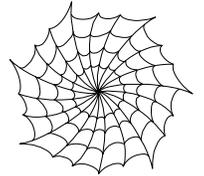




OCTOBER 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 10

2015

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TASTE OF LA VERNE

La Verne's 16th
Annual Food & Wine
Festival

Friday, October 9th
5:00-9:00 PM at the
Sheraton Fairplex
Conference Center
FREE parking!

Come to this special event that showcases the great food and wine that La Verne has to offer. Over 15 different vendors will be in attendance. Tickets are \$40 and VIP tickets are \$65 (includes reserved parking, separate check-in & reserved seating). For more information, contact La Verne Chamber Office (909) 593-5265 or visit www.tasteoflaverne.com.
Don't miss out on this delicious event!

ANNUAL FLU SHOT CLINIC & HEALTH FAIR

Tuesday, October 27th
9:00-11:30 AM

Come to the Community Center to stay healthy this year! Seniors over the age of 60 and persons with disabilities can receive a FREE flu shot, administered by LA County Nurses. Afterwards, come stop by our Health Fair which will feature local vendors, a raffle and free refreshments. Flu Shots are administered on a first-come-first-served basis. No appointment needed.

*Thank you to our sponsor,
Inter Valley Health Plan.*



Special City Sponsored Luncheon

Wednesday, October 28th
11:30 AM

BOO! Come to this spooky Halloween themed FREE Luncheon if you dare... Wear a costume to make the day even more fun!

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.



35th ANNUAL CHILDREN'S HALLOWEEN PARADE

Saturday, October 24th

10:00 AM - Heritage Plaza (CVS)

The parade starts at 10:00 AM at the One West Bank and follows around the entire shopping center providing a great opportunity for the children, ages 12 and under, to show off their costumes and gather treats from merchants. A random drawing will be held at 11:00 AM in front of CVS for prizes. You must register to be eligible to win. Entry forms are available at the CVS Center on the day of the parade. Winners must be present at the time of the drawing.

So bring the kids and the grandkids for this wonderful Halloween event!



SAVE THE DATE! SENIOR DINNER DANCE EXTRAVAGANZA

Sunday, Nov. 15th
5:00-8:00 PM

Tickets are \$10

Join us for a 1920's themed evening featuring a live band! Sign up NOW at the Community Services Office (3660 "D" St., City Hall) for preferred and arranged seating. For random seating, online registration is available. Seating is limited, so do not delay! There will be live entertainment, dancing, dinner & wine.

"Because when you enter our speakeasy, you know you are in for a roaring good time!"

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!!

NEW! - SOARING OVER PALM SPRINGS WITH LUNCH AT PINES CAFÉ

Wednesday, November 4, 2015

You will drive out to the desert to the Palm Springs Aerial Tramway. Here you'll board a rotating cable-car and ascend 8,500 feet in a spectacular 10-minute ride. You'll disembark at the Mountain Station and be treated to lunch at the Pines Café overlooking the Valley below. (Lunch includes: Choice of entrée upon arrival, Soup or Salad, Vegetables, Rolls & Dessert). You'll then have free time at Mountain Station which has a gift shop, cocktail lounge, observation areas and a film. After your tram descent back down, you will visit the Palm Springs Air Museum for a guided tour.

AGE: All Ages

**DEPARTURE TIME: 9:00 AM
RETURN TIME: 5:30 PM
FEE: \$70 (Lunch included)**

THE GETTY CENTER IN LOS ANGELES

Thursday, November 12, 2015

Join us on a trip to this beautiful museum in Los Angeles. The Getty Center presents the Getty's collection of Western art from the Middle Ages to the present

against a backdrop of dramatic architecture, tranquil gardens, and breathtaking views. The day is yours to explore, and lunch is on your own at one of their delicious eateries.

AGE: 18 & Up

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

MISSION INN FESTIVAL OF LIGHTS

Sunday, December 13, 2015

Be swept away by more than 3.5 million lights transforming Riverside's historic hotel into pure magic. Enjoy Casey's Cupcakes, the gourmet restaurants, and downtown Riverside with horse-drawn carriage rides, ice skating, live entertainment and special appearances by Santa Claus and his reindeer. You are on your own for shopping and dinner at the Mission Inn or downtown (reservations ahead of time are a great idea). There can be a lot of walking so wear comfortable shoes.

