



# APRIL 2015 SENIOR NEWSLETTER



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

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2015

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## 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.

## Special City Sponsored Luncheon Monday, April 6th 11:30 AM

The Center has Spring Fever! Please join us for this special Spring-Themed free Luncheon. Please call (909) 596-8778 to make your reservations. Lunches fill up quickly, so please try to make your reservations early! These lunches are FREE to seniors 60 years of age or older.



## COOL CRUISE CLASSIC CAR SHOW

Saturday, April 4th  
9:00 AM-5:00 PM  
Old Town La Verne  
FREE!

This is always the biggest event every year in Old Town. Car enthusiasts, young and old alike, always have a great time at this event! Enjoy classic cars filling up the streets of Old Town, live entertainment, vendors, great food and shopping. For more info and registration please contact Larry Trujillo at (626) 357-7442 or La Verne City Hall at (909) 596-8706.

## EASTER EGG HUNT

Saturday, April 4th, 10:00 AM sharp!  
Ages 1 to 12 years  
Las Flores Park (3175 Bolling Ave.) &  
Emerald Park  
(corner of Genesee & Chelsea)  
Participants may gather eggs, candy and prizes. Bring your own basket to collect the eggs.

## SPECIAL PRESENTATION! WILLS, TRUSTS & LIVING TRUSTS Wednesday, April 29th at 9:30 AM at the La Verne Community Center

Join us for this very special presentation on wills, trusts and living trusts. Learn how they work, how they are different, and how to have one put in place for you. You don't want to miss out on this educational seminar presented by Gaudy Law. No reservation required - just come and enjoy! For more information, please call (909) 596-8776.

## *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!

**CHECK OUT OUR NEW  
ZUMBA GOLD CLASSES-  
INFO ON PAGE 3!**

**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!-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 & GRIFFITH OBSERVATORY**  
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**  
Thursday, May 7th  
**THIS TRIP IS FULL!**

**A DAY AT CATALINA ISLAND**  
Saturday, May 30th  
**THIS TRIP IS FULL!**

**ROGER'S GARDENS & FASHION ISLAND**  
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)**

**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)**

**SUMMER/FALL SNEAK PEEK!**

**PLEASE NOTE:**

Registration for these trips will **NOT** be available until May.

**Mail-in and Online Registration:** will begin at 8:00 AM on Monday, May 18, 2015

**Walk-in Registration:** will begin at 8:00 AM on Monday, June 1, 2015

**NEW! - A DAY IN HUNTINGTON BEACH**  
Saturday, July 11, 2015

**NEW! - BIG BEAR MOUNTAIN LAKE ESCAPE**  
Saturday, July 25, 2015

**NEW! - LAUGHLIN GET-AWAY (3 DAYS-2 NIGHTS) AT THE RIVERSIDE RESORT & CASINO FEATURING THE LAUGHLIN LUAU PARTY**  
Wednesday, August 12 - Friday, August 14, 2015

**A DAY IN CATALINA**  
Saturday, August 22, 2015

**NEW! - DEAD SEA SCROLLS EXHIBIT AT THE CALIFORNIA SCIENCE CENTER, IMAX FILM & LUNCH AT CANTER'S DELI**  
Thursday, September 3, 2015

**NEW! - BOWERS MUSEUM & LUNCH/SHOPPING AT THE OUTLETS OF ORANGE**  
Tuesday, October 6, 2015

**TRIPS CONT. ON PAGE 3...**

## HEALTH AND WELLNESS

### TRIPS CONT.....

**NEW! - PRINCESS DIANA EXHIBIT ON THE  
QUEEN MARY & TEA LUNCHEON AT  
ELISE'S TEA ROOM**

Wednesday, October 21, 2015

**NEW! - SOARING OVER PALM  
SPRINGS WITH LUNCH AT PINES CAFÉ**

Wednesday, November 4, 2015

**THE GETTY CENTER IN LOS ANGELES**

Thursday, November 12, 2015

**THE MISSION INN FESTIVAL OF LIGHTS**

Sunday, December 13, 2015

**ROSE PARADE "SHOWCASE OF FLOATS" &  
LUNCH AT THE TAM O' SHANTER**

Saturday, January 2, 2016

**VALLEY VIEW CASINO**

Wednesday, January 27, 2016

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

### 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 2:** April 2-April 30

### TRAIL TREKKER HIKING PROGRAM

Keep fit while hiking the beautiful local foothills and Mt. Baldy as well as enjoying the safety of hiking with others. Hikes are Monday through Saturday in the morning. Program open to adults in good physical condition. Dogs on a leash allowed. For more information, call (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.

