



# JULY 2018 SENIOR NEWSLETTER



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

Volume 21, Issue 7

2018

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

**PLEASE NOTE:**  
The Center will be **CLOSED** Wednesday, July 4th in observance of Independence Day!

## 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](http://www.laverneheritage.org) or call (909) 293-9005.

- 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

## CITY OF LA VERNE 4TH OF JULY CELEBRATION

Wednesday, July 4th

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 BBQ-  
Methodist Church

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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\*

## MOVIE MATINEE

MONDAY, JULY 9TH

"Man of the Year"

MONDAY, AUGUST 13th

"Grumpy Old Men"

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

Tuesday, July 3rd

11:30 AM

Happy 4th of July!

Come celebrate all things patriotic at this special **FREE Lunch.**

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, JULY 25TH:**  
"Medicare Education"  
9:30-10:30 AM  
Presented by Health Net

**WEDNESDAY, AUGUST 22ND:**  
"Long Term Care Insurance"  
9:30-10:30 AM  
Presented by Bankers Life

**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! - "KING TUT TREASURES OF THE GOLDEN PHAROAH" EXHIBIT & IMAX & LUNCH AT PHILIPPE'S**  
Wednesday, July 11th  
**THIS TRIP IS FULL!**

**REAGAN PRESIDENTIAL LIBRARY WITH NEW "GENGHIS KHAN" EXHIBIT**  
Wednesday, July 25th  
**THIS TRIP IS FULL!**

**NEW! - "MARY POPPINS" AT THE GLENDALE THEATRE & LUNCH AT TAM O' SHANTER INN**  
Saturday, July 28th  
**THIS TRIP IS FULL!**

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

**Thursday, August 9th**  
The Aquarium of the Pacific is home to more than 11,000 ocean animals representing nearly 500 species. In addition to the three main galleries, the Aquarium features exhibits outdoors, including the Shark

Lagoon and the Lorikeet Forest Aviary. After your self-guided tour of the Aquarium, it's off to a 45-minute, fully narrated tour of the Long Beach Harbor where you'll see 50 points of interest, including the Queen Mary.

And finally, just outside the Aquarium, you'll discover dozens of restaurants to choose from for lunch at the Pike. And if shopping is your thing, you'll love looking for deals at the new outlets.

**DEPART: 8:30 AM**

**RETURN: 5:30 PM**

**FEE: \$58 (Lunch on your own)**

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

**Wednesday, Sept. 12th -**

**Friday, Sept. 14th**

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

**DEPART: 9:00 AM on 9/12**

**RETURN: 6:00 PM on 9/14**

**FEE: \$150 per person (Double Occupancy)  
\$170 per person (Single Occupancy)**

**VALLEY VIEW CASINO  
(2 chances to go!)**

**Wednesday, Sept. 26th**

**Wednesday, Jan. 30th**

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

**DEPART: 9:00 AM**

**RETURN: 6:00 PM**

**FEE: \$30 (Lunch on your own)**

**SAN DIEGO GASLAMP DISTRICT**

**Sunday, October 7th**

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

**DEPART: 8:30 AM**

**RETURN: 6:00 PM**

**FEE: \$32 (Lunch on your own)**

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

**Sunday, October 21st**

This tour is fully guided by our favorite L.A. Tour Guide, John Daugherty. This day-long pilgrimage takes you on a broad sweep of the Southland from the towering skyscrapers of downtown Los Angeles to the art deco buildings along the Miracle Mile! You'll begin with a tour of the Music Center complex, including a visit to the Walt Disney Concert Hall. You'll see a number of modern and historic landmarks including the Biltmore

Hotel, the Staples Center, Our Lady of the Angels Cathedral, and the 1925 Central Library. Then dine at the classic LA restaurant, the HMS Bounty. Lunch includes choice of Roasted Chicken, New York Steak, Salmon, Pork Chops or Fish N' Chips, all served with Soup or Salad and Dessert.

**DEPART: 9:15 AM**

**RETURN: 5:15 PM**

**FEE: \$65 (Lunch included)**

**CONTINUED ON  
PAGE 3...**

# HEALTH AND WELLNESS

## SUMMER/FALL NEW TRIPS CONTINUED...

### THE GETTY VILLA IN MALIBU

Thursday, November 8th  
THIS TRIP IS FULL!

