

JANUARY 2015 SENIOR NEWSLETTER

2015

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

2015

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2015

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FREE AARP TAX AIDE ASSISTANCE

Do you have questions about your taxes? Would you like assistance in completing your income tax form this year? AARP's tax aide program has trained volunteers who are willing to help you. Volunteers provide free assistance to low or moderate income to seniors by filling out simple tax returns and answering tax questions. **Starting January 12th**, please call the Community Center at (909) 596-8776 to schedule an appointment for this FREE service. Appointments will start approximately February 5th and be available through April 14th from 9:00 AM to 3:00 PM.

HOLIDAY HOURS
Wednesday, December 31st:
Center open 8:00 AM to 1:00 PM
**Thursday, January 1st &
Friday, January 2nd:**
Center Closed-Happy New Year!
Monday, January 19th:
Center Closed in observance of
Martin Luther King Jr. Day

**PICK YOUR OWN ORANGES AT
HERITAGE PARK**
(5001 Via de Mansion)
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 with your family. The cost is \$5 per mesh bag and the Park supplies the picking poles. The Park begins the Spring Squeeze on Saturdays beginning January 3, 2015 and continuing approximately through mid March. For more information, call (909) 593-2862 or check out the website at www.laverneheritage.org.

**GOLDEN INVESTMENT CLUB
SPECIAL PRESENTATION**
Wednesday, February 4th, 1:00-3:00 PM
Community Center Classroom 1
Waddell & Reed will present their investment forecasts for 2015 at this special meeting. Waddell & Reed, founded in 1937, is one of the most enduring asset managing and financial planning firms. They have been rated #1 in their Ivy Funds and Mutual Funds in the ten year rankings. To reserve seats, please call (909) 596-8776 or (626) 963-5587. This is a FREE presentation.

**Special City Sponsored
Luncheon**
Monday, January 5, 2015
11:30 AM
HAPPY NEW YEAR!
Please join us for this special luncheon to ring in the New Year! Come share your resolutions for 2015.

Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day ahead by 11:00 AM. These lunches are FREE to seniors 60 years of age or older.

**Happy New Year**

**MT. SAC COMPUTER
CLASS REGISTRATION
FOR SPRING SESSION**
Tuesday, January 27th
10:00 AM

Registration for the Mt. SAC Computer Classes for the Spring session that begin in February (Basic Computing Levels 1-2 & NEW Basic Excel) will be held at the Community Center on Tuesday, January 27th at 10:00 AM! Arrive early to receive a number. Classes are filled on a first-come-first-served basis. Students MUST be present to register for these free classes.

**Spring session runs from
February 23rd thru June
12th.**

TAKE A TRIP WITH LA VERNE! 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 done 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. *Trips scheduled to change!!**

VALLEY VIEW CASINO

Wednesday, January 28, 2015
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 if you become a new member, you can enjoy a FREE buffet! Due to new regulations, if you are a new member, please be prepared to give your driver's license number and expiration date.

AGE: 21 & Up
DEPARTURE TIME: 9:00 AM
RETURN TIME: 6:00 PM
FEE: \$25 (Lunch on your own - new members, receive a free buffet)

SNEAK PEEK:

A first look at some of the upcoming Winter/Spring 2015 Trips.

IMPORTANT: Mail-in and online registration will begin at 8:00 AM on Monday, January 5th. Walk-in registration will begin at 8:00 AM on Tuesday, January 20th.

NEW! - SPACE SHUTTLE ENDEAVOUR & LUNCH AT LAWRY'S (MODERATE)

Wednesday, February 11, 2015

The shuttle has landed! Your day begins with lunch at the famous Beverly Hills Lawry's The Prime Rib. Lunch includes: choice of Prime Rib of Beef, Chicken with Mushroom Sauce or Grilled Salmon all served with Mashed Potatoes, Vegetables, Salad, English Trifle and Coffee or Tea. Then it is off to the California Science Center and the Endeavour Space Shuttle Exhibit. You will also get to view a spectacular IMAX space film. Don't miss out on this exciting opportunity!

