



# MARCH 2018 SENIOR NEWSLETTER



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

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

## **WANTED: VOLUNTEERS FOR THE SENIOR LUNCH PROGRAM!**

**The Senior Lunch Program is looking for volunteers to help with daily tasks like serve, work the desk, clean the kitchen, etc. If you are interested in volunteering for this great program, please see the front desk to pick-up a Volunteer Application today!**

**The Senior Lunch Program is Monday - Friday at 11:30 AM. Volunteers are here from approximately 9:00 AM-12:30 PM.**

## **FREE AARP TAX AIDE ASSISTANCE**

***Tuesdays  
Now thru April 10th***

Do you have questions about your taxes? Would you like assistance completing income tax forms? AARP trained volunteers provide FREE assistance to seniors (moderate income with simple tax returns) or people with disabilities. When attending your appointment please bring: a copy of last year's tax forms, any forms showing income, pensions, or Social Security paid to you, forms 199 showing interest or dividends that your investments have earned, receipts or cancelled checks for income or property taxes you have paid, or any contributions you have made to charities.

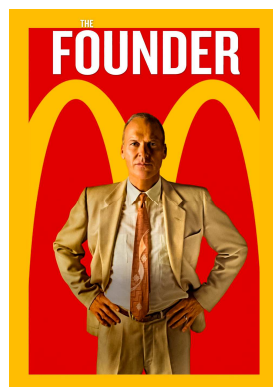
**Please call the Community Center at (909) 596-8776 or come to the front office to make your appointment.**

**Appointments are subject to change.**

## **MOVIE MATINEE**

**Monday, March 12th  
"The Founder"**

**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.



refreshments right after our senior lunch program.

**No Reservations needed—just come and enjoy!**

## **SPECIAL CITY SPONSORED LUNCH**

**Thursday, March 15th  
11:30 AM**

***Happy St. Patrick's Day!  
Come celebrate the Luck of the Irish at this special FREE lunch and don't forget to wear your green!***

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,  
MARCH 28TH:**

***"Medicare Step by Step"*  
5:00-6:00 PM  
Presented by Inter Valley Health Plan**

**WEDNESDAY,  
APRIL 25TH:**

***"Wills & Trusts"*  
9:30-10:30 AM  
Presented by Goudy Law**

**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! - JEOPARDY TAPING &**

**"FOGO DE CHAO" DATE CHANGED TO: Wednesday, March 21st THIS TRIP IS FULL!**

**NEW! - SEA OF FLOWERS (FLOWER FIELDS AT CARLSBAD RANCH, LUNCH AT "BJ'S BREWHOUSE" & CARLSBAD OUTLETS)**

**Thursday, March 22nd**

As you approach the Flower Fields, you'll see thousands of ranunculus plants covering the hillside above the Pacific Shoreline. At the ranch, you'll climb aboard a tractor-drawn wagon for a narrated ride and great photo opportunities. You'll have time after the tour to visit the Armstrong Center and gift shop. Then it's off to lunch at "BJ's Brewhouse." Lunch includes choice of a Cheeseburger, Fish and Chips, Chicken Club Sandwich or a BBQ Chopped Salad.

And finally, you will have free time at the famous Carlsbad Outlets for shopping at your leisure.

**AGE: All Ages**

**DEPART: 8:30 AM**

**RETURN: 7:00 PM**

**FEE: \$85 (Lunch included)**

**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)**

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

# HEALTH AND WELLNESS

**FREE MT. SAC CLASSES AT THE  
COMMUNITY CENTER**  
Spring session runs now thru June 17th.

**HEALTHY AGING: AEROBICS**  
Healthy Aging with the principles of physical activity. This class can be taken at your own pace.

**Tuesdays and Thursdays, 8:00-9:30 AM**  
**INSTRUCTOR: Jennifer Shapiro**

**FALL PREVENTION: BALANCE & MOBILITY**  
Learn to prevent falls through balance, mobility and risk prevention. This class uses chairs.

