

MAY 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 5

2015

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PLEASE NOTE:
The Community Center & City Hall will be **CLOSED** on Monday, May 25th in observance of Memorial Day!

ALL NEW "LA VERNE FRESH" OLD TOWN CERTIFIED FARMERS MARKET
Ongoing Saturdays 8:00 AM to 1:00 PM Old Town La Verne "D" St. & Third
Come to Old Town La Verne every Saturday rain or shine to enjoy over 25 farmers, fresh food and much more.
For more information, please call (909) 596-8706.

YOU'RE INVITED TO A SENIOR DINNER DANCE EXTRAVAGANZA!

"We're going all in on a night of fun and you're invited!"

Sunday, May 17th

5:00-8:00 PM

La Verne Community Center

Join us for a classic casino themed evening featuring the ballroom band "Global Affair," a Chicken Fettuccini Dinner catered by "Pizza N' Stuff," Wine, Dancing and more! Tickets are still just \$10. Pre-paid reservations must be made at the Community Services Office (3660 "D" St., City Hall) between the hours of 8:00 AM and 6:00 PM, Monday thru Thursday. Seating is limited, so don't delay!



CONGRATS TO OUR SPECIAL VOLUNTEER AWARD WINNERS!

On Thursday, April 16th the annual Volunteer Recognition Luncheon was held at the Community Center to recognize the wonderful effort by our City of La Verne Volunteers! Some very special awards went out—**Congrats to our winners (awarded for their efforts in 2014):**

NUTRITION PROGRAM VOLUNTEER OF THE YEAR: Angela Alex
**

RSVP VOLUNTEER OF THE YEAR: Marlou Faustini
**

OUTSTANDING OLDER AMERICAN: Jefferson Hill

La Verne Volunteers are amazing!

Special City Sponsored Luncheon

**Thursday, May 7th
11:30 AM**

May is Outstanding Older American Month...so come celebrate with us at this special lunch!

Please call (909) 596-8778 to make your reservations. Luncheons fill up quickly, so please try to make your reservations early! These lunches are FREE to seniors 60 years of age or older.



MT. SAC COMPUTER REGISTRATION FOR SUMMER SESSION

Tuesday, May 12th

10:00 AM sharp

Registration for the Mt. SAC Computer Classes for the Summer session that begin in June (Basic Computing Level 1-3 & new Digital Photography) will be held at the Community Center on Tuesday, May 12th at 10:00 AM.

Arrive early to receive a number. Classes are then filled up on a first-come-first-serve basis. Students MUST be present to register for these free classes.

Summer session runs from June 22nd thru July 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!!

ROGER'S GARDENS & FASHION ISLAND
Thursday, June 11th

The day begins at "America's Most Beautiful Home and Garden Center"-Roger's Gardens in the beautiful Newport Beach area. After touring and shopping the gardens at your leisure, you are on your own for shopping and lunch at the beautiful outdoor Fashion Island. (Mall has many restaurant chains, fine dining restaurants, and a food court).

AGE: All Ages

DEPARTURE TIME: 9:00 AM
RETURN TIME: 3:30 PM
FEE: \$25 (Lunch on your own)

VALLEY VIEW CASINO
Wednesday, June 24th

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 now receive \$25 "More Play" (the free buffets are no longer being offered). Due to regulations, if you are a new member, please be prepared to give your Driver's License Number and Expiration Date.

AGE: 21 & Up

DEPARTURE TIME: 9:00 AM
RETURN TIME: 6:00 PM
FEE: \$25 (Lunch on your own)

**SUMMER/FALL
SNEAK PEEK!
PLEASE NOTE:**

Mail-in and Online Registration: will begin at 8:00 AM on Monday, May 18th
Walk-in Registration: will begin at 8:00 AM on Wednesday, May 27th

**NEW! - A DAY IN HUNTINGTON
BEACH**

Saturday, July 11, 2015

Enjoy a beautiful summer day in Huntington Beach! With more than 12 miles of sand and surf, 8 miles of paved boardwalk and one of the longest municipal piers in California, Downtown District's main attraction is the beautiful beach. The day is yours to explore and enjoy great restaurants, shops, the pier or a stroll on the beach.