AGES: 18 Years & Up
DEPARTURE TIME: 11:00 AM
RETURN TIME: 6:30 PM
FEE: \$70 (Lunch included)

REAGAN LIBRARY W/ NEW "AMAZING AUTOMOBILES" EXHIBIT (MODERATE)

Wednesday, February 25, 2015

You will be on a self-guided tour of the nation's largest and most elaborate library and museum. Audio wands will be available to rent for \$5. The NEW "Amazing Automobiles: The Ultimate Car Exhibit" is an unprecedented exhibition. Over 21 amazing cars will be displayed; including the Batmobile, the Ford used in "Grease," Elvis Presley's Pantera, Pope John Paul II's Cadillac, and many more. Lunch will be on your own at one of the Cafes, or bring lunch and have a picnic on the lawn.

Age: 18 Years & Up
DEPARTURE TIME: 9:00 AM
RETURN TIME: 4:30 PM
FEE: \$32 (Lunch on your own)

NEW! - COLORFUL SONGS OF BROADWAY "IRISH EYES ARE SMILING" SHOW & LUNCHEON (EASY)

Tuesday, March 17, 2015

What a fun way to spend St. Patrick's Day! Join us for an Irish Musical Review with songs, costumes, Dialogue and dancing to get you in the Irish spirit. Luncheon includes:

choice of Corned Beef and Cabbage, Chicken Teriyaki or Veggie Pasta all served with Wine, Mashed Potatoes, Garden Salad, Vegetables, Rolls, and Irish Sundae and Coffee or Tea.

There is also shopping and a raffle available at the show.

AGE: 50 Years & Up
DEPARTURE TIME: 10:15 AM
RETURN TIME: 4:30 PM
FEE: \$62 (Lunch & Wine included)

NEW!-"BLOOMS & BROOCHES" - L.A. FLOWER MART TOUR, JEWELRY MART TOUR & LUNCH AT PHILIPPE'S (ACTIVE)

Wednesday, March 25, 2015

Your day begins with a fully guided tour through the Flower District where you'll have time to visit with the vendors and pick up some blooms at discount prices. Then, it's lunchtime at Philippe the Original where you'll have your choice of a famous "French Dipped" Sandwich (all different meats available) and a salad. The final stop is at the L.A. Jewelry Mart. You will have a fully guided tour through the Mart and be able to pick out beautiful jewelry at discount prices.

AGE: 18 Years & Up
DEPARTURE TIME: 8:30 AM
RETURN TIME: 4:00 PM
FEE: \$50 (Lunch included)

NEW!-PAGEANT OF OUR LORD & LUNCH AT HOMETOWN BUFFET

Saturday, April 4, 2015

First, we will stop for lunch at the HomeTown Buffet. Just pick up a plate and choose from over 90 items for lunch!

CONT. ON PAGE 3...

HEALTH AND WELLNESS

TRIPS CONT.....

PAGEANT OF OUR LORD CONT...

Then it's off to "The Pageant of Our Lord" at the Rolling Hills Covenant Church where pieces of art are presented by live models with magnificent orchestrations and original narration to lead the audience on a unique journey through Biblical history; it's something you have to see to believe!

AGE: ALL AGES

DEPARTURE TIME: 8:15 AM

RETURN TIME: 3:30 PM

FEE: \$55 (Buffet Lunch included)

THE GROVE/FARMER'S MARKET & THE GRIFFITH OBSERVATORY (MODERATE)

Friday, April 24, 2015

Our most popular trip! We will start out at Farmer's Market and the Grove for shopping and dinner, then it's off to the Observatory. Planetarium tickets are available day of at the Observatory and are \$5/seniors and \$7/adults - it's a must see! Dinner will be on your own at one of the many restaurants and/or carts at the Grove/Farmer's Market.

AGE: All Ages

DEPARTURE TIME: 1:00 PM

RETURN TIME: 10:00 PM

FEE: \$25 (Dinner on your own)

NEW! - ON A MISSION TO SAN JUAN CAPISTRANO & LUNCH AT EL ADOBE (ACTIVE)

Thursday, May 7, 2015

First it's lunch at El Adobe; lunch includes: choice of Chicken Tostada Salad, Chicken & Avocado Sandwich or Chicken Enchiladas all served with Chips and Salsa, and Ice Cream Sundae and Coffee or Tea. After lunch, you'll have time to browse about the shops and galleries of San Juan Capistrano before taking a guided tour of the famous Mission San Juan Capistrano. Knowledgeable docents will bring to life the mission's historic past as you embark on a 90-minute peek into the past.

