



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

Volume 20, Issue 1

2017

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The Senior Newsletter is available online on our City web site: www.ci.la-verne.ca.us

PLEASE NOTE: The Center will be CLOSED on Monday, January 2nd in observance of New Year's Day and Monday, January 16th in observance of Martin Luther King Jr. Day.

MT. SAC COMPUTER CLASSES SPRING REGISTRATION Tuesday, January 24th 10:00 AM at the Community Center

This registration is for the Mt. SAC Computer classes for the Spring session. Arrive early to receive a number. Classes are then filled on a first-come-first-served basis. Students MUST be present to register for classes. Spring session is: February 27th - June 16th.

FREE AARP TAX AIDE ASSISTANCE

Tuesdays & Wednesdays beginning February 1st - April 12th

Do you have questions about your taxes? Would you like assistance completing income tax forms? AARP trained volunteers provide FREE assistance to seniors (moderate income with simple tax returns) or people with disabilities. When attending your appointment please bring: a copy of last year's tax forms, any forms showing income, pensions, or Social Security paid to you, forms 199 showing interest or dividends that your investments have earned, receipts or cancelled checks for income or property taxes you have paid, or any contributions you have made to charities. Beginning January 11th, you may call the Community Center at (909) 596-8776 or come to the front office to make your appointment. Appointments are subject to change.

MOVIE MATINEE

Monday, January 9th "THE GUILT TRIP"

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



SPECIAL CITY SPONSORED LUNCH Tuesday, January 3rd 11:30 AM

Happy New Year! Come celebrate ringing in 2017 at this special FREE luncheon.

Please call (909) 596-8776 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.



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.

WEDNESDAY, JANUARY 25th: "Senior Tub Safety" Presented by American Tub

WEDNESDAY, FEBRUARY 22nd: "Ageless Living" Presented by Forever Youthful Image

**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!\*\***

**WINTER/SPRING  
TRIPS:  
REGISTRATION  
AVAILABLE FOR ALL  
TRIPS NOW!**

**NEW! - USS IOWA  
BATTLESHIP TOUR &  
LUNCH AT "NEIL'S"**

**Tuesday, February 7th**

On your guided tour, you'll celebrate the American spirit aboard the Battleship Iowa educational museum and attraction. There is so much to see on this "Battleship of Presidents" that hosted three U. S. Presidents. Then it's off to "Neil's Pasta and Seafood Grill" to enjoy Southern Italian Cuisine. Lunch includes choice of Chicken and Pasta, Salmon and Pasta or Eggplant Parmigiana and Pasta, with Salad and Dessert.

**AGE: 18 Years & Up**

**DEPART: 10:00 AM**

**RETURN: 5:00 PM**

**FEE: \$62 (Lunch included)**

**NEW! - MAGIC & WINE  
WITH DAVID MINKIN**

**Friday, February 24th**

You definitely do not want to miss seeing David Minkin, International Champion of

Magic! David has appeared on various TV shows and in 2007, his magic won First Place internationally from the world's largest organization of magicians. The evening begins in the Anaheim Majestic Garden Hotel's scenic patio for a tasting of four wines and a beautifully presented hors d'oeuvre table—that provides plenty of food.

Then you will move up to the Grand Ballroom for an incredible magic show with David Minkin (show runs 90-minutes with an intermission). During the intermission of the show, enjoy the spectacular Disneyland fireworks directly overhead the hotel. Don't miss this MAGICAL evening!

**AGE: 21 Years & Up**

**DEPART: 6:00 PM**

**RETURN: 11:00 PM**

**FEE: \$110 (Appetizers, Wine & Show)**

**COLORFUL SONGS OF  
BROADWAY "IRISH EYES ARE  
SMILING" SHOW & LUNCHEON**

**Friday, March 17th**

What a fun way to spend St.

Patrick's Day! Join us for an Irish Musical Revue with songs, comedy, costumes, dialogue and dancing to get you in the Irish spirit. Luncheon includes choice of Corned Beef and Cabbage, Chicken Teriyaki or Veggie Pasta all served with wine, Mashed Potatoes, Garden Salad, Vegetables, Rolls, Irish Sundae and Coffee or Tea. There is also shopping and a raffle available at the show. Show is at Almansor's Court in Alhambra.

**AGE: 50 Years & up**

**DEPART: 10:15 AM**

**RETURN: 4:30 PM**

**FEE: \$62 (Lunch, Wine & Show included)**

**GRAMMY MUSEUM & L.A. LIVE**

**Thursday, March 23rd**

The Grammy Museum aims to educate individuals about the history and cultural significance of American Music. The Museum accomplishes this through innovative programming, cutting-edge interactives and exciting exhibitions. You will be on a self-guided tour of the museum. Once done, the day is yours to explore and have lunch at the very popular L.A. Live.

