



DECEMBER 2015 SENIOR NEWSLETTER



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

Volume 18, Issue 12

2015

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PLEASE NOTE:

The Center will be **CLOSED** Thursday, December 24th and Friday, December 25th for Christmas. The Center will also be **CLOSED** Thursday, December 31st and Friday, January 1st for New Years.

HAPPY HOLIDAYS!

TREE LIGHTING CEREMONY

**Monday,
December 7th
6:30 PM at City Hall**

Join us before the City Council Meeting for entertainment,, lighting of the tree and a special visit from Santa Claus.

**Sponsored by
"Togo"; La Verne."**

MT. SAC COMPUTER REGISTRATION

**(WINTER SESSION)
Tuesday, December 1st
10:00 AM**

Registration for the Mt. SAC Computer Classes for the Winter session that begin in January 2016 (Basic Computing, Internet Research & Digital Photography) will be held at the Community Center. Arrive early to receive a number. Classes are filled on a first-come-first-serve basis.

Students **MUST** be present to register for these **FREE** classes. **Winter session runs from January 4th thru February 12th**

WINTER WONDERLAND

**Saturday, December 12th
9:00 AM to 1:00 PM at Heritage Park
(5001 Via De Mansion)**

Children ages 12 and under can enjoy snow sled runs and play area with REAL snow! This is an event you don't want to miss...there will be food and craft vendors, entertainment, refreshments, crafts and of course Santa himself! Kids should dress for snow: mittens, gloves, boots and jackets.

Sliding saucers are provided. **Tickets are \$10 per child presale (ends Thursday, December 10th) Or \$15 per child at the event.**



"Let it Snow, Let it Snow, Let it Snow!"

ROTARY SPONSORED HOLIDAY LUNCHEON

**Thursday, December 10th
11:30 AM**

&

SPECIAL CITY SPONSORED LUNCH

**Wednesday, December 23rd
11:30 AM**



Come celebrate the Holiday season with these two very special sponsored luncheons.

The Rotary Sponsored Luncheon will feature a performance by the Bonita High School Chamber Singers.

Please call (909) 596-8776 or come to the front desk by December 6th to make your reservations. Seats do fill up quickly so register early!



The City Sponsored Lunch will feature a visit and photo opportunity with Santa. Santa will be here from 10:00-11:00 AM for pictures. Thank you to Inter Valley Health Plan for sponsoring Santa and the photos.

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.

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!!

**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)

**NEW Winter/Spring
2016 Trips!**

Mail-in/Online Registration: Begins at 8:00 AM on Monday, December 14th
Walk-in Registration: Begins at 8:00 AM on Monday, December 21st

**NEW! - HOLLYWOOD IN STYLE
Thursday, February 11, 2016**

Are you ready for your close up? This fun day begins with a visit to the Hollywood History Museum located in the historic Max Factor Building. The museum houses the world's largest collection of costumes, props, posters, and other great memorabilia from Hollywood's greatest films, TV shows and music acts. After, you'll be treated to lunch at the Renaissance Restaurant in Hollywood.

The last stop of the day is at the Fashion Institute of Design and Merchandising to see over 10,000 garments, accessories and rare textiles. On your self-guided tour, you will see costumes worn by stars of some of 2015's biggest box office hits.

AGE: 18 & Up
DEPARTURE TIME: 9:30 AM
RETURN TIME: 5:00 PM
FEE: \$60 (Lunch included)

**NEW! - "A REALLY BIG
SHOOOOOO" IN PALM SPRINGS**

Wednesday, February 24, 2016

Join us in fabulous Palm Springs for a walk down memory lane. "A Really Big Shooooooo" will take place at the magnificent Annenburg Theater with host Bill Johnson as Ed Sullivan. There will be tribute artists including The Beatles, Elvis, Marilyn Monroe, Diana Ross, Tina Turner and performances by some special guests who used to dance with the Palm Springs Follies! You'll have

time to sample the restaurants in downtown Palm Springs on your own before the show. We will also make a stop at Hadley's Fruit Orchards on the way home.

AGE: 18 & Up
DEPARTURE TIME: 9:30 AM
RETURN TIME: 7:00 PM
FEE: \$75 (Lunch on your own)

**KNOTT'S BERRY FARM
"THE EARLY YEARS"**

Wednesday, March 9, 2016

Step back in time as you embark on the "Pathways to the Past" tour, where you'll recall the Old West and the Knott Family heritage with a walk thru Ghost Town including a visit to the Blacksmith Shop, the School House, Train Cars and witness a storytelling performance at the Mystery Lodge. And a trip to Knott's wouldn't be complete without Mrs. Knott's famous fried chicken dinner! Lunch includes: Mrs. Knott's Famous Fried Chicken, Green Salad, Mashed Potatoes, Biscuits and Boysenberry Pie. There will also be free time to shop in the Marketplace.