AGE: All Ages

DEPARTURE TIME: 9:30 AM
RETURN TIME: 4:00 PM
FEE: \$25 (Lunch on your own)

**NEW! - BIG BEAR MOUNTAIN
LAKE ESCAPE**

Saturday, July 25, 2015

This trip takes you up into the San Bernardino Mountains where the quaint little town of Big Bear lies. Lunch is included at 572 Social Kitchen & Lounge (Lunch includes: choice of Fish & Chips, Chicken Wrap or Veggie Wrap all served with Fries, Dessert & Beverage). After lunch, there will be time for wandering through the charming shops and boutiques. Then you'll board the Big Bear Queen for a delightful afternoon cruise on Big Bear Lake. The narrated cruise is a very personal tour experience with Captain Chris Bellows.

AGE: 18 & Up

DEPARTURE TIME: 9:30 AM
RETURN TIME: 5:30 PM
FEE: \$58 (Lunch included)

**TRIPS CONT. ON
PAGE 3...**

**NEW! - LAUGHLIN GET-
AWAY (3 DAYS-2 NIGHTS)
AT THE RIVERSIDE
RESORT & CASINO
FEATURING THE
LAUGHLIN LUAU PARTY
Wednesday, August 12 - Friday,
August 14, 2015**

Clinging to the banks of the blue Colorado River, Laughlin, Nevada is a neon oasis of excitement! Join us for a 3 day and 2 night adventure at the Riverside Resort, including the special Laughlin Luau Party! This package includes: Bus transportation, 2 nights at the hotel, 2 Breakfast Buffets, 1 Buffet of choice and a Luau Party in the Starview Room with a Buffet Dinner and Entertainment. It's a party you don't want to miss!

AGE: 21 & Up

DEPARTURE TIME: 8:00 AM
(August 12th)
RETURN TIME: 6:00 PM
(August 14th)
FEE: \$130 per person (Double)
\$145 per person (Single)

**A DAY AT CATALINA
ISLAND**

Saturday, August 22, 2015

We will drive to Long Beach where you'll board the Catalina Express for a short one-hour cruise to the island. These vessels offer 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. (Please note that this trip fills up very quickly).

AGE: All Ages

DEPARTURE TIME: 8:00 AM
RETURN TIME: 8:30 PM
FEE: \$ 40 (Lunch on your own)

HEALTH AND WELLNESS

TRIPS CONT.....

NEW! - "DEAD SEA SCROLLS" EXHIBIT AT THE CALIFORNIA SCIENCE CENTER, IMAX FILM & LUNCH AT CANTER'S DELI

Thursday, September 3, 2015

Come discover the largest Sea Scrolls exhibition ever mounted outside of Israel, featuring over 600 ancient artifacts on display. See sections of the Scrolls never seen before in the U.S., including parts of the oldest known copies of the Hebrew Bible, known as the Old Testament. Your day includes admission to the IMAX theater for a 3-D screening of "Jerusalem" and lunch at Canter's Delicatessen (Lunch includes: choice of Brisket of Beef, Roast Chicken or Meatloaf all served with Soup or Salad, Vegetables, Bread, Dessert & Coffee or Tea). This is a special opportunity you won't want to miss!

AGE: All Ages

DEPARTURE TIME: 10:00 AM

RETURN TIME: 5:30 PM

FEE: \$65 (Lunch included)

A DAY IN SOLVANG FOR DANISH DAYS

Saturday, September 19, 2015

Come enjoy the Fall season on one of our most popular trips! The day is yours to enjoy the sights, sounds and tastes of the storybook Danish town that is Solvang. Located in the lush Santa Ynez Valley you'll see a traditional Danish windmill and smell the aroma of fresh-baked pastries. Lunch and shopping is on your own.

