

APRIL 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

CICLAVIA!

**Saturday, April 22nd
9:00 AM-4:00 PM**

The City of La Verne in cooperation with the Cities of Claremont, Pomona and San Dimas, together with the San Gabriel Valley Council Of Governments will host a one-day open streets event, CicLAvia. The open streets event will be approximately seven miles along the streets. During the event, streets will be closed to cars and open for cyclists, pedestrians, runners and skaters to use as recreational space. The event will include HUBS (one in each city) that will serve as a central point of community, first aid, bike repair, and general CicLAvia event information. There is no official starting point or ending point, but rather participants can enter the open streets event at any point along the route.

SIP OF LA VERNE WINE WALK

**Saturday, April 28th
5:00-8:30 PM**

Old Town La Verne; "D" & Third Streets
\$40 tickets at www.oldtownwinewalk.com
(\$45 after April 19th and on day of event, but only if tickets remain available)
\$20 for designated drivers (food only)
"A Sip of La Verne" is Old Town La Verne's 6th Annual Wine Walk. Merchants throughout Old Town offer wine tastings and local restaurants have food offerings in beautiful Old Town La Verne. Live music throughout is part of the festivities.

This event sells out every year, so get your tickets early.

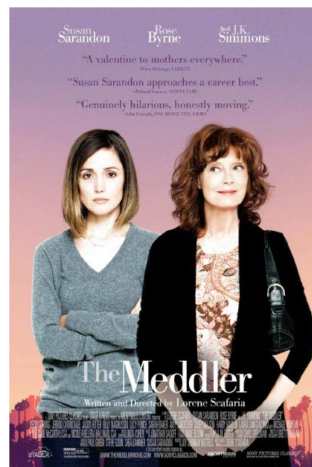
For more information, please contact the City of La Verne at (909) 596-8706.



MOVIE MATINEE

**Monday, April 9th
"The Meddler"**

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

**Thursday, April 26th
11:30 AM**

Spring has sprung! Join us for this special FREE luncheon to celebrate the spring season.
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,
APRIL 25TH:
"Wills & Trusts"
9:30-10:30 AM**

Presented by Goudy Law

**WEDNESDAY,
MAY 23RD:
"Medicare Step by Step"
5:00-6:00 PM**
Presented by Inter Valley Health Plan

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.

THE GROVE/FARMER’S MARKET & THE GRIFFITH OBSERVATORY

Friday, April 6th

Back by popular demand! We will start out at the Grove/Farmer’s Market for shopping and dinner on your own, where there is so much to see and most importantly eat. Then it’s off to the Observatory. Planetarium tickets are available day of at the Observatory for \$5/seniors and \$7/adults—it’s a must see!

AGE: All Ages

DEPART: 1:00 PM

RETURN: 10:00 PM

FEE: \$30(Dinner on your own)

NEW! - NETHERCUTT COLLECTION & UNIVERSAL CITYWALK

Thursday, April 26th

The Nethercutt is actually two museums. First, you will have a guided tour of the original facility. On your tour, you’ll see one the world’s most outstanding

assortments of beautifully restored antique, classic automobiles. There is also antique furniture, clocks and watches and Mechanical Musical Instruments. Then, you’ll have time to explore the newest museum with more than 130 fully restored vintage cars. This part of the tour is self-guided. And finally, it’s off to Universal Citywalk for shopping and lunch on your own. With more than 60 shops and eateries, it’s a great place to spend the afternoon.

AGE: All Ages

DEPART: 9:30 AM

RETURN: 6:30 PM

FEE: \$45 (Lunch on your own)

A DAY AT CATALINA ISLAND

Saturday, May 12th

THIS TRIP IS FULL!

A DAY IN HUNTINGTON BEACH/ PACIFIC CITY

Sunday, May 20th

There’s a variety of entertainment, dining and shopping at Huntington Beach. Visit “Ruby’s” on the pier or shop and eat down the Promenade. Close by is the all new “Pacific City” with so many amazing restaurants and shops to choose from—including its own indoor “Farmer’s Market.” Or just take a walk along the beach and take in all the sights and sounds. The day is yours to do as you please!

DEPART: 9:30 AM

RETURN: 4:00 PM

FEE: \$30 (Lunch on your own)

NEW! - CAMARILLO RANCH & SANTA MARIA BBQ

Thursday, June 7th

THIS TRIP IS FULL!

VALLEY VIEW CASINO

Wednesday, June 27th

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)

NEW TRIPS! - SUMMER/FALL 2018-2019 SNEAK PEEK!

