

JUNE 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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DISASTER PREPAREDNESS MEETING

Tuesday, June 2nd—4:00-5:00 PM

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, and businesses that will need to work together in the event of a disaster. This group only meets once a year, so if you're interested, please call Bill Aguirre (909) 596-8700.

THIS MEETING IS OPEN TO THE PUBLIC!

Special City Sponsored Luncheon

**Thursday, June 18th
11:30 AM**

*It's officially summer time!
Come beat the heat at this special summer themed FREE luncheon!*

Please call (909) 596-8778 to make your reservations. Luncheons fill up quickly, so please try to make your reservations early! These lunches are FREE to seniors 60 years of age or older.



CONCERTS IN THE PARK

Sundays at 6:30 PM

Heritage Park

(5001 Via De Mansion)

Bring your own blankets and/or lawn chairs and enjoy this wonderful variety of music under the stars for FREE. There will be great food available! Raffle prizes are also part of the fun!

JUNE 14th - AN EVENING OF JAZZ

With the Bonita High School
Jazz Ensemble

JUNE 28th - LINE OF FIRE

Journey Tribute

JULY 12th - HARD DAYS NIGHT

Beatles Tribute
www.harddaysnightband.com

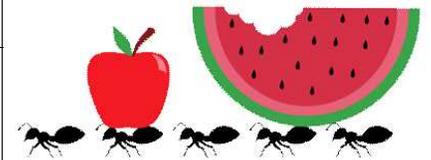
JULY 26th - CLUB 57

Jazz, Blues & Rock
www.facebook.com/club57band

AUGUST 9th - SAPADILLA

Caribbean Reggae

**Check out the website at
www.laverneheritage.org or call
(909) 293-9005 for more info.**



NEW! - SENIORS, CENTER ON WELLNESS

**Fridays—10:00-11:30 AM
June 5th thru Aug. 14th
Community Center**

Want to keep your good health? Want to have better health? Want to have more vim and vigor?

Come and participate in this 10-week health class developed and presented by James Kilgore, former public schools teacher and resident of La Verne.

Fee is \$45 (check or cash) and you will receive a 150-page workbook at class. Please sign up at the Community Center front desk.

For more information, please call James at (909) 593-7332.

SMARTER SENIOR FORUM

**Thursday, June 4th
11:30 AM-1:00 PM**

Community Center

Come learn tips, tricks, and general info on how to be a smarter senior from highly qualified representatives from various departments from the County of Los Angeles.

This is a FREE event with a raffle and prizes. Please call (909) 596-8776 to RSVP and save your spot for this wonderful event that you don't want to miss!

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

Enjoy a beautiful summer day in Huntington Beach! With more than 12 miles of sand and surf, 8 miles of paved boardwalk and one of the longest municipal piers in California, Downtown District's main attraction is the beautiful beach. The day is yours to explore and enjoy great restaurants, shops, the pier or a stroll on the beach.

AGE: All Ages
DEPARTURE TIME: 9:30 AM
RETURN TIME: 4:00 PM
FEE: \$25 (Lunch on your own)

**NEW! - BIG BEAR
MOUNTAIN LAKE
ESCAPE**

Saturday, July 25, 2015

This trip takes you up into the San Bernardino Mountains where the quaint little town of Big Bear lies. Lunch is included at 572 Social Kitchen & Lounge (Lunch includes: choice of Fish & Chips, Chicken Wrap or Veggie Wrap all served with Fries, Dessert & Beverage). After lunch, there will be time for wandering through the charming shops and boutiques. Then you'll board the Big Bear Queen for a

delightful afternoon cruise on Big Bear Lake.

The narrated cruise is a very personal tour experience with Captain Chris Bellows.

AGE: 18 & Up
DEPARTURE TIME: 9:30 AM
RETURN TIME: 5:30 PM
FEE: \$58 (Lunch included)

**NEW! - LAUGHLIN GETAWAY (3
DAYS-2 NIGHTS) AT THE
RIVERSIDE RESORT & CASINO
FEATURING THE
LAUGHLIN LUAU PARTY**

Wednesday, August 12 -
Friday, August 14, 2015

Clinging to the banks of the blue Colorado River, Laughlin, Nevada is a neon oasis of excitement! Join us for a 3 day and 2 night adventure at the Riverside Resort, including the special Laughlin Luau Party! This package includes: Bus transportation, 2 nights at the hotel, 2 Breakfast Buffets, 1 Buffet of choice and a Luau Party in the Starview Room with a Buffet Dinner and Entertainment. It's a party you don't want to miss!