AGE: All Ages

DEPARTURE TIME: 8:00 AM

RETURN TIME: 6:30 PM

FEE: \$30 (Lunch on your own)

NEW! - BOWERS MUSEUM & LUNCH/SHOPPING AT THE OUTLETS OF ORANGE

Tuesday, October 6, 2015

You will have a private docent-led tour through the beautiful Bowers Cultural Museum in Santa Ana. The Museum features art and cultural artifacts from around the world that you don't want to miss. All participants will also receive 20% off in the Gallery Store. Then it's off to the Outlets of Orange for time on your own to shop and eat at the hundreds of options.

AGE: 18 & Up

DEPARTURE TIME: 9:30 AM

RETURN TIME: 5:00 PM

FEE: \$35 (Lunch on your own)

****Questions? Call Jennee Tuesday thru Thursday, 8:00 AM to 4:00 PM at (909) 596-8776**
For more Trip Info, check the Summer/Fall Recreation Guide.**

The following are health related services, which are offered on a regular basis at the La Verne Community Center (3680 "D" Street):

- **RED CROSS BLOOD PRESSURE CHECK**

Held the first Thursday of the month from 9:30 to 11:15 AM.

No appointment needed!

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.

MAY SCHEDULE

Fri. 5/1: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/4: Thompson Creek

Walk trail to end of road

Wed. 5/6: Claremont 10th & Indian Hill

Walk the area & back

Fri. 5/8: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/11: Senior Center

Walk to Hillcrest area & back

Wed. 5/13: Heritage Park La Verne

Walk thru the park & flood control

Fri. 5/15: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/18: Thompson Creek

Walk trail to end of road & back

Wed. 5/20: San Dimas Canyon Park

Walk to dog park area & back

Fri. 5/22: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/25: Thompson Creek

Walk trail to end of road & back

Wed. 5/27: Claremont 10th & Indian Hill

Walk to dog park area & back

Fri. 5/29: Brackett Field Airport

Walk to Puddingstone & back

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

Upcoming Events & 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.

CITY OF LA VERNE VETERANS MEMORIAL CEREMONY

**Memorial Day, Monday, May 25th
11:00 AM**

Join us in honoring our veterans at Veterans Hall,
1550 Bonita Avenue (Corner of Bonita & Wheeler),
La Verne



SAVE THE DATE DISASTER PREPAREDNESS ANNUAL WORKSHOP

**Tuesday, June 2nd
4:00-5:00 PM at the**

La Verne Community Center

As part of the City of La Verne's ongoing efforts to be prepared in the event of a disaster, this annual meeting is meant to bring together all of the leaders of clubs, organizations, churches, mobile home parks, businesses and the community that will need to work together in the event of a disaster. Representatives from the La Verne Fire Department and other organizations will be there to talk and pass out information. More details to follow - for more information, please call (909) 596-8776.

SMARTER SENIOR SEMINAR

Thursday, June 4th

**11:30 AM to 1:00 PM at the La Verne
Community Center**

Come listen and learn from highly informed speakers from various OLA County Departments. Highlighted topics will be: Common Consumer Scams, Mail Fraud, Elder Abuse and Social Security. To RSVP or for more information, please call (909) 596-8776. You do not want to miss out on this special seminar!

CONCERTS IN THE PARK

**Returning on select Sundays at Heritage Park
(5001 Via De Mansion)
6:30 PM**

Bring your own blankets and/or lawn chairs and enjoy this wonderful variety of music under the stars for FREE. There will be great food available! Raffle prizes are also a part of the fun. Concerts start Sunday, June 21st. Check back in the June Newsletter for a full list of entertainment and dates!

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

**Wednesday, May 20th
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 held our annual "Master's Tournament" competition on April 14th. Tied for first place with score of 342 were Marv Stolarz and George Borst. Marv's Master's partner was Jordan Spieth who won the event with a four-round total of 270. George's Master's partner was Hideki Matsuyama. Both Marv and George won Hunter Green golf shirts for their first place tie. Congratulations Marv and George! On April 28th, we competed in two-man teams, but those results were not known by the deadline for submitting this article. In May, we will play on both Tuesday, May 12th and Tuesday, May 26th. Our first tee time on those dates will be 9:00 AM. We ask all golfers to arrive at Marshall Canyon by 8:30 AM so we have plenty of time to finalize the pairings, if necessary.

