



# SEPTEMBER 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 9

2015

## Inside This Issue:

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

### **SAVE THE DATE!** **ANNUAL FLU SHOT CLINIC & HEALTH FAIR** Tuesday, October 27th 9:00-11:30 AM

Come to the Community Center to stay healthy this year! Seniors over the age of 60 and persons with disabilities can receive a FREE flu shot, administered by LA County Nurses. Afterwards, come stop by our Health Fair which will feature local vendors, a raffle and free refreshments. Flu Shots are administered on a first-come-first-served basis. No appointment needed.  
**Thank you to our sponsor,  
Inter Valley Health Plan.**

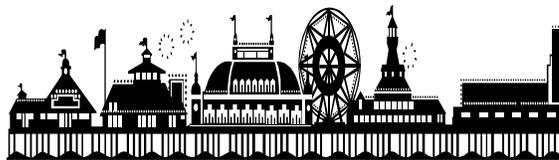
## **La Verne Day at the Fair**

### **Thursday, Sept. 10th**

Come support La Verne at the L.A. County Fair! There will be community booths, a community hero parade and live entertainment throughout the day.

**Purchase a Fair ticket online for \$5 when using promo code: laverne at [lacountyfair.com](http://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.



## **MOVIE NIGHT AT THE PARK**

### **Heritage Park**

**(5001 Via De Mansion)**

**Movie starts at approximately  
8:30 PM**

Come to the last movie night at Heritage Park...bring a blanket, pack a picnic and enjoy a night under the stars.

### **SUNDAY, SEPTEMBER 6th**

**"BACK TO THE FUTURE"**

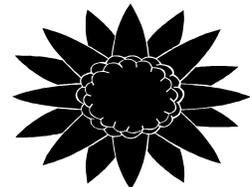


## **Special City Sponsored Luncheon**

**Wednesday, September 9th  
11:30 AM**

*Step right up...it's Fair Fun time! Come to this Fair Themed Special Luncheon to get in the spirit!*

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.



## **SAVE THE DATE!** **SENIOR DINNER DANCE EXTRAVAGANZA**

**Sunday, Nov. 15th**

**5:00-8:00 PM**

**Tickets are \$10**

Sign up NOW at the Community Services Office (3660 "D" St., City Hall) for our next Senior Dinner Dance. There will be live entertainment, dancing, dinner & wine.  
**"You'll have a roaring good time at this 1920's themed night!"**

## **PLEASE NOTE:**

The Center & City Hall will be CLOSED Monday, September 7th in observance of Labor Day.

**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)**

**\*LOOK FOR A 2016 TRIP  
SNEAK PEEK IN THE  
OCTOBER ISSUE!\***

**\*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:**

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.

### **SEPTEMBER SCHEDULE**

**Wed. 9/2: San Dimas Canyon Park**

Walk to dog park area & back

**Fri. 9/4: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 9/7: Senior Center**

Walk to Hillcrest area & back

**Wed. 9/9: Heritage Park La Verne**

Walk thru the park & flood control

**Fri. 9/11: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 9/14: Thompson Creek**

Walk trail to end of road & back

**Wed. 9/16: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 9/18: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 9/21: Thompson Creek**

Walk trail to end of road & back

**Wed. 9/23: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 9/25: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 9/28: Thompson Creek**

Walk trail to end of road & back

**Wed. 9/30: Claremont 10th & Indian Hill**

Walk the 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](mailto: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.

### **2015 HERITAGE HARVEST PUMPKIN PATCH**

**Saturday, October 10th-October 31st  
Heritage Park (5001 Via De Mansion)**

The rural atmosphere of Heritage Park makes for a wonderful place to pick out your pumpkin. There are hay rides, animals, pumpkins of every shape and size and great photo opportunities. The Pumpkin Patch is open to the public weekends from 10:00 AM to 7:00 PM and weekdays from 4:00 to 7:00 PM. For more information, visit [www.laverneheritage.org](http://www.laverneheritage.org) or call (909) 293-9005.

### **2ND ANNUAL AFTERNOON WITH YOUR LOCAL AUTHORS**

**Sunday, October 18th  
2:00-5:00 PM at the**

**La Verne Community Center**

Local authors will be showcasing their talent by giving readings. All writers will be available for discussion and to sign their work. Published authors will have signed copies of their books available for sale.