AGE: All Ages

**DEPARTURE TIME: 3:30 PM
RETURN TIME: 9:30 PM
FEE: \$25 (Dinner on your own)**

ROSE PARADE "SHOWCASE OF FLOATS" & LUNCH AT THE TAM O' SHANTER

Saturday, January 2, 2016

Not many people get to see the Rose Parade floats close up and personal, but this is exactly what you get to do! You'll have several hours to stroll through the outdoor display of floats and get a close-up look at the intricate work that goes into them. Then, it's off to lunch at the famous Tam O' Shanter (Lunch includes: Choice of Prime Rib Sandwich, Roast Turkey Sandwich OR Cobb Salad, all served with a Hot Fudge Sundae and Coffee or Tea). Please note there is a lot of walking on this trip!

AGE: All Ages

**DEPARTURE TIME: 7:30 AM
RETURN TIME: 2:00 PM
FEE: \$65 (Lunch included)**

VALLEY VIEW CASINO

Wednesday, January 27, 2016

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!" Due to regulations, if you are a new member, please be prepared to give your Driver's License Number and Expiration Date. If you are a past member, don't forget your Player's Club Card!

AGE: 21 & Up

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

SNEAK PEEK

NEW Winter/Spring 2016 Trips!

PLEASE NOTE: These trips will NOT be available for registration until Mid-December 2015.

NEW! - "HOLLYWOOD IN STYLE" (Hollywood History Museum, Lunch & Fashion Institute of Design & Merchandising)

Thursday, February 11, 2016

NEW! "A REALLY BIG SHOOOOO" IN PALM SPRINGS

(Ed Sullivan Tribute Show)

Wednesday, February 24, 2016

COLORFUL SONGS OF BROADWAY "IRISH EYES ARE SMILING"

SHOW & LUNCHEON

Thursday, March 17, 2016

CONT. ON PAGE 3...

HEALTH AND WELLNESS

WINTER SPRING SNEAK PEEK CONT.

KNOTT'S BERRY FARM "THE EARLY YEARS"

Wednesday, March 9, 2016

VALLEY VIEW CASINO

Wednesday, April 13, 2016

SAN DIEGO GASLAMP DISTRICT

Saturday, April 30, 2016

A DAY IN CATALINA

Saturday, May 14, 2016

**NEW! - "EAST MEETS WEST" (Autry Center, Buddhist Temple & Lunch at Benihana)
May, 2016 (TBD)**

THE GROVE/FARMER'S MARKET & THE GRIFFITH OBSERVATORY

Friday, June 17, 2016

NEW! - DOLPHIN & WHALE WATCHING CRUISE WITH LUNCH AT THE HARBORSIDE RESTAURANT

Wednesday, June 29, 2016

***QUESTIONS? Call Jennee
Tuesday thru Thursday,
8:00 AM to 4:00 PM at
(909) 596-8776.**

TRAIL TREKKERS

Keep fit while hiking our beautiful local foothills and Mt. Baldy as well as enjoying the safety of hiking with others. Hikes are Monday through Saturday in the morning. Open to adults in good physical condition. Dogs on a leash are okay. For more information call (909) 596-8776.

Leaders are: Phyllis Helm, Michael Pearlman, Kiam Oey, Bill Helm & Jim Gilleland

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.

OCTOBER SCHEDULE

Fri. 10/2: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/5: Senior Center

Walk to Hillcrest area & back

Wed. 10/7: Heritage Park La Verne

Walk thru the park & flood control

Fri. 10/9: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/12: Thompson Creek

Walk trail to end of road & back

Wed. 10/14: Claremont 10th & Indian Hill

Walk the area & back

Fri. 10/16: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/19: Thompson Creek

Walk trail to end of road & back

Wed. 10/21: Kuns Park

Walk to San Dimas

Fri. 10/23: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/26: Thompson Creek

Walk trail to end of road & back

Wed. 10/28: San Dimas Canyon Park

Walk to dog park area & back

Fri. 10/30: 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.

2015 HERITAGE HARVEST PUMPKIN PATCH

**Saturday, October 10th-October 31st
Heritage Park (5001 Via De Mansion)**

The rural atmosphere of Heritage Park makes for a wonderful place to pick out your pumpkin. There are hay rides, animals, pumpkins of every shape and size and great photo opportunities. The Pumpkin Patch is open to the public weekends from 10:00 AM to 7:00 PM and weekdays from 4:00 to 7:00 PM. For more information, visit www.laverneheritage.org or call (909) 293-9005.