**Tuesdays and Thursdays, 1:30-2:30 PM**  
**INSTRUCTOR: Jill Trimble**

**HEALTHY AGING: TAI CHI**  
Healthy Aging with principles of the slow movement of Tai Chi. Class can fill up.

**Thursdays, 1:00-3:00 PM**  
**INSTRUCTOR: John Rafter**

## 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. \$15 material fee payable to instructor at first class.

**INSTRUCTOR: Genevieve Isidro**  
**DAYS/TIME: Mondays, 10:00 AM-12:00 PM**  
**LOCATION: Community Center**  
**FEE: \$35/session**  
**SESSION: March 5th-March 12th**

## 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.

**INSTRCUTOR: Sherry Shaw**  
**DAYS/TIME: Mondays & Wednesdays**  
**6:15-7:15 PM**  
**LOCATION: Community Center**  
**FEE: \$39**  
**SESSION: Ongoing**

## BLOOD PRESSURE CHECK

**Thursday, March 15th**

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.

## MARCH SCHEDULE

**Fri. 3/2: Brackett Field Airport**  
Walk to Puddingstone & back  
**Mon. 3/5: Thompson Creek**  
Walk trail to end of road & back  
**Wed. 3/7: Senior Center**  
Walk to Hillcrest area & back  
**Fri. 3/9: Brackett Field Airport**  
Walk to Puddingstone & back  
**Mon. 3/12: Thompson Creek**  
Walk trail to end of road & back  
**Wed. 3/14: San Dimas Canyon Park**  
Walk to dog park area & back  
**Fri. 3/16: Brackett Field Airport**  
Walk to Puddingstone & back  
**Mon. 3/19: Thompson Creek**  
Walk trail to end of road & back  
**Wed. 3/21: Claremont 10th & Indian Hill**  
Walk the area & back  
**Fri. 3/23: Brackett Field Airport**  
Walk to Puddingstone & back  
**Mon. 3/26: Thompson Creek**  
Walk trail to end of road & back  
**Wed. 3/28: Claremont 10th & Indian Hill**  
Walk the area & back  
**Fri. 3/30: 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](mailto:lresendez@tricitymhs.org). All calls are confidential.

### **SAVE THE DATE FOR CICLAVIA!**

**Saturday, April 22nd**

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.

### **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.

### **PICK YOUR OWN ORANGES AT HERITAGE PARK**

**Happening Now**

**Saturdays, 9:00 AM-3:00 PM**

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy. Bags of oranges are \$5, and mesh bags and picking poles are provided. The historic Weber House will also be open for tours from 10:00 AM-12:00 PM. Orange picking opens January 6th and continues thru the beginning of March.

For more information call (909) 293-9005 or check out our web site at



## CLUBS, PROGRAMS & SERVICES

### Senior Citizens Advisory Committee

Wednesday,  
March 21st  
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

The La Verne Senior Golf League has made a significant change. After playing at Marshall Canyon Golf Course, an LA County course for which men and women 65+ years of age could purchase a card giving them a half-price reduction of their green fees, since we began playing in 2000, we shifted to playing at the Sierra La Verne Country Club. Our first round at Sierra La Verne took place on February 13th, with our second round set for February 27th. We are teeing off at 9:30 AM, instead of the 9:00 AM start time we had at Marshall Canyon. So golfers are expected to be at the course by 9:00 AM.

On our first day at Sierra La Verne, we welcomed three new members to our roster of players. They were Bob Ewald, Dennis Navarre and Todd Newman. We were also pleased to have Bob Ortega return as a regular player with our group after many months' absence.

We played "Throw Out Your 3 Worst Holes" On February 13th. First place went to George Borst, Jr. with a net score of 64.

Second place went to Art Hernandez with a net score of 69, while one of our new members, Dennis Navarre, finished third with a net score of 70. Congratulations to our winners.