The LVWG's Collective Writings, which will honor our youth contest winners, will also be on sale. All proceeds help sponsor our free Author's Event and our summer youth writing contest.

For further information you may contact us at [LVWG2015@gmail.com](mailto:LVWG2015@gmail.com). You may also view a copy of the day's events by visiting City of La Verne's website at [www.ci.la-verne.ca.us](http://www.ci.la-verne.ca.us).

### **13TH ANNUAL PUMPKIN PATCH CLASSIC CAR SHOW**

**Saturday, October 24th  
10:00 AM-3:00 PM**

**Heritage park (5001 Via De Mansion)**

Come choose your pumpkin and check out the beautiful display of classic cars. Awards will be given for the top cars. Music, prizes, 50/50 drawing, food, hay rides and antique farm equipment are all part of the fun. If interested in displaying your pre-1975 car or truck, please call (909) 293-9005.

## CLUBS, PROGRAMS & SERVICES

### Senior Citizens Advisory Committee

Wednesday,  
September 16th  
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 September, we will play three times because that month has five Tuesdays. The dates are September 8, 22 and 29. As always we will tee off at 9:00 AM. For those competing for the La Verne Senior Cup, which will be awarded in November based on point totals earned since January, that third date next month gives a chance to catch up to the current leaders by winning some extra points. The leaders through mid-August were Fred Vera in Flight #1 and Soc Galam in Flight #2. Of these two, Soc is the defending champion in his flight.

In October we'll play our annual Club Championship over two rounds-October 13 and 27. Our defending champions are Bob Garcia, Flight #1, and Madan Malik, Flight #2. Now is the time for all of us to work on improving our games so we can challenge Bob and Madan for the 2015 Club Championship. September gives us three chances, not two, to do that, so we hope to have more golfers playing in September than we've seen in recent months.

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. All golfers signed up with us by the end of September will be eligible to compete for the Club Championship in October with their handicap. 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'd prefer to talk to a person, you can reach Ed at (909) 392-6688 or George at (909) 596-3982.

On a sad note, one of our members who played with us for many years, but not recently due to health issues, died last month. He was Ora Lampman. Some of us attended Ora's funeral held at Glenkirk Presbyterian Church in Glendora on Saturday, August 15th. Before retiring several years ago, Ora was the City Manager for our neighboring City-Pomona. He was an avid golfer whose company and humor all of us enjoyed for many years.

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 SEPTEMBER

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.

### Tuesday, September 1

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Basic Computing Level I  
 9:00 AM—Watercolor  
 9:00 AM—**AARP Mature Driving**  
 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, September 2

9:00 AM—**AARP Mature Driving**  
 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, September 3

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Drawing  
 9:00 AM—Internet Research  
 9:30 AM—Bone Builders  
 9:30 AM—**Blood Pressure Check**  
 11:30 AM—Senior Lunch Program  
 1:00 AM—Tai Chi  
 1:30 AM—Balance & Mobility

### Friday, September 4

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

### Monday, September 7

**CENTER CLOSED...Happy Labor Day!**

### Tuesday, September 8

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Basic Computing Level 1  
 9:00 AM—Watercolor  
 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

### Wednesday, September 9

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

### Thursday, September 10

**(LA VERNE DAY AT THE FAIR!)**

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Drawing  
 9:00 AM—Internet Research  
 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, September 11—Patriot Day

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

### Monday, September 14

8:30 AM—Quilting  
 9:00 AM—Home Business  
 9:00 AM—Senior Social Club  
 11:30 AM—Senior Lunch Program  
 12:30 PM—Sewing  
 12:30 PM—**SMUG Meeting**  
 6:00 PM—Decorative Art  
 6:15 PM—Jazzercise

### Tuesday, September 15

8:00 AM—Aerobics (healthy Aging)  
 9:00 AM—Basic Computing Level I  
 9:00 AM—Watercolor  
 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—**Support Group**  
 6:00 PM—Woodcarvers

## Daily Calendar continued

### Wednesday, September 16

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, September 17

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

### Friday, September 18

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

### Monday, September 21

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, September 22

9:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Basic Computing Level I  
 9:00 AM—Watercolor  
 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