2ND ANNUAL AFTERNOON WITH YOUR LOCAL AUTHORS

**Sunday, October 18th
2:00-5:00 PM at the**

La Verne Community Center

Local authors will be showcasing their talent by giving readings. All writers will be available for discussion and to sign their work. Published authors will have signed copies of their books available for sale.

The LVWG's Collective Writings, which will honor our youth contest winners, will also be on sale. All proceeds help sponsor our free Author's Event and our summer youth writing contest.

For further information you may contact us at LVWG2015@gmail.com. You may also view a copy of the day's events by visiting City of La Verne's website at www.ci.la-verne.ca.us.

13TH ANNUAL PUMPKIN PATCH CLASSIC CAR SHOW

**Saturday, October 24th
10:00 AM-3:00 PM**

Heritage park (5001 Via De Mansion)

Come choose your pumpkin and check out the beautiful display of classic cars. Awards will be given for the top cars. Music, prizes, 50/50 drawing, food, hay rides and antique farm equipment are all part of the fun. If interested in displaying your pre-1975 car or truck, please call (909) 293-9005.

HALLOWEEN TRICK-OR-TREATING IN OLD TOWN

**Saturday, October 31st
2:00-5:00 PM**

**Old Town La Verne ("D" & Third Streets)
Ages 12 & Under**

Every year local merchants in Old Town La Verne host a safe, family-oriented, trick-or-treat candy walk for children. The University of La Verne also hosts a cable television variety show where children are invited to appear in their costumes! For more information, please call City Hall at (909) 596-8706.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
October 21st

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



The month of October is a special one for the La Verne Senior Golf League. It's the month we play our Club Championship over two rounds. The golfer in Flight #1, handicap of 25, or less, and the golfer in Flight #2, handicap 26 and above, with the lowest net scores will be our 2015 Champions. To be eligible to win the Club Championship, a golfer has to play both rounds, though we will welcome golfers who can play one of the two rounds in October to join us on either October 13th or 27th.

Our defending champions are Bob Garcia, Flight #1, and Madan Malik, Flight #2. Bob has been playing with us regularly so he's ready to defend his championship. We have not seen or heard from Madan for a couple of months. We don't know if he's going to be with us in October to try and repeat as our Club Champion for Flight #2. We are anticipating two very competitive rounds in October. We ask all golfers to arrive at Marshall Canyon by 8:30 AM each time we play, so we have plenty of time to finalize the pairings, as, and if, necessary.

We always welcome new golfers, especially women golfers. We currently have no women golfers participating with us on a regular basis, though we have a couple of women's names on our list of golfers.

We've told all of the guys to be sure to clean up and wear deodorant when they play!

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'd 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 for the prizes we award each time we play. The green fee, with a cart, is \$28.25 with the LA County Senior Golf Card. Golfers 65+ can obtain the aforementioned Senior Card, which is good for one year from the date of purchase, for a \$28 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. When you've played two rounds, you've paid for the cost of your card. After that, it's money going into your 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 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 OCTOBER

All classes and programs are held at the La Verne Community Center, 3680 "D" Street, unless indicated at Veterans Hall. Veterans Hall is located at 1550 Bonita Avenue. For further information and class descriptions please refer to the Summer/Fall 2015 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Thursday, October 1

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

Friday, October 2

9:00 AM—Digital Photography
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Acrylic Painting
 12:30 PM—Bingo

Monday, October 5

8:30 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 6

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Basic Computing Level 1
 9:00 AM—Watercolor
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 7

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, October 8

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—**CCCLV General Meeting**
 1:00 PM—Tai Chi

1:30 PM—Balance & Mobility

Friday, October 9

9:00 AM—Digital Photography
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Acrylic Painting
 12:30 PM—Bingo

Monday, October 12

8:30 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 12:30 PM—**SMUG Meeting**
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 13

8:00 AM—Aerobics (healthy Aging)
 9:00 AM—Basic Computing Level I
 9:00 AM—Watercolor
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening (Field Trip)
 1:30 PM—Balance & Mobility
 4:00 PM—**Support Group**
 6:00 PM—Woodcarvers

Wednesday, October 14

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, October 15

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 AM—Tai Chi
 1:30 AM—Balance & Mobility

Friday, October 16

9:00 AM—Digital Photography
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Acrylic Painting
 12:30 PM—Bingo

Daily Calendar continued Monday, October 26

Monday, October 19

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, October 20

9:00 AM—**AARP Mature Driving**
 9:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Basic Computing Level I
 9:00 AM—Watercolor
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 21