We will play two rounds of competition in march at Sierra La Verne Country Club. The dates are March 13th and March 27th. 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- Coordinators. George's email address is: [jegborst@aol.com](mailto:jegborst@aol.com) while Ed's email address is: [emlinberg@earthlink.net](mailto: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!

### 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 MARCH 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.

## Thursday, March 1st

8:00 AM—Aerobics (Healthy Aging)  
8:30 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, March 2nd

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, March 5th

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, March 6th

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, March 7th

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, March 8th

8:00 AM—Aerobics (Healthy Aging)  
8:30 AM—Internet Research  
9:00 AM—Drawing

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, March 9th

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

## Monday, March 12th

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, March 13th

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, March 14th

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

## Thursday, March 15th

8:00 AM—Aerobics (Healthy Aging)  
9:00 AM—Drawing  
9:00 AM—Internet Research  
9:30 AM—Blood Pressure  
9:30 AM—Bone Builders

## Daily Calendar continued Friday, March 23rd

11:30 AM—Special City Sponsored Lunch  
1:00 PM—Tai Chi  
1:30 PM—Balance & Mobility

### Friday, March 16th

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

### Saturday, March 17th

*Happy St. Patrick's Day!*

### Monday, March 19th

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, March 20th

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, March 21st

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, March 22nd

8:00 AM—Aerobics (Healthy Aging)  
8:30 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

9:30 AM—Bone Builders  
11:30 AM—Senior Lunch Program  
10:00 PM—Attorney  
12:30 PM—Bingo  
1:00 PM—Watercolor

### Monday, March 26th

**(No Lunch Program Today)**

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

### Tuesday, March 27th

8:00 AM—Aerobics (Healthy Aging)  
8:30 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, March 28th

9:30 AM—Bone Builders  
11:30 AM—Senior Lunch Program  
12:00 PM—Canasta  
12:15 PM—Bridge  
5:00 PM—Senior Seminar  
6:15 PM—Jazzercise

### Thursday, March 29th

8:00 AM—Aerobics (Healthy Aging)  
8:30 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, March 30th

**Cesar Chavez Day—Mt. SAC classes on break**

9:30 AM—Bone Builders  
11:30 AM—Senior Lunch Program  
12:30 PM—Bingo

### Sunday, April 1st

*Happy Easter!*

# 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](http://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, March 23rd**

**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, March 13th

#### **Driver Safety Program (2 day class):**

Tuesday, April 10th & Wednesday, April 11th

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:**

March 1st - March 22nd

April 5th - April 26th

May 3rd - May 24th

**FEE:** \$35/session

**LOCATION:** Community Center

### **NEW! - CANDLE MAKING WORKSHOP**

Learn the basics of container candle making. We will be working with all-natural soy wax and an array of fragrances. You will be able to take home your finished creations of at least two candles. Your creations will make a great gift or perfect for you to enjoy yourself. Material fee of \$20 payable at class to instructor.

**INSTRUCTOR:** Julie Davidson

**DAYS/TIME:** Thursday, 6:00-8:30 PM

**LOCATION:** Community Center

**FEE:** \$40

**SESSION:** March 8th

### **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:**

March 27th

April 24th

### **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](mailto: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:**

March 1st-March 29th

### **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:** March 7th-March 28th

April 4th-April 25th



## 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**



May the wind at your back  
not be the result  
of the corned beef and cabbage  
you had for lunch.



Happy St. Patrick's Day

**\*What do you get when you  
cross poison ivy with a  
four-leaf clover?  
A rash of good luck.**

**\*Why can't you borrow  
money from a Leprechaun?  
Because they're always a  
little short.**

**\*How can you tell if an  
Irishman is having a good time?  
He's Dublin over with  
laughter!**

**\*Why don't you iron 4-leaf  
clovers?  
Because you don't want to press  
your luck!**

**\*What do you get when you  
cross a pillowcase with a stone?  
A Sham Rock.**