### Wednesday, September 23

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, September 24

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Drawing  
 9:00 AM—Internet Research  
 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, September 25

9:00 AM—Digital Photography  
 9:30 AM—Bone Builders  
 10:00 AM—**Attorney**  
 11:30 AM—Senior Lunch Program  
 12:30 PM—Bingo  
 12:30 PM—Acrylic Painting

### Monday, September 28

8:30 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, September 29

9:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Basic Computing Level I  
 9:00 AM—Watercolor  
 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

### Wednesday, September 30

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)



## 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, September 25th**

**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 help. The door is open to everyone who is interested.

**Yearly Dues:**

**\$12/person per year**

**\$18/couple per year**

#### **SEPTEMBER SCHEDULE:**

**Wednesday, Sept. 2nd:**

Golden Investment SIG 1-4 PM

**Thursday, Sept. 10th:**

Board Meeting 12:15 PM

General Meeting 1:00 PM

(This meeting is open to the public)

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

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

## **NEW CLASSES TO CHECK OUT (Pre-registration required for fee & charge classes!)**

### **AARP's Driver Safety Course**

This class, offered at the Community Center, refines existing driving skills, and develops safe defensive driving techniques. Each month, the eight-hour class is presented by AARP in two half-day sessions. The class is Tuesdays and Wednesdays from 9:00 AM to 1:00 PM. Lunch is not included; however, there is a short break and you may bring a snack if you wish. Registration fees are \$15 for AARP members and \$20 for non-members. Register at the Community Services Office (3660 "D" Street).

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

Tuesday, September 1st & Wednesday, September 2nd

#### **Driver Safety Program Renewal (1 day class):**

Tuesday, October 20th

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 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](mailto: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).**

**For Sale: 2 Early American Living Room Birch wood end tables with doors:** One square & one Sextigon, plus 1 matching coffee table with middle cabinet & doors & ends open. Asking \$75 for all 3 pieces. **1 Antique Elgin Treadle Sewing Machine in cabinet.** Made in Rockford, Ill. Top opens to expose machine. Asking \$75. **1 Vintage all wood maple cabinet with 3 drawers & storage unit** that opens for a Buffet table. Asking \$50. **1 Vintage all wood Library table** that could be used in an entryway or side buffet table. Asking \$50. Please call (909) 599-4371.

**Beautiful, Large, Furnished Room with Private Bath for Rent.** Located at the Village at San Dimas. Rent includes utilities use of kitchen, garage with storage space, laundry privilege—all in a beautiful setting. Call (909) 962-8690.

**Fifteen 1,000-piece puzzles** in excellent condition. \$5 or less for each or \$48 takes all. Call (626) 852-5585 or email ilyns5@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.

**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 Os-nain 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...**

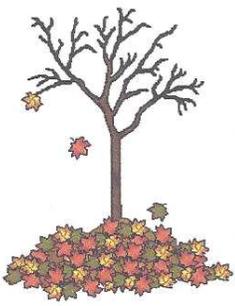


## THE PARK BENCH

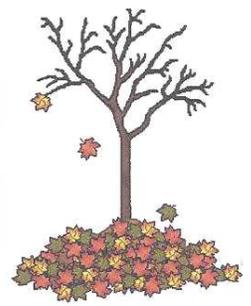
Two senior citizen men were sitting on a bench, one turns to the other and says, "Oh my! This bench is so uncomfortable - my own seat fell asleep!"

The other turns to him and says,  
"Yep...I heard it snore a couple of times!"





# SEPTEMBER



## Community Center Closure

*Monday, September 7<sup>th</sup>*

Please note that the Community Center and City Hall will be **closed** in observance of Labor Day.

## La Verne Day at the Fair

*Thursday, September 10<sup>th</sup>*

**\$5 admission** all day (noon – 11 p.m.)! That's \$7 in savings per ticket! Just pick up a coupon at the La Verne Community Center or City Hall.

## Save the Dates...

**October 27<sup>th</sup>:** Health Fair & Flu Shot Clinic

**November 15<sup>th</sup>:** Senior Dinner Dance Extravaganza



**LA County Fair**

September 4 - 27, 2015



**For more information, please call (909) 596-8776.**

