



JANUARY 2019 SENIOR NEWSLETTER



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

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2019

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The Senior Newsletter is available online on our City web site: www.cityoflaverne.org

PLEASE NOTE:
The Center will be **CLOSED** on Tuesday, January 1st in observance of New Year's Day and **CLOSED** on Monday, January 21st in observance of Martin Luther King Jr. Day.
Thank you.

MT. SAC CLASS REGISTRATION FOR WINTER SESSION
Tuesday, January 29th
10:00 AM
This registration is for the Mt. SAC Computer classes for the winter session (Basic Computing and Internet Research). Arrive early to receive a number. Classes are then filled up on a first-come-first-served basis at 10:00 AM. Students **MUST** be present to register for classes. Winter session: Jan. 7th - Feb 15th

FREE AARP TAX AIDE ASSISTANCE

Tuesdays beginning February 5th - April 9th

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.

Beginning January 7th you may 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, JANUARY 14TH
"The Greatest Game Ever Played"

MONDAY, FEBRUARY 11TH
"Finding Your Feet"

Every 2nd Monday of the Month at the Community Center at 12:30 PM
A feature film awaits you! Join us for an afternoon filled with **FREE** cinematic entertainment and light refreshments right after our senior lunch program.



No Reservations needed—just come and enjoy!

SPECIAL CITY SPONSORED LUNCH

Wednesday, January 2nd
11:30 AM

Happy New Year!
Come celebrate at this FREE luncheon to discuss your New Year's resolutions.

Please call (909) 596-8778 to make your reservations. Reservations must be made by 11:00 AM, December 31st.

This lunch is FREE to seniors 60 and older.

2019

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.

FRIDAY, JANUARY 11TH:
"Long Term Care"
9:30-10:30 AM
Presented by Bankers Life

WEDNESDAY, JANUARY 23RD:
"Medicare Step by Step"
9:30-10:30 AM
Presented by Inter Valley Health Plan

FRIDAY, FEBRUARY 8TH:
"Wills & Trusts"
9:30-10:30 AM
Presented by Gaudy 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 Amanda at (909) 596-8776 from 8:00 AM to 4:00 PM Tuesday thru Friday.

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.

**USE THE ACTIVITY
REGISTRATION FORM
INSERT IN THE MIDDLE
OF THE
NEWSLETTER FOR
YOUR
CONVENIENCE!**

VALLEY VIEW CASINO

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."

DEPART: 9:00 AM

RETURN: 6:00 PM

FEE: \$30 (Lunch on your own)

NEW! - DUETS SHOW IN PALM SPRINGS

Tuesday, February 5th

First, it's free time for lunch and shopping on your own in the amazing Downtown Palm Springs. Then it's off to a 1:30 PM show at the Camelot Theatre. This entertaining show is a tribute to Cher, Elton John, Liza Minelli and Tom Jones. Each star brings their own talent and style to the stage to perform one hit after another, and they

will also join each other throughout to perform duets creating incredible impressions, laughs and memories. There will also be a stop at Hadley's on the way home.

DEPART: 9:30 AM

RETURN: 6:00 PM

FEE: \$60 (Lunch on your own)

NEW! - DODGERS & DINING CARS

Thursday, February 21st

Up first, it's an 80-90 minute behind-the-scenes tour at Dodger Stadium. The tour lets fans visit some of the most restricted and non-public areas and view the Stadium from a whole new perspective. Tour highlights include a trip down to the field, a visit to the Dugout, an exclusive look at the Dugout Club behind home plate, a walk through the Vin Scully Press Box and more surprises! Then, it's time for lunch at the iconic steakhouse "Pacific Dining Car." Lunch includes choice of Flame Broiled Steak, Dijon Chicken, a Rubeen Sandwich or a Caesar Salad, all served with a Chocolate Brownie Sundae. It's a fun-filled day you don't want to miss!