There are plenty of wonderful restaurants to choose from and even a bowling alley. Come enjoy the celebration of music!

**AGE: 18 Years & Up**

**DEPART: 10:00 AM**

**RETURN: 3:30 PM**

**FEE: \$35 (Lunch on your own)**

**NEW! - "A VIEW FROM THE  
TOP" (O.U.E. SKYSPACE,  
CLIFTON'S & GRIFFITH  
OBSERVATORY)**

**Thursday, April 6th**

Come experience the newest attraction to come to Los Angeles—the new OUE Skyspace, located 1,000 feet above the city, in the iconic US Bank Tower, is California's tallest open-air observation deck and the premier destination for views of LA. It also offers multiple interactive technology exhibits. Then it's off to the famous Clifton's Cafeteria to enjoy lunch. Finally, you will have free time at the amazing Griffith Observatory. Planetarium show tickets are only available day of and are \$5.

**AGE: All Ages**

**DEPART: 9:00 AM**

**RETURN: 7:00 PM**

**FEE: \$65 (Lunch included)**

**NEW! - A DAY IN  
DOWNTOWN PALM SPRINGS**

**Saturday, April 29th**

Love Palm Springs but hate the drive? Let us do that for you. Join us for a day, all on your own, in the beautiful downtown area of Palm Springs. There are hundreds of fun stores, hotels and yummy restaurants for you to enjoy and explore! Be sure to look up palmsprings.com/downtown to plan your day ahead of time.

**AGE: All Ages**

**DEPART: 9:00 AM**

**RETURN: 5:30 PM**

**FEE: \$30 (Lunch on your own)**

## HEALTH AND WELLNESS

### TRIPS CONT.

#### **NEW! - LAKE ARROWHEAD ALPINE COOLER**

**Thursday, May 11th**

This trip includes 3 fun experiences! First, you will board the "Arrowhead Queen" for a narrated cruise around the jewel-like mountain lake. The Queen is a 50-foot, paddle-wheel-style boat with fully enclosed seating. Then it's off to "Woody's Boathouse" that overlooks the lake. Lunch includes: choice of a Chicken Breast Sandwich, Filet of Beef Sandwich or Soup and Salad Bar, all with Fries or Coleslaw and Dessert. And finally, you will have free time to wander Lake Arrowhead Village that features a variety of stores and boutiques.

**AGE: All Ages**

**DEPART: 9:30 AM**

**RETURN: 5:30 PM**

**FEE: \$60 (Lunch included)**

#### **A DAY AT CATALINA ISLAND**

**Saturday, May 20th**

Our most popular trip! We will drive to Long Beach where you'll board the Catalina Express for a short one-hour cruise to the island. These vessels include indoor and outdoor seating (bring your Dramamine if you need it), restroom facilities and a snack bar. Once on the island, the day is yours to explore, have lunch and shop all on your own. There is so much to do! Then we will head back on the Catalina Express.

**AGE: All Ages**

**DEPART: 8:00 AM**

**RETURN: 8:00 PM**

**FEE: \$45 (Lunch on your own)**

#### **A DAY IN SANTA MONICA/3RD STREET**

#### **PROMENADE**

**Sunday, June 11th**

There's a variety of entertainment, dining, shopping, and thrill rides to discover in Pacific Park on the Santa Monica Pier. There's even a historic 1922 Carousel and interactive aquarium. Or walk up to the Promenade for hundreds of restaurants, shops and street performers. The day and lunch are on your own.

**AGE: 18 Years & up**

**DEPART: 9:30 AM**

**RETURN: 4:30 PM**

**FEE: \$30 (Lunch on your own)**

**\*\*More trips available in the Winter Spring  
Recreation Guide\*\***

### **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, January 19th \****

### **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.

#### **JANUARY SCHEDULE**

**Mon. 1/2: Senior Center**

Walk to Hillcrest area & back

**Wed. 1/4: Kuns Park**

Walk to San Dimas

**Fri. 1/6: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 1/9: Thompson Creek**

Walk trail to end of road & back

**Wed. 1/11: San Dimas Canyon Park**

Walk to dog park area & back

**Fri. 1/13: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 1/16: Thompson Creek**

Walk trail to end of road & back

**Wed. 1/18: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 1/20: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 1/23: Thompson Creek**

Walk trail to end of road & back

**Wed. 1/25: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 1/27: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 1/30: 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.

