Wheels: (909) 596-1828

Administration: (909) 596-8726

Building: (909) 596-8713

Community Development:
(909) 596-8706

Customer Service: (909) 596-8744

Finance Department: (909) 596-8716

Flood Control (LA County): (626) 458-5100

Humane Society: (909) 623-9777

Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



HARD OF HEARING

Morris, an 82 year old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.

A couple of days later, the doctor spoke to Morris and said,

“You’re doing great, aren’t you?”

Morris replied,

“Just doing what you said, Doctor - Get a hot momma and be cheerful!”

The doctor said, “I didn’t say that! I said you got a heart murmur and be careful!”