We have welcomed two new members in our group. Mike Guyer joined us for our 5th Tuesday event on March 31st. His friend, Joe Hernandez, joined us for the first time on April 14th. We always welcome new golfers in our group. We'd especially like to have some women golfers join us.



We had a few women join us last year and we thought we'd finally broken that barrier. But, due to their personal schedule conflicts, only one of them has participated in our events to date this year and she played only once. If you'd like to join the La Verne Senior Golf League, contact Ed Linberg or George Borst. You may contact Ed at this email address: emlinberg@earthlink.net. George's email address is: 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.

Other than the green and cart fees paid to the course, we charge \$5 per golfer to provide the prizes we award each time we play. The green fee, with a cart, is \$26.25 if you have an LA County Senior Golf Card. Golfers 65+ can obtain this card for a \$28 annual fee at Marshall Canyon, or at any other LA County Golf Course. With it, you get 50% reduction on your green fee at any of the 19 LA County Golf Courses. It's a good deal!

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 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!

EARN EXTRA \$ MONEY \$

If you are 55 years of age or older, live on a limited income and want to help others, we need you! The Senior Companion Program, which pays seniors a stipend to assist others in their homes by providing transportation, help with groceries, community information and most importantly, companionship! If you want to learn how you can **EARN UP TO \$300 EXTRA MONTHLY** please call **Gwen Alber, Senior Companion Program Director at Community Senior Services at 909-621-9900.**

Daily Calendar MAY

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 2015 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Friday, May 1

9:00 AM—Basic Computing Level II
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo
1:00 PM—Acrylic Painting

Monday, May 4

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

Tuesday, May 5

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—Open Discussion Group
10:15 AM—Zumba Gold
11:30 AM—Senior Lunch Program
1:00 PM—Gardening
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers

Wednesday, May 6

9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:15 PM—Bridge
1:00 PM—**Golden Investment Meeting**
6:15 PM—Jazzercise
7:00 PM—Folk Dancing (Veterans Hall)

Thursday, May 7

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Drawing
9:00 AM—Basic Excel 1
9:30 AM—**Blood Pressure Check**
9:30 AM—Bone Builders
10:15 AM—Zumba Gold
11:30 AM—**Special City Sponsored Lunch**
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, May 8

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

12:30 PM—Bingo
1:00 PM—Acrylic Painting

Sunday, May 10

Happy Mother's Day!

Monday, May 11

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

Tuesday, May 12

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
10:00 AM—**Mt. SAC Computer Registration**
10:00 AM—Open Discussion Group
10:15 AM—Zumba Gold
11:30 AM—Senior Lunch Program
1:00 PM—Gardening (Field Trip)
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers

Wednesday, May 13

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
7:00 PM—Folk Dancing (Veterans Hall)

Thursday, May 14

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Drawing
9:00 AM—Basic Excel 1
9:30 AM—Bone Builders
10:15 AM—Zumba Gold
11:30 AM—Senior Lunch Program
1:00 PM—CCCLV General Meeting
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Daily Calendar continued

Friday, May 15

9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

Sunday, May 17

5:00 PM—*Senior Dinner Dance Extravaganza!*

Monday, May 18

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, May 19

9:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 4:00 PM—**Peer Support Group**
 6:00 PM—Woodcarvers

Wednesday, May 20

9:30 AM—Bone Builders
 10:00 AM—**SAC Meeting**
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, May 21

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 2
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, May 22

9:00 AM—Basic Computing Level 2
 9:30 AM—Bone Builders
 10:00 AM—**Attorney**
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting

Monday, May 25

Center Closed...Happy Memorial Day!