### **PICK YOUR OWN ORANGES AT HERITAGE PARK**

**(5001 Via De Mansion)**

**January - March**

**Saturdays, 9:00 AM-3:00 PM**

Enjoy a "Slice of La Verne's Past" while picking some of the best tasting oranges around. The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and the mesh bags and picking poles are supplied. The historic Weber House will also be open for tours from 10:00 AM to 12:00 PM. Orange picking begins January 7th, and continues on until the beginning of March. For more information, call (909) 293-9005 or check out [www.laverneheritage.org](http://www.laverneheritage.org).

### **SAVE THE DATE: VOLUNTEER RECOGNITION LUNCHEON**

***"Our Volunteers Rock!"***

**Thursday, April 20th, 10:30 AM**

The City of La Verne thanks and applauds all volunteers who dedicate their time and efforts to make our programs a success. A special "Our Volunteers Rock" themed luncheon will be held in their honor to recognize their hard work. Volunteers will be notified of the details via invitation.

### **SAVE THE DATE: DINNER DANCE EXTRAVAGANZA**

***"Will you go to Prom with me?"***

**Sunday, May 21st, 5:00 - 8:00 PM**

**\$10/per person**

Join us for a Prom themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Tickets are just \$10. Pre-paid reservations must be made at the Community Services Office (3660 "D" St.) between the hours of 8:00 AM and 6:00 PM, Monday thru Thursday. For "best seat available" online registration is offered. You don't want to miss out on all the fun!

**Registration begins: January 11th.**

# CLUBS, PROGRAMS & SERVICES

## Senior Citizens Advisory Committee

**Wednesday,  
January 18th  
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



We have wrapped up our golf competition for 2016. In November we played our version of the Ryder Cup format by playing eleven matches over three Tuesdays. Ruben Triana's team won the competition by taking 7 of the 11 matches giving them to a 7 to 4 margin of victory over Joe Ramos' team. Each member of the winning team won \$5. On December 13th, we played a four-man scramble to conclude our activities for the year.

Now we are looking forward to 2017 and our first golf outing of the year which will be played on Tuesday, January 10th at the usual time-9:00 AM at Marshall Canyon. Our first competition for the year will involve the "dreaded Yellow Ball." In this format, players in each group will rotate holes playing a yellow ball. The golfer using the yellow ball will provide the score for his team on each hole. The team with the lowest score, with handicaps, will be the winners. We'll award prizes to the members of teams finishing first and second. The format for our second round in January, set for January 24th will be announced on January 10th.

During January and February, we will be signing up golfers to compete for the La Verne Senior Golf Cup. This is a ten-month competition in which golfers win points for their play by finishing in the top five in their flight when they play. The golfers with the most points at the end of October are the winners of the revolving

trophies for Flight #1 and Flight #2. They keep the trophies for a year. The Flight #1 Champion for 2016's competition was Art Hernandez. Art's now won this competition for 3 years in a row. In Flight #2 last year, Marv Stolarz won the competition ending Soc Galam's two-year custody of the cup. Each golfer who chooses to be in this competition must pay \$5 by the end of February. We pool the funds from all of the golfers who choose to be a part of the La Verne Senior Golf Cup competition. This covers the cost of engraving the name of the winner on the trophy and provides a prize package of at least \$30 for each winner. As you can tell, there's lots of money at stake!

If you'd like to be a part of the La Verne Senior Golf League during 2017, now's the time to contact either Ed Linberg or George Borst. They are the Co-Coordinator of the La Verne Senior Golf League. Ed's email is [emlinberg@earthlink.net](mailto:emlinberg@earthlink.net). George's is: [jegaborst2002@yahoo.com](mailto:jegaborst2002@yahoo.com). If you prefer to talk to a person, you can reach Ed at (909) 392-6688 or George at (909) 596-3982.

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 we pay at Marshall Canyon, 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 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 any other 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 January 2017

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

### Sunday, January 1st

*Welcome 2017!*

### Monday, January 2nd

*Center Closed...Happy New Year!*

### Tuesday, January 3rd

9:00 AM—Bone Builders  
11:30 AM—**Special City Sponsored Lunch**  
6:00 PM—Woodcarvers

### Wednesday, January 4th

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, January 5th

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

### Friday, January 6th

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

### Monday, January 9th

**(Mt. SAC Winter Session Begins)**

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, January 10th

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, January 11th

9:00 AM—AARP Mature Driving  
9:30 AM—Bone Builders  
11:30 AM—Senior Lunch Program  
11:30 AM—Canasta  
12:15 PM—Bridge  
6:15 PM—Jazzercise

### Thursday, January 12th

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—**LVCC General Meeting**  
1:00 PM—Tai Chi  
1:30 PM—Balance & Mobility

