

SEPTEMBER 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)

PLEASE NOTE:

The Center will be **CLOSED** on Monday, September 3rd in observance of Labor Day.
Thank you.

LA VERNE DAY AT THE FAIR

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

TECH HELP

Every 1st & 3rd Thursday of the month - Morning appointments available.

Need help with your smart phones or tablets? Get FREE one-on-one time with a volunteer to help with any questions you may have. Please call (909) 596-8776 to make your appointment.

HEALTH & RESOURCE FAIR

Thursday, September 27th at the Community Center, 9:30-11:30 AM

Come to the first ever Health & Resource Fair! This is a **FREE** event and open to the public. There will be valuable information from various participating organizations. There will also be free health screenings such as hearing, glucose, blood pressure, stroke and more. There will be a free Doc Talk on Diabetes and Glucose monitoring in the Senior Activity Room from 10:00-10:45 AM. And who could forget refreshments and a free raffle!

For more information, please call (909) 596-8776. No appointments needed.
Thank you to our sponsor:
Inter Valley Health Plan.



MOVIE MATINEE

MONDAY, SEPTEMBER 10TH
"Quartet"

MONDAY, OCTOBER 8TH
"A League of their Own"

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, September 19th
11:30 AM

It's Fair Time! Come try your luck at this Fair themed FREE Luncheon.

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, SEPT. 26TH:
"Medicare 101 Class #1"
2:00-3:00 PM
Presented by TMB Insurance

WEDNESDAY, OCT. 24TH:
"Medicare 101 Class #2"
9:30-10:30 AM
Presented by TMB Insurance

WEDNESDAY, NOV. 28TH:
"Medicare 101 Class #3"
9:30-10:30 AM
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.

LAUGHLIN GETAWAY (3 DAYS-2 NIGHTS) AT THE RIVERSIDE RESORT HOTEL & CASINO FEATURING THE LAUGHLIN LUAU PARTY
Wednesday, Sept. 12th - Friday, Sept. 14th
THIS TRIP IS FULL!

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
THIS TRIP IS FULL!

NEW! - THE PETERSEN & BROAD MUSEUMS & FARMER'S MARKET
Thursday, January 17th
THIS TRIP IS FULL!

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



Look for a Winter/Spring Sneak Peek in the October Newsletter!

HEALTH AND WELLNESS

FALL MT. SAC CLASSES

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

AEROBICS (HEALTHY AGING)

INSTRUCTOR:

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

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:

Sept. 5th - Sept. 26th

Oct. 3rd - Oct. 24th

JAZZERCISE

Jazzercise is a pulse-pounding, body-shaping fitness program that gets results...fast. We call it a high-intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing and can burn up to 800 calories on one 60-minute class. Register in person or online at jazzercise.com.

INSTRUCTOR: Sherry Shaw

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

LOCATION: Community Center

FEE: \$39 (one class drop-in \$15)

BLOOD PRESSURE CHECK

Thursday, September 20th

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.

SEPTEMBER SCHEDULE

Mon. 9/3: Thompson Creek

Walk trail to end of road & back

Wed. 9/5: San Dimas Canyon Park

Walk to dog park area & back

Fri. 9/7: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/10: Thompson Creek

Walk trail to end of road & back

Wed. 9/12: Senior Center

Walk to Hillcrest area & back

Fri. 9/14: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/17: Thompson Creek

Walk trail to end of road & back

Wed. 9/19: Claremont 10th & Indian Hill

Walk the area & back

Fri. 9/21: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/24: Thompson Creek

Walk trail to end of road & back

Wed. 9/26: Heritage Park La Verne

Walk thru the park & flood control

Fri. 9/28: 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: 19TH TASTE OF LA AVERNE FOOD & WINE FESTIVAL

Tuesday, October 16th
Sky Aviation Hangar at Brackett Airport
For more information and tickets, visit
www.tasteoflaverne.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,
September 19th
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

On August 14, we played "Blitz Points." If this golfers won points 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 were totaled, we added his/her handicap to determine his/her point total for the round. Our winner was Todd Newman who earned 30 Blitz Points which were added to his 31 handicap giving him 61 Blitz Points. He won \$15. Tying for second with 58 Blitz Points were Ed Linberg and Ruben Triana. Ed won the tie breaker with a lower score on Hole #11, so he wins \$10, while Ruben wins \$5.