Tuesday, May 26

9:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program
 11:30 AM—**Chamber Social Media Seminar**
 1:00 PM—Gardening
 1:00 PM—Watercolor Basics
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, May 27

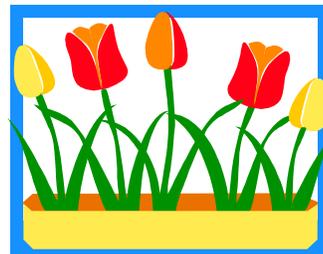
9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, May 28

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Basic Excel 2
 9:30 AM—Bone Builders
 10:15 AM—Zumba Gold
 11:30 AM—Senior Lunch Program (**Birthday Lunch**)
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—**Sunkissed Stitchers**

Friday, May 29

9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Acrylic Painting



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 \$250...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 \$2 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.**

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, May 22nd

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 info 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.**

OPEN DISCUSSION GROUP

**Tuesdays at the La Verne Community Center
 10:00 to 11:30 AM**

The group speaks on various issues that have been reported in the news, and, at some point there might be a speaker or two. This is a friendly group of seniors wanting to speak about concerns of the day; what we are not is a support group, nor do we discuss personal health conditions or partisan politics. Participation is FREE of charge. For further info, contact Joan Reyes at (909) 593-6336.

COMMUNITY COMPUTER CLUB OF LA VERNE— PC



If you would like to learn more about computers, the Community Computer Club of La Verne offers a friendly, helpful group of people trying to do the same. Come on in! The door is open to everyone who is interested.

Yearly Dues:

\$12/person per year

\$18/couple per year

****Check out our website****

theccclv.us

MAY SCHEDULE:

Wednesday, May 6th:

Golden Investment SIG 1-4 PM

Thursday, May 14th:

Board Meeting 12:15 PM

General Meeting 1:00 PM

(This meeting is open to the public)

Hardware/Software SIG:

for computer questions or help-available in the Lab the 1st and 3rd Wednesdays of the month (also the 5th Wednesday on some months) from 9:00 AM to 12:00 PM. Bring any problems along with your laptop, flash drive or tower.

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, May 12th & Wednesday, May 13th

Driver Safety Program Renewal (1 day class):

Tuesday, June 7th

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

CONTRA DANCE

Contra Dance is fun, friendly and easy to learn New England Folk Dance tradition that's still going strong after 200 years. Enjoy music from a live band while getting lots of exercise. No partner needed. Please wear comfortable shoes.

INSTRUCTOR: Kirk Visscher

LOCATION: Veterans Hall (1550 Bonita Ave)

DAYS/TIME: Ongoing/1st Sunday of the month, 4:00-7:00 PM

FEE: \$9 at class

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, creating a toned body, balance and concentration, improves circulation, promotes relaxation and benefits internal organs and glands. Pilates develops a strong core and alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Thursdays, 7:00-8:00 PM

FEE: \$25/session

SESSION 4: May 7-May 28

LOCATION: Community Center

FINE ACRYLIC PAINTING

Learn the fine 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

LOCATION: Community Center

DAYS/TIME: Fridays, 1:00-4:00 PM

FEE: \$110/session

SESSION 4: May 1-May 22

NEW!-SENIORS, CENTER ON WELLNESS

Want to keep your good health? Want to have better health? Want to have more vim and vigor? Come and participate in this 10-week health class covering attitude, anti-aging biology, nutrition, cooking, hydration, supplementation, exercise, sleep, meditation, medical & pharmaceuticals industries and a healthy home environment.

COORDINATOR: James Filgore

DAYS/TIME: Fridays, June 5th-August 14th
10:00-11:30 AM

FEE: \$45 (includes a 150-page workbook)

LOCATION: Community Center

For more info, call James at (909) 593-7332.

WOODCARVERS GROUP

All skill levels welcomed. A parent or a responsible adult must accompany children between the ages 10 to 17. Beginning carvers receive their first blank free with one-on-one instruction. We have knives for sale for \$11. If you have questions, contact Jerry Abel at (909) 573-3595.

