



MARCH 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 3

2015

Inside This Issue:

| | |
|------------------------|-----|
| Excursions | 2-3 |
| Health/Wellness | 3 |
| Events & Programs | 4-5 |
| Daily Calendar | 6-7 |
| Clubs & Classes | 8-9 |
| Senior Ads | 10 |
| Just to Make you Smile | 11 |
| Important #'s | 11 |
| Special Event Flyer | 12 |

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. Please call the Community Center at (909) 596-8776 or see the front desk to schedule an appointment for this FREE service.

Appointments will be Tues. & Wed. Now thru April 8:30 AM-4:00 PM.

NEED HELP WITH VARIOUS SOCIAL MEDIA SITES?

New trainings on Social Media (Facebook, Personal Websites, etc.) are now being offered at the Community Center on the 4th Tuesday of every month from 11:30 AM to 1:00 PM. Bring a pen and paper and be ready to be blown away by these informative trainings put on by the La Verne Chamber of Commerce.

This is a FREE event, but you must register to secure your seat. To register and/or find out more info on upcoming topics, please call the Chamber at (909) 593-5265.

SAVE THE DATE- SIP OF LA VERNE WINE WALK **Saturday, April 11th, 5:30-8:30 PM** **Old Town La Verne ("D" & Third Streets)**

Merchants throughout Old Town offer wine tastings and local restaurant food offerings in beautiful Old Town La Verne for the third annual Wine Walk. Live music throughout is part of the festivities. The event sells out early, so get your tickets now! Tickets are \$35 at oldtownwinewalk.com presale or \$40 at event (if tickets are still available). For more info, call (909) 593-5265.

REMEMBER TO VOTE! **General Municipal Election** **Tuesday, March 3rd**

Please call (909) 596-8726 for more Information.

Special City Sponsored Luncheon **Tuesday, March 17th** **11:30 AM**

It's St. Patrick's Day so come celebrate with us at this free lunch. Be sure to wear your green so you don't get pinched! Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day in advance by 11:00 AM. These lunches are FREE to seniors 60 years of age or older.



PICK YOUR OWN ORANGES AT HERITAGE PARK **(5001 Via de Mansion)** **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. For more information, call (909) 593-2862 or check out the website at www.laverneheritage.org

CHECK OUT OUR NEW ZUMBA GOLD CLASSES- INFO ON PAGE 9!

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 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. **Trips scheduled to change!!

NEW! - COLORFUL SONGS OF BROADWAY "IRISH EYES ARE SMILING" SHOW & LUNCHEON (EASY) Tuesday, March 17th

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 25th
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 4th

First, we will stop for lunch at HomeTown Buffet. Just pick up a plate and choose from over 90 items for lunch! 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 24th

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 7th

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 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)

A DAY AT CATALINA ISLAND (ACTIVE)

Saturday, May 30th
THIS TRIP IS FULL!

ROGER'S GARDENS & FASHION ISLAND (MODERATE)

Thursday, June 11th

The day begins at "America's Most Beautiful Home and Garden Center"-

Roger's Gardens in the beautiful Newport Beach area. After touring and shopping the gardens at your leisure, you are on your own for shopping and lunch at the beautiful outdoor Fashion Island. (Mall has many restaurant chains, fine dining restaurants, and a food court).

AGE: All Ages
DEPARTURE TIME: 9:00 AM
RETURN TIME: 3:30 PM
FEE: \$25 (Lunch on your own)

CONT. ON PAGE 3...

HEALTH AND WELLNESS

TRIPS CONT.....

VALLEY VIEW CASINO (EASY)

Wednesday, June 24th

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 now receive \$25 "More Play" (the free buffets are no longer being offered). Due to 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)

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

DIABETES EDUCATION

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.

March 10th: Manage Your Diabetes

Learn to control your lifestyle to help manage your diabetes. This first class covers all the basics including what is diabetes, who is at risk and learning the strategies for maintaining a healthy lifestyle while adjusting to life with diabetes.

March 17th: Meal Planning & Healthy Eating

Designed to help you put your lifestyle plan into action at home or away, this class covers how to set up healthy eating goals, shopping tips, and making sense of nutrition labels.

March 24th: Monitoring Your Blood Glucose

Understand the connection between what we eat and blood glucose levels and why monitoring is so important. Learn strategies for keeping your blood sugar in check and the physical signs of high and low levels.

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.

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.

MARCH SCHEDULE

Mon. 3/2: Thompson Creek

Walk trail to end of road & back

Wed. 3/4: San Dimas Canyon Park

Walk to dog park area & back

Fri. 3/6: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/9: Senior Center

Walk to Hillcrest area & back

Wed. 3/11: Claremont 10th & Indian Hill

Walk the area & back

Fri. 3/13: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/16: Thompson Creek

Walk trail to end of road & back

Wed. 3/18: Claremont 10th & Indian Hill

Walk the area & back

Fri. 3/20: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/23: Thompson Creek

Walk trail to end of road & back

Wed. 3/25: San Dimas Canyon Park

Walk to dog park area & back

Fri. 3/27: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/30: Thompson Creek

Walk trail to end of road & 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 are confidential.

