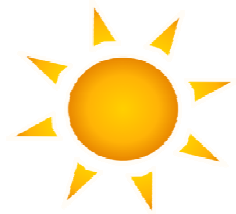


JUNE 2018 SENIOR NEWSLETTER



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

CONCERTS IN THE PARK

Sundays at 6:30 PM
Heritage Park

(5001 Via De Mansion)

Mark your calendars and come enjoy the evening with your family and friends. Come with your own blankets and/or lawn chairs and enjoy the wonderful music while relaxing in the warm, balmy summer nights. There are food vendors and great raffle prizes. For more information check out www.laverneheritage.org or call (909) 293-9005.

JUNE 17TH

Suave—Variety

JULY 1ST

Hard Day's Night—Beatles Tribute

JULY 15TH

J.T.D.—Motown

JULY 29TH

RCR—Rock & Rockabilly

AUGUST 12TH

The Answer—Classic Rock

OUR VOLUNTEERS ARE "ALL-STARS"

On Thursday, May 3rd the annual Volunteer Recognition Luncheon was held at the Community Center. Some very special awards were given out to some very special Volunteers. Congrats to the winners;

**

NUTRITION PROGRAM VOLUNTEER OF THE YEAR:
Frank Paglia

**

RSVP VOLUNTEERS OF THE YEAR:
Marvin & Sandy Weston

**

OUTSTANDING OLDER AMERICAN:
Yolanda Valadez



MOVIE MATINEE

Monday, June 11th

"The Hundred-Foot Journey"

MONDAY, July 9th

"Man of the Year"

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

Monday, June 18th
11:30 AM

Happy Father's Day! Come to this FREE luncheon to celebrate the wonderful Fathers and Grandfathers out there!

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,
JUNE 27TH:

"Retire Better with a Reverse Mortgage"
9:30-10:30 AM
Presented by American Advisors Group

WEDNESDAY,
JULY 25TH:

"Medicare Education"
9:30-10:30 AM
Presented by Health Net

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! - CAMARILLO RANCH & SANTA MARIA BBQ
Thursday, June 7th
THIS TRIP IS FULL!

VALLEY VIEW CASINO
(3 chances to go!)

Wednesday, June 27th
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)

NEW TRIPS! -
SUMMER/FALL
2018-2019

NEW! - "KING TUT TREASURES OF THE GOLDEN PHAROAH" EXHIBIT & IMAX & LUNCH AT PHILIPPE'S

Wednesday, July 11th

To celebrate the 100-year anniversary of the discovery of King Tut's tomb, come see the largest traveling King Tut exhibition ever! Discover over 150 artifacts from King Tut's celebrated tomb which have never traveled outside of Egypt until now at the California Science Center. You will also get to experience the "Mysteries of Egypt" IMAX film starring native Egyptian and legendary actor Omar Shariff. You will also be treated to lunch at "Philippe's the Original." Lunch includes choice of any Sandwich, one side (Potato Salad, Macaroni Salad or Coleslaw) and Dessert.

DEPART: 10:15 AM
RETURN: 6:15 PM
FEE: \$75 (Lunch included)

REAGAN PRESIDENTIAL LIBRARY WITH NEW "GENGHIS KHAN" EXHIBIT

Wednesday, July 25th

You will be on a self-guided tour of the nation's largest and most elaborate library and museum. Audio wands are available to rent there for \$5. Come see Air Force One and so much more. The NEW "Genghis Khan" exhibit is one you don't want to miss! What do pants, the pony express, cannons, paper money, skis, violins, baklava and "hooray!" have in common? Genghis Khan introduced them all to the West. Not Genghis the brutal barbarian of Western history books, but Genghis the great civilizer, law-maker, and democratizer whose empire brought each of these innovations to the West. Now the most comprehensive exhibition of Khan and his treasures invades the Reagan Library, its only Southern California stop on an international tour, and has drawn more than a million visitors. Lunch will be on your own at one of the Cafes.