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, October 22

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 (**Birthday Lunch**)
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—**Sunkissed Stitches**

Friday, October 23

9:00 AM—Digital Photography
 9:30 AM—Bone Builders
 10:00 AM—**Attorney**
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 12:30 PM—Acrylic Painting

Saturday, October 24

10:00 AM—**35th Annual Children's Parade (Heritage/CVS Plaza)**

Monday, October 26

8:30 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 27

9:00 AM—**FLU SHOT CLINIC & HEALTH FAIR**
 9:00 AM—Basic Computing Level I
 9:00 AM—Watercolor
 9:30 AM—Bone Builders
 10:00 AM—Open Discussion Group
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 28

9:30 AM—Bone Builders
 11:30 AM—**Special City Sponsored Lunch**
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, October 29

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

Friday, October 30

9:00 AM—Digital Photography
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 12:30 PM—Acrylic Painting

Saturday, October 31 **HAPPY HALLOWEEN!**



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, October 23rd

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. We are not 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 help. The door is open to everyone who is interested.

Yearly Dues:
\$12/person per year
\$18/couple per year

OCTOBER SCHEDULE:
Wednesday, October 7th:
 Golden Investment SIG 1-4 PM
Thursday, October 8th:
 Board Meeting 12:15 PM
 General Meeting 1:00 PM
 (This meeting is open to the public)

****Check out our website****
theccclv.us

NEW CLASSES TO CHECK OUT (Pre-registration required for fee & charge classes!)

AARP's Driver Safety Course

This class, offered at the Community Center, refines existing driving skills, and develops safe defensive driving techniques. Each month, the eight-hour class is presented by AARP in two half-day sessions. The class is Tuesdays and Wednesdays from 9:00 AM to 1:00 PM. Lunch is not included; however, there is a short break and you may bring a snack if you wish. Registration fees are \$15 for AARP members and \$20 for non-members. Register at the Community Services Office (3660 "D" Street).

Driver Safety Program Renewal (1 day class):

Tuesday, October 20th

Driver Safety Program (2 day class):

Tuesday, November 17th & Wednesday, November 18th

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

NEW! - BEGINNER GOLF FOR ADULTS

Learn the basic fundamentals of golf! This class will teach you the basic techniques of swinging, grips, hand placement, putting, full swing, chipping, and ball position. There will be on course play. Clubs available if needed.

INSTRUCTOR: Bruce Thompson

LOCATION: Marshall Canyon Golf Course

DAYS/TIME: Wednesdays, 5:30-6:30 PM

FEE: \$90

SESSION 2: October 14-November 4

SUNKISSED STITCHERS

Join our group for stitching and needlepoint fun! We are part of the Needle Point Guild of America. All ages are welcome (children under 16 must be accompanied by an adult). First two meetings are free. If you have questions, contact Darlene at (909) 593-4406.

COORDINATOR: Darlene Vukovich McKnight

LOCATION: Community Center

DAYS/TIMES: Ongoing 4th Thursday of each month, 6:00-8:30 PM

(No meetings in November & December)

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 5: October 2 - 23

INTERNATIONAL FOLK DANCING

Learn traditional dances of other countries. It's a fun way to exercise the body and mind. Teaching is from 7:00-8:00 PM and request dancing is from 8:00-9:00 PM

INSTRUCTORS: Loretta Slifkin & Debbie Lynnemoore

LOCATION: Veterans Hall
(1550 Bonita Ave.)

DAYS/TIME: Wednesdays, Ongoing -
7:00-9:00 PM

FEE: \$5/Class

BEGINNING CREATIVE WRITING

Pre-registration is necessary. Please contact Professor Eastwood at tleastwood2010@gmail.com to register. All fees must be paid by check or in cash to professor at the first class meeting. All students must have access to a computer and must have an email address.

INSTRUCTOR: Toni Eastwood

LOCATION: Community Center

DAYS/TIME: Thursdays
6:30-8:30 PM

SESSION 1: Sept. 3 - Sept. 24

SESSION 2: Oct. 1 - Oct. 22

FEE: \$10

Senior Ads:

The City of La Verne does not endorse or take responsibility for any items or goods advertised in this section.

Criteria for ads – Advertisements must be submitted to Jennee at the Community Center office by the 15th of each month in typed format or neatly printed. Please include name and phone number with ad copy.

****Our senior ads will NOT accept service ads, business ads, etc. This section is for items only (either items needed or items being sold).**

Assorted Laces & Buttons for Sale. Please call Betty Keller at (909) 593-3809.