### A DAY IN SOLVANG

Sunday, November 18th

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

**DEPART: 8:00 AM**

**RETURN: 6:30 PM**

**FEE: \$32 (Lunch on your own)**

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

Thursday, December 6th

First it's off to Downtown Disney District for lunch or dinner and shopping on your own. All decorated for Christmas to get you in the Christmas spirit, downtown has numerous restaurants and shops. Reservations at restaurants beforehand are highly recommended as it gets very busy.

Please note, you will go thru Security to get into the Downtown Disney area. Then it's off to Roger's Gardens. The Center is completely transformed into a Christmas Extravaganza complete with a "Wonderland Boutique." The time is yours to browse and shop at your leisure.

**DEPART: 2:00 PM**

**RETURN: 8:30 PM**

**FEE: \$32 (Lunch/Dinner on your own)**

### NEW! - THE PETERSEN & BROAD MUSEUMS & FARMER'S MARKET

Thursday, January 17th

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

**DEPART: 8:30 AM**

**RETURN: 4:30 PM**

**FEE: \$45 (Lunch on your own)**

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

## BLOOD PRESSURE CHECK

Thursday, July 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.

### JULY SCHEDULE

**Mon. 7/2: Thompson Creek**

Walk trail to end of road & back

**Wed. 7/4: San Dimas Canyon Park**

Walk to dog park area & back

**Fri. 7/6: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 7/9: Thompson Creek**

Walk trail to end of road & back

**Wed. 7/11: Senior Center**

Walk to Hillcrest area & back

**Fri. 7/13: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 7/16: Thompson Creek**

Walk trail to end of road & back

**Wed. 7/18: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 7/20: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 7/23: Thompson Creek**

Walk trail to end of road & back

**Wed. 7/25: Heritage Park La Verne**

Walk thru the park & flood control

**Fri. 7/27: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 7/30: 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.

### **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](http://www.foothillgoldline.org). Additional questions, call (626) 471-9050.

### **MT. SAC COMPUTER REGISTRATION Tuesday, July 17th, 10:00 AM at the Community Center**

This registration is for the Mt. SAC Computer classes for the fall session (Basic Computing Level I, II and Internet Research). Arrive early to receive a number. Classes are then filled on a first-come-first-served basis at 10:00 AM.

Students MUST be present to register for classes.  
**FALL SESSION: August 27th - December 14th**

### **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.

### **MOVIE NIGHT IN THE PARK Heritage Park (5001 Via De Mansion)**

**Sunday, July 22nd: "Coco"**  
**Sunday, August 5th: "Star Wars: The Last Jedi"**  
Movies start at approximately 8:15 PM

### **SAVE THE DATE: LA VERNE DAY AT THE FAIR**

**Wednesday, September 19th**  
Purchase a Fair ticket online at  
[www.lacountyfair.com](http://www.lacountyfair.com).

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

**Saturday, September 29th**  
5:00-8:30 PM  
Old Town La Verne  
[www.laverneontap.com](http://www.laverneontap.com)

### **SAVE THE DATE: SENIOR DINNER DANCE EXTRAVAGANZA**

**Sunday, November 4th, 5:00-8:00 PM**  
**"Abracadabra Magic!"**  
Join us for an "Abracadabra Magic" themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10 and prepaid reservations must be made in order to attend.. Registration begins August 13th at the Community Services Office (3660 "D" St., City Hall) or online. Seating is limited, so don't delay!

## CLUBS, PROGRAMS & SERVICES

### Senior Citizens Advisory Committee

**Wednesday,  
August 15th  
(July Meeting is dark)  
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 first of our two golf dates in June found Dennis NaVarre, one of our newer members, winning the Point Tournament. Using a point system for net bogeys, pars, birdies and eagles, he earned 43 points to in by 5 points over Joe Ramos and Larry Sigler. Joe was awarded 2nd Place on the tie-breaker. Our second golf date was June 26th. That competition was played too late for the results to be shared in this article—next month. However, on June 26th, each of our golfers chose a number from a box of numbers. The number they drew matched one of the top finishers in the U.S. Open played June 14th-17th at Shinnecock Hills in New York. Each of our players' net score on the 24th was added to his/her U.S. Open partners' four-day score to determine our winners.