VOLUNTEER RECOGNITION LUNCHEON

**Thursday, April 16th, 11:00 AM
La Verne Community Center**

The City of La Verne thanks and applauds all volunteers who dedicate their time and efforts to make our programs a success. A special luncheon will be held in their honor to recognize their exceptional hard work.

Volunteers will be notified of details via mail.

*Please note: there will be NO regular lunch program this day.

6th ANNUAL COMMUNITY YARD SALE Saturday, April 25th, 8:00 AM-1:00 PM

Bonita High School Parking Lot, 3102 "D" St. The La Verne Chamber of Commerce, the City of La Verne, and Bonita High School will be hosting the sixth annual Community Yard Sale. The cost of renting a space is \$25. Applications are available online at www.ci.la-verne.ca.us. You can also pick up applications at City hall or at the Chamber Office, which is located at 2078 Bonita Avenue. If you would like to have an application mailed to you, please call (909) 593-5265. No license or permit is required.

Not only is this event a great way to reuse completely high-quality items, it helps the City of La Verne to meet difficult state waste diversion requirements by keeping items out of the local landfills. Things you may no longer want will be treasure to someone new. It is not too early to begin sorting and setting aside items for the April sale. If you do not have enough items of your own, maybe you could plan to share space with a friend, relative, or club members. **Admission and parking are FREE, so come early and enjoy the day!**

SAVE THE DATE! SENIOR DINNER DANCE EXTRAVAGANZA

"We're going all in on a night of fun and you're invited!"

**Sunday, May 17th, 5:00-8:00 PM
La Verne Community Center**

Join us for a classic casino themed evening of dinner, dancing, a live band and much more. Tickets are still just \$10. Pre-paid reservations must be made at the Community Services office (3660 "D" St., City Hall) between the hours of 8:00 AM and 6:00 PM, Monday thru Thursday. Seating is limited, so don't delay!



CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday, March 18th
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



In March we will have three rounds of competition instead of our usual two rounds. We'll play, as we always do, on the 2nd and 4th Tuesdays, the 10th and 24th respectively. But since there are 5 Tuesdays in March, we are going to play on the 31st as well. We started playing on the 5th Tuesdays last year and are going to continue to do this in 2015. As usual, our first group will tee off at 9:00 AM. We ask everyone who's playing to check in by 8:30 AM.

We closed sign-ups for the 2015 La Verne Senior Golf Cup competition at the end of February. More than 20 of our members are signed up for this competition that awards points to the top five finishers almost every time we play. We compete in two Flights-handicaps under 25 and handicaps 26 and above. In November, after we play our two-round Club Championship in October, we will award trophies to the golfers in Flight 1 and Flight 2 who have the most points for the year. In addition, they will split a pot of around \$100 for winning this competition.



On February 10th, we were pleased to welcome back Howard Emerhanian, who has not been able to play golf for about a year. We also welcomed back Ruben Gonzales after his 8 month lay-off. If you'd like to join the La Verne Senior Golf League, contact Ed Linberg or George Borst. You may contact Ed at this email address: emlinberg@earthlink.net. George's email address 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.

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 MARCH

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*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Monday, March 2

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, March 3

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—**Tax Aide**
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, March 4

8:30 AM—**Tax Aide**
 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, March 5

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 1
 9:30 AM—**Blood Pressure Check**
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, March 6

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—Acrylic Painting

Monday, March 9

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
 12:30 PM—**SMUG Meeting**
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, March 10

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—**Tax Aide**
 9:00 AM—**AARP Mature Driving**
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—**Diabetes Education**
 6:00 PM—Woodcarvers

Wednesday, March 11

8:30 AM—**Tax Aide**
 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, March 12

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 1
 9:30 AM—Bone Builders
 10:00 AM—**Garden Friends**
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:00 PM—**CCCLV General Meeting**
 1:30 PM—Balance & Mobility

Friday, March 13

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—Acrylic Painting

Daily Calendar continued

Monday, March 16

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, March 17-Happy St. Patty's Day!

8:30 AM—Tax Aide
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 10:15 AM—Zumba Gold
 11:30 AM—**Special City Sponsored Lunch**
 4:00 PM—**Peer Support Group**
 6:00 PM—**Diabetes Education**
 6:00 PM—Woodcarvers

Wednesday, March 18

8:30 AM—Tax Aide
 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, March 19

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 2
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, March 20

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—Acrylic Painting

Monday, March 23

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, March 24

8:30 AM—Tax Aide
 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
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers
 6:00 PM—**Diabetes Education**

Wednesday, March 25

8:30 AM—Tax Aide
 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, March 26

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 2
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program (**Birthday Lunch**)
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—**Sunkissed Stitchers**

Friday, March 27

9:00 AM—Basic Computing Level 2
 9:30 AM—Bone Builders
 10:00 AM—**Attorney**
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

Monday, March 30

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, March 31-Cesar Chavez Day (No Mt. SAC Classes This Day)

8:30 AM—Tax Aide
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 6:00 PM—Woodcarvers

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 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? Please call one day in advance by 11:00 AM for lunch reservations at (909) 596-8778.

