



NOVEMBER 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 11

2015

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SENIOR DINNER DANCE EXTRAVAGANZA

**Sunday, November 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!"



Special City Sponsored Luncheon

**Wednesday, November 25th
11:30 AM**

It's a "Fall Fantasy!" Join us for a special luncheon to celebrate the Fall and Thanksgiving season.

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.



PLEASE NOTE:
The Center & City Hall will be **CLOSED** Wednesday, November 11th in observance of Veterans Day and **CLOSED** Thursday, November 26th and Friday, November 27th in observance of Thanksgiving.

VETERANS MEMORIAL CEREMONY

**Wednesday,
November 11th,
11:00 AM at
Veterans Hall—
1550 Bonita Avenue**

Join us in honoring our veterans at this special ceremony.

CRUISIN' LA VERNE HOLIDAY CAR SHOW & SPARK OF LOVE TOY DRIVE

**Saturday, November 28th
9:00 AM-3:00 PM in
Old Town La Verne**

This event includes the community's participation in "Spark of Love" Toy Drive, which benefits local children for the holidays. Attendees are encouraged to donate a new, unwrapped toy, either at the event or to the La Verne Fire Department. FREE public admission. For more info, call (626) 343-9469.

MEDICARE 101

**Wednesday,
November 25th
9:30 AM at the
Community Center
*Presented by TMB
Insurance Services**

Are you new to Medicare or simply need a refresher? Then come to this informative session where you will learn all the basics about Medicare! Learn about the plans available to you and which a good fit are.

RSVP to (909) 596-8776.

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)

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

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)

Wednesday, May 25, 2016

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HEALTH AND WELLNESS

WINTER SPRING SNEAK PEEK CONT.

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

YOGA & PILATES (YOGALATES)

Yoga teaches excellent health with 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 and benefits internal organs.

Pilates develops a strong core and center. It alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIMES: Thursdays, 7:30-8:30 PM

November 5th - 19th

FEE: \$20

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.

NOVEMBER SCHEDULE

Mon. 11/2: Thompson Creek

Walk trail to end of road

Wed. 11/4: Claremont 10th & Indian Hill

Walk the area & back

Fri. 11/6: Brackett Field Airport

Walk to Puddingstone & back

Mon. 11/9: Senior Center

Walk to Hillcrest area & back

Wed. 11/11: Heritage Park La Verne

Walk thru the park & flood control

Fri. 11/13: Brackett Field Airport

Walk to Puddingstone & back

Mon. 11/16: Thompson Creek

Walk trail to end of road & back

Wed. 11/18: San Dimas Canyon Park

Walk to dog park area & back

Fri. 11/20: Brackett Field Airport

Walk to Puddingstone & back

Mon. 11/23: Thompson Creek

Walk trail to end of road & back

Wed. 11/25: Claremont 10th & Indian Hill

Walk the area & back

Fri. 11/27: Brackett Field Airport

Walk to Puddingstone & back

Mon. 11/30: Thompson Creek

Walk trail to end of road & 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.

GOLDEN FUTURE 50+ SENIOR EXPO

Southern California's Premier Lifestyle, Health & Active Aging Expo
Saturday, November 7th, 10:00 AM to 3:00 PM
At Angel Stadium Exhibition Center (Gate 6)
2000 Gene Autry Way, Anaheim

Free admission and free parking at this event showing you how to navigate life after 50! There will be health and wellness screenings, giveaways, job and volunteer fair, speakers, live entertainment, chair massages, makeovers, vendors and much more!

Info line: (818) 763-4197.

CHRISTMAS TREES ARE BACK AT HERITAGE PARK

**Saturday, November 28th -
Wednesday, December 23rd**

Bring the family to Heritage Park (5001 Via De Mansion) to experience Christmas on a farm. Stroll the historic park and enjoy the fragrance and beauty of some of the nicest Christmas trees around. Choose from the finest in Noble, Grand and Douglas firs fresh cut from Oregon. Weekend "sleigh" rides through the orchard are \$2.00. Weekends 9:00 AM to 8:30 PM and weekdays from 12:00 PM to 8:30 PM. For current info visit the website at www.laverneheritage.org or call (951) 522-6322 or (909) 293-9005.

HOLIDAY OPEN HOUSE

Saturday, December 5th

2:00-6:00 PM in Old Town La Verne

Free photos with Santa himself will be available from 3:00-5:00 PM. Don't miss this first of the season opportunity for Santa visits with children and free photos. Student musical programs are held and the Children's holiday craft booths are provided free of charge. A Tree Lighting Ceremony, with carols, music, and a Christmas Story will be held at 5:00 PM at Mainiero Square at the corner of "D" and 3rd Streets. Merchants will be open throughout the day for your convenience, and many of the restaurants offer holiday treats and promotions. For more info about the event, please call City Hall at (909) 596-8706.

TREE LIGHTING CEREMONY

Monday, December 7th

6:30 PM at City Hall

Sponsored by TOGO'S LA VERNE
The Tree Lighting Ceremony will be held at City Hall before the City Council Meeting. There will be entertainment and a special visit by Santa Claus!

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
November 18th
10:00 to 11:15 AM

The City Council of La Verne established the Senior Citizens Advisory Committee in October 1989. This Committee has been responsible for all of the senior activities, lunch program, many equipment upgrades and beautification projects at the Community Center. We encourage you to attend these public meetings and share your thoughts, ideas, and/or concerns.

Join us at the SAC Meetings. Your input is important!

Lost & Found

The Community Center has a Lost & Found Closet. If you think you lost an item, ask a staff member to check the closet for you next time you are at the Center. Or call (909) 596-8776 to ask over the phone.



