



# HEALTHY LA VERNE CALENDAR

## SEPTEMBER 2014



### SEPTEMBER 2014:

#### *Activities:*

- **2<sup>nd</sup>, 9<sup>th</sup>, & 16<sup>th</sup>: Diabetes Education** at the Community Center, 6:00-7:00 PM. Taught by Dietician Gina Crome, this is a FREE three-series workshop. Call (909) 596-8776 to reserve your spot.
- **2<sup>nd</sup>-30<sup>th</sup>: Zumba Gold** at the Community Center every Tuesday and Thursday, 11:00-11:45 AM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **3<sup>rd</sup>-29<sup>th</sup>: Zumba Gold** at the Community Center every Monday and Wednesday, 5:30-6:15 PM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **4<sup>th</sup>: Red Cross Blood Pressure Check** at the Community Center, 9:30-11:15 AM. No appointment needed.
- **10<sup>th</sup>, 17<sup>th</sup> & 24<sup>th</sup>: Tri City Mental Health FREE classes/trainings** at the Community Center, 6:00-9:00 PM. Call (888) 436-3246 for more information.
- **12<sup>th</sup>: Parkinson's Disease Group** meeting at the Community Center, 1:00-3:00 PM. Free to join any time. Call (909) 596-8776 for more information.

### ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday, **Open Discussion Group**, 10:00-11:30 AM
- Tuesday and Wednesday, **University of La Verne Qi Gong Class** at Sneaky Park (Corner of C & 3<sup>rd</sup> Street), 5:00-6:00 PM.
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call leader Anna Grubb for more information at (909) 730-3322.

### **COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.**

**Don't see your organization's activity?**

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

**Visit us online at [www.ci.la-verne.ca.us](http://www.ci.la-verne.ca.us) to view our Recreation Guide**

**or to register for classes.**