Please note: These trips will NOT be available to register for until May. Check out the May Newsletter for more info!

NEW! - “KING TUT TREASURES OF THE GOLDEN PHAROAH” EXHIBIT & IMAX & LUNCH AT PHILIPPE’S
Wednesday, July 11th

REAGAN LIBRARY WITH NEW GENGHIS KHAN EXHIBIT
Wednesday, July 25th

NEW! - “MARY POPPINS” AT THE GLENDALE THEATRE & LUNCH AT TAM O’ SHANTER INN
Saturday, July 28th

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

LAUGHLIN GETAWAY (3 DAY-2 NIGHT)
Wednesday, September 12th - Friday, September 14th

CONTINUED ON PAGE 3...

HEALTH AND WELLNESS

SUMMER/FALL NEW TRIPS CONTINUED...

**VALLEY VIEW CASINO—
2 CHANCES TO GO**
Wednesday, September 26th &
Wednesday, January 30th

SAN DIEGO GASLAMP QUARTER
Sunday, October 7th

**NEW! - ARCHITECTURAL L.A. TOUR &
LUNCH AT HMS BOUNTY**
Sunday, October 21st

THE GETTY VILLA IN MALIBU
Thursday, November 8th

A DAY IN SOLVANG
Sunday, November 18th

**NEW! - DOWNTOWN DISNEY & ROGER'S
GARDENS AT CHRISTMAS TIME**
Thursday, December 6th

**NEW! - THE PETERSEN & BROAD
MUSEUMS & FARMER'S MARKET**
January TBD

***For more info or questions, please call Jennee
Tuesday thru Thursday, 8:00 AM-4:00 PM at
(909) 596-8776.***

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching, hip-swiveling dance party workout to put your body to the test, with a hot playlist to distract you from the burn.

INSTRUCTOR: Dena Smart & Sherry Shaw

DAYS/TIME: Mondays & Wednesdays
6:15-7:15 PM

LOCATION: Community Center

FEE: \$39/month unlimited

\$15 drop-in

SESSION: Ongoing

BLOOD PRESSURE CHECK

Thursday, April 19th

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.

APRIL SCHEDULE

Mon. 4/2: Thompson Creek

Walk trail to end of road & back

Wed. 4/4: Senior Center

Walk to Hillcrest area & back

Fri. 4/6: Brackett Field Airport

Walk to Puddingstone & back

Mon. 4/9: Thompson Creek

Walk trail to end of road & back

Wed. 4/11: Claremont 10th & Indian Hill

Walk the area & back

Fri. 4/13: Brackett Field Airport

Walk to Puddingstone & back

Mon. 4/16: Thompson Creek

Walk trail to end of road & back

Wed. 4/18: Claremont 10th & Indian Hill

Walk the area & back

Fri. 4/20: Brackett Field Airport

Walk to Puddingstone & back

Mon. 4/23: Thompson Creek

Walk trail to end of road & back

Wed. 4/25: Claremont 10th & Indian Hill

Walk the area & back

Fri. 4/27: Brackett Field Airport

Walk to Puddingstone & back

Mon. 4/30: Thompson Creek

Walk trail to end of road & 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.

VOLUNTEER RECONITION LUNCHEON

Our Volunteers are All-Stars!

Thursday, May 3rd at 10:30 AM

The City of La Verne thanks and applauds all volunteers who dedicate their time and efforts to make our programs a success. A special "Our Volunteers are All-Stars" themed brunch will be held in their honor to recognize their hard work. Volunteers will be notified of the details via invitation. Please note there will be no regular lunch program this day.

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.

SENIOR DINNER DANCE EXTRAVAGANZA

"Let's Dance Daddy-O!"

Sunday, May 20th, 5:00-8:00 PM

Join us for a 50's Rockabilly themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10. Pre-paid reservations must be made in order to attend. To choose your assigned table, you must register at the Community Services Office, 36601 "D" Street (City Hall) between the hours of 8:00 AM and 6:00 PM, Monday thru Thursday. For "best seat available," online registration is offered. Seating is limited, so do not delay! Come in and purchase your ticket today!



CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
April 18th
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

We have now played at Sierra La Verne Country Club four times, twice in both February and March. Everyone likes this course better than Marshall Canyon which has been played since the Senior Golf League was formed in 2000.

