



FEBRUARY 2017 SENIOR NEWSLETTER



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

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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, February 20th in observance of Presidents' Day!

PICK YOUR OWN ORANGES

Now thru March Saturdays, 9:00 AM-3:00 PM at Heritage Park (5001 Via De Mansion) Enjoy a "Slice of La Verne's past" while picking some of the best tasting oranges around. Bags of oranges are \$5. Mesh bags and the picking poles are supplied. For more information call (909) 293-9005 or check out www.laverneheritage.org

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.

Please 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, February 13th

"THE LADY IN THE VAN"

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, February 14th** **11:30 AM**

Happy Valentine's Day! Be sure to wear your red and pink as we celebrate this special day with a 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.

Happy
VALENTINE'S
»» — DAY — ««

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,
FEBRUARY 22nd:
"Ageless Living"

Presented by Forever Youthful Image

WEDNESDAY,
MARCH 22nd:
"Senior Driver Safety"
Presented by DMV

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

**TRIP CANCELLED—LOW
ENROLLMENT!**

**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)

**NEW! - LAKE ARROWHEAD
ALPINE COOLER**

Thursday, May 11th

THIS TRIP IS FULL!

**A DAY AT CATALINA
ISLAND**

Saturday, May 20th

THIS TRIP IS FULL!

**TRIPS CONT. ON
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HEALTH AND WELLNESS

TRIPS CONT.

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)

VALLEY VIEW CASINO

Wednesday, June 28th

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

DEPART: 9:00 AM

RETURN: 6:00 PM

FEE: \$25 (Lunch on your own)

TRAIL TREKKER HIKING PROGRAM

Looking for fellow walkers or hikers? The La Verne Trail Trekker Program is a City sponsored organization. Free to join, even for non-La Verne residents. We have different hikes 6 days a week ranging from easy to tough and from local trails to as far as Malibu and Palm Springs.

Monday is always at Marshall Canyon and Friday is at Puddingstone Lake. Starting time is 8:00 AM and after we hike, we socialize at the Bagelry on the corner of Foothill and "D" Street.

Thursday is our "Secret Stairs" hike where we hike public stairs in the Hollywood Hills, Silver Lake and Echo Park or go to distant places. Not all of our activities involve hiking. Once a month we have "Huell Howser style visiting" to interesting places. For more info, contact Kiam

Oey at kiam.t.oey@hotmail.com or (909) 262-2357 text OK.

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, February 16th ***

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.

FEBRUARY SCHEDULE

Wed. 2/1: Claremont 10th & Indian Hill

Walk the area & back

Fri. 2/3: Brackett Field Airport

Walk to Puddingstone & back

Mon. 2/6: Thompson Creek

Walk trail to end of road & back

Wed. 2/8: Claremont 10th & Indian Hill

Walk the area & back

Fri. 2/10: Brackett Field Airport

Walk to Puddingstone & back

Mon. 2/13: Thompson Creek

Walk trail to end of road & back

Wed. 2/15: Kuns Park

Walk to San Dimas

Fri. 2/17: Brackett Field Airport

Walk to Puddingstone & back

Mon. 2/20: Thompson Creek

Walk trail to end of road & back

Wed. 2/22: Claremont 10th & Indian Hill

Walk the area & back

Fri. 2/24: Brackett Field Airport

Walk to Puddingstone & back

Mon. 2/27: 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.

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: COMMUNITY YARD SALE

Saturday, April 29th, 8:00 AM-1:00 PM

Bonita High School Parking Lot, 3102 "D" St. The La Verne Chamber of Commerce, the City of La Verne, and Bonita High School will be hosting the Community Yard Sale. The cost of renting a space is \$25. Applications are available online at www.ci.la-verne.ca.us. You can also pick up applications at City Hall or at the Chamber Office. No license or permit required. For more information, call (909) 593-5265.

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 available
NOW!**

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday,
February 15th
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 will have played three times in January when this Newsletter is available. On January 10th we played "Yellow Ball" with 16 golfers participating on a day which found us dealing with light mist midway through the back nine. On January 24th we played Gross and Net Skins in our two flights of golfers. On the fifth Tuesday, January 31st, we played a four-man scramble, and activity our golfers enjoy when there is a fifth Tuesday in a month.

We were pleased to welcome a new golfer in our group, Mike Weatherbie, on January 10th. This leads us to remind you, if you're a golfer reading about the La Verne Senior Golf League, for the first time or for the umpteenth time, that we always welcome new golfers. If you'd like to become involved with this group, contact either Ed Linberg or George Borst. They are the Co-Coordinator of the Golf League. Ed's email is: emlinberg@earthlink.net. George's email is: jegaborst2002@yahoo.com.

If you 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) 596-3928.

