



JANUARY 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

PLEASE NOTE:

The Center will be closed Monday, January 1st in observance of New Year's Day and Monday, January 15th in observance of Martin Luther King Jr. Day.

MT. SAC SPRING REGISTRATION

Tuesday, January 30th
10:00 AM

This registration is for the Mt. SAC Computer classes for the spring session (Basic Computing Level I, Level III & 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. **Spring session: Jan. 8th-Feb. 16th.**

FREE AARP TAX AIDE ASSISTANCE

Tuesdays beginning February 13th-April 10th

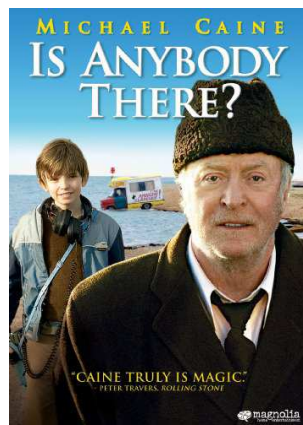
Do you have questions about your taxes? Would you like assistance completing income tax forms? AARP trained volunteers provide FREE assistance to seniors (moderate income with simple tax returns) or people with disabilities. When attending your appointment please bring: a copy of last year's tax forms,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

Beginning January 8th, 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 8th
"Is Anybody There"

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, January 2nd
11:30 AM

Happy New Year! Please join us for this special FREE luncheon to share your New Year's resolutions.

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.

2018

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, JANUARY 24TH:
"Financial Wellness"
9:30-10:30 AM

Presented by Foresters Financial

WEDNESDAY, FEBRUARY 28TH:
"Advance Planning"
9:30-10:30 AM

Presented by Forest Lawn

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:

**ROSE PARADE
"SHOWCASE OF
FLOATS" & LUNCH AT
THE TAM O' SHANTER**
Tuesday, January 2nd
THIS TRIP IS FULL!

VALLEY VIEW CASINO
Wednesday, January 24th
THIS TRIP IS FULL!

**NEW! - VINO & CASINO
TOUR IN TEMECULA**
Thursday, February 8th
The first stop is at Wilson Creek Winery. You'll take a seat in a private area for a formal wine tasting with a knowledgeable Wine Host. You'll enjoy tasting four different wines, including their famous Almond Champagne. There will be time for visiting the wine shop as well to maybe take a few bottles home with you! Then it's off to the vast 20,000+ square foot Pechanga Casino Resort. Here you will have free time to gamble and have lunch at their spectacular buffet or vast

food court.

AGE: 21 Years & Up
DEPART: 9:00 AM
RETURN: 6:00 PM
FEE: \$60 (Wine included - Lunch on your own)

**NEW! - COLORFUL SONGS OF
BROADWAY—ELVIS "THE EARLY
YEARS" SHOW**

Wednesday, February 21st

Join us for an Elvis Musical Revue starring the acclaimed Scot Bruce who CNN says is "the closest you can get to Elvis in the flesh."

All the songs are your favorites from the early years including "Hound Dog, Jailhouse Rock, Love Me Tender," and many more! Luncheon includes choice of Honey Baked Chicken or Veggie Pasta, Salad, Mashed Potatoes, Vegetables, Rolls, Ice Cream Sundae, Coffee or Tea and Wine. Potatoes, Vegetables, Rolls, Ice Cream Sundae, Coffee or Tea and Wine. There is also shopping and a raffle available at the show. Show is at the Almansor's Court in Alhambra.

AGE: 50 Years & Up
DEPART: 10:15 AM
RETURN: 4:30 PM
FEE: \$65 (Includes Wine & Lunch)

**NEW! - JEOPARDY TAPING
& "FOGO DE CHAO"**
Wednesday, March 14th
THIS TRIP IS FULL!

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

Thursday, March 22nd

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

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

AGE: All Ages
DEPART: 8:30 AM
RETURN: 7:00 PM
FEE: \$85 (Lunch included)

**THE GROVE/FARMER'S
MARKET & THE
GRIFFITH OBSERVATORY**
Friday, April 6th

Back by popular demand! We will start out at the Grove/Farmer's Market for shopping and dinner on your own, where there is so much to see and most importantly eat. Then it's off to the Observatory.