DEPART: 8:30 AM

RETURN: 2:30 PM

FEE: \$70 (Lunch included)

NEW! - POINT FERMIN LIGHTHOUSE, SEALS & SEA LIONS RESCUE & LUNCH AT THE WHALE & ALE PUB

Thursday, March 7th

Join us for a fun day in seaside San Pedro! First it's off to the Point Fermin Lighthouse where you'll have a guided tour. Then, it's time for lunch at the "Whale and Ale Pub" - a proper English Pub. Lunch includes choice of Fish 'N Chips, Bangers & Mash or Shepard's Pie with an English Trifle for dessert. And finally, you will have a guided tour of the Marine Mammal Care Center that rehabilitates and releases sick, injured, and malnourished seals and sea lions. You will observe animal care, feeding procedures, and learn about rehabilitation procedures to return the animals back into the wild.

DEPART: 8:30 AM

RETURN: 4:00 PM

FEE: \$70 (Lunch included)

"PATHWAYS TO THE PAST" AT KNOTT'S BERRY FARM

Tuesday, March 26th

Step back in time to the early days of Knott's Berry Farm. On the "Pathways to the Past" tour, you'll recall the Old West and the Knott family heritage with a walk through Ghost Town including a visit to the blacksmith shop, the school house, the restored train cars and witness a storytelling performance at the Mystery Lodge. Then it's free time for lunch and shopping at Knott's Marketplace. Eat at the famous Mrs. Knott's Chicken Dinner Restaurant or TGIF's. Please note that Mrs. Knott's restaurant no longer takes group reservations, so lunch is on your own at either restaurant. The Marketplace for shopping has everything from collectibles to souvenirs, bakeries, the largest Snoopy shop and so much more!

DEPART: 8:45 AM

RETURN: 4:15 PM

FEE: \$50 (Lunch on your own)

THE GROVE/FARMER'S MARKET & GRIFFITH OBSERVATORY

Friday, April 5th

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 Griffith Observatory. Planetarium tickets are available day of at the Observatory for \$5/seniors and \$7/adults—it's a must see!

DEPART: 1:00 PM

RETURN: 10:00 PM

FEE: \$30 (Dinner on your own)



CONT. ON PAGE 3...

HEALTH AND WELLNESS

NEW WINTER/SPRING TRIPS CONT.

NEW! - "MADE IN ORANGE COUNTY" (YAKULT FACTORY TOUR, RIB TRADER & ANAHEIM BREWERY)

Tuesday, April 25th

Tour the Yakult Factory and learn about the probiotic drink making process at the factory where 400,000 bottles are made a day! On this guided tour, you'll see the state of the art facility and learn how they make, fill, seal and package the iconic bottles. Then, it's a beer tasting at the Anaheim Brewery. Take a seat at the authentic German beer tables and sample four craft beers of your choice.

You also get a souvenir beer glass to take home! And finally, lunch is included at the Rib Trader in Orange. Lunch includes Soup, Chicken & Rib Combo, Cole Slaw, BBQ Beans, Cornbread & Dessert. This is a fun-filled day you don't want to miss!

DEPART: 8:30 AM

RETURN: 4:00 PM

FEE: \$80 (Lunch, Beer Tasting & Glass included)

NEW! - COLORFUL SONGS OF BROADWAY "SINATRA TRIBUTE" SHOW & LUNCHEON

Thursday, May 9th

"Come Fly with Me" - join us for the Frank Sinatra Tribute Show and Luncheon with the famous Colorful Songs of Broadway at the Almansor's Court in Alhambra. Hear your favorites like "Love and Marriage," "Day by Day,"

"All the Way," and many more! Luncheon includes choice of Chicken Dijonnaise or Veggie Pasta, Garden Salad, Mashed Potatoes, Vegetable Medley, Warm Rolls, Ice Cream Sundae, Coffee, Tea and Wine. There is also shopping and a raffle available at the show.

DEPART: 10:15 AM

RETURN: 4:45 PM

FEE: \$65 (Lunch included)

A DAY AT CATALINA ISLAND

Saturday, May 18th

Our most popular trip! We will drive to Long Beach where you'll board the Catalina Express for a short one-hour cruise to the island. These vessels offer indoor and outdoor seating (bring your Dramamine if you need it), restroom facilities, and a snack bar. Once on the island, the day is yours to explore, have lunch and shop all on your own. There is so much to do! Then we will head back on the Catalina Express.

