



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

Volume 19, Issue 9

2016

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

SENIOR SEMINAR SERIES:

THE 4TH WEDNESDAY OF EVERY MONTH AT the La Verne Community Center-FREE! 9:30 - 11:00 AM
R.S.V.P. to (909) 596-8776

"MAXIMIZING YOUR EXISTING MEDICARE"
Wednesday, September 28th
Presented by ProMed

PLEASE NOTE:

The Center & City Hall will be CLOSED on Monday, September 5th in observance of Labor Day. Thank you.



NEW! MOVIE MATINEE

Every 2nd Monday of the Month at the Community Center at 12:30 PM

Monday, September 12th

"The Best Exotic Marigold Hotel"

A feature film awaits you! Join us for an afternoon filled with FREE cinematic entertainment and light refreshments right after our senior lunch program. This month's feature will be "The Best Exotic Marigold Hotel." No reservations needed - just come and enjoy!



SAVE THE DATE!

FREE FLU SHOT CLINIC & HEALTH FAIR

Will be held at the Community Center Wednesday, October 19th 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. Afterwards, come stop by our Health Fair which will feature various local vendors, a raffle, and free refreshments! Flu shots and admittance are on a first come, first served basis.

SPECIAL CITY SPONSORED LUNCH Tuesday, September 20th 11:30 AM

It's Fair time! Join us at this special FREE luncheon to celebrate the LA County Fair. Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day ahead by 11:00 AM. These lunches are FREE to seniors 60 and older.



LA VERNE DAY AT THE LA COUNTY FAIR

Wednesday, September 7th
The LA County Fair will run from September 2nd-25th, with La Verne Day on September 7th.

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 to attend the Fair.

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!!****

REGISTRATION AVAILABLE NOW FOR ALL TRIPS!

NEW! COLORFUL SONGS OF BROADWAY "THE 40'S FOLLIES" SHOW & LUNCHEON
Wednesday, September 21st
THIS TRIP IS FULL!

VALLEY VIEW CASINO
September date is FULL!
Wednesday, January 25th
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!"
AGE: 21 Years & Up
DEPARTURE TIME: 9:00 AM
RETURN TIME: 6:00 PM
FEE: \$25 (Lunch on your own)



A DAY IN SOLVANG Saturday, October 8th **THIS TRIP IS FULL!**

NEW! TANAKA FARMS FOR PUMPKIN SEASON & LUNCH AT BUCA DI BEPPO

Thursday, October 27th

Experience life on a farm at Orange County's largest U-Pick farm. Climb aboard a tractor-driven wagon for a narrated ride around a 30-acre working farm to see how your favorite fruits and vegetables grow. While on the tour, you will have many chances to taste the fruits and vegetables that you see growing. At the end of the tour, you will get your own personal-sized pumpkin to take home. Lunch at the famous "Buca di Beppo" is also included. Lunch includes Spaghetti, Chicken Parmigiana, Fettucini Alfredo, Salads and Dessert.

AGE: All Ages

DEPARTURE TIME: 10:30 AM

RETURN TIME: 5:30 PM

FEE: \$60 (Pumpkin & Lunch Included)



NEW! "I LOVE LUCY" TOUR (HOLLYWOOD TOUR, EDELWEISS CHOCOLATE FACTORY & LUNCH AT HMS BOUNTY)

Wednesday, November 9th

THIS TRIP IS FULL! ded)

NEW! "A CHRISTMAS CAROL" AT THE GLENDALE CENTRE THEATRE & LUNCH AT THE TAM O' SHANTER

Saturday, December 3rd

THIS TRIP IS FULL!

MISSION INN FESTIVAL OF LIGHTS

Sunday, December 11th

Our tradition...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)

GETTY VILLA

Wednesday, January 11, 2017

The Getty Villa located in beautiful Malibu, houses a collection of approximately 44,000 Greek, Roman, and Etruscan antiquities (including a mummy). Over 1,200 works are on view, in 23 galleries devoted to the permanent collection, with 5 additional galleries for changing exhibits. And don't forget the famous gardens! Guests can enrich their visit by renting an audio wand on arrival. Lunch will be on your own at the Getty Villa Café or coffee and sandwich kiosks. There can be a lot of walking, so wear comfortable shoes.