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

AGE: All Ages
DEPART: 1:00 PM
RETURN: 10:00 PM
FEE: \$30 (Dinner on your own)

**NEW! - NETHERCUTT
COLLECTION &
UNIVERSAL CITYWALK**
Thursday, April 26th

The Nethercutt is actually two museums. First, you will have a guided tour of the original facility. On your tour, you'll see one the world's most outstanding assortments of beautifully restored antique, classic automobiles. There is also antique furniture, clocks and watches and Mechanical Musical Instruments. Then, you'll have time to explore the newest museum with more than 130 fully restored vintage cars. This part of the tour is self-guided. And finally, it's off to Universal Citywalk for shopping and lunch on your own. With more than 60 shops and eateries, it's a great place to spend the afternoon.

AGE: All Ages
DEPART: 9:30 AM
RETURN: 6:30 PM
FEE: \$45 (Lunch on your own)

HEALTH AND WELLNESS

WINTER/SPRING 2018 TRIPS CONTINUED...

A DAY AT CATALINA ISLAND

Saturday, May 12th

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)

A DAY IN HUNTINGTON BEACH/ PACIFIC CITY

Sunday, May 20th

There's a variety of entertainment, dining and shopping at Huntington Beach. Visit "Ruby's" on the pier or shop and eat down the Promenade. Close by is the all new "Pacific City" with so many amazing restaurants and shops to choose from—including its own indoor "Farmer's Market." Or just take a walk along the beach and take in all the sights and sounds. The day is yours to do as you please!

DEPART: 9:30 AM

RETURN: 4:00 PM

FEE: \$30 (Lunch on your own)

NEW! - CAMARILLO RANCH & SANTA MARIA BBQ

Thursday, June 7th

Upon arrival, you'll be joined by a docent who will take you on a guided tour of the 1892 Queen Anne Victorian mansion that has been restored to its 1930's splendor. You'll also have a chance to stroll through the beautifully manicured gardens. Then, you'll be treated to a Santa Maria BBQ in the rustic barn on the ranch. Lunch includes Barbecued Tri-Tip Steak or Chicken, Grilled Corn, Ranch House Beans, Green Salad, Grilled Garlic Bread, Dessert and a Beverage. Finally, you'll have free time at the Camarillo Premium Outlets. Each guest will receive a VIP coupon for extra savings.

DEPART: 9:30 AM

RETURN: 6:30 PM

FEE: \$70 (Lunch included)

****More trips available in the Winter/Spring
Recreation Guide or online at
www.cityoflaverne.org****

BLOOD PRESSURE CHECK

Thursday, January 18th

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.

JANUARY SCHEDULE

Mon. 1/1: Thompson Creek

Walk trail to end of road & back

Wed. 1/3: Senior Center

Walk the area & back

Fri. 1/5: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/8: Thompson Creek

Walk trail to end of road & back

Wed. 1/10: San Dimas Canyon Park

Walk to dog park area & back

Fri. 1/12: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/15: Thompson Creek

Walk trail to end of road & back

Wed. 1/17: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/19: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/22: Thompson Creek

Walk trail to end of road & back

Wed. 1/24: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/26: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/29: Thompson Creek

Walk trail to end of road & back

Wed. 1/31: 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 FRESH

**Old Town La Verne Certified Farmer's Market
Saturday Mornings, 8:00 AM-1:00 PM -
Rain or Shine!**

This market is unlike others in the past, featuring a full assortment of everything you need fresh each week.

La Verne Fresh is the source of the highest quality seasonal and locally grown fresh fruits and vegetables, and delicious gourmet specialty foods, plants, and flowers. La Verne Fresh is located in Old Town La Verne (corner of "D" and Third Streets). For more information on this event, call City Hall at (909) 596-8706.

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. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy. Bags of oranges are \$5, and mesh bags and picking poles are provided. The historic Weber House will also be open for tours from 10:00 AM-12:00 PM. Orange picking opens January 6th and continues thru the beginning of March. For more information call (909) 293-9005 or check out our web site at



CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
January 11th
10:00 to 11:15 AM

We are looking for a new SAC Member to join our Committee! If you are interested, please come to the next meeting to receive an application and see what we are all about.