AGE: All Ages

DEPARTURE TIME: 9:45 AM

RETURN TIME: 5:30 PM

FEE: \$55 (Lunch included)

****Questions? Call Jennee Tuesday thru Thursday, 8:00 AM to 4:00 PM at (909) 596-8776****

More trip info will be available in the February 2015 Newsletter as well as the Winter/Spring Recreation Guide.

The following are health related services, which are offered on a regular basis at the La Verne Community Center (3680 "D" Street):

- **RED CROSS BLOOD PRESSURE CHECK**

Held the first Thursday of the month from 9:30 to 11:15 AM.

No appointment needed!

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

Fri. 1/2: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/5: Thompson Creek

Walk trail to end of road

Wed. 1/7: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/9: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/12: Senior Center

Walk to Hillcrest area & back

Wed. 1/14: Heritage Park La Verne

Walk thru the park & flood control

Fri. 1/16: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/19: Thompson Creek

Walk trail to end of road & back

Wed. 1/21: San Dimas Canyon Park

Walk to dog park area & back

Fri. 1/23: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/26: Thompson Creek

Walk trail to end of road & back

Wed. 1/28: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/30: Brackett Field Airport

Walk to Puddingstone & back

**For further information or questions contact:
Anna Grubb (909) 730-3322**

Upcoming Events & 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 provided information are confidential.

SAVE THE DATE—

SIP OF LA VERNE WINE WALK Saturday, April 11th, 5:30-8:30 PM

Old Town La Verne

**\$35 tickets at oldtownwinewalk.com in February
(\$40 day of event)**

Merchants throughout Old Town offer wine tastings and local restaurant food offerings in beautiful Old Town La Verne. Live music throughout is part of the festivities. This event sells out early when the tickets go on sale in February. For more information, please call (909) 596-8706.

MT. SAN ANTONIO CLASSES SEMESTER DATES

Winter Session begins January 5, 2015

No class on the following dates:

- Martin Luther King Jr. Day January 19th
- President's Day February 13th

Winter Session ends February 13, 2015

Spring Session begins February 23, 2015

CAMELLIA SHOW

Saturday, February 21st - 1:00 - 6:00 PM

Sunday, February 22nd - 10:00 AM - 6:00 PM

At the La Verne Community Center

Residents will be pleased to have this wonderful two-day event taking place at the La Verne Community Center. The Pomona Valley Camellia Society's 68th Annual Camellia Show will be sure to create a fun, educational and inspirational arena for all levels of gardening lovers.

This is a two-day event. Placement of blooms for judging will be Saturday, February 21st from 6:00 AM to 10:30 AM. Judging will be from 10:30 AM to 1:00 PM. The show is open to the public on Saturday, February 21st from 1:00-6:00 PM and on Sunday, February 22nd from 10:00 AM to 6:00 PM.

DIABETES EDUCATION 3-PART SERIES

Tuesdays, March 10th, 17th & 24th

6:00-7:00 PM at the Community Center

Attend this FREE series taught by Registered Dietician, Gina Crome. Learn effective ways to manage your diabetes in a fun, interactive group session. Understand the link between healthy eating and blood sugar. Discover the importance of timing your meals appropriately. Learn to recognize and correct high and low blood sugar levels and much more.

FREE class includes 3-week session, materials and instruction.

Pre-register at the front desk, or for more information please call the La Verne Community Center at (909) 596-8776.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday, January 21st
10:00 to 11:15 AM**

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!**

Lost & Found

The Community Center has a Lost & Found Closet. If you think you lost an item, ask a staff member to check the closet for you next time you are at the Center. Or call (909) 596-8776 to ask over the phone.



THE SENIOR GOLF LEAGUE OF LA VERNE



We wrapped up our 2014 competition with three consecutive rounds using a Ryder Cup format that saw us divided into two teams-Red and Blue for want of more creative names. The Red Team won the competition as they earned 7 points to just 4 points for the Blue Team. The Red's Team's Co-Captains were Tony Gonzales and Fred Vera, while the Blue Team's Co-Captains were George Borst Jr. and Larry Sigler. Congratulations to winning Red Team whose members included, besides their Co-Captains who are listed above were: Jovito Barrantes, John Hamman, Ed Linberg, Madan Malik, Hal Platts, Joe Ramos, Marv Stolarz and Ruben Triana.