AGE: 21 & Up
DEPARTURE TIME: 8:00 AM
(August 12th)
RETURN TIME: 6:00 PM
(August 14th)
FEE: \$130 per person (Double)
\$145 per person (Single)

A DAY AT CATALINA ISLAND
Saturday, August 22, 2015
THIS TRIP IS FULL!

**NEW! - "DEAD SEA SCROLLS" EX-
HIBIT AT THE CALIFORNIA SCI-
ENCE CENTER, IMAX FILM &
LUNCH AT CANTER'S DELI**
Thursday, September 3, 2015

Come discover the largest Sea Scrolls exhibition ever mounted outside of Israel, featuring over 600 ancient artifacts on display. See sections of the Scrolls never seen before in the U.S., including parts of the oldest known copies of the Hebrew Bible, known as the Old Testament. Your day includes admission to the IMAX theater for a 3-D screening of

"Jerusalem" and lunch at Canter's Delicatessen (Lunch includes: choice of Brisket of Beef, Roast Chicken or Meatloaf all served with Soup or Salad, Vegetables, Bread, Dessert & Coffee or Tea). This is a special opportunity you won't want to miss!

AGE: All Ages
DEPARTURE TIME: 10:00 AM
RETURN TIME: 5:30 PM
FEE: \$65 (Lunch included)

**A DAY IN SOLVANG FOR
DANISH DAYS**

Saturday, September 19, 2015

Come enjoy the Fall season on one of our most popular trips! The day is yours to enjoy the sights, sounds and tastes of the storybook Danish town that is Solvang. Located in the lush Santa Ynez Valley you'll see a traditional Danish windmill and smell the aroma of fresh-baked pastries. Lunch and shopping is on your own.

AGE: All Ages
DEPARTURE TIME: 8:00 AM
RETURN TIME: 6:30 PM
FEE: \$30 (Lunch on your own)

**NEW! - BOWERS MUSEUM
& LUNCH/SHOPPING AT
THE OUTLETS OF ORANGE**

Tuesday, October 6, 2015

You will have a private docent-led tour through the beautiful Bowers Cultural Museum in Santa Ana. The Museum features art and cultural artifacts from around the world that you don't want to miss. All participants will also receive 20% off in the Gallery Store. Then it's off to the Outlets of Orange for time on your own to shop and eat at the hundreds of options.

AGE: 18 & Up
DEPARTURE TIME: 9:30 AM
RETURN TIME: 5:00 PM
FEE: \$35 (Lunch on your own)

**TRIPS CONT. ON
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HEALTH AND WELLNESS

TRIPS CONT.....

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

Wednesday, October 21, 2015

“Diana: Legacy of a Princess” showcases a priceless collection of evening gowns, personal accessories and memorabilia associated with Princess Diana and the Royal Family. This multi-million dollar collection has taken over 30 years to assemble and includes over 2,000 items. Before viewing the exhibit, you'll be treated to a traditional English Tea Luncheon at Elise's Tea House in Long Beach. (Tea includes: Assortment of Sandwiches, Lemon Scones, Salad, Chocolate Biscuits & a Selection of teas).

AGE: 18 & Up

DEPARTURE TIME: 10:15 AM

RETURN TIME: 5:15 PM

FEE: \$68 (Tea Luncheon included)

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

Wednesday, November 4, 2015

You will drive out to the desert to the Palm Springs Aerial Tramway. Here you'll board a rotating cable-car and ascend 8,500 feet in a spectacular 10-minute ride. You'll disembark at the Mountain Station and be treated to lunch at the Pines Café overlooking the Valley below. (Lunch includes: Choice of entrée upon arrival, Soup or Salad, Vegetables, Rolls & Dessert). You'll then have free time at Mountain Station which has a gift shop, cocktail lounge, observation areas and a film. After your tram descent back down, you will visit the Palm Springs Air Museum for a guided tour.

AGE: All Ages

DEPARTURE TIME: 9:00 AM

RETURN TIME: 5:30 PM

FEE: \$70 (Lunch included)

THE GETTY CENTER IN LOS ANGELES

Thursday, November 12, 2015

Join us on a trip to this beautiful museum in Los Angeles. The Getty Center presents the Getty's collection of Western art from the Middle Ages to the present against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. The day is yours to explore, and lunch is on your own at one of their delicious eateries.

