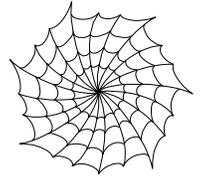




OCTOBER 2016 SENIOR NEWSLETTER



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

Volume 19, Issue 10

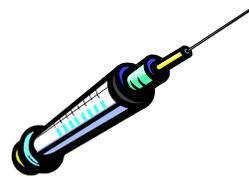
2016

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FREE FLU SHOT CLINIC & HEALTH FAIR Wednesday, October 19th 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. 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
Monday, October 31st
11:30 AM
BOO! Join us for this special **FREE** luncheon to celebrate **Halloween**. **Don't forget your costumes, if you dare...**
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.



HERITAGE HARVEST PUMPKIN PATCH Saturday, October 8th - Sunday, October 30th

The rural atmosphere of Heritage Park makes it a wonderful place to pick out your pumpkin. There are hay rides, animals, pumpkins of every size and great photo opportunities. It's open weekends from 10:00 AM to 7:00 PM and weekdays from 4:00 PM to 7:00 PM.



MOVIE MATINEE Every 2nd Monday of the Month at the Community Center at 12:30 PM Monday, October 10th "Mr. Holmes"

A feature film awaits you! Join us for an afternoon filled with **FREE** cinematic entertainment and light refreshments right after our senior lunch program. No reservations needed - just come and enjoy!



36TH ANNUAL CHILDREN'S HALLOWEEN PARADE
Saturday, October 22nd
10:00 AM at Heritage Plaza
Children ages 12 and under are invited to this wonderful Parade that provides a great opportunity for them to show off their costumes and gather treats from the Plaza merchants. The parade starts at One West Bank and continues around the entire Plaza. A random drawing will be held at 11:00 AM for prizes.
Winners must be present at the time of the drawing. Bring the whole family!

HAVE A VERY HAPPY HALLOWEEN ON MONDAY, OCTOBER 31st!

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 THESE TRIPS:**

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

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

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
DEPART: 10:30 AM
RETURN: 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!

**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
DEPART: 3:30 PM
RETURN: 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.

AGE: 18 Years & Up
DEPART: 9:00 AM
RETURN: 4:30 PM
FEE: \$30 (Lunch on your own)

WINTER/SPRING

SNEAK PEEK:

PLEASE NOTE—These trips will **NOT** be available to register for until Monday, December 12th (mail-in & online).

**NEW! - US IOWA
BATTLESHIP TOUR &
LUNCH AT "NEIL'S"**
Tuesday, February 7, 2017

**NEW! - MAGIC & WINE
WITH DAVID MINKIN IN
ANAHEIM**
Friday, February 24, 2017

**COLORFUL SONGS OF
BROADWAY "IRISH EYES
ARE SMILING" SHOW &
LUNCHEON**
Friday, March 17, 2017

**GRAMMY MUSEUM &
L.A. LIVE**
Thursday, March 23, 2017

**NEW! - SKYSPACE
OBSERVATION DECK,
LUNCH AT "CLIFTON'S" &
GRIFFITH OBSERVATORY**
Thursday, April 6, 2017

**NEW! - A DAY IN
DOWNTOWN
PALM SPRINGS**
Saturday, April 29, 2017

**NEW! - LAKE ARROWHEAD
ALPINE COOLER**
Thursday, May 11, 2017

A DAY IN CATALINA
Saturday, May 20, 2017

**SANTA MONICA/3RD
STREET PROMENADE**
Sunday, June 11, 2017

VALLEY VIEW CASINO
Wednesday, June 28, 2017

***QUESTIONS? Call Jennee at
(909) 596-8776.***

HEALTH AND WELLNESS

FREE MT. SAC CLASSES AT THE COMMUNITY CENTER

Fall Session 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

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

HEALTHY AGING: TAI CHI

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

Thursdays, 1:00-3:00 PM

INSTRUCTOR: John Rafter

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.

NOVEMBER 23rd:

"Medicare 101- The Basics"

Presented by TMB Insurance Services

DECEMBER 28th:

"The 25 Documents-Preparing for the Future"

Presented by VNA Hospice

JANUARY 25th:

"Senior Safety"

Presented by American Tub

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, October 20th ****

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.

OCTOBER SCHEDULE

Mon. 10/3: Thompson Creek

Walk trail to end of road & back

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

Walk the area & back

Fri. 10/7: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/10: Thompson Creek

Walk trail to end of road & back

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

Walk the area & back

Fri. 10/14: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/17: Thompson Creek

Walk trail to end of road & back

Wed. 10/19: Heritage Park La Verne

Walk thru the park & flood control

Fri. 10/21: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/24: Thompson Creek

Walk trail to end of road & back

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

Walk the area & back

Fri. 10/28: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/31: Thompson Creek

Walk trail to end of road & 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.

HALLOWEEN TRICK OR TREATING IN OLD TOWN

**Monday, October 31st - 2:00-5:00 PM
Old Town La Verne; D & Third Streets
Ages 12 and under**

Every year local merchants in Old Town La Verne host a safe, family-oriented, trick-or-treat candy walk for children on the afternoon of Halloween. For more information, please call City Hall at (909) 596-8706.