The City Council of La Verne established the Senior Citizens Advisory Committee in October 1989. This Committee has been responsible for all of the senior activities, lunch program, many equipment upgrades and beautification projects at the Community Center. We encourage you to attend these public meetings and share your thoughts, ideas, and/or concerns.

Join us at the SAC Meetings. Your input is important!

THE SENIOR GOLF LEAGUE OF LA VERNE

The La Verne Senior Golf League finished its competition for 2017 with three rounds of match play in November and December, with our final round being played on December 12th at Marshall Canyon Golf Course.

Divided into two teams for this match play competition, the Blue Team, whose Captain was George Borst Sr., one of the Co-Coordinators of the La Verne Senior Golf League, defeated the Red Team led by Ed Linberg, the other Co-Coordinator, by a score of 11.5 to 7.5. Each of the nineteen matches, played over three Tuesdays primarily in two-member teams, was worth one point to the winners. When a tie occurred each received 1/2 point. The members of the winning Blue Team were these golfers: George Borst Sr. and George Borst Jr., Ron Chavez, Soc Galam, Bob Garcia, Mike Guyer, Tom Kelly, Joe Ramos, Ruben Triana and Raul Vargas. The members of the winning team will receive \$5, plus \$6 for each of the matches they won, whether in team play or individual play. Congratulations to the Blue Team for their victory in our annual match play competition.

At the close of the year, our leading money winner was Art Hernandez who won \$213 over the rounds we played in 2017. Finishing second in winnings was Soc Galam who won \$194, while George Borst Sr. finished third on this list with \$193. Congratulations to Art who also won the Club Championship for the First Flight for

the third straight year in October. Soc Galam was the Club Champion for the Second Flight. No wonder the two of them finished first and second in the money they won in 2017!

Our first golf date for 2018 is set for Tuesday, January 9th at 9:00 AM at Marshall Canyon. We will be using the "Yellow Ball" format for our initial competition of 2018. In this format, players will rotate hitting a yellow ball on each hole. Two players will use the yellow ball on 5 holes and two players will use it on 4 holes each. The team's score for each hole will be the score earned by the golfer who is playing the yellow all on that hole. We have 15 players signed up for January 9th.

If you would like to be a part of the La Verne Senior Golf League, as we begin 2018, contact either George Borst or Ed Linberg, Co-Coordinators. George's email address is: jegaborst2002@aol.com while Ed's is: emlinberg@earthlink.net. We would especially like to have some women golfers join our ranks as we have just one woman who is part of the group on a regular basis-Suzanne St. Pierre, though two other women, Cinda Singer and Barbara Taylor, are listed on our roster. We hope both of them will participate more often in 2018.

The cost to participate in the La Verne Senior Golf League is just \$5 each time you play. These funds go towards the prizes we give to our winners each time we play, and we have multiple winners every time we play a round of golf.

The green fee, with a cart, is \$28.75 with the LA County Senior Golf Card. Golfers 65+ can obtain the Senior Card for \$28 at Marshall Canyon, or at any other LA County Golf Course. It's good for one year. With it, you get a 50% reduction of your green fee at Marshall Canyon, as well as at any of the other 18 LA County Golf Courses.

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 2018

All classes and programs are held at the La Verne Community Center, 3680 "D" Street, unless indicated at Veterans Hall. Veterans Hall is located at 1550 Bonita Avenue. For further information and class descriptions please refer to the Winter/Spring 2018 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Monday, January 1st

Center closed...Happy New Year!

Tuesday, January 2nd

(Mt. SAC classes on break this week)

9:30 AM—Bone Builders
11:30 AM—**Special City Sponsored Lunch**
6:00 PM—Woodcarvers

Wednesday, January 3rd

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, January 4th

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

Friday, January 5th

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

Monday, January 8th

(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—**Movie Matinee**
12:30 PM—Sewing
6:00 PM—Decorative Art
6:15 PM—Jazzercise

Tuesday, January 9th

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, January 10th

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

Thursday, January 11th

8:00 AM—Aerobics (Healthy Aging)
8:30 AM—Internet Research
9:00 AM—Drawing
9:30 AM—Bone Builders
10:00 AM—**Garden Friends**
11:30 AM—Senior Lunch Program
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, January 12th