DEPART: 8:00 AM

RETURN: 8:00 PM

FEE: \$50 (Lunch on your own)

****More trips available in our Recreation Guide
on www.cityoflaverne.org****

**Questions? Call Amanda
Tuesday thru Friday at
(909) 596-8776.**

BLOOD PRESSURE CHECK

Friday, January 18th

Worry about your blood pressure? Need to keep track of your numbers? Come to the FREE blood pressure check every third Friday of the month from 10:00 AM-12:00 PM 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.

JANUARY SCHEDULE

Wed. 1/2: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/4: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/7: Thompson Creek

Walk trail to end of road & back

Wed. 1/9: Senior Center

Walk to Hillcrest area & back

Fri. 1/11: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/14: Thompson Creek

Walk trail to end of road & back

Wed. 1/16: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/18: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/21: Thompson Creek

Walk trail to end of road & back

Wed. 1/23: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/25: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/28: Thompson Creek

Walk trail to end of road & back

Wed. 1/30: Claremont 10th & Indian Hill

Walk the area & 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.

LA VERNE RESIDENTS WRITING CONTEST

The La Verne Writers' Group (LVWG), in conjunction with the La Verne Community Services Department, invites all La Verne residents to participate in a community writing contest. Entries will be accepted until February 4th. Contestants may submit a short story or poem in any genre in one of the following categories: Youth - ages 17 & under; Adult - 18 & up; Poetry - all ages. Cash prizes will be awarded for the winning entries.

An application form, rules, and submission guidelines can be acquired by visiting lvwritersgroup.com.

NEW! - MAHJONG CLASS Tuesdays, 9:00 AM to 12:00 PM

Offering new Mahjong Classes at the Community Center every Tuesday. To sign-up and for more information, please contact Barbara Shelton at larkslake2@yahoo.com.

Please bring your own tiles and cards for playing if you have them. Beginners are welcome!

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

January - March

Saturdays, 9:00 AM - 3:00 PM

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around. Bags of oranges are \$6, and mesh bags and the picking poles are provided. The historic Weber House will also be open for tour from 10:00 AM - 12:00 PM. Orange picking opens Saturdays beginning January 5th and continues approximately until the beginning of March. For more information, call (909) 293-9005 or check out www.laverneheritage.org.

SAVE THE DATE!

SENIOR DINNER DANCE EXTRAVAGANZA

"It's Tiki Time, Aloha!"

Sunday, May 19th, 5:00-8:00 PM

Join us for a Hawaiian themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10! Pre-paid reservations must be made in order to attend. Registration begins February 11th. To choose your own assigned table, please register at the Community Services Office (3660 "D" Street). For best seat available, online registration is offered.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
January 16th
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

END OF THE YEAR RESULTS

The La Verne Senior Golf League completed its play for 2018 on Tuesday, December 11th. On that day, the golfers played the third and final round of three rounds of Match Play competition with ten one on one matches. Team Borst earned 4 1/2 points while Team Linberg won 5 1/2 points in the ten matches, with 1 point awarded to each win and a half point awarded to the two golfers whose match ended up in a tie. When these points were combined with the points the two teams had earned in two sessions of team competition on November 13th and 27th respectively, Team Linberg had 13 1/2 points to 7 1/2 points for Team Borst. This made Team Linberg the winners in this annual match play competition of the La Verne Senior Golf League. The members of Team Linberg were Dan Button, Co-Captain, plus Janice Baxter, Bob Ewald, Dave Lammey, Dennis Navarre, Todd Newman, Bob Ortega, Ray Ortiz, Mike Rasch, Mike Tierno, Ruben Triana and Fred Vera. Three other golfers who were unable to play in this competition, but would have represented Team Linberg if they'd played were Jovito Barrantes, Rudy Gomez and Jim Smith. All of these golfers won \$5 for belonging to the winning team over the course of three rounds of Match Play.

The winners of the one on one matches on December 11th each won \$5. From the Borst Team, they were: George Borst Jr., Roger Gomez, Suzanne St. Pierre and Mike Weatherbie. Gary Liddle won \$2.50 for tying Dan Button. Winning \$5 for themselves on December 11th as members of the Linberg Team were: Dave Lammey, Ed Linberg, Ray Ortiz, Mike Rasch and Fred Vera, with Dan Button winning \$2.50 for tying Gary Liddle.

