



# HEALTHY LA VERNE CALENDAR

## JUNE 2014



### June 2014:

#### *Activities:*

- **5th: Red Cross Blood Pressure Check** at the Community Center, 9:30 AM-11:15 AM. No appointment needed.
- **2nd-30th: Zumba Gold** at the Community Center every Monday and Wednesday, 5:30 PM-6:15 PM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **3rd-26th: Zumba Gold** at the Community Center every Tuesday and Thursday, 11:00 AM – 11:45 AM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **4th-25th: Yoga for the Body & Soul** at the Community Center, 6:30 PM-7:30 PM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$40 for 4-week session.
- **7th: Inland Valley Humane Society & S.P.C.A. 13th Annual Paws for Health Dog Walk** at Bonelli Park, San Dimas, 7:30 AM-12:00 PM. The events profits will contribute toward the welfare of the animals in our organization's care and spread awareness to prevent acts of animal cruelty. Call (909) 623-9777 or visit [ivhsspc.org](http://ivhsspc.org) for more information.

### ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday, **Open Discussion Group**, 10:00 AM-11:30 AM
- Tuesday and Wednesday, **University of La Verne Qi Gong Class** at Sneaky Park (Corner of C & 3<sup>rd</sup> Street), 5:00 PM-6:00 PM.
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00 AM-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30 AM-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30 PM-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 PM-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call 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.ci.la-verne.ca.us](http://www.ci.la-verne.ca.us) to view our Recreation Guide  
or to register for classes.**