AGE: 18 Years & Up

DEPARTURE TIME: 9:00 AM

RETURN TIME: 4:30 PM

FEE: \$30 (Lunch on your own)

***QUESTIONS?**

Call Jennee

Tuesday thru Thursday,

8:00 AM to 4:00 PM at

(909) 596-8776.*

HEALTH AND WELLNESS

FREE MT. SAC CLASSES AT THE COMMUNITY CENTER

**Fall Session Begins the week of August 29th and
concludes December 16th.**

HEALTHY AGING: AEROBICS

**Healthy Aging with principles of physical
activity. This class can be taken at your own
pace.**

Tuesdays & Thursdays, 8:00-9:30 AM

INSTRUCTOR: Jennifer Shapiro

Begins: 8/30

FALL PREVENTION: BALANCE & MOBILITY

**Learn to prevent falls through balance, mobility
and risk prevention. This class uses chairs.**

Tuesdays & Thursdays, 1:30-2:30 PM

Instructor: Jill Trimble

Begins: 8/30

HEALTHY AGING: TAI CHI

**Healthy Aging with principles of the slow
movement of Tai Chi.**

Thursdays, 1:00-3:00 PM

INSTRUCTOR: John Rafter

Begins: 9/1

UPCOMING SENIOR SEMINAR SERIES

These seminars are every 4th Wednesday at
the La Verne Community Center from 9:30-
10:30 AM. All classes are FREE and open to
anyone. To RSVP for one or several seminars,
please see the front desk or call (909) 596-8776.

OCTOBER 26th:

"Using Social Media"

Presented by Inter Valley Health Plan

NOVEMBER 23rd:

"Medicare 101- The Basics"

Presented by TMB Insurance Services

DECEMBER 28th:

"The 25 Documents-Preparing for the Future"

Presented by VNA Hospice

FREE - BLOOD PRESSURE CHECK

Sponsored by: Health Care Partners

Come get your blood pressure checked at
the Community Center on the
3rd Thursday of every month from
9:30 - 11:30 AM

****Thursday, September 15th ****

SENIOR STRUTTERS

The La Verne Community Services Department of-
fers an ongoing Community walking program called
the Senior Strutters. If you would like to talk and
make new friends, come join us Monday, Wednes-
day, and Friday at 7:00 AM sharp! We walk a differ-
ent route every day between 2 and 3 miles.

AUGUST SCHEDULE

Fri. 9/2: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/5: Senior Center

Walk to Hillcrest area & back

Wed. 9/7: Heritage Park La Verne

Walk thru the park & flood control

Fri. 9/9: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/12: Thompson Creek

Walk trail to end of road & back

Wed. 9/14: San Dimas Canyon Park

Walk to dog park area & back

Fri. 9/16: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/19: Thompson Creek

Walk trail to end of road & back

Wed. 9/21: Claremont 10th & Indian Hill

Walk the area & back

Fri. 9/23: Brackett Field Airport

Walk to Puddingstone & back

Mon. 9/26: Thompson Creek

Walk trail to end of road & back

Wed. 9/28: Claremont 10th & Indian Hill

Walk the area & back

Fri. 9/30: Brackett Field Airport

Walk to Puddingstone & back

**For further information or questions
contact: Anna Grubb (909) 730-3322**

Upcoming Events, Announcements & 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 Farmer's Market
Saturday Mornings, 8:00 AM-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. La Verne Fresh is located in Old Town La Verne (corner of "D" and Third Streets). For more information on this event, call City Hall at (909) 596-8706.

LA VERNE HISTORICAL SOCIETY

The La Verne Historical Society (LVHS) is active this year with a full roster of officers and board members, and a schedule of events that includes home tours, picnics, museum visits, lectures and more. Our goal in 2016-2017 is to double our membership, receive feedback from our current members, and create a variety of events. Eventually we would like to establish a permanent location for the artifacts that represent La Verne's proud heritage as the "Heart of the Orange Empire." Join the LVHS and make history for the future while preserving old La Verne's environment! For more information call (909) 596-4679 or visit www.lavernehistoricalociety.org.