DEPART: 9:00 AM
RETURN: 5:00 PM
FEE: \$45 (Lunch on your own)

NEW! - "MARY POPPINS" AT THE GLENDALE THEATRE & LUNCH AT TAM O' SHANTER INN

Saturday, July 28th

Winner of three Tony awards! Disney's and Cameron Mackintosh's beloved Mary Poppins flies into Downtown Glendale and lands on GCT's magical stage. This show is "practically perfect in every way" and includes all of your favorite songs including "Spoonful of Sugar," "Chim Chim Cher-ee," and "Let's Go Fly a Kite!" Also enjoy lunch at the Tam O' Shanter Inn, one of Walt Disney's favorite spots. Lunch includes choice of Crown Roast Beef, Chicken Breast or Filet of Sole all served with Mashed Potatoes, Vegetables, Salad and an English Trifle.

DEPART: 9:00 AM
RETURN: 5:00 PM
FEE: \$82 (Lunch included)

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)

HEALTH AND WELLNESS

SUMMER/FALL NEW TRIPS CONTINUED...

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 (Double Occupancy)

\$170 (Single Occupancy)

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 Ghirardelli'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)

Full list of trips available in the Summer/Fall Recreation Guide and online at www.cityoflaverne.org. For more info, call Jennee at (909) 596-8776.*



BLOOD PRESSURE CHECK

Thursday, June 21st

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.

JUNE SCHEDULE

Fri. 6/1: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/4: Thompson Creek

Walk trail to end of road & back

Wed. 6/6: Senior Center

Walk to Hillcrest area & back

Fri. 6/8: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/11: Thompson Creek

Walk trail to end of road & back

Wed. 6/13: Claremont 10th & Indian Hill

Walk the area & back

Fri. 6/15: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/18: Thompson Creek

Walk trail to end of road & back

Wed. 6/20: Claremont 10th & Indian Hill

Walk the area & back

Fri. 6/22: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/25: Thompson Creek

Walk trail to end of road & back

Wed. 6/27: San Dimas Canyon Park

Walk to dog park area & back

Fri. 6/29: 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.

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 - WEDNESDAY, JULY 4TH CITY OF LA VERNE 4TH OF JULY CELEBRATION

6:30 AM: Pancake Breakfast - Methodist Church
10:00 AM: Parade "America Strong" - Starts on the corner of 10th & "D" Streets
11:30 AM: Rotary Sponsored Free Watermelon—Country Fair, Roynon Elementary
11:00 AM-2:00 PM: Country Fair - Roynon Elementary
4:00-7:00 PM: 55th Annual Deep Pit Barbecue - Methodist Church

**

Fireworks Show "Celebrate America"

5:00 PM: Ticket Booth opens
6:00 PM: Gates open
7:00 PM: Show Time
9:30 PM: Show concludes
Entertainment: "The Answer"
Tickets are \$7/adults (13 & up) and \$6/children (5 to 12)
Presale discount of \$1 per ticket if bought before July 4th
CASH ONLY

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
June 20th
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

In May we played three times because there were 5 Tuesdays in the month. Our winners on May 8th were Bob Garcia, First Place, Art Hernandez, Second Place and Mike Guyer, Third Place. They had the three lowest scores for our competition that day which we called "Hate 'Em." Each golfer, in advance of our round, circled three holes on his/her scorecard that he/she did not want counted because he/she "hates those holes." The deadline for the newsletter prevented us from sharing the results of our competition on both May 22nd and May 29th.

Next month we will play two times—June 12th and June 26th. On June 12th, the format will be a Point Tournament. Using handicaps, points will be accumulated as follows: 1 point for a net bogey, 2 points for a net par, 3 points for a net birdie and 4 points for a net eagle. The winners will be the three golfers who accumulate the most points for their round. On June 26th, each of us will draw a partner from the top finishers at the U.S. Open which will have been played at Shinnecock Hills in New York from June 14th through June 17th. We'll combine each golfer's score on June 26th with the four-day score of his/her U.S. Open partner to determine our winners. If we can find one, we'll give the winner a U.S. Open golf hat, as well as a cash

prize of at least \$15.