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

Monday, January 15th

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

Tuesday, January 16th

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

Wednesday, January 17th

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

Daily Calendar continued Friday, January 26th

Thursday, January 18th

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**
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, January 19th

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

Monday, January 22nd

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 23rd

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

Wednesday, January 24th

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, January 25th

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
 6:00 PM—**Sunkissed Stitchers**

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

Monday, January 29th

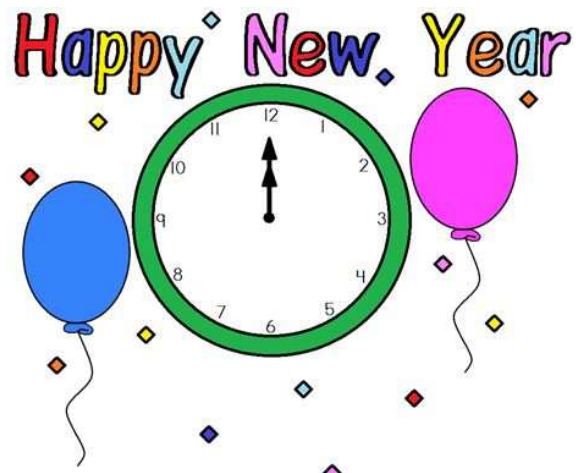
9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, January 30th

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, January 31st

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



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 26th

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, January 9th

Driver Safety Program (2 day class):

Tuesday, Feb. 13th & Wednesday, Feb. 14th

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

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: January 23rd

February 27th

March 27th

BEGINNING CREATIVE WRITING

For those wishing to write short stories, a biography or memoir, a novel, poetry, etc. Basic writing skills covered such as narration, dialogue, characterization, viewpoints, and literary devices. All students must have access to a computer and have an email address. Pre-registration required. Please contact Professor Eastwood at leastwood2010@gmail.com to register and for further information.

INSTRUCTOR: Toni Eastwood

DAYS/TIME: Thursdays, 6:30-8:30 PM

FEE: \$10

LOCATION: Community Center

SESSIONS: January 4th-January 25th

February 1st-February 22nd

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: January 4th - January 25th

February 1st - February 22nd

March 1st - March 22nd

April 5th - April 26th

May 3rd - May 24th

FEE: \$35/session

LOCATION: Community Center

NEW! - HANCRAFTED MELT & POUR SOAP MAKING

Melt and pour soap making is a simple way to make gorgeous practical and usable soaps. Students will make and get to take home at least four bars of soap that you will have customized with fragrance, color, and additives, i.e. oatmeal and flowers. Class will also go over simple packaging ideas to give your soaps a great look for you or to give as a gift. Material fee of \$30 payable at class to instructor.

INSTRUCTOR: Julie Davidson

DAYS/TIME: Thursdays, 6:30-8:30 PM

LOCATION: Community Center

FEE: \$65

SESSION: January 4th - January 25th

DETOX YOUR BODY WITH ESSENTIAL OILS

Are you feeling sluggish after the holidays? Do you desire a healthier way of life? This class teaches about the top essential oils that support the body's natural elimination system to bring health and healing to the body. It will also focus on the proper use of essential oils. Find out how you can detox your body and feel lighter, healthier and happier. \$15 material fee payable to instructor at first class.

INSTRUCTOR: Genevieve Isidro

DAYS/TIME: Mondays, 12:00-1:00 PM

LOCATION: Community Center

FEE: \$35

SESSION: January 8th - January 29th



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



La Verne Community Center:
(909) 596-8776

La Verne Community Center Lunch Program:
(909) 596-8778

La Verne City Hall: (909) 596-8726

La Verne Community Services Office:
(909) 596-8700

La Verne Library: (909) 596-1934

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

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

La Verne Chamber of Commerce:
(909) 593-5265

Community Senior Services: (909) 621-9900

Senior Help Line: (909) 625-4600

Get About Transportation: (909) 596-5964

Meals on Wheels: (909) 596-1828

La Verne Administration: (909) 596-8726

La Verne Building: (909) 596-8713

La Verne Community Development:
(909) 596-8706

La Verne Customer Service: (909) 596-8744

La Verne Finance Dept: (909) 596-8716

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

Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



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.**