We'll play three times in July since there are 5 Tuesdays. On July 10th, we're playing "Red, White and Blue," to remind us of Independence Day. This will involve all players alternating their tee shots from the red, white and blue tees over 18 holes. The golfer with the lowest net score will be our winner. The plans for July 24th are not known at this time, however, we know we'll have a four-

Player scramble format on July 31st because this is the format we use whenever there is a fifth Tuesday in a month.

Though our roster had expanded significantly since we've moved to Sierra La Verne Country Club, we usually only 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 here 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 contact either George Borst or Ed Linberg, Co- Coordinators. George's email is: jegborst@aol.com and Ed's email is: elinberg@earthlink.net. Ed's phone number is (909) 392-6688 and George's 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 a month beginning in July.

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 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 JULY 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, July 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, July 3rd

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—**Special City Sponsored Lunch**  
 1:00 PM—Gardening  
 1:30 PM—Balance & Mobility  
 6:00 PM—Woodcarvers

## Wednesday, July 4th

***Center Closed...Happy Independence Day!***

## Thursday, July 5th

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, July 6th

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

## Monday, July 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, July 10th

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, July 11th

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

## Thursday, July 12th

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, July 13th

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

## Monday, July 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

## Daily Calendar continued Wednesday, July 25th

### Tuesday, July 17th

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Watercolor  
 9:00 AM—Basic Computing Level I  
 9:30 AM—Bone Builders  
 10:00 AM—Mt. SAC Registration  
 11:30 AM—Senior Lunch Program  
 1:00 PM—Gardening  
 1:30 PM—Balance & Mobility  
 6:00 PM—Woodcarvers

### Wednesday, July 18th

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

### Thursday, July 19th

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

### Friday, July 20th

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

### Monday, July 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

### Tuesday, July 24th

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, July 26th

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, July 27th

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

### Monday, July 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

### Tuesday, July 31st

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





# 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](mailto: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, July 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 Renewal (1 day class):**

Tuesday, July 10th

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

Tuesday, August 14th & Wednesday, August 15th

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:**

July 5th - July 26th

Sept. 6th - Sept. 27th

Oct. 4th - Oct. 25th

**FEE:** \$35/session

**LOCATION:** Community Center

### **ESSENTIAL OILS 101**

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

**INSTRUCTOR:** Genevieve Isidro

**DAYS/TIME:** Mondays

10:00-11:00 AM

**LOCATION:** Community Center

**FEE:** \$50/session

**SESSIONS:**

Aug. 6th - Aug. 27th

Sept. 10th - Oct. 1st

Oct. 15th - Nov. 5th

### **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:**

July 24th

Aug. 21st

Sept. 25th

### **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:**

July 16th - Aug. 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:**

Aug. 1st - Aug. 22nd

Sept. 5th - Sept. 26th



# RESOURCE DIRECTORY/IMPORTANT NUMBERS:



**Community Center:**  
(909) 596-8776

**Community Center Lunch Program:**  
(909) 596-8778

**City Hall:** (909) 596-8726

**Community Services Office:**  
(909) 596-8700

**Library:** (909) 596-1934

**Police Department:** (909) 596-1913

**Fire Department:** (909) 596-5991

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

**Chamber of Commerce:**  
(909) 593-5265

**Community Senior Services:** (909) 621-9900

**Senior Help Line:** (909) 625-4600

**Get About Transportation:** (909) 596-5964

**Meals on Wheels:** (909) 596-1828

**Administration:** (909) 596-8726

**Building:** (909)596-8713

**Community Development:**  
(909) 596-8706

**Customer Service:** (909) 596-8744

**Finance Department:** (909) 596-8716

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

**Humane Society:** (909) 623-9777

**Public Works:** (909) 596-8741

**JUST  
TO  
MAKE  
YOU  
SMILE**



## Patriotic Word Search

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

JULY  
FOURTH  
STARS  
STRIPES  
INDEPENDENCE

FIREWORKS  
CELEBRATE  
PARADE  
COOKOUT

AMERICA  
SPARKLERS  
RED  
WHITE  
BLUE



HAPPY 4TH OF JULY!