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, March 27th

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.

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.

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

MARCH SCHEDULE:

Wednesday, March 4th:

Golden Investment SIG 1-4 PM

Thursday, March 12th:

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.

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):

Tuesday, March 10th & Wednesday, March 11th

Driver Safety Program Renewal (1 day class):

Tuesday, April 7th

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

ZUMBA GOLD

Zumba Gold is a dance based, low impact workout-suitable for all ages and beginners. Zumba Gold uses the same great Zumba formula and music, but focuses on simple moves to provide a fun workout that improves balance and flexibility.

INSTRUCTOR: Isabel Tapia

LOCATION: Community Center

DAYS/TIME: Tuesdays & Thursdays,
10:15-11:00 AM

FEE: \$40/session

SESSION 1: March 3 - March 31

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 3: Mar. 5-Mar. 26

SESSION 4: Apr. 2-Apr. 23

LOCATION: Community Center

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 3: Mar. 6-Mar. 27

SESSION 4: Apr. 3-Apr. 24

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 2: Apr. 14-May 19

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 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 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).**

Piano in good condition \$380 OBO. **Corner Wood Cabinet** in good condition \$50 OBO. **Sewing Machine with Wood Cabinet** \$75. Call Ileana at (909) 599-4648, please leave a message, please talk slowly.

For Sale: Thomasville British Gentry Rectangular Cocktail Table (65w x 36d x 19 3/4h) and Side Chair. Both have been very well cared for. \$300 ea., both \$500. \$2,000 when new. Call Richard at (909) 593-4348 or email to famkee@aol.com. Pictures can be provided.

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.

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. **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.

B.A.A.M. 2 Drain Cleaner Plunger - as seen on TV. New in box. \$27. **Aluminum Foil Dispensers** (white)-2 of them. \$10/each. 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.

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.

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 2015")



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...

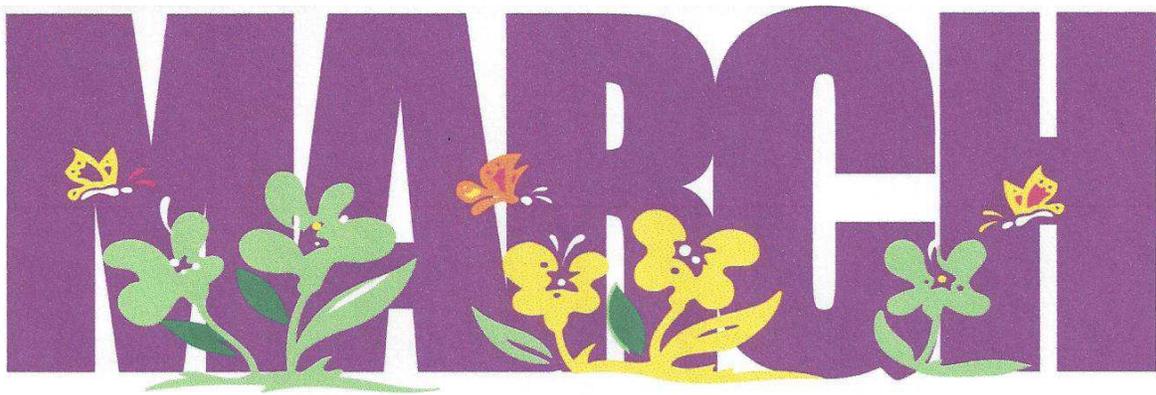
HAPPY ST. PATRICK'S DAY!

An Irishman, by the name of O'Malley proposed to his girl on St. Patrick's Day. He gave her a ring with a synthetic diamond. The excited young lass showed it to her father, a jeweler. He took one look at it and saw it wasn't real. The young lass on learning it wasn't real returned to her future husband.

She protested vehemently about his cheapness. 'It was in honor of St. Patrick's Day, 'he smiled. 'I gave you a sham rock.'



MARCH



Identification & Emergency Cards

The City of La Verne is updating all Identification & Emergency Cards for seniors who partake in **any** programs at the Community Center. It is highly important that you have an up-to-date card on file in case of an emergency. Please see the front office in the Community Center for your card today.

Diabetes Education Series

March 10th, 17th, & 24th @ 6 – 7 p.m.

This is a **FREE**, three part seminar on how to effectively manage your diabetes, plan meals, and monitor your blood glucose. Pre-register at the office in the Community Center today!

Trips & Excursions

Songs of Broadway

March 17th @ 10:15 a.m.

Come & enjoy a St. Patty's themed show with lunch!

Blooms & Brooches

March 25th @ 8:30 a.m.

Explore L.A.'s flower & jewelry marts and enjoy lunch!

The chance that you'll ever find a four-leaf clover is 1 in 10,000.



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

