



HEALTHY LA VERNE CALENDAR OCTOBER 2015



OCTOBER 2015:

Activities:

- **1st: Red Cross Blood Pressure Check** at the Community Center, 9:30-11:15 AM. No appointment needed.
- **1st-29th: Yoga & Pilates (Yogalates)** at the Community Center, 7:30-8:30 PM. \$20 for the session. Registration required at the Community Services Office (3660 "D" St., City Hall). For more information, please call (909) 596-8700.
- **2nd-30th: Parent Support Group** at the Community Center, 2:00-3:30 PM. FREE. This is a support group for parents of children 0-5 years old. Meet other parents, share experiences, knowledge, stress, hope and ideas for taking care of yourself. For more info or to register, please call Parents' Place at (626) 919-1091.
- **27th: Free Flu Shot Clinic & Health Fair** at the Community Center, 9:00-11:30 AM. Seniors over the age of 60 and persons with disabilities can receive a free flu shot administered by LA County Nurses. There is also a small health fair with vendors, refreshments and a raffle. No appointment needed – please call (909) 596-8776 for more info.

ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday, **Open Discussion Group**, 10:00-11:30 AM
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call leader Anna Grubb for more information at (909) 730-3322.

COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.

Don't see your organization's activity?

Please call the City of La Verne Community Services Office at (909) 596-8776.

Visit us online at www.ci.la-verne.ca.us to view our Recreation Guide
or to register for classes.