AGE: 18 & Up

DEPARTURE TIME: 9:30 AM

RETURN TIME: 4:00 PM

FEE: \$25 (Lunch on your own)

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.

JUNE SCHEDULE

Mon. 6/1: Senior Center

Walk to Hillcrest area & back

Wed. 6/3: Claremont 10th & Indian Hill

Walk the area & back

Fri. 6/5: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/8: Thompson Creek

Walk trail to end of road & back

Wed. 6/10: Claremont 10th & Indian Hill

Walk the area & back

Fri. 6/12: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/15: Thompson Creek

Walk trail to end of road & back

Wed. 6/17: Claremont 10th & Indian Hill

Walk the area & back

Fri. 6/19: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/22: Thompson Creek

Walk trail to end of road & back

Wed. 6/24: Heritage Park La Verne

Walk thru the park & flood control

Fri. 6/26: Brackett Field Airport

Walk to Puddingstone & back

Mon. 6/29: 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.

LA VERNE FRESH OLD TOWN LA VERNE CERTIFIED FARMERS MARKET

**Saturday Mornings, 8:00 AM to 1:00 PM -
Rain or Shine!**

This Market is unlike others in the past, featuring a full assortment of everything you need fresh each week. La Verne Fresh is the source of the highest quality, seasonal and locally grown fresh fruits and vegetables, and delicious gourmet specialty foods, plants and flowers. For more information on this event, please call City Hall at (909) 596-8700.

SAVE THE DATE: INDEPENDENCE DAY WITH THE CITY OF LA VERNE

Saturday, July 4th

PANCAKE BREAKFAST: 6:30 - 11:00 AM
Methodist Church (3205 "D" St.)

\$5 each (includes 3 pancakes & 3 sausages)

PARADE: "MY COUNTRY": 10:00 AM
Starts at the corner of 10th and "D" St.

Entries: Bands, floats, equestrian units, classic cars, decorated bicycles, wheelchairs, and much more. Volunteers are needed and welcome! For more info call (909) 596-8794.

ROTARY SPONSORED FREE

WATERMELON: Following Parade (approx. 11:30 AM)

At the Country Fair (Roynon Elementary School at "D" & 8th St.)

COUNTRY FAIR: 11:00 AM - 2:00 PM
Roynon Elementary School

There will be rides, games, crafts, food and fun for kids of all ages. Purchase a wristband for adult and youth rides for \$10 for unlimited rides. Pre-sale tickets for wristbands may be purchased at the Community Services Office (City Hall).

52ND ANNUAL DEEP PIT BBQ: 4:30-7:00 PM
Methodist Church

Adult - \$10 & Child \$5 - includes Beef & Turkey, Buttered Bread, Slaw, Cold Drinks or Coffee & Dessert

FIREWORKS SHOW: "FREEDOM IN THE SKY": 6:00 PM - Gates Open 7:00 PM - Show Time

Bonita High School Stadium (3102 "D" St.)
\$7 - Adults (13 & Up) and \$6 - Children (5 to 12)
Pre-sale discount of \$1 per ticket if bought at the Community Service Office before July 4th
Entertainment: "The Hodads, The Band"



CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday, June 17th
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



On May 12th we had our first ever "skills competition" event. This included contests in chipping and hitting drives, plus closest to the pin contests on four holes and putting competition on six holes. We had multiple winners as each of these activities had winners from golfers from both Flight 1 and Flight 2. On May 26th, we had a "skins event" using the four hardest holes on the course for determining the winners that day.

In June, we will play three times-6/9, 6/23 and 6/30-since there are five Tuesdays next month. On 6/9 we are going to play "Lucky 13." This format was developed by one of our members, Mike Tierno. We will determine the winners by using their net scores on only the 13 hardest holes, hence the name-"Lucky 13." The formats for 6/23 and 6/30 will be announced on 6/9. We ask all golfers to arrive at Marshall Canyon by 8:30 AM so we have plenty of time to finalize pairings, if necessary.



We always welcome new golfers in our group. We'd especially like to have some women golfers join us. If you'd like to join the La Verne Senior Golf League, both women

and men, 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.

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 now \$28.25 with the LA County Senior Golf Card. The County raised the rates by \$2 at the beginning of May. We learned about this increase when we checked in on May 12. Golfers 65+ can obtain the aforementioned Senior 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. When you've played two rounds, you've paid for the cost of this card. After that, it's money going into your pocket.

