



AUGUST 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 8

2015

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MOVIE NIGHT AT THE PARK

Select Weekend Nights at
approximately 8:30 PM at Heritage Park
(5001 Via De Mansion)

The La Verne Police Officers Association,
Firefighters Association and Community
Services Department present Movie Night
at the Park. Bring a blanket, pack a picnic,
and join us for a night under the stars!

Saturday, August 1st
"Despicable Me 2"

**

Saturday, August 15th
"Big Hero 6"

**

Sunday, Sept. 6th
"Back to the Future"



For more info, please
call (909) 596-8700.

Special City Sponsored Luncheon

Thursday, August 13th
11:30 AM

*ALOHA! It's time for a Luau!
Come to this special Luau-
themed FREE Luncheon...don't
forget your Hawaiian Shirt!*

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.



DEPRESSION - **How to Fight Back & Love your Life!**

Wednesday,
August 19th
11:30 AM at the
Community Center

Lonely? Sad
without reason?
Feeling powerless?
There is hope! Sen-
iors, come learn the
signs of
depression, how to
combat it, and how to
live your life to the
fullest! RSVP today
at the front desk, or
by calling (909) 596-
8776. Sponsored by
Tri City Mental Health
Services.



Community Connections' Transportation Reimbursement Information

Wednesday, August 26th at 11:30 AM
Come join us for this crash course
on Community Connections!

Learn how this volunteer driver
program works, how to get started
as a volunteer driver or client, and
the logistics of how to get
reimbursed for gas! You do not
want to miss this quick, 20 minute
seminar. RSVP to (909) 596-8776.

SAVE THE DATE! **La Verne Day at the Fair**

Thursday, Sept. 10th
Purchase a Fair ticket online for
\$5 when using promo code:
laverne at lacountyfair.com
All proceeds benefit the La
Verne Big Yellow Bus Program,
which provides busing for
Bonita Unified School District
students to attend the Fair with
their schools.

PLEASE NOTE:

Mt. SAC Classes are on
Summer Break Mon.
8/3 - Fri. 8/21.
The Fall Session begins
Mon. 8/24.

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! - 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)**

**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)**

**MISSION INN FESTIVAL OF
LIGHTS**

Sunday, December 13, 2015

Be swept away by more than 3.5 million lights transforming Riverside's historic hotel into pure magic. Enjoy Casey's Cupcakes, the gourmet restaurants, and downtown Riverside with horse-drawn carriage rides, ice skating, live entertainment and special appearances by Santa Claus and his reindeer. You are on your own for shopping and dinner at the Mission Inn or downtown (reservations ahead of time are a great idea). There can be a lot of walking so wear comfortable shoes.

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

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

Saturday, January 2, 2016

Not many people get to see the Rose Parade floats close up and personal, but this is exactly what you get to do! You'll have several hours to stroll through the outdoor display of floats and get a close-up look at the intricate work that goes into them. Then, it's off to lunch at the famous Tam O' Shanter (Lunch includes: Choice of Prime Rib Sandwich, Roast Turkey Sandwich OR Cobb Salad, all served with a Hot Fudge Sundae and Coffee or Tea). Please note there is a lot of walking on this trip!

**AGE: All Ages
DEPARTURE TIME: 7:30 AM
RETURN TIME: 2:00 PM
FEE: \$65 (Lunch included)**

VALLEY VIEW CASINO

Wednesday, January 27, 2016

Try your luck at San Diego's only Certified Loose Slots and all of your favorite table games with beautifully appointed rooms and seven delicious restaurants. Everyone will receive \$25 "More Play!" Due to regulations, if you are a new member, please be prepared to give your Driver's License Number and Expiration Date. If you are a past member, don't forget your Player's Club Card!

**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.**

HEALTH AND WELLNESS

TRAIL TREKKERS

Keep fit while hiking our 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 okay. For more information call (909) 596-8776.

Leaders are: Phyllis Helm, Michael Pearlman, Kiam Oey, Bill Helm & Jim Gilleland

HEALTHY AGING PRINCIPLES OF SLOW MOVEMENT - TAI CHI

Learn the slow movement techniques of Tai Chi in this FREE class for seniors on Thursdays, 1:00-3:00 PM. No registration necessary - just show up in loose, comfortable clothing. Instructor is John Rafter.

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, creating a toned body, slender arms and thighs, improves muscle elasticity, joint mobility, balance and concentration, improves circulation, promotes relaxation, benefits internal organs and glands. Pilates develops strong core or center of the body-flat abdominals. It alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Thursdays, 7:30-8:30 PM

SESSIONS: August 6 - 20

September 3 - 24

FEE: \$25 per session

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.

AUGUST SCHEDULE

Mon. 8/3: Thompson Creek

Walk trail to end of road & back

Wed. 8/5: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/7: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/10: Thompson Creek

Walk trail to end of road & back

Wed. 8/12: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/14: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/17: Thompson Creek

Walk trail to end of road & back

Wed. 8/19: Heritage Park La Verne

Walk thru the park & flood control

Fri. 8/21: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/24: Thompson Creek

Walk trail to end of road & back

Wed. 8/26: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/28: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/31: 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.