**“LIGHTS, CAMERA,
ACTION!”**

**SENIOR 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).

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.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
October 26th

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



It's time for the annual Club Championship of the La Verne Senior Golf League to be played. It will be played on October 11th and October 25th—two rounds of competition. The winners will be the golfers with the lowest net scores over the two rounds. Our defending champions from 2015 are Art Hernandez for Flight #1, and Hal Platts for Flight #2. Flight #1 will involve players whose handicap is 25, or less. While Flight #2 will involve players whose handicap is between 26 and 36, the latter being the maximum handicap we allow. Good luck to all our golfers as they compete to be Club Champion for 2016. We will award the trophies to our 2016 Club Champions, as well as give the prizes to the two golfers who have compiled the most points over ten months to win the 2016 La Verne Senior Cup, competition at a social gathering in early November for which details will be announced later. The current leaders in the La Verne Senior Cup competition are Ruben Triana in Flight #1 and Marv Stolarz in Flight #2. It appears that Marv's point total through September 13th is so great he can't be caught. But, Ruben leads by 10 points over two other golfers through September 13th and there are several others who are well within striking distance of his lead with three golf dates left—September 27th, October 11th and October 25th—in this year's competition.

For months we've been encouraging new golfers to join our group. We're pleased

To announce that three new golfers have joined us. They are Gerry O'Shaunessy, Bill Waller and Allen Winston. We hope they are the first of several more new members since we've had as few as 10 or 12 players compete in our bi-monthly events over the last spring and summer. 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. We have no women golfers in our ranks at present, so we'd welcome some women. Ed's e-mail 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 \$28.75, and increase of \$.50 as of September 1st, with the LA County Senior Golf Card. Golfers 65+ 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 Marshall Canyon, as well as at any of the 19 LA County Golf Courses, including the nearby Mountain Meadows and Diamond Bar 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 OCTOBER 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.

Monday, October 3rd

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, October 4th

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, October 5th

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 1:00 PM—**Golden Investment Group**
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, October 6th

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, October 7th

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, October 10th

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, October 11th

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, October 12th

9:30 AM—Bone Builders
 11:30 AM—Canasta
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, October 13th

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 (**Oktoberfest Dress Up Day!**)
 1:00 PM—**La Verne Computer Club Meeting**
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, October 14th

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, October 17th

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

Daily Calendar continued Tuesday, October 25th

Tuesday, October 18th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—AARP Mature Driving
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 19th

9:00 AM—Flu Shot Clinic & Health Fair!
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, October 20th

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

Friday, October 21st

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

Saturday, October 22nd

10:00 AM—Children's Halloween Parade at Heritage Plaza

Monday, October 24th

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

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 (Field Trip)
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 26th

9:30 AM—Bone Builders
 9:30 AM—Caregiver Seminar
 10:00 AM—SAC Meeting
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, October 27th

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 Stitches

Friday, October 28th

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, October 31st

HAPPY HALLOWEEN!

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



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

OCTOBER SCHEDULE

Wednesday, October 5th:

Golden Investment SIG 1:00-4:00 PM

Thursday, October 13th:

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, October 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 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 Renewal (1 day class):

Tuesday, October 18th

Driver Safety Program (2 day class):

Tuesday, Nov. 15th & Wednesday, Nov. 16th

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

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

November 2nd - December 21st

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

October 7th - October 21st

FEE: \$110/session

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 7th - December 9th

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: October 5th - October 26th

FEE: \$90/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

October 14th - November 4th

December 2nd - December 23rd

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).**

HoMEDICS Back Expert Elite 10-Motor Programmable Back massager with Heat. 10 powerful motors; 9 massage styles. Hi-Tech LCD Touch Pad Control. AC Home and 12V auto adapters included. Like new still in box—used once \$25. Call Chris (909) 596-5874 or chrisann878@msn.com.

For Sale—“Wild and Free: Canada’s Big Game” series of collectable plates presented by Dominion China, Ltd. Of Canada and featuring original works of art by wildlife artist, Paul Krapf. The set has 8 beautiful plates (8.5 in.) in excellent condition and each plate is in a handcrafted hardwood walnut-stained frame with hook for hanging. Will sell individual plates with frame for \$20 or the whole set for \$140. All plates have certificate of authenticity and descriptive paperwork. Animals depicted are: Grizzly Bear, Moose, Bighorn Sheep, White-tailed Deer, Elk, Polar Bear, Pronghorn and Cinnamon Bear. Call Chris (909) 596-5874 or chrisann878@msn.com. Can send photos if interested.

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: 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 Setee**-\$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.

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

Senior Help Line: (909) 625-4600

La Verne Community Center Lunch Program:
(909) 596-8778

Get About Transportation: (909) 596-5964

La Verne City Hall: (909) 596-8726

Meals on Wheels: (909) 596-1828

La Verne Community Services Office:
(909) 596-8700

La Verne Administration: (909) 596-8726

La Verne Library: (909) 596-1934

La Verne Building: (909)596-8713

Police Department: (909) 596-1913

La Verne Community Development:
(909) 596-8706

Fire Department: (909) 596-5991

La Verne Customer Service: (909) 596-8744

Mt. San Antonio College: (909) 594-5611

La Verne Finance Department:
(909) 596-8716

La Verne Chamber of Commerce:
(909) 593-5265

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

Community Senior Services: (909) 621-9900

Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



HAPPY HALLOWEEN!

Crabby Road 10-31-06



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Movie Matinee

*Monday, October 10th
@12:30pm*

Join us for an afternoon filled with **FREE** Cinematic entertainment and light refreshments. This month's feature will be "Mr. Holmes."
Sponsored by: **Scan Health Plan**

Flu Shot/ Health Fair

*Wednesday, October 19th
@9:00am – 11:30am*

Come by and get a **FREE** Flu Shot provided by LA County and stay for our Health Fair with valuable health information from various participating organizations. Plus, refreshments and a **RAFFLE!**

Caregiver Seminar

Wednesday, October 26th @9:30am

Learn how to find or become a caregiver in your area! It is easier than you think! Make sure to call & RSVP to this special seminar presented by Visiting Angles. Please RSVP to the Community Center at (909) 596-8776.



City-Sponsored Lunch

Monday, October 31st @11:30am

Come join us for a free Halloween 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.



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