COORDINATORS: Jerry Abel, Barry Pitts & Lynn Nicholson

DAYS/TIME: Tuesdays, Ongoing
6:00-8:30 PM

FEE: \$3 **LOCATION:** Community Center

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

For Sale-2009 Mercury Grand Marquis. Tan, 4D, Clean with 55,000 miles. Must sell. \$7,500 OBO. Owner, call Ray (909) 541-6227.

Collection of Framed Art, Plates & Posters—All for \$125. Quilted Seasonal Table Runners—\$12 each. Please call Betsy Pease Guttman at (626) 825-3911.

Piano in good condition \$380 OBO. **Corner Wood Cabinet** in good condition \$50 OBO. **Sewing Machine with Wood Cabinet** \$75. Call Ileana at (909) 599-4648, please leave a message, please talk slowly.

For Sale: Thomasville British Gentry Rectangular Cocktail Table (65w x 36d x 19 3/4h) and Side Chair. Both have been very well cared for. \$300 ea., both \$500. \$2,000 when new. Call Richard at (909) 593-4348 or email to famkee@aol.com. Pictures can be provided.

For Sale: Brand New Toyota Prius Car Cover. Original Box. \$45. Call Elaine (909) 277-5682.

For Rent-1 Bedroom Apartment. Non-Smoking. Call (626) 437-5396.

For Sale—Double Mattress and Box Springs, very good condition as they were only used for two months. \$200.00 OBO **Ladies Size 12 Jeans,** nearly new assorted brands. \$20.00 each. Call Rillis at (909) 626-4441.

For Sale—Small Collection of Stuffed Teddy Bears (small & Large sizes) \$2-\$12. **Collection of Bells—call for pricing. Sherpa Pet Carrier—Large and used once.** \$85. **Raised Toilet Seat—new.** \$25. **Walker—new—great condition** \$20 OBO. Call Evelyn at (909) 596-4985.

Queen Provence 20-piece Luxury Bedding Set. Never been used—still in package. Asking \$200 (valued at \$450). Call Ni at (909) 593-5748.

B.A.A.M. 2 Drain Cleaner Plunger - as seen on TV. New in box. \$27. **Aluminum Foil Dispensers** (white)-2 of them. \$10/each. Call Kitty at (909) 625-4626.

For Sale—Hon Black Four Drawer File Cabinet. 15' W x 26.5 x 52 H like new. \$100. Call Judy Osain at (909) 593-7146.

For Sale—Victory 3-wheel Electric Scooter—asking \$400 or best offer. Call Marilyn at (909) 392-9667—please leave message.

For Sale—Teeter Totter Hang Table, new, never used (paid \$200) will sell for \$100—adjusts to height of person. Call Adelina at (909) 986-0801.

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 2015")



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



La Verne Community Center:
(909) 596-8776

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

La Verne City Hall: (909) 596-8726

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

La Verne Library: (909) 596-1934

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

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

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

Community Senior Services: (909) 621-9900

Senior Help Line: (909) 625-4600

Get About Transportation: (909) 596-5964

Meals on Wheels: (909) 596-1828

La Verne Administration: (909) 596-8726

La Verne Building: (909) 596-8713

La Verne Community Development:
(909) 596-8706

La Verne Customer Service: (909) 596-8744

La Verne Finance Department:
(909) 596-8716

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

Humane Society: (909) 623-9777

La Verne Public Works: (909) 596-8741

**JUST
TO
MAKE
YOU
SMILE...**



Married Four Times

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation.. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."



Keep your eyes peeled for our new Summer/Fall Recreation Guide!

City-Sponsored Lunch

Thursday, May 7th, 2015

Join us for an Older American's Month themed lunch through our nutrition program! To make reservations, call the lunch program by 11 a.m. the day before at (909) 596-8778.

Senior Dinner Dance Extravaganza

Sunday, May 17th, 2015 from 5-8 p.m.

Join us for a classic casino themed evening featuring the ballroom band, Global Affair, a Chicken Fettuccini Dinner catered by Pizza N Stuff, wine, dancing, and much more! Tickets are still just \$10!!! R.S.V.P.s must be made prior to the event and can be done so in the Community Services Office in City Hall by May 14th.



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