Also winning \$5 each on December 11th were these contest winners: Closest to the Pin on Holes 3,5 and 15: Ruben Triana, Marv Stolarz and Mike Weatherbie. Longest Drives on Hole 7: Flight 1 - George Borst Jr.; Flight - Fred Vera. Longest Putt on Hole 9: Ed Linberg. We had no winner on the Longest Putt on Hole 18, so that contest will be worth \$10 to the winner on January 8th.

With the competition of three rounds of Match Play on December 11th, the La Verne Senior Golf League did not play during the rest of December. The first competition in 2019 will be on Tuesday, January 8th at Sierra La Verne Country Club. We have 24 golfers signed up to play that day, beginning at 9:30 AM - with two new golfers planning to join us for the first time that day. They are: Danny Donovan and Al Gross. If you'd like to join these golfers as a member of the La Verne Senior Golf League, call one of the two Co-Coordinators: George Borst (909) 596-3982 or Ed Linberg (909) 392-6688.

The format for play on January 8th will be "Yellow Ball." Each group will receive 2 yellow balls at the beginning of the round. Each group will determine the rotation it will use to play all 18 holes. Rotating from golfer to golfer in each group, one of them will play the yellow ball. His or Her score for which he/she is playing the yellow ball will be their team's score. Handicaps will be involved one each hole. With five Tuesdays in January, the La Verne Senior Golf League will have three rounds of competition. The second and third rounds in January will be played on January 22nd and January 29th respectively. If you're a Senior who plays golf, we'd love to have you join us. The cost per golfer is \$33.00 for the green/cart fee paid to Sierra La Verne each time you play, plus a contribution of \$5 for the pool of money to award prizes to our winners after each round.

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 JANUARY 2019

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 2019 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Tuesday, January 1st

Center Closed...Happy New Year!

Wednesday, January 2nd

(Mt. SAC Classes on break this week)

9:30 AM—Bone Builders
11:30 AM—**Special City Sponsored Lunch**
12:15 PM—Bridge
6:15 PM—Jazzercise

Thursday, January 3rd

9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program

Friday, January 4th

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

Monday, January 7th

(Mt. SAC Winter 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, January 8th

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Mahjong
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, January 9th

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

Thursday, January 10th

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, January 11th

9:00 AM—Acrylic Painting
9:30 AM—Bone Builders
9:30 AM—**Senior Seminar**
11:30 AM—Senior Lunch Program
12:30 PM—Bingo

Monday, January 14th

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, January 15th

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Mahjong
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, January 16th

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

Daily Calendar continued Friday, January 25th

Thursday, January 17th

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, January 18th

9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 10:00 AM—**Blood Pressure Check**
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, January 21st

Center closed...Happy Martin Luther King Jr. Day!

Tuesday, January 22nd

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Mahjong
 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, January 23rd

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

Thursday, January 24th

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, January 25th

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, January 28th

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, January 29th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Mahjong
 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, January 30th

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

Thursday, January 31st

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



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, January 25th**

Appointments subject to change & do book up far in advance.

SENIOR HELP LINE

The Senior Help Line, (909) 625-4600, is an information and referral help line you can call to have your questions answered by trained, knowledgeable people who want to help you. The Help Line service is in the office of Community Senior Services, located in Claremont. For further information, please call Community Senior Services at (909) 621-9900.

Get About Transportation

Transportation is available
Weekdays: 6 AM-7:30 PM
Saturdays: 8:30 AM-5 PM
Sundays: 8:30 AM-3 PM
The dispatch number is 909-596-5964. Applications may be obtained at Community Senior Services, 141 S. Spring St., Claremont, please call **(909) 621-9900** to register.

NEW CLASSES TO CHECK OUT (Pre-registration required for fee & charge classes!)

AARP's Driver Safety Course

This class, offered at the Community Center, refines existing driving skills, and develops safe defensive driving techniques. Each month, the eight-hour class is presented by AARP in two half-day sessions. The class is Tuesdays and Wednesdays from 9:00 AM to 1:00 PM. Lunch is not included; however, there is a short break and you may bring a snack if you wish. Registration fees are \$15 for AARP members and \$20 for non-members. Register at the Community Services Office (3660 "D" Street).