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!

AUGUST 9th

SAPADILLA—Caribbean Reggae

Check out the website at

www.laverneheritage.org

or call (909) 293-9005 for more info.

SAVE THE DATE!

FLU SHOT CLINIC & HEALTH FAIR

Tuesday, October 27th

9:00-11:30 AM at the

La Verne Community Center

Seniors over the age of 60 and persons with disability can come and receive their FREE flu shot, administered by LA County nurses. Afterwards, there will be a small Health Fair which will include various local vendors, a raffle and free refreshments. Flu shots and admittance are on a first-come-first served basis. Thank you to our sponsor, Inter Valley Health Plan.

SIGN UP NOW!

SENIOR DINNER DANCE EXTRAVAGANZA

Sunday, November 15th

5:00-8:00 PM

“We’re going to have a roaring good time...”
Join us for this 1920’s themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10 and can be purchased at the Community Services Department (3660 “D” St., City Hall). Seating is limited, so do not delay! Because when you enter our speakeasy, you know you’re in for a good time!

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday, August 19th
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 July, we welcomed a new member, Lee Johnson, to our group. He has recently retired and moved to the area from Colorado Springs. His career was spent as a professor at Ohio State.

In August we will play on both the 11th and 25th, with the formats to be announced to our members through our advance email correspondence. With the first seven months of 2015 history, all members are reminded that our annual Club Championship competition comes up in October. Our defending champions are Bob Garcia, Flight #1, and Madan Malik, Flight #2. Now is the time for all of us to polish our games so we can challenge Bob and Madan for the 2015 Club Championship which will involve two rounds of competition to determine the winners.

We ask golfers to arrive at Marshall Canyon by 8:30 AM each time we play, so we have plenty of time to finalize the pairings, as, and if, necessary.



We always welcome new golfers. We repeat what we've said many times: "we'd like to have some women golfers 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 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 \$28.25 with the LA County Senior Golf Card. Golfers 65+ can obtain the aforementioned Senior Card, which is good for one year from the date of purchase, for a \$28 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 your 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 AUGUST

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, August 3

(Mt. SAC Classes on Break this week)

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

Tuesday, August 4

9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, August 5

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, August 6

9:30 AM—Bone Builders
9:30 AM—**Blood Pressure Check**
11:30 AM—Senior Lunch Program

Friday, August 7

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

Monday, August 10

(Mt. SAC Classes on Break this week)

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

Tuesday, August 11

9:00 AM—**AARP Mature Driving**
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, August 12

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, August 13

9:30 AM—Bone Builders
10:00 AM—**Garden Friends**
11:30 AM—**Special City Sponsored Lunch**
1:00 PM—**CCCLV General Meeting**

Friday, August 14

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

Monday, August 17

(Mt. SAC Classes on Break this week)

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

Tuesday, August 18

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

Wednesday, August 19

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

Daily Calendar continued Friday, August 28

Thursday, August 20

9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program

Friday, August 21

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

Monday, August 24

(Mt. SAC Fall 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, August 25

9:00 AM—Aerobics (Healthy Aging)
9:00 AM—Basic Computing Level I
9:00 AM—Watercolor
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
1:00 PM—Gardening
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers

Wednesday, August 26

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, August 27

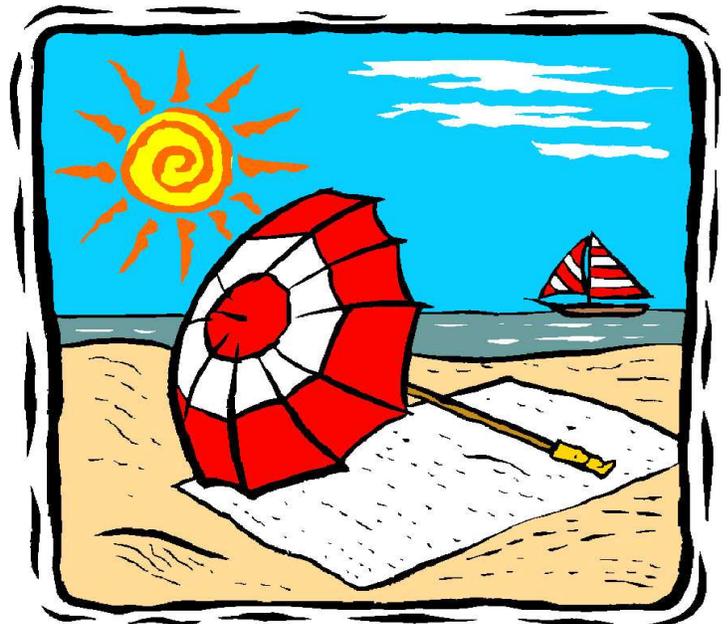
8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Basic Computing Level II
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
(Birthday Lunch)
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility
6:00 PM—Sunkissed Stitches

9:00 AM—Digital Photography
9:30 AM—Bone Builders

10:00 AM—Attorney
11:30 AM—Senior Lunch Program
12:30 PM—Acrylic Painting
12:30 PM—Bingo

Monday, August 31

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



HAPPY SUMMER!