### APRIL SCHEDULE

**Wed. 4/1: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 4/3: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 4/6: Senior Center**

Walk to Hillcrest area & back

**Wed. 4/8: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 4/10: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 4/13: Thompson Creek**

Walk trail to end of road & back

**Wed. 4/15: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 4/17: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 4/20: Thompson Creek**

Walk trail to end of road & back

**Wed. 4/22: Kuns Park**

Walk to San Dimas

**Fri. 4/24: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 4/27: Thompson Creek**

Walk trail to end of road & back

**Wed. 4/29: San Dimas Canyon Park**

Walk to dog park area & 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](http://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 DISASTER PREPAREDNESS ANNUAL WORKSHOP**

**Tuesday, June 2nd**

**4:00-5:00 PM at the**

**La Verne Community Center**

As part of the City of La Verne's ongoing efforts to be prepared in the event of a disaster, this annual meeting is meant to bring together all of the leaders of clubs, organizations, churches, mobile home parks, businesses and the community that will need to work together in the event of a disaster. Representatives from the La Verne Fire Department and other organizations will be there to talk and pass out information. More details to follow - for more information, please call (909)

596-8776.

## CLUBS, PROGRAMS & SERVICES

### Senior Citizens Advisory Committee

**Wednesday, April 15th  
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



March found us playing three times, instead of our usual two times. This was because there were five Tuesdays in March. In April we go back to two golf events, one on the 2nd Tuesday and one on the 4th Tuesday. The highlight of April will be our "Master's Tournament" competition to be played on April 28th. No, we don't play Augusta—we play at Marshall Canyon. On 4/28 each golfer will draw the name of one of the top finishers at the Master's Tournament. His/Her score for the day will be combined with the score of pro he/she draws to determine our winner. Modifying the Augusta tradition, we'll give the winner a green golf shirt, not a green jacket. 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.



On March 10th, we were pleased to welcome back Jim Smith, who had not played golf with us since last June. That same day, we had three potential

new golfers talk to us about joining our group. We hope they will follow through. We'll share their names next month, if they join us. 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: [emlinberg@earthlink.net](mailto:emlinberg@earthlink.net). George's email is: [jegaborst2002@yahoo.com](mailto: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 APRIL

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.

### Wednesday, April 1

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, April 2

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, April 3

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

### Saturday, April 4

**10:00 AM—Easter Egg Hunt (Las Flores & Emerald Parks)**

### Sunday, April 5

**HAPPY EASTER!**

### Monday, April 6

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

### Tuesday, April 7

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—Woodcarvers

### Wednesday, April 8

8:30 AM—Tax Aide  
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, April 9

8:00 AM—Aerobics (Healthy Aging)  
9:00 AM—Drawing  
9:00 AM—Basic Excel 1  
9:30 AM—Bone Builders  
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, April 10

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, April 13

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

### Tuesday, April 14

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  
10:00 AM—Open Discussion Group  
10:15 AM—Zumba Gold  
11:30 AM—Senior Lunch Program  
1:00 PM—Watercolor Basics  
1:30 PM—Balance & Mobility  
6:00 PM—Woodcarvers

## Daily Calendar continued

### Wednesday, April 15

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, April 16

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  
 11:00 AM—Volunteer Recognition Luncheon  
 (Regular Lunch Program cancelled)  
 1:00 PM—Tai Chi  
 1:30 PM—Balance & Mobility

### Friday, April 17

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, April 20

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, April 21

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 (Field Trip)  
 1:00 PM—Watercolor Basics  
 1:30 PM—Balance & Mobility  
 4:00 PM—Peer Support Group  
 6:00 PM—Woodcarvers