We now have 45 golfers on our list of participants, including 5 women—the most women golfers we've ever had in the past. Two of those 5 women will be joining us for the first time in June. It's great to increase the number of women golfers in our group and we look forward to meeting them and having them join us on a regular basis.

Though our roster had expanded significantly since we've moved to Sierra La Verne Country Club, we usually have 20 golfers play on the second and fourth Tuesdays. This is because several of the golfers on our list from our playing at Marshall Canyon have not transitioned with us to Sierra La Verne since our first round there in February. We hope to see all of them soon at Sierra La Verne. Also, some of our new members, who've signed up recently have only played a couple of times, while some who've signed up have told us they have commitments that will keep them from playing until later in the year. If you would like to be a part of the La Verne Senior Golf League you may either contact George Borst or Ed Linberg, Co-ordinators. George's email is: jegborst@aol.com while 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 of our new members, at Sierra La Verne Country Club for Senior Golf twice a month beginning in June.

Our first tee time on the 2nd and 4th Tuesdays is at 9:30 AM. We ask that everyone report to the course by 9:00 AM so that we will have time to make any needed last minute changes to our pairings for the day.

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 JUNE 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.

Friday, June 1st

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
 1:00 PM—Watercolor

Monday, June 4th

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, June 5th

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, June 6th

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, June 7th

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, June 8th

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
 1:00 PM—Watercolor

Monday, June 11th

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, June 12th

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, June 13th

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, June 14th

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, June 15th

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
 1:00 PM—Watercolor

Daily Calendar continued Wednesday, June 27th

Sunday, June 17th
Happy Father's Day!

Monday, June 18th
(Mt. SAC Classes on Break this Week)
9:00 AM—Senior Social Club
11:30 AM—**Special City Sponsored Lunch**
6:15 PM—Jazzercise

Tuesday, June 19th
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, June 20th
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, June 21st
9:30 AM—Bone Builders
9:30 AM—**Blood Pressure Check**
11:30 AM—Senior Lunch Program

Friday, June 22nd
9:00 AM—Acrylic Painting
9:30 AM—Bone Builders
10:00 AM—Attorney
11:30 AM—Senior Lunch Program
12:30 PM—Bingo

Monday, June 25th
(Mt. SAC Summer 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, June 26th
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

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, June 28th
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 Stitches**

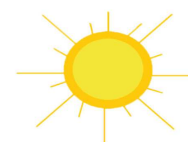
Friday, June 29th
9:00 AM—Basic Computing Level III
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo
1:00 PM—Watercolor

HAPPY FATHER'S DAY!
Sunday, June 17th

Happy Father's Day



HAPPY FIRST DAY OF SUMMER!
Thursday, June 22nd



HAPPY
SUMMER

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, June 22nd

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, July 10th

Driver Safety Program (2 day class):

Tuesday, June 12th & Wednesday, June 13th

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:

June 7th - June 28th

July 5th - July 26th

Sept. 6th - Sept. 27th

FEE: \$35/session

LOCATION: Community Center

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:

June 4th - June 27th

July 9th - August 1st

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:

June 19th

July 24th

NEW! - GET FIT WITH WATER FITNESS

Join us for a hot summer workout! Jump right in the water for a refreshing and exhilarating workout that is easy on the joints yet challenging enough to help you reach a new level of fitness. Suitable for every age and every level of fitness. Participants may use their water shoes and please bring drinking water.

INSTRUCTOR: Rose Cooke

DAYS/TIME: Monday, Wednesday, Friday -

6:15-7:15 PM

FEE: \$60

LOCATION: Las Flores Park Aquatics Center
(3175 Bolling Ave.)

SESSIONS:

June 11th - July 13th

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:

June 6th - June 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



“THE OLD DAYS”

Grandpa was telling his young grandson what life was like when he was a boy.

“In the winter we’d ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We’d swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm.”

The little boy was amazed, and sat silently for a minute. Finally he said, “Granddad, I wish I’d gotten to know you a lot sooner!”

HAPPY FATHER’S DAY!