IMPORTANT: SERVICE CHANGES TO FOOTHILL TRANSIT LINE 690 (MONTCLAIR TO PASADENA)

Line 690 is a local express service that currently runs from Montclair to downtown Pasadena. Due to the LA Metro Gold Line Foothill Extension, Line 690 has been experiencing significant loss in ridership. Therefore, changes are necessary to provide better transit connections with the agency's limited resources. The changes are:

- 1. Terminate Line 690 at the Azusa Intermodal Transit Center, instead of going to downtown Pasadena**
- 2. Change the current local express fare of \$2.75 to the local fare of \$1.25.**

For any questions or concerns, please call (626) 931-7256 or visit www.foothilltransit.org.

**SAVE THE DATE!
"LIGHTS, CAMERA, ACTION!"
DINNER DANCE EXTRAVAGANZA
Sunday, November 13th
5:00-8:00 PM - \$10**

Join us for a Hollywood 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 Dept. (3660 "D" St., City Hall).
More details to follow.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
September 21st
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



After playing three times in August, due to the fact that there were five Tuesdays last month, the La Verne Senior Golf League will go back to its twice a month schedule in September. The dates for our competition are Tuesday, September 13 and Tuesday, September 27. On September 13, we are going to use the alternate format to the "t" and "f" format we used in August. In that format, we only counted the nine holes that begin with the letters "t" and "f." On the 13th we'll play what we are calling "s," "n," and "e," that's "sne" for short. For purposes of our competition, we'll count the net scores of our players on the nine holes beginning with these three letters. Those holes will be the second, sixth, seventh, seventeenth and eighteenth on the back side. The format for September 27 will be announced when we play on September 13. In October, we'll be playing our annual Club Championship over two rounds on Tuesdays, October 11 and 25. We'd love to have some new golfers join us for our twice monthly tournaments, including the upcoming Club Championship. If you are a golfer

Who'd like to join the La Verne Senior Golf League, both women and men, contact Ed Linberg or George Borst. Ed's email address is: emlinberg@earthlink.net. George's email address is: jegaborst2002@yahoo.com. If you'd prefer to talk to a person about the La Verne Senior Golf League, you can reach Ed at (909) 392-6688 or George at (909) 596-3982.

For your information, particularly if you are considering becoming a new member of the La Verne Senior Golf League, other than the green and cart fees paid to the course, we charge \$5 per golfer to provide for 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 can obtain this Senior Card, which is good for one year from the date of purchase, for \$28 at Marshall Canyon, or at any other LA County Golf Course. With it, you get a 50% reduction of 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 and what golfer doesn't like to get money in his or her 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 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!



Daily Calendar SEPTEMBER 2016

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 2016-2017 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Thursday, September 1

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
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, September 2

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

Monday, September 5

Center Closed in observance of Labor Day!

Tuesday, September 6

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Watercolor
9:00 AM—Basic Computing Level I
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 7

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 Group
6:15 PM—Jazzercise

Thursday, September 8

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—LV Computer Club General Meeting
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, September 9

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

Monday, September 12

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

Tuesday, September 13

8:00 AM—Aerobics (healthy Aging)
9:00 AM—Watercolor
9:00 AM—Basic Computing Level I
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 14

9:30 AM—Bone Builders
11:30 AM—Canasta
11:30 AM—Senior Lunch Program
12:15 PM—Bridge
6:15 PM—Jazzercise

Thursday, September 15

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

Daily Calendar continued Monday, September 26

Friday, September 16

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

Monday, September 19

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

Tuesday, September 20

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—**Special City Sponsored Lunch**
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, September 21

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

Thursday, September 22

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
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—**Sunkissed Stitchers**

Friday, September 23

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

Monday, September 26

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

Tuesday, September 27

8:00 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, September 28

9:30 AM—Bone Builders
 9:30 AM—**Senior Seminar Series: “Maintaining your Medicare”**
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, September 29

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
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, September 30

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



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 \$200...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 \$3 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.**