Todd won even more money--\$10.00--by winning Closest to the Pin on #5 and Longest Putt on #18. Other contest winners were: Dave Lammey for Closest to the Pin on #3 and Longest Drive among Flight 1 golfers on #7. He won \$10. Joe Ramos won \$5 for the Longest Putt on #9 and Dennis Navarre won \$5 for Closest to the Pin on #15. His tee shot was just 9 inches from the cup--very close to a Hole in One. We did not find the sign for the Longest Drive competition on Hole #7 for Flight #2 golfers, so that money was rolled over to our August 28 competition when we played "Fewest Putts," as organized by George Borst.

We continue to welcome new golfers who have joined us now that we are

playing at the Sierra La Verne Country Club. Playing for the first time on August 14 was Roger Gomez. We understand that Gary Liddle will be joining us soon. We also welcomed Skip Sparrow to our group for the second time on August 14.

If you would like to be part of the La Verne Sr. Golf League you may contact either George Borst or Ed Linberg, Co-Coordinator. George's e-mail address is: jegborst@aol.com while Ed's e-mail address is: emlinberg@earthlink.net. Ed's phone number is: 909-392-6688. George's phone number is: 909-596-3982. We hope to see YOU, plus all of our regulars, as well as many more of our new members, at Sierra La Verne Country Club for Senior Golf twice in the month of September, specifically on the 11th and 25th. The format on 9/11 will be "3's and 5's." In this format, we'll only count each golfer's net scores on the Par 3's and the Par 5's for purposes of competition. Coming up in October is our annual Club Championship--two rounds--with golfers' net scores for the two rounds determining our winners, i.e. the golfer in each Flight with the lowest net score over two rounds will be our winners.

Our first tee time on the 2nd and 4th Tuesdays is 9:30 A.M.

We ask that everyone report to the course by 8:45 A.M. 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 A.M. 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 A.M., our golfers will make it easier for us to start before 9:30 A.M.



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 **SEPTEMBER 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.

Monday, September 3rd

Center Closed...Happy Labor Day!

Tuesday, September 4th

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, September 5th

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

Thursday, September 6th

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, September 7th

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

Monday, September 10th

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, September 11th

Patriot Day!

8:00 AM—Aerobics (Healthy Aging)
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, September 12th

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

Thursday, September 13th

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, September 14th

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

Monday, September 17th

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

Daily Calendar continued Tuesday, September 25th

Tuesday, September 18th

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, September 19th

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

Thursday, September 20th

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

Friday, September 21st

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

Monday, September 24th

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, September 26th

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 2:00 PM—Senior Seminar
 6:15 PM—Jazzercise

Thursday, September 27th

9:00 AM—Internet Research
 9:00 AM—Drawing
 9:30 AM—Bone Builders
 9:30 AM—Health Fair
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—Sunkissed Stitchers

Friday, September 28th

9:00 AM—Basic Computing Level II
 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, SEPTEMBER 3RD!



**FIRST DAY OF AUTUMN - SATURDAY,
 SEPTEMBER 22ND**

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, September 28th
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 Renewal (1 day class):

Tuesday, September 11th

Driver Safety Program (2 day class):

Tuesday, October 9th & Wednesday, October 10th

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:

Sept. 25th

Oct. 23rd

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. 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: \$50/session

SESSION: Oct. 15th - Nov. 5th

COMPLETE BODY WORKOUT

This class is designed to provide a total body workout in an hour's time. All muscle groups will be targeted in a fast-paced, high-intensity workout

Workout can be tailored to the individual's pace and experience. Please bring workout mat and dumbbell weights to class.

INSTRUCTOR: Art Aguilar

DAYS/TIME: Mondays & Wednesdays,
5:30-6:30 PM

LOCATION: Community Center

FEE: \$30/session

SESSIONS: Sept. 19th - Oct. 15th
Oct. 24th - Nov. 19th

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 literacy 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

LOCATION: Community Center

FEE: \$10/session

SESSION: Sept. 6th - Sept. 27th



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



FUN FALL WORD SEARCH

Find each of the fall words hidden below.

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

WORDS TO FIND:

- pumpkin
- yellow
- scarecrow
- autumn
- leaves
- sunflower
- acorns
- corn
- harvest
- apples
- hayride
- red
- Thanksgiving
- football
- orange