Our first event for 2015 is set for Tuesday, January 13th at 9:00 AM at Marshall Canyon. We will begin the year by playing "Hate Em." In advance of teeing off that day, each golfer will choose three holes that he/she hates-a par 3, a par 4 and a par 5. His/Her scores for these three holes, for purposes of our competition will automatically be pars, regardless of his/her actual score on them. We ask players to arrive by 8:30 AM to check in.

If you'd like to be a part of the La Verne Senior Golf League in 2015, now's the time to contact Ed Linberg or George Borst about joining the group. Ed's email is: emlinberg@earthlink.net. George's email is: jegaborst2002@yahoo.com. If you prefer to talk to a person, you can reach Ed at (909) 392-6688 or George at (909) 596-3982. We always welcome new members, especially women golfers whose number in our group is still very small.

Other than the green and cart fees paid to the course, we charge \$5 per golfer to provide the prizes we award each time we play. The green fee, with a cart, is \$26.25 if you have an LA County Senior Golf Card. Golfers 65+ can obtain this card for a \$28 annual fee at Marshall Canyon, or at any other LA County Golf Course. With it, you get a 50% reduction on your green fee at any of the 19 LA County Golf Courses. It's a good deal!



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 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!

EARN EXTRA \$ MONEY \$

If you are 55 years of age or older, live on a limited income and want to help others, we need you! The Senior Companion Program, which pays seniors a stipend to assist others in their homes by providing transportation, help with groceries, community information and most importantly, companionship! If you want to learn how you can **EARN UP TO \$300 EXTRA MONTHLY** please call **Gwen Alber, Senior Companion Program Director at Community Senior Services at 909-621-9900.**

Daily Calendar JANUARY

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 2015 issue of the *City Newsletter and Recreation Guide*.

Thursday, January 1

Center Closed....HAPPY NEW YEAR!

Friday, January 2

Center Closed...HAPPY NEW YEAR!

Monday, January 5

(Mt. SAC Winter Session Begins)

9:00 AM—Quilting
 9:00 AM—Senior Social Club
 11:30 AM—**Special City Sponsored Lunch**
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, January 6

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 7

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 1:00 PM—Golden Investment
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, January 8

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 10:00 AM—**Garden Friends**
 11:30 AM—Senior Lunch Program
 1:00 PM—**CCCLV General Meeting**
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, January 9

9:00 AM—Basic Excel I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

Monday, January 12

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

Tuesday, January 13

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 14

9:00 AM—**AARP Mature Driving**
 9:30 AM—Bone Builders
 11:30 AM—Canasta
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, January 15

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Daily Calendar continued Monday, January 26

Friday, January 16

9:00 AM—Basic Excel I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

Monday, January 19

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

Tuesday, January 20

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—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:00 PM—Watercolor Basics
 1:30 PM—Balance & Mobility
 4:00 PM—**Peer Support Group**
 6:00 PM—Woodcarvers

Wednesday, January 21

9:30 AM—Bone Builders
 10:00 AM—**SAC Meeting**
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, January 22

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program (**BirthDay Lunch**)
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, January 23

9:00 AM—Basic Excel I
 9:30 AM—Bone Builders
 10:00 AM—Attorney
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

9:00 AM—Quilting
 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 27

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

Wednesday, January 28

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, January 29

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, January 30

8:00 AM—Notary Public Class
 9:00 AM—Basic Excel I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting



2015

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 \$250...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 \$2 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 black-outs are \$125 each and the pull tabs are \$125. games will depend on money.

There are two \$10 intermission prizes. On the last Friday of the month we will have four \$10 prizes. Prizes for the regular attendance each week, so more players equal more money. 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? Please call one day in advance by 11:00 AM for lunch reservations at (909) 596-8778.

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.**

OPEN DISCUSSION GROUP

**Tuesdays at the La Verne Community Center
10:00 to 11:30 AM**

The group speaks on various issues that have been reported in the news, and, at some point there might be a speaker or two. This is a friendly group of seniors wanting to speak about concerns of the day; what we are not is a support group, nor do we discuss personal health conditions or partisan politics. Participation is FREE of charge. For further info, contact Joan Reyes at (909) 593-6336.

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 23rd

Appointments subject to change.

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 info please call Community Senior Services at (909) 621-9900.

COMMUNITY COMPUTER CLUB OF LA VERNE— PC



If you would like to learn more about computers, the Community Computer Club of La Verne offers a friendly, helpful group of people trying to do the same. Come on in! The door is open to everyone who is interested.