LA VERNE COMPUTER CLUB- PC

If you would like to learn more about computers, the La Verne Computer Club offers help. The door is open to everyone who is interested. ***For more information, email us at:**

lavernecomputerclub8@gmail.com

Yearly Dues:

\$12/person per year \$18/couple per year

SEPTEMBER SCHEDULE

Wednesday, September 7th:

Golden Investment SIG 1:00-4:00 PM

Thursday, September 8th:

Board Meeting 12:15 PM

General Meeting 1:00 PM - This meeting is open to the public

DUPLICATE BRIDGE

Do you like to play Bridge? Would like to join a great group of people to play? Duplicate Bridge is here at the Community Center every Wednesday from 12:15-4:00 PM. Please call leader Barbara before joining at (909) 592-8524.

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 23rd

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 information, 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.**

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, Sept. 6th & Wednesday, Sept. 7th

Driver Safety Program Renewal (1 day class):

Tuesday, October 18th

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

NEW! - ADULT STRETCH & TONE

A fun and enjoyable way to tone and stretch your body to soothing classical music in a comfortable environment. Wear a leotard, stretch pants and ballet slippers. Bring a mat and your water bottle. Experienced classical ballet instructor.

INSTRUCTOR: Nancy Sample

DAYS/TIME: Fridays

6:15 - 7:15 PM

FEE: \$82

LOCATION: Community Center

SESSIONS:

October 7 - December 9

NEW! - BEGINNER GOLF FOR ADULTS

**Marshall Canyon Golf Course,
6100 Stephens Ranch Road**

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.

INSTRUCTORS: Bruce Thompson &
Kenny Murray

DAYS/TIME: Saturdays, 10:00-11:00 AM

Next session: September 7 - September 28

FEE: \$90/session

NEW! ANTIQUE CLOCK REPAIR

Have you ever wondered what makes that old clock tick-tock? Then this is the class for you! Learn how to repair an antique 8-day, a strike clock, and you'll find out all about the workings of a clock. All necessary tools are available at class. If you have a clock you're interested in repairing, bring it to class. If you need a clock, we'll find one for you!

INSTRUCTOR: Pat Leung

DAYS/TIME: Wednesdays, 5:30-8:00 PM

September 7 - October 26

FEE: \$66/session

ACRYLIC PAINTING

Learn the 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

DAYS/TIME: Fridays, 12:30-3:30 PM

September 2 - September 23

FEE: \$110/session

NEW! - MAT PILATES

Pilates is a mind body and core strengthening exercise program that improves balance, flexibility and coordination. All levels of fitness welcome. Bring mat, water and towel.

INSTRUCTOR: Tami Tavares Nichols -
Polestar Pilates Practitioner

DAYS/TIME: Fridays, 6:30-7:30 PM

September 9 - September 30

October 14 - November 4

December 2 - December 23

FEE: \$28/session

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, etc. This section is for items only (either items needed or items being sold).**

For Sale: Ladies Cowboy Boots - Size 8, 5 pair. \$50 each, R,W, Bk. **Sherpa Animal Carrier** - used once, \$85. **Collection of stuffed Bears**, large and small, \$2-\$12. **Small collection of Bells**, all for \$65. Ask for Evelyn, (909) 595-4985.

For Sale: Recliner/Rocker-excellent condition-no rips or tears. Forest Green/Blue. Strong Fabric. \$45. **Newer Walker** with large Wheels, Lift-Up Padded Seat with Breaks & Basket. \$75. **Lightweight Walker** \$15. **Set of 2 Recliners**—newer. Light Brown. \$110/set. **V-Tech Cordless Phones**, set of 2. \$20/set. Regulator Clock \$35. 2 Floor Lamps \$20/set. Call Marian V. at (909) 483-8222.

For Sale: 8 Ft. Sofa Bed-never used-\$250. **Tiffany Floor Lamp**-\$250. **Oval Glass Table**-\$35. **Antique Director Chair**-\$75. **Antique Chime Clock**-\$75. **Antique Solid Glass Table** (heavy)-\$200. **Antique Fainting Couch**-\$400. **Antique Settee**-\$150. Please call Sandi Decker at (909) 596-2746.