### Wednesday, April 22

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, April 23

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 Stitches

### Friday, April 24

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, April 27

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, April 28

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  
 11:30 AM—Chamber Social Media Seminar  
 1:00 PM—Gardening  
 1:00 PM—Watercolor Basics  
 1:30 PM—Balance & Mobility  
 6:00 PM—Woodcarvers

### Wednesday, April 29

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

### Thursday, April 30

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

# 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? You MUST 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, April 24th**

**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](http://theccclv.us)**

### APRIL SCHEDULE:

**Wednesday, April 1st:**

Golden Investment SIG 1-4 PM

**Thursday, April 9th:**

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 Renewal (1 day class):**

Tuesday, April 7th

#### **Driver Safety Program (2 day class):**

Tuesday, May 12th & Wednesday, May 13th

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

### **CONTRA DANCE**

Contra Dance is fun, friendly and easy to learn New England Folk Dance tradition that's still going strong after 200 years. Enjoy music from a live band while getting lots of exercise. No partner needed. Please wear comfortable shoes.

**INSTRUCTOR:** Kirk Visscher

**LOCATION:** Veterans Hall (1550 Bonita Ave)

**DAYS/TIME:** Ongoing/1st Sunday of the month, 4:00-7:00 PM

**FEE:** \$9 at class

### **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 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 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](mailto: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 4:** April 22-May 20

**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).**

**Collection of Framed Art, Plates & Posters—All for \$125. Quilted Seasonal Table Runners—\$12 each. Please call Betsy Pease Guttman at (626) 825-3911.**

**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](mailto:famkee@aol.com). Pictures can be provided.

**For Sale: Brand New Toyota Prius Car Cover.** Original Box. \$45. 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 Os-nain 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.

**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](mailto: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](http://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...**

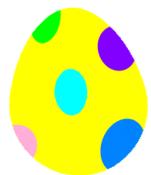
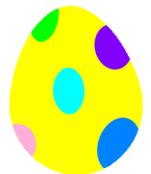
**HAPPY  
EASTER!**



Basket Bonnet Bunny Chocolates Daffodils	A T B H E B E N N U R F B G C G P N N E L O G H N A G T A T O N S O I R N I Y E S W N L C P A I B S N B A E E I O P D R B F N Y E R T D L O E P A E U L L S N O A H K S R A B L I P H F T U L I P S A E L D F F E N O H P B R J Y I B A S K E T S F H P O R D M U G J B S Y A D N U S R E B S T	Easter Eggs Flowers Gumdrop Hopping
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Hunt  
Jellybean  
Lily  
Parade

Rabbit  
Spring  
Sunday  
Tulips





# April



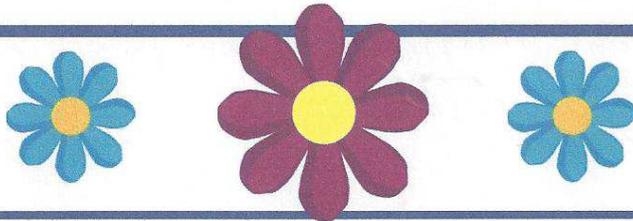
**Don't forget! Tax day is April 15<sup>th</sup>!**  
 Come let our AARP volunteers help you get your simple taxes done at no cost to you!

**Volunteer Recognition Luncheon**  
**April 16<sup>th</sup>, 2015**  
 Celebrating our fantastic volunteers! Invitation only event. Please see the Community Center front desk for more information.

**Trust, Wills, and Living Trusts**  
 April 29<sup>th</sup>, 2015 @ 9:30 a.m.  
 Learn the basics and so much more about trusts, wills, and living trusts from our Gaudy Law experts! You don't want to miss this presentation!

**SNEAK PEAK**  
**Senior Dinner Dance Extravaganza!**  
**May 17<sup>th</sup>, 2015 from 5-8 p.m.**

For just \$10, enjoy a casino themed night filled with live music by Global Affair, dancing, a chicken fettuccini dinner, wine, and much more! R.S.V.P. today in the Community Services Office in City Hall!



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