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, August 28th

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

AUGUST SCHEDULE:

Wednesday, August 5th:

Golden Investment SIG 1-4 PM

Thursday, August 13th:

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, August 9th

Driver Safety Program (2 day class):

Tuesday, September 1st & Wednesday, September 2nd

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 2: September 9 - 30

SUNKISSED STITCHERS

Join our group for stitching and needlepoint fun! We are part of the Needle Point Guild of America. All ages are welcome (children under 16 must be accompanied by an adult). First two meetings are free. If you have questions, contact Darlene at (909) 593-4406.

COORDINATOR: Darlene Vukovich McKnight

LOCATION: Community Center

DAYS/TIMES: Ongoing 4th Thursday of each month, 6:00-8:30 PM

(No meetings in November & December)

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: August 7 - 28

SESSION 4: Sept. 4 - 25

SESSION 5: October 2 - 23

INTERNATIONAL FOLK DANCING

Learn traditional dances of other countries. It's a fun way to exercise the body and mind. Teaching is from 7:00-8:00 PM and request dancing is from 8:00-9:00 PM

INSTRUCTORS: Loretta Slifkin & Debbie Lynnemoore

LOCATION: Veterans Hall
(1550 Bonita Ave.)

DAYS/TIME: Wednesdays, Ongoing -
7:00-9:00 PM

FEE: \$5/Class

BEGINNING CREATIVE WRITING

Pre-registration is necessary. Please contact Professor Eastwood at tleastwood2010@gmail.com to register. All fees must be paid by check or in cash to professor at the first class meeting. All students must have access to a computer and must have an email address.

INSTRUCTOR: Toni Eastwood

LOCATION: Community Center

DAYS/TIME: Thursdays
6:30-8:30 PM

SESSION 1: Sept. 3 - Sept. 24

SESSION 2: Oct. 1 - Oct. 22

FEE: \$10

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).**

Church Rummage Sale—August 7th & 8th, from 9:00 AM to 2:00 PM. Items include clothes, toys, books, household items and more. Church is located at 875 W. Orange Grove Ave., Pomona. For more info call (909) 629-2548.

500-1,500 piece Puzzles for sale. Like New. \$.50 - \$5.00 each. Call (626) 852-5585 or email ilynns5@yahoo.com.

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. \$6,200 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 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.

Electric Lawnmower for sale \$30 & **Garage Vacuum** for sale \$15. Call Carol at (909) 392-0136.

White Amana Dishwasher for Sale. Good Condition. \$50. Call Marlene at (909) 949-1519.

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.

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

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...



He was a widower and she a widow. They had known each other for a number of years being high school classmates and having attended class reunions in the past without fail.

This 60th anniversary of their class, the widower and the widow made a date with two other singles. They had a wonderful evening, their spirits high with the widower throwing admiring glances across the table and the widow smiling coyly back at him.

Finally, he picked up courage and blurted out, "Will you marry me?"

After about six seconds of careful consideration, she answered, "Yes ... yes I will!"

The evening ended on a happy note for the widower. But the next morning he was troubled. Did she say yes? Or did she say no? He couldn't remember. Try as he would, he just could not recall. He went over the conversation of the previous evening, but his mind was blank. He remembered asking the question but for the life of him he could not recall her response. So with fear and trepidation, he picked up the phone and called her.

First, he explained that he couldn't remember as well as he used to. Then he reviewed the past evening. As he gained a little more courage he then inquired of her, "When I asked if you would marry me, did you say yes or did you say no?"

"Why you silly man, I said Yes. Yes I will! ... And I meant it with all my heart."

The widower was delighted. He felt his heart skip a beat.

Then she continued, "And I am so glad you called because I couldn't remember who asked me!"



FREE Blood Pressure Checks

Come by the Community Center on the 1st Thursday of each month at 9:30 a.m. for a free blood pressure check from American Red Cross volunteers! No need to RSVP! Just come stop by!

Depression in Seniors

Wednesday the 19th @ 11:30 a.m.

Depression is serious, but can be defeated! Come listen to a representative from Tri City Mental Health to learn the signs of depression, how to combat it, and how to live your life to the fullest! **RSVP to (909) 596-8776.**

Community Connections'

Transportation Reimbursement Information

Wednesday the 26th @ 11:30 a.m.

Come join us for this crash course on Community Connections! Learn how this volunteer driver program works, how to get started as a volunteer driver or client, and the logistics of how to get reimbursed for gas! You do not want to miss this quick, 20 minute seminar! **RSVP to (909) 596-8776.**



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