Driver Safety Program (2 day class):

Wednesday, February 20th & Thursday, February 21st
Wednesday, May 15th & Thursday, May 16th

You MUST register in advance at the Community Services Office (3660 "D" Street)

INTRODUCTION TO MINDFULNESS

Mindfulness has been proven to have many health benefits from boosting the immune system to improving quality of life. This class is designed to teach you how to integrate mindfulness into your daily life with simple breathing practices, movements that improve circulation that make your brain younger and more flexible. We will also cover some of the latest findings in brain and body research that can support you in thriving at every age. Please bring your yoga mat and come ready to move and learn. This is for all fitness levels and can be modified if movement is limited. Material fee: \$5.

INSTRUCTOR: Christy Jones

DAYS/TIME: Tuesdays, 6:00-7:00 PM

LOCATION: Community Center

FEE: \$60/session

SESSIONS:

Jan. 8th - Jan. 29th

Feb. 5th - Feb. 26th

March 5th - March 26th

ESSENTIAL OILS, HEALTH & NUTRITION

Each class will cover the function of the body, your nutrition, and why essential oils important to healthy living. Please bring something to write with to class.
(No class 2/14).

INSTRUCTOR: Joanna Stewart

DAYS/TIME: Thursdays, 6:00-7:00 PM

LOCATION: Community Center

FEE: \$40-\$50/session

SESSIONS:

Brain Health, Nutrition, Nervous & Digestive Systems

Jan. 10th - Jan. 24th

Enzymes, Elimination, Breathing Better, Nutrition, Ears and Eyes

Feb. 7th - Feb. 28th

Stronger Bones, Nutrition, Joints, Muscles, Healthier Hair, Skin and Nails

March 7th - March 28th

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:

Jan. 22nd

Feb. 19th

MINDFULNESS MOVEMENT

This unique mindfulness movement class incorporates the latest findings in neuroscience, play and mindfulness to improve overall wellness, improves energy flow in the body, eliminates stress and enlivens total brain functioning. Yes, we can make our brain younger and more flexible at any age! This class integrates concepts of tai chi, yoga, and mindfulness exercises of the mind and body. Suggestions for living healthy are also provided throughout the classes. It can be helpful to take the Introduction to Mindfulness class first. Please bring a yoga mat, wear comfortable exercise clothing, and bring water.

INSTRUCTOR: Christy Jones

DAYS/TIME: Tuesdays, 7:15-8:15 PM

LOCATION: Community Center

FEE: \$60/session

SESSIONS: Jan. 8th - Jan. 29th

Feb. 5th - Feb. 26th

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: Mondays, 6:30-7:30 PM

LOCATION: Community Center

FEE: \$30/session

SESSIONS:

Jan. 7th - Jan. 28th

Feb. 4th - Feb. 25th



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



CITY NUMBERS

Community Center: (909) 596-8776
 Community Center Lunch Program: (909) 596-8778
 City Hall: (909) 596-8726
 Community Services Office: (909) 596-8700
 Police Department: (909) 596-1913
 Fire Department: (909) 596-5991
 Administration: (909) 596-8726
 Building: (909) 596-8713
 Community Development: (909) 596-8706
 Customer Service: (909) 596-8744
 Finance Department: (909) 596-8716
 Public Works: (909) 596-8741

OTHER NUMBERS

Senior Help Line: (909) 625-4600
 Get About Transportation: (909) 596-5964
 Meals on Wheels: (909) 596-1828
 Flood Control (LA County): (626) 458-5100
 Humane Society: (909) 623-9777
 Library (909) 596-1934
 Mt. San Antonio College: (909) 594-5611
 Chamber of Commerce: (909) 593-5265
 Community Senior Services: (909) 621-9900

JUST
TO
MAKE
YOU
SMILE



A New Year's Prayer For Seniors

**Please, grant me the senility to forget the
 people I never liked anyway,
 The good fortune to run into the ones
 that I do,
 And the eyesight to tell the
 difference.**