For Sale: 2 Early American Living Room Birch wood end tables with doors: One square & one Sextigon, plus 1 matching coffee table with middle cabinet & doors & ends open. Asking \$75 for all 3 pieces. 1 **Antique Elgin Treadle Sewing Machine in cabinet.** Made in Rockford, Ill. Top opens to expose machine. Asking \$75. 1 **Vintage all wood maple cabinet with 3 drawers & storage unit** that opens for a Buffet table. Asking \$50. 1 **Vintage all wood Library table** that could be used in an entryway or side buffet table. Asking \$50. Please call (909) 599-4371.

Beautiful, Large, Furnished Room with Private Bath for Rent. Located at the Village at San Dimas. Rent includes utilities use of kitchen, garage with storage space, laundry privilege—all in a beautiful setting. Call (909) 962-8690.

EZ Access Wheelchair /Scooter Ramp 4" x 28' Single Fold Suitcase. Durable, lightweight construction. Pictures available. \$150. Please call Christine at (909) 282-2635.

Almost New Beige Upholstery Lift Recliner Chair. & Hospital Bed. \$400 for both. Please call (909) 593-4240.

For Sale-2009 Mercury Grand Marquis. Tan, 4D, Clean with 55,000 miles. Must sell. \$5,700 OBO. Owner, call Ray (909) 360-3755 or (909) 541-6427.

Collection of Framed Betsy Pease Guttman Art, Plates & Posters—All for \$125. Quilted Seasonal Table Runners—\$12 each. Please call Sandra 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.

Electric Lawnmower for sale \$30 & Garage Vacuum for sale \$15. Call Carol at (909) 392-0136.

White Amana Dishwasher for Sale. Good Condition. \$50. Call Marlene at (909) 949-1519.

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-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

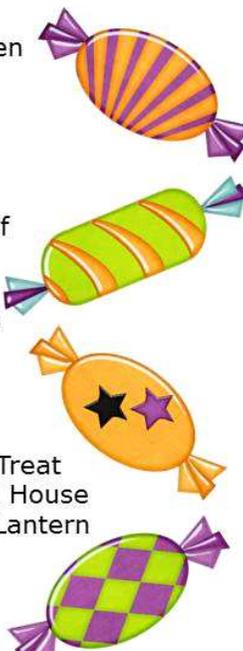
La Verne Public Works: (909) 596-8741

**JUST
TO
MAKE
YOU**

HALLOWEEN WORD SEARCH



- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



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| J | E | H | F | C | T | F | J | K | T | G | B | N | N | B |

So much fun, you won't BOO-lieve it!

A decorative border of pumpkins in various sizes and colors (orange, yellow, green) surrounds the main title.

OCTOBER

Spooktacular Events

October 23th

Halloween Hop

Dance for People with Special Needs

Join us Friday, October 23, 2015 from 6 – 9 p.m. at the La Verne Community Center for a dance like no other! There will be music provided by DJ Anthony, spooky décor, and a dance floor to show off your moves. Costumes are optional. Tickets are \$5 presale and \$7 at the door. Ticket sales begin September 14th. Limited tickets are available. (Parents/Guardians are free.)

October 24th

Halloween Parade

Parade for Children Under 12

Put on your costume and come on down to the shopping center on the corner of Foothill & Wheeler on Saturday, October 24, 2015 at 10 a.m. sharp to join in the Halloween fun! See the firetruck roar in to start the festivities! 12 and unders can join the parade that tours the shops in the center and gather candy and toys. Stick around for the 11 a.m. drawing where you could win donated prizes! Don't forget to take pictures at our photo booth! See you all there!

October 27th

Health Fair & Flu Shot Clinic

Event for Seniors and Persons with Disabilities

Health, wellness, and fun are on our minds Tuesday, October 27th, 2015 from 9 – 11:30 a.m. at the La Verne Community Center! Seniors and persons with disabilities can receive free flu shots from the county and then join us for a health fair featuring various participating organizations. Come enjoy free, nutritious refreshments and enter in a raffle for a chance to win various amazing prizes! Don't miss out on this fun, annual event sponsored by Inter Valley Health Plan!



SNEAK PEEK!

Senior Dinner Dance Extravaganza

Sunday, November 15th, 2015 ~ 5 – 8 p.m.

Join us for a roaring 20's evening with dinner, wine, dancing, a raffle, & fun!
Tickets are still just \$10! R.S.V.P at Community Services in City Hall or online.



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