Yearly Dues:

\$12/person per year

\$18/couple per year

****Check out our website****

theccclv.us

JANUARY SCHEDULE:

Wednesday, January 7th:

Golden Investment SIG 1-4 PM

Thursday, January 8th:

Board Meeting 12:15 PM

General Meeting 1:00 PM

(This meeting is open to the public)

Hardware/Software SIG:

for computer questions or help—available in the Lab the 1st and 3rd Wednesdays of the month (also the 5th Wednesday on some months) from 9:00 AM to 12:00 PM. Bring any problems along with your laptop, flash drive or tower.

SEE PAGE 1 FOR INFO ON A SPECIAL GOLDEN INVESTMENT MEETING/PRESENTATION IN FEBRUARY

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). **The next Classes will be (no classes in December):**

Driver Safety Program (2 day class):

Tuesday, January 13th & Wednesday, January 14th

Driver Safety Program Renewal (1 day class):

Tuesday, February 10th

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

FINE ACRYLIC PAINTING

Learn the fine art of acrylic painting in the informative and fun filled class. Express your creativity through this affordable medium in a variety of styles. Students will explore the materials, tools and techniques of this popular art material. First class meeting supplies will be free. Students will supply their own affordable paints, canvas, brushes, etc after the first class.

INSTRUCTOR: Ray Tucker

LOCATION: Community Center

DAYS/TIME: Fridays, 1:00-4:00 PM

FEE: \$110/session

SESSION 1: Jan. 9-Jan. 30

SESSION 2: Feb. 6-Feb. 27

SESSION 3: Mar. 6-Mar. 27

SESSION 4: Apr. 3-Apr. 24

BASIC EXCEL LEVELS 1-3—NEW!

This is a NEW Mt. SAC FREE class. You must attend the Registration on January 27th as explained on Page 1.

Introduction to Excel, including terminology and working with data in a spreadsheet application.

Thursdays, 9:00 AM to 12:00 PM

INSTRUCTOR: Kristin Purper

BASIC EXCEL 1: Jan. 8-Feb. 12

BASIC EXCEL 2: Feb. 26-Apr. 2

BASIC EXCEL 3: Apr. 16-May 21

NEW! - WATERCOLOR BASICS-NOVICE LEVEL

This class is aimed for the person who is either brand new or desires to improve foundational skills in transparent watercolor such as washes, shapes, color basics and other techniques. A starter kit is available for purchase the first day for \$20. Students must provide additional paper and other materials from instructor's list. Please email ortizhomestudio@verizon.net for instructor's list prior to class.

INSTRUCTOR: Fran Ortiz

DAYS/TIMES: Tuesdays, 1:00-3:30 PM

FEE: \$105/session

MATERIAL FEE: \$5 payable at class

SESSION 1: Jan. 20-Feb. 24

SESSION 2: Apr. 14-May 19

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, creating a toned body, balance and concentration, improves circulation, promotes relaxation and benefits internal organs and glands. Pilates develops a strong core and alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Thursdays, 7:00-8:00 PM

FEE: \$25/session

SESSION 1: Jan. 8-Jan. 29

SESSION 2: Feb. 5-Feb. 26

SESSION 3: Mar. 5-Mar. 26

SESSION 4: Apr. 2-Apr. 23

LOCATION: Community Center

YOGA FOR THE BODY & SOUL

This class comprises of warm up and deep stretching in "Flow Style" breathing, energy meditation and positive affirmations. Please bring a mat and water to class.

INSTRUCTOR: Spring Cooper

DAYS/TIMES: Wednesdays, 7:15-8:15 PM

FEE: \$40/session

SESSION 1: Jan. 7-Jan. 28

SESSION 2: Feb. 11-Mar. 4

SESSION 3: Mar. 18-Apr. 8

LOCATION: Community Center

Senior Ads:

The City of La Verne does not endorse or take responsibility for any items or goods advertised in this section.

Criteria for ads – Advertisements must be submitted to Jennee Carey at the Community Center office by the 15th of each month in typed format or neatly printed. Please include name and phone number with ad copy.

****Our senior ads will NOT accept service ads, business ads, rooms/houses for rent, etc. This section is for items only (either items needed or items being sold).**

For Sale: Like New Holmes HEPA Type Air Purifier (new filter included) for large room. Sale Price \$40. Call (909) 624-5181.