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 JUNE

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 Summer/Fall 2015 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Monday, June 1

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

Tuesday, June 2

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
 1:30 PM—Balance & Mobility
 4:00 PM—**Disaster Preparedness Meeting**
 6:00 PM—Woodcarvers

Wednesday, June 3

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

Thursday, June 4

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
 11:30 AM—Senior Lunch Program
 11:30 AM—**Smarter Senior Seminar**
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, June 5

9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 10:00 AM—Senior Wellness
 11:30 AM—Senior Lunch Program
 12:30 PM—Acrylic Painting
 12:30 PM—Bingo

Monday, June 8

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, June 9

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
 10:00 AM—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening (Pot Luck)
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, June 10

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

Thursday, June 11

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**
 11:30 AM—Senior Lunch Program
 1:00 PM—CCCLV General Meeting
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, June 12

9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 10:00 AM—Senior Wellness
 11:30 AM—Senior Lunch Program
 12:30 PM—Acrylic Painting
 12:30 PM—Bingo

Daily Calendar continued

Monday, June 15

(Mt. SAC Classes on Break this Week!)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
6:15 PM—Jazzercise

Tuesday, June 16

9:30 AM—Bone Builders
10:00 AM—Open Discussion Group
11:30 AM—Senior Lunch Program
4:00 PM—**Peer Support Group**
6:00 PM—Woodcarvers

Wednesday, June 17

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, June 18

9:30 AM—Bone Builders
11:30 AM—**Special City Sponsored Lunch**

Friday, June 19

9:30 AM—Bone Builders
10:00 AM—Senior Wellness
11:30 AM—Senior Lunch Program
12:30 PM—Acrylic Painting
12:30 PM—Bingo

Sunday, June 21

Happy Father's Day!!

Monday, June 22

(Mt. SAC Summer Session Begins!)

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

Tuesday, June 23

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
11:30 AM—Senior Lunch Program
11:30 AM—**Chamber Social Media Seminar**
1:00 PM—Gardening

1:30 PM—Balance & Mobility

6:00 PM—Woodcarvers

Wednesday, June 24

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, June 25

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Drawing
9:00 AM—Digital Photography
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program (**Birthday Lunch**)
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility
6:00 PM—**Sunkissed Stitchers**

Friday, June 26

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

Monday, June 29

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

Tuesday, June 30

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
11:30 AM—Senior Lunch Program
1:00 PM—Gardening
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers



**Sunday,
June 21!**

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, June 26th

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

JUNE SCHEDULE:

Wednesday, June 3rd:

Golden Investment SIG 1-4 PM

Thursday, June 11th:

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, June 7th

Driver Safety Program (2 day class):

Tuesday, July 7th & Wednesday, July 8th

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

NEW! - BEGINNER GOLF FOR ADULTS

Learn the basic fundamentals of golf! This class will teach you the basic techniques of swinging, grips, hand placement, putting, full swing, chipping, and ball position. There will be on course play. Clubs available if needed.

INSTRUCTOR: Bruce Thompson

LOCATION: Marshall Canyon Golf Course

DAYS/TIME: Wednesdays, 5:30-6:30 PM

FEE: \$90

SESSION 1: July 8 - 29

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: June 4 - 25

SESSION 2: July 2 - 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 1: June 5 - 26

SESSION 2: July 10 - 31

SESSION 3: August 7 - 28

NEW!-SENIORS, CENTER ON WELLNESS

Want to keep your good health? Want to have better health? Want to have more vim and vigor? Come and participate in this 10-week health class covering attitude, anti-aging biology, nutrition, cooking, hydration, supplementation, exercise, sleep, meditation, medical & pharmaceuticals industries and a healthy home environment.

COORDINATOR: James Filgore

DAYS/TIME: Fridays, June 5th-August 14th
10:00-11:30 AM

FEE: \$45 (includes a 150-page workbook)

LOCATION: Community Center

For more info, call James at (909) 593-7332.

WOODCARVERS GROUP

All skill levels welcomed. A parent or a responsible adult must accompany children between the ages 10 to 17. Beginning carvers receive their first blank free with one-on-one instruction. We have knives for sale for \$11. If you have questions, contact Jerry Abel at (909) 573-3595.

COORDINATORS: Jerry Abel, Barry Pitts & Lynn Nicholson

DAYS/TIME: Tuesdays, Ongoing
6:00-8:30 PM

FEE: \$3 **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).**

EZ Access Wheelchair /Scooter Ramp 4" x 28' Single Fold Suitcase. Durable, lightweight construction. Pictures available. \$150. Please call Christine at **(909) 282-2635**.