We will be playing on both April 10th and 24th—the second and fourth Tuesdays. On April 10th we will have our annual “Masters Tournament” format. With the Masters’ being played at Augusta on the first full weekend in April, we’ll know the results when we arrive to play on April 10th. Every player will draw the name of a top finisher at the Masters and that golfer will be his/her partner for our tournament that day. We’ll add each player’s score to the four-day score of his/her Masters’ partner to determine the top three finishers. The golfer who finishes first will receive a new green golf shirt, as well as \$15 for being our winner. The format for April 24th will be announced when we play on April 10th.

We were delighted to welcome two new members to our group in March. They are Dan Button and Hal Fredrickson. This gives us five new members since we began playing at Sierra La Verne. We understand that Rudy Gomez will be joining us in April to make our sixth new member in two plus months.

The fee for golf and a cart at Sierra La Verne is \$33 per player. If you would like to be a part of the La Verne Senior Golf League, contact either George Borst or Ed Linberg, Co-Coordinator. George’s email address is: jegborst@aol.com while Ed’s email address is: emlinberg@earthlink.net.

We’d love to welcome more new members to the La Verne Senior Golf League. How about YOU being the one who becomes our newest member, or several of YOU becoming our newest members? See YOU at Sierra La Verne Country Club for senior golf!

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 APRIL 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 Winter/Spring 2018 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Sunday, April 1st

Happy Easter!

Monday, April 2nd

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, April 3rd

8:00 AM—Aerobics (Healthy Aging)
 8:00 AM—**Tax Aide**
 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, April 4th

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

Thursday, April 5th

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, April 6th

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

Monday, April 9th

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, April 10th

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—**Tax Aide**
 9:00 AM—**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, April 11th

9:00 AM—**AARP Mature Driving**
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 11:30 AM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, April 12th

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, April 13th

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

Daily Calendar continued Tuesday, April 24th

Monday, April 16th

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, April 17th

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 (Field Trip)
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, April 18th

9:30 AM—Bone Builders
 10:00 AM—SAC Meeting
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, April 19th

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, April 20th

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

Monday, April 23rd

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

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, April 25th

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, April 26th

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

Friday, April 27th

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

Monday, April 30th

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



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 ktoey@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, April 27th

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, April 10th & Wednesday, April 11th

Driver Safety Program Renewal (1 day class):

Tuesday, May 8th

You MUST register 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:

April 5th - April 26th

May 3rd - May 24th

FEE: \$35/session

LOCATION: Community Center

ESSENTIAL OILS

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. You will also learn which essential oils support and empower bodily systems. Learn about the various ways essential oils can be used! \$15 materials fee payable to instructor at first class.

INSTRUCTOR: Genevieve Isidro

DAYS/TIME: Mondays, 10:00-11:00 AM

LOCATION: Community Center

FEE: \$40/session

SESSIONS: April 2nd-April 23rd

April 30th-May 21st

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:

April 24th

May 22nd

BEGINNING CREATIVE WRITING

For those wishing to write short stories, a biography or memoir, a novel, poetry, etc. Basic writing skills covered such as narration, dialogue, characterization, viewpoints, and literary devices. All students must have access to a computer and have an email address. Pre-registration required. Please contact Professor Eastwood at tleastwood2010@gmail.com to register and for further information.

INSTRUCTOR: Toni Eastwood

DAYS/TIME: Thursdays, 6:30-8:30 PM

FEE: \$10

LOCATION: Community Center

SESSIONS:

April 26th-May 17th

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:

April 4th-April 25th

May 2nd-May 23rd



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



La Verne Community Center:
(909) 596-8776

La Verne Community Center Lunch Program:
(909) 596-8778

La Verne City Hall: (909) 596-8726

La Verne Community Services Office:
(909) 596-8700

La Verne Library: (909) 596-1934

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

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

La Verne 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

La Verne Administration: (909) 596-8726

La Verne Building: (909)596-8713

La Verne Community Development:
(909) 596-8706

La Verne Customer Service: (909) 596-8744

La Verne Finance Dept: (909) 596-8716

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

Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



Basket
Bonnet
Bunny
Chocolates
Daffodils

A T B H
E B E N N U
R F B G C G P N
N E L O G H N A G T
A T O N S O I R N I
Y E S W N L C P A I B S
N B A E E I O P D R B F
N Y E R T D L O E P A E
U L L S N O A H K S R A
B L I P H F T U L I P S
A E L D F F E N O H P B
R J Y I B A S K E T S F
H P O R D M U G J B
S Y A D N U S R
E B S T

Easter
Eggs
Flowers
Gumdrop
Hopping

Hunt
Jellybean
Lily
Parade

Rabbit
Spring
Sunday
Tulips