### Friday, January 13th

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

### Monday, January 16th

*Center Closed...Happy Martin Luther King Jr. Day!*

### Tuesday, January 17th

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, January 18th

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

## Daily Calendar continued

### Thursday, January 19th

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, January 20th

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

### Monday, January 23rd

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, January 24th

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Watercolor  
 9:00 AM—Basic Computing Level I  
 9:30 AM—Bone Builders  
 10:00 AM—**Mt. SAC Computer Classes**  
**Spring Registration**  
 11:30 AM—Senior Lunch Program  
 1:00 PM—Gardening  
 1:30 PM—Balance & Mobility  
 6:00 PM—Woodcarvers

### Wednesday, January 25th

9:30 AM—Bone Builders  
 9:30 AM—**Senior Seminar Series—”Senior Tub Safety”**  
 11:30 AM—Senior Lunch Program  
 12:15 PM—Bridge  
 5:30 PM—Clock Repair  
 6:15 PM—Jazzercise

### Thursday, January 26th

8:00 AM—Aerobics (Healthy Aging)  
 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  
 6:00 PM—**Sunkissed Stitches**

### Friday, January 27th

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, January 30th

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, January 31st

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



**HAPPY NEW  
 YEAR!  
 Sunday,  
 January 1, 2017!**

**HAPPY MARTIN  
 LUTHER KING JR. DAY!  
 Monday, January 16,  
 2017!**



# 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](mailto:lavernecomputerclub8@gmail.com)**

**Yearly Dues:**

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

#### JANUARY SCHEDULE

**Wednesday, January 4th:**

Golden Investment SIG 1:00-4:00 PM

**Thursday, January 12th:**

Board Meeting 12:15 PM

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

### HILLCREST

Did you know that Hillcrest has an Aquatic & Fitness Center with various exercise classes such as Aqua Fitness, Water Walking, Chair Pilates, and much more? Check out all that Hillcrest has to offer by calling (909) 392-4029 or going on [www.livingathillcrest.org](http://www.livingathillcrest.org).

### 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, January 27th**

**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, Jan. 10th & Wednesday, Jan. 11th

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

Tuesday, Feb. 7th

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

### **FINE ART ACRYLIC PAINTING**

Learn the art of acrylic painting in this 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 first class.

**INSTRUCTOR:** Ray Tucker

**DAYS/TIME:** Fridays

9:00 AM-12:00 PM

**FEE:** \$110/session

**LOCATION:** Community Center

**SESSIONS:**

#1: January 6th-January 27th

#2: February 3rd-February 24th

#3: March 3rd-March 24th

### **NEW! - DETOXING YOUR BODY**

Are you feeling sluggish after the holidays? DO you desire a healthier way of life? This class teaches about the top essential oils that support the body's natural elimination system to bring health and healing. Find out how you can detox your body and feel lighter, healthier and happier!

**INSTRUCTOR:** Genevieve Isidro

**DAYS/TIME:** Thursdays

6:30-7:30 PM

**FEE:** \$40/session

**LOCATION:** Community Center

**SESSION:** January 5th-January 19th

### **ANTIQUÉ CLOCK REPAIR**

Have you ever wondered what makes that old clock tick? Then this class is 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 in 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

**FEE:** \$66/session

**LOCATION:** Community Center

**SESSION:** January 18th-March 8th

### **CHINESE FOR BEGINNERS**

Learn the basic pronunciations in the Chinese Alphabet and easy Chinese characters. All of the books and teaching materials (posters, pictures and books) are from China, Beijing. Participants will learn easy Chinese sentences, business Chinese: According to the book of "Business Chinese" and focus on business communication (on phone and face to face) and writing Chinese.

**INSTRUCTOR:** Tingting Chen

**DAYS/TIME:** Mondays

6:00-7:00 PM

**FEE:** \$85/session

**LOCATION:** Community Center

**SESSION:** January 30th-March 27th

### **MAT PILATES**

Core strengthening exercise program that improves balance, flexibility and coordination. Appropriate for all fitness levels. Modifications for injuries, osteoporosis, stenosis, RA, fibromyalgia, etc. Bring towel, mat and water.

**INSTRUCTOR:** Tami Tavares Nichols, PMA-CPT

**DAYS/TIME:** Fridays

6:30-7:30 PM

**FEE:** \$30/session

**LOCATION:** Community Center

**SESSION:** January 6th-February 3rd



## 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 Dept:** (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**

2017



### **A New Year's Prayer For Seniors**

**Please, grant me the senility to forget the  
people I never liked anyway,  
The good fortune to run into the ones  
that I do,  
And the eyesight to tell the  
difference.**