



# HEALTHY LA VERNE CALENDAR NOVEMBER 2019



## NOVEMBER 2019:

### *Activities:*

- **10/23-11/20: Kiddie Workout** at the Community Center, Mondays & Wednesdays, 4:30-5:20 PM. \$50 per session (session goes into November). Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **10/23-11/20: Complete Body Workout** at the Community Center, 5:30-6:30 PM every Monday and Wednesday. \$30 per session (session goes into November). Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **11/4-11/25: Yoga & Pilates (Yogalates)** at the Community Center, 6:30-7:30 PM every Monday \$30 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **21<sup>st</sup>: Blood Pressure Check** at the Community Center, every third Thursday of the month, 9:30-11:30 AM. No appointment needed – Free!
- **27<sup>th</sup>: Understanding Medicare** at the Community Center, 9:30-10:30 AM. Free seminar presented by TMB Insurance. Call (909) 596-8776 to reserve a spot.

## ONGOING FREE CLASSES:

- Monday, **Senior Pinochle**, 9:00 AM-3:00 PM
- Tuesday & Thursday, **Qi Gong**, 5:10-6:00 PM on the corner of 3<sup>rd</sup> & “C” Street at the University of La Verne. Please call Julie at (909) 720-9832 if interested.
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00-3:00 PM.
- **Trail Trekkers**-different local trails every day. Call (909) 596-8776 for more information or check out their new Facebook page! Just search “La Verne Trail Trekkers, California” and ask to join.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call group leader Anna Grubb for more information at (909) 730-3322.

## COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.

Don't see your organization's activity?

Please call the City of La Verne Community Services Office at (909) 596-8776.  
Visit us online at [www.cityoflaverne.org/recguide](http://www.cityoflaverne.org/recguide) to view our Recreation Guide  
or to register for classes.