We will be playing on both February 14th and February 28th with tee times beginning at 9:00 AM both days. We ask our golfers to check in by 8:30 AM, so we'll be ready to go on time and if, as some times happens, we get to play a few minutes early when there are no reservations between 8:30 and 9:00 AM.

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 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 the 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 other 18 LA County Golf Courses, including nearby Mountain Meadows, Diamond Bar and Santa Anita.



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 February 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.

Wednesday, February 1st

8:00 AM—Tax Aide
 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, February 2nd

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, February 3rd

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

Monday, February 6th

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, February 7th

8:00 AM—Tax Aide
 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, February 8th

8:00 AM—Tax Aide
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 11:30 AM—Canasta
 12:15 PM—Bridge
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, February 9th

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, February 10th

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

Monday, February 13th

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, February 14th

HAPPY VALENTINE'S DAY!

8:00 AM—Tax Aide
 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

Daily Calendar continued Friday, February 24th

Wednesday, February 15th

8:00 AM—Tax Aide
 9:30 AM—Bone Builders
 10:00 AM—SAC Meeting
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 5:30 PM—Clock Repair
 6:15 PM—Jazzercise

Thursday, February 16th

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

Friday, February 17th

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

Monday, February 20th

CENTER CLOSED...
Happy Presidents' Day!

Tuesday, February 21st

(Mt. SAC Classes on Break this Week)
 8:00 AM—Tax Aide
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 6:00 PM—Woodcarvers

Wednesday, February 22nd

8:00 AM—Tax Aide
 9:30 AM—Senior Seminar—
 "Ageless Living"
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge

Thursday, February 23rd

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 6:00 PM—Sunkissed Stitchers

Friday, February 24th

9:30 AM—Bone Builders
 10:00 AM—Attorney
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, February 27th

(Mt. SAC Spring 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—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, February 28th

8:00 AM—Tax Aide
 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 VALENTINE'S DAY!
Tuesday,
February 14th!



HAPPY PRESIDENTS' DAY!
Monday,
February 20th!



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

FEBRUARY SCHEDULE

Wednesday, February 1st:

Golden Investment SIG 1:00-4:00 PM

Thursday, February 9th:

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.

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, February 24th

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, February 7th

Driver Safety Program (2 day class):

Tuesday, March 14th & Wednesday, March 15th

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

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health and the physical benefits of increased flexibility and stamina, builds strength, creating a toned body, slender arms and thighs, improves muscle elasticity, joint mobility, balance and concentration, improves circulation, promotes relaxation, benefits internal organs and glands. Pilates develops a strong core or center of the body-flat abdominals. It alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Thursdays

6:30-7:30 PM

FEE: 30/session

LOCATION: Community Center

SESSIONS:

#2: February 2nd-February 23rd

#3: March 2nd-March 23rd

NEW! - ESSENTIAL OILS 101

Learn how beneficial essential oils are to your everyday health! This class gives an in-depth look at what essential oils are, how they work and how to use them effectively. You will also learn which essential oils support and empower bodily systems. Learn about the various ways essential oils can be used!

INSTRUCTOR: Genevieve Isidro

DAYS/TIME: Thursdays

6:30-7:30 PM

FEE: \$40/session

LOCATION: Community Center

SESSION: #1: April 23rd-April 27th

#2: May 2nd-May 16th

BEGINNING WRITING

Writing techniques such as characterization, grammar, dialogue, POV, narration, literary devices, etc. taught.

Pre-registration required. Please contact Professor Eastwood at leastwood2010@gmail.com to register and for further information. **PREREQUISITE:** A love of reading and writing stories. Class begins at 6:00 PM for first timers.

INSTRUCTOR: Toni Eastwood

DAYS/TIME: Thursdays

6:30-8:30 PM

FEE: \$10/session

LOCATION: Community Center

SESSION: #2: February 9th-March 2nd

#3: March 9th-March 30th

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: February 17th-March 17th



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

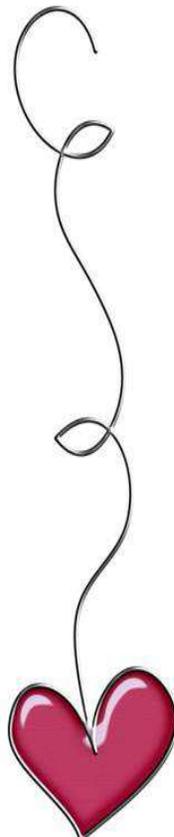
Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



- Candle Light
- Cards
- Chocolate
- Cupid
- Date
- Dinner
- First Kiss
- Memories
- Movie
- Pink
- Poem
- Proposal
- Red
- Romance
- Roses
- St. Valentine
- Sweetarts
- Teddy Bear
- True Love



Happy Valentine's Day

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