Almost New Beige Upholstery Lift Recliner Chair. & Hospital Bed. \$400 for both. Please call **(909) 593-4240**.

For Sale-2009 Mercury Grand Marquis. Tan, 4D, Clean with 55,000 miles. Must sell. \$7,500 OBO. Owner, call Ray **(909) 360-3755 or (909) 541-6427**.

Collection of Framed Betsy Pease Guttman Art, Plates & Posters—All for \$125. Quilted Seasonal Table Runners—\$12 each. Please call Sandra 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**. Pictures can be provided.

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

For Sale—Evaporative Cooler/Swamp Cooler with convertible grill for window units. Cools 600 to 1100 square feet. Good Condition, was too small for my home. Call Rillis at **(909) 626-4441** or email me **rillisb@msn.com**. \$300 or best offer.

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**.

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 Osain at **(909) 593-7146**.

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**.

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

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

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

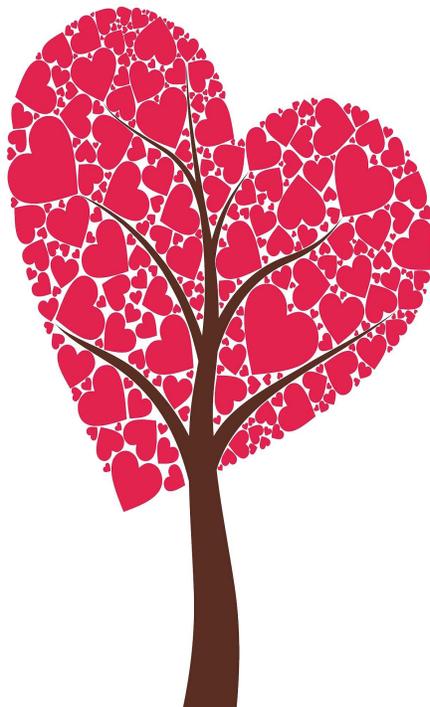
Flood Control (LA County): (626) 458-5100

Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

**JUST
TO
MAKE
YOU
SMILE...**

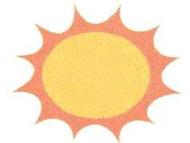
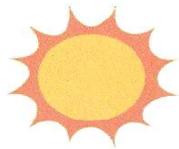
**“Must Love
Trees”
A Poem by
one of our
La Verne
Seniors:
Leezalee**



“MUST LOVE TREES”

By: Leezalee

My arms are roots coming up through the soil.
They are blue-collar, steel mill strong.
They belong to a great oak.
Wide elders lean on my tree.
My arms are meant to hold you like rich soil,
Like belly and lungs do a song,
Like a magician a cloak,
Or a defendant a plea.
My tongue like butterflies or bees
Find beautiful gardens.
My lips turn into leaves
When I'm in your nature.
My eyes are like flowers free.
They seek your pardon
For all the fleshy thieves,
For all the chainsaw postures.
My roots rise like love;
They toil like angels.
I pray to God for this love to grow.
Spoonfuls to be served
My arms and legs are love.
I love to do the Tango,
To find the nectars of the soul,
To desire that which must be preserved.



Smarter Senior Forum

Thursday, June 4th from 11:30 a.m. – 1 p.m.

Come learn tips, tricks, and general information on how to be a smarter senior from representatives from various departments from the County of Los Angeles! Learn about social security, elder abuse, common consumer scams, and mail fraud! Don't miss out on your opportunity to become a smarter senior and your chance of winning great prizes!

To RSVP, please call (909) 596-8776 or stop by the front office.

Stress Management

Tuesday, June 16th, 2015

9:30 a.m.

YWCA is coming to present on stress, its impact on your life, and how to manage it! Please join us for this special presentation.

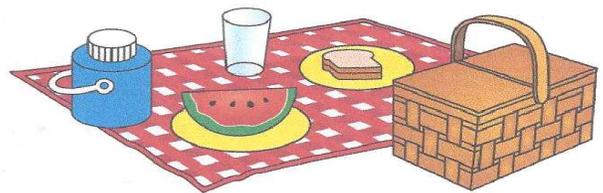
City-Sponsored Lunch

Thursday, June 18th, 2015

Join us for a summer themed lunch through our nutrition program! To make reservations, call the lunch program by 11 a.m. the day before at (909)596-8778. Spots fill up fast!

Summer and Fall excursions are now available for registration!

Spots are filling up VERY fast! So do not delay in reserving your favorite trip!



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