For Sale: Brand New Toyota Prius Car Cover. Original Box. \$45. **Brand New Home Depot Ceiling Fan.** Original Box. \$15. Call Elaine (909) 277-5682.

For Rent-1 Bedroom Apartment. Non-Smoking. Call (626) 437-5396.

Couch For Sale, like new-Victorian. \$300 OBO. Call (909) 392-0136.

For Sale—Double Mattress and Box Springs, very good condition as they were only used for two months. \$200.00 OBO **Ladies Size 12 Jeans,** nearly new assorted brands. \$20.00 each. Call Rillis at (909) 626-4441.

For Sale—Small Collection of Stuffed Teddy Bears (small & Large sizes) \$2-\$12. **Collection of Bells**-call for pricing. **Sherpa Pet Carrier**-Large and used once. \$85. Call Evelyn at 909-596-4985. **Raised Toilet Seat**-new. \$25. **Walker**-new-great condition \$20 OBO. Call Evelyn at (909) 596-4985.

Queen Provence 20-piece Luxury Bedding Set. Never been used-still in package. Asking \$200 (valued at \$450). Call Ni at (909) 593-5748.

Honeywell Heater-small. 360 surround-Brand New. \$45. Call Kitty at (909) 625-4626.

For Sale-Hon Black Four Drawer File Cabinet. 15' W x 26.5 x 52 H like new. \$100. Call Judy Osnain at (909) 593-7146.

For Sale-Victory 3-wheel Electric Scooter-asking \$400 or best offer. Call Marilyn at (909) 392-9667-please leave message.

MAC'S Lift Gate-Model PL50. Speed 10 F.P.M. Travel 50 inches. Suspension-Chain. Capacity-600 pounds. Date of Manuf. 2010. Price \$2,500 (OBO). Call (951) 658-9797.

Beautiful Handmade Raggety Ann & Andy Dolls, 15". \$20/each & **Handmade Pigtail Dolls** with Clothes & Matching Quilt, 15". \$35/each. Made by Anita. Call (909) 392-8508.

For Sale-Teeter Totter Hang Table, new, never used (paid \$200) will sell for \$100-adjusts to height of person. Call Adelina at (909) 986-0801.

New-Used Once Power Washer-1550 psi. Sell for \$101 or best offer. Call Chris at (626) 253-3061.

Ads will run for one month unless we are given notice

Please contact Jennee Cubak at the Community Center office to submit your own ad. (Let me know if you've sold your item as well.)
3680 "D" Street, La Verne, CA 91750
(909) 596-8776 Fax (909) 392-3937
jcubak@ci.la-verne.ca.us

Jennee Cubak, Editor

The Senior Newsletter is available online on our City web site:

www.ci.la-verne.ca.us

(Click on "Documents" tab on the top right...then click on "Community Services" "Senior Newsletter and Menu," "Senior Newsletter 2014")



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 Department:
(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...

NEW YEAR'S RESOLUTIONS....



Funny Pictures on www.LeFunny.net



*"Nope, no New Year's resolutions for me this year—
I'm still working on a backlog dating from '87."*



JANUARY



Orange Picking @ Heritage

Beginning January 3rd

Come pick delicious oranges every Saturday at Heritage Park located at 5001 Via De Mansion in La Verne.

City-Sponsored Lunch

Monday, January 5th

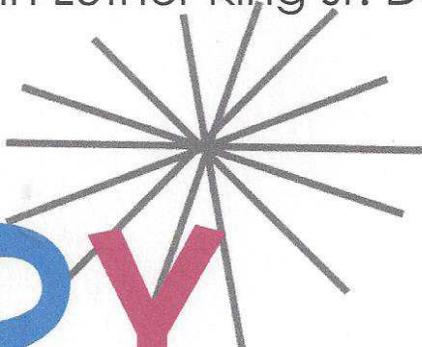
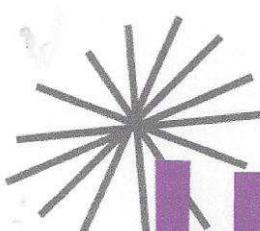
Join us for a New Year's themed lunch through our nutrition program! To make reservations, call the lunch program by 11 a.m. the day before at (909) 596-8778.

Center Closures

Thursday, January 1st: New Year's Day

Friday, January 2nd: New Year's Day After

Monday, January 19th: Martin Luther King Jr. Day



HAPPY NEW YEAR

For more information, please call the Community Center at (909) 596-8776.