THE SENIOR GOLF LEAGUE OF LA VERNE



As this is written, we have completed the first round of our annual Club Championship. The first round leaders are Larry Sigler in Flight #1 and Hal Platts in Flight #2. Several golfers are not far off the lead in both Flights, so we should have an exciting finish to the second round which will be played on October 27th. The second round will begin at 9:00 AM so we ask our golfers to report by 8:30 AM to give us time to make any needed adjustments to the pairings before we play. We'll report on the winners of the 2015 Club Championship next month.

We are going to begin our play in November, on the 10th, with a scramble format playing in foursomes formed by the drawing of names by the designated Captains for that day. On November 24th, we'll begin the first of three rounds of match play in two teams, through December, using the format from this year's President's Cup played in South Korea in which the US Team was victorious by 1 point.

On Saturday, November 7th, we'll have our annual social gathering, including spouses, at the home of Hal and Gladys Platts in Claremont. During the evening, we'll award trophies to this year's Club Champions and also award updated trophies, with a new name/date plate, to the Two golfers who've compiled the most points for the La Verne Senior Golf Cup

since play began in January. At this point we are expecting that Art Hernandez and Soc Galam will repeat as our winners in Flights 1 and 2, respectively, in this competition for 2015.

We always welcome new golfers, especially women golfers. We currently have no women golfers participating with us on a regular basis. 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 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 a 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 NOVEMBER

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.

Monday, November 2

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, November 3

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 (**Field Trip**)
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, November 4

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, November 5

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

Friday, November 6

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

Monday, November 9

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, November 10

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
 4:00 PM—**Support Group**
 6:00 PM—Woodcarvers

Wednesday, November 11

CENTER CLOSED...VETERANS DAY!

Thursday, November 12

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—**CCCLV General Meeting**
 1:00 AM—Tai Chi
 1:30 AM—Balance & Mobility

Friday, November 13

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

Daily Calendar continued

Sunday, November 15

5:00 PM—**SENIOR DINNER DANCE
EXTRAVAGANZA!**

Monday, November 16

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, November 17

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, November 18

9:00 AM—**AARP Mature Driving**
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, November 19

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

Friday, November 20

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

Monday, November 23

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, November 24

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
6:00 PM—Woodcarvers

Wednesday, November 25

9:30 AM—**Medicare 101 Seminar**
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, November 26

CENTER CLOSED...HAPPY THANKSGIVING!

Friday, November 27

**CENTER CLOSED...HAVE A WONDERFUL
THANKSGIVING WEEKEND!**

Monday, November 30

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



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, November 13th

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

NOVEMBER SCHEDULE:

Wednesday, November 4th:

Golden Investment SIG 1-4 PM

Thursday, November 12th:

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 (2 day class):

Tuesday, November 17th & Wednesday, November 18th

Driver Safety Program Renewal (1 day class):

No Class in December

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

ZUMBA DANCE FITNESS

Achieve long term benefits while having a blast in one of our caloric burning, body energizing, fun, cardio workout.

INSTRUCTOR: Victoria Galvez

DAYS/TIMES: Thursdays, 6:30-7:30 PM
November 5th - 19th

FEE: \$20

LOCATION: Community Center Dance Studio

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)

Calling all people interested in learning the BASICS of Duplicate Bridge!

Stop by the Community Center front desk or call (909) 596-8776 to put yourself on the interested list!



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 leastwood2010@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 2: Oct. 29-Nov. 19

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: Folding Bedside Commode with Commode Bucket from Drive Medical. Sturdy, adjustable height, folds easily for transport and storage. Like new & barely used. \$30. Call (909) 593-1694.

For Sale: Sturdy “Slipper” Chair: Quilted seat, Quilted back. Recently upholstered in pink. Perfect for any girl’s bedroom. Asking \$50. **Twin Siamese Cat Ceramic Nightlight:** One cat sitting up, other reclining against the other. Light is in back. Asking \$40. **Like new 4 Stuffed Penguins,** all different “breeds.” Asking \$20 each. **Blonde Wood Bench with Light Blue Quilted Seat.** Asking \$40. Please call (909) 596-6029.

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.

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

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

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.

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**

A THANKSGIVING POEM

May your stuffing be tasty,
May your turkey plump,
May your potatoes and gravy
have nary a lump,
May your yams be delicious
and your pies take the prize,
and may your
Thanksgiving dinner
stay off your thighs!



Happy Thanksgiving.

Don't forget to set
your scales back
10 pounds tonight.



someecards
user card

HAPPY THANKSGIVING!



November

Fun Fall Features



Senior Dinner Dance Extravaganza

Sunday, November 15th from 5 – 8 p.m.

La Verne Community Center – 3680 “D” Street, La Verne
Join us for an all inclusive evening featuring dinner, wine, live music by Linda Herman, dancing, a raffle and more!



Tickets are still just \$10!



R.S.V.P in the Community Services office in City Hall or online by Thursday, November 12th at 6 p.m.



Medicare 101



Wednesday, November 25th @ 9:30 a.m.

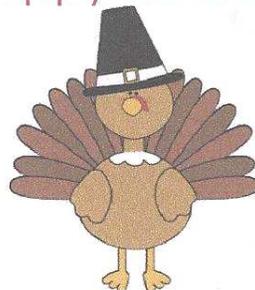
Come learn the basics of Medicare, what plans suit you and how to get started!

Center Closures

The Community Center will be closed for Veterans' Day **Wednesday, November 11th** and will be closed for Thanksgiving on **Thursday, November 26th & Friday, November 27th.**



Happy Holidays.



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