Sherpa Animal Carrier—used once \$85. **Ladies Cowboy Boots**, Sizes 8 and 8.5, 6 pairs—\$50 each. **Collection of small to medium size stuffed Bears**. 16 of them—\$35 for all. **Collection of bells** - must see - over 50 - assorted sizes. \$90 for all. Call Evelyn at (909) 596-4984.

For sale: 80 cc Motor bicycle - near new. Black frame. 2 stroke gasoline. No driver's license necessary. Call Michael at (323) 236-6790 or email to michaelcasarez14@yahoo.com.

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.

Sofa 36" x 80", Pillowback (3 of them) and Cushions (3 of them). Black with small diamond design. Conventional style—newly upholstered. \$150. Call Peggy Straughan (951) 234-2841.

For Sale—Beautiful Oak Dresser with 7 Drawers & Triple Mirrors. \$500 or best offer. Call Caroline at (909) 592-6437.

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

For Sale: Sturdy “Slipper” Chair: Quilted seat, Quilted back. Recently upholstered in pink. Perfect for any girl's bedroom. Asking \$50. **Twin Siamese Cat Ceramic Nightlight:** One cat sitting up, other reclining against the other. Light is in back. Asking \$40. **Like new 4 Stuffed Penguins**, all different “breeds.” Asking \$20 each. **Blonde Wood Bench with Light Blue Quilted Seat.** Asking \$40. Please call (909) 596-6029.

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 2016”)



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**



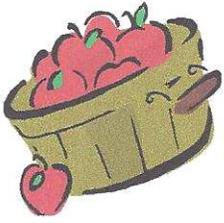
Word Search

W	U	U	O	H	N	S	Y	A	D	I	L	O	H	Z
S	I	J	I	L	Y	P	P	H	S	O	C	T	L	X
D	E	M	W	E	E	K	E	N	D	U	G	E	I	S
E	T	P	S	I	J	I	L	S	Y	A	D	N	O	M
C	V	K	T	R	M	W	U	U	O	H	N	S	Y	G
F	Q	L	E	E	N	S	I	M	I	L	Y	P	U	H
N	A	O	C	V	M	D	R	M	W	U	U	O	N	S
A	Z	I	F	Q	L	B	T	E	S	I	A	I	A	R
T	X	U	K	R	O	W	E	R	D	Y	D	W	C	E
I	S	Y	M	Z	I	F	Q	R	E	T	A	S	I	R
O	C	T	R	A	V	E	L	O	C	V	K	D	R	O
N	G	E	I	S	D	M	Z	G	N	O	L	E	E	B
A	H	R	O	A	T	L	X	U	K	A	O	F	M	A
L	N	S	Y	G	N	I	D	N	E	Z	I	F	A	L
L	Y	P	P	H	R	O	C	T	L	A	B	O	R	P

See how many of these newspaper related words you can find in the puzzle. The words can be forward, backward or diagonal.

Created by Sue Lindman
Grand Forks Herald 2012

- | | | | |
|--------------|------------|--------------|--------------|
| 1. LABOR | 5. WORK | 9. SUMMER | 13. AMERICAN |
| 2. DAY | 6. LONG | 10. NATIONAL | 14. MONDAY |
| 3. HOLIDAY | 7. WEEKEND | 11. USA | 15. DAY |
| 4. SEPTEMBER | 8. ENDING | 12. TRAVEL | 16. OFF |



September



Movie Matinee

Monday, September 12th @12:30pm

Join us for an afternoon filled with **FREE** Cinematic entertainment and light refreshments. This month's feature will be "The Best Exotic Marigold Hotel." For more information call the Community Center at (909) 596-8776.

City-Sponsored Lunch

Tuesday, September 20th @11:30am

Come join us for a free L.A. Fair themed lunch with our nutrition program! You must be registered and R.S.V.P. at least 24 hours in advance to (909) 596-8778 to attend.

Maximize Your Medicare

Wednesday, September 28th @9:30am

Are you getting the most out of your Medicare plan??? Why not **MAXIMIZE** it!!! Come learn how to get the most out of your RX/prescriptions, home health, transportation, hearing, vision, and dental. Please RSVP to the Community Center at (909) 596-8776.

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