AGE: All Ages
DEPARTURE TIME: 8:45 AM
RETURN TIME: 3:45 PM
FEE: \$58 (Lunch included)

**COLORFUL SONGS OF
BROADWAY "IRISH EYES
ARE SMILING" SHOW &
LUNCHEON**

THURSDAY, MARCH 17, 2016

What a fun way to spend St. Patrick's Day! Join us for an Irish Musical Revue with songs, comedy, costumes, dialogue and dancing to get you in the Irish spirit! Luncheon includes choice of Corned Beef & Cabbage, Teriyaki Chicken or Veggie Pasta all served with Wine, Mashed Potatoes, Garden Salad, Vegetables, Rolls and an Irish

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HEALTH AND WELLNESS

WINTER SPRING 2016 TRIPS CONT.

Sundae and Coffee or Tea. There is also shopping and a raffle available at the show. Show is at Almansor's Court in Alhambra.

AGE: 50 & Up

DEPARTURE TIME: 10:15 AM

RETURN TIME: 4:30 PM

FEE: \$62 (Lunch & Wine Included)

VALLEY VIEW CASINO

Wednesday, April 13, 2016

Try your luck at San Diego's only Certified Loose Slots and all 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.

AGE: 21 & Up

DEPARTURE TIME: 9:00 AM

RETURN TIME: 6:00 PM

FEE: \$25 (Lunch on your own)

SAN DIEGO GASLAMP DISTRICT

Saturday, April 30, 2016

Shop, dine and play in the historic Gaslamp Quarter in San Diego. There are blocks of restaurants, hotels and shops just waiting for you to discover. You will be on your own for the day to see what San Diego has to offer. Lunch will be on your own (there are so many restaurants like the Old Spaghetti Factory, House of Blues, Fred's—and don't forget to get a world famous sundae from Ghirardelli's). Do some research before you go! Wear comfortable shoes—there can be a lot of walking.

AGE: 18 & Up

DEPARTURE TIME: 8:30 AM

RETURN TIME: 6:00 PM

FEE: \$30 (Lunch on your own)

****CHECK THE WINTER/SPRING RECREATION GUIDE FOR MORE TRIPS! YOU CAN ALSO FIND ALL THE TRIPS ONLINE AT:**

www.ci.la-verne.ca.us

REGISTER NOW—TRIPS FILL UP FAST!!**

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

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

- **BLOOD PRESSURE CHECK**

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

No appointment needed!

- **NEW! 15-MIN CHAIR MASSAGE**

Held the last Wednesday of the month-\$10.

Call (909) 596-8776 to make your appointment.

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.

DECEMBER SCHEDULE

Wed. 12/2: Claremont 10th & Indian Hill

Walk the area & back

Fri. 12/4: Brackett Field Airport

Walk to Puddingstone & back

Mon. 12/7: Thompson Creek

Walk trail to end of road & back

Wed. 12/9: Claremont 10th & Indian Hill

Walk the area & back

Fri. 12/11: Brackett Field Airport

Walk to Puddingstone & back

Mon. 12/14: Thompson Creek

Walk trail to end of road & back

Wed. 12/16: Claremont 10th & Indian Hill

Walk the area & back

Fri. 12/18: Brackett Field Airport

Walk to Puddingstone & back

Mon. 12/21: Thompson Creek

Walk trail to end of road & back

Wed. 12/23: Heritage Park La Verne

Walk thru the park & flood control

Fri. 12/25: Christmas Day

Have a great day!

Mon. 12/28: Thompson Creek

Walk trail to end of road & back

Wed. 12/30: Claremont 10th & Indian Hill

Walk the area & 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.

CHRISTMAS TREES ARE BACK AT HERITAGE PARK

Now thru 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.

NEW! -FUN THEMED LUNCHES WITH OUR NUTRITION PROGRAM

Our Nutrition Program is no longer having "Birthday Lunches" on the 4th Thursday of the month, but instead "Themed Lunches." Participants are encouraged to join in on the fun and dress up on these special days. Suggestions for themes are always welcome too! Please see Alice, the Nutrition Site Manager, for more information.

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.

EARN EXTRA MONEY WITH THE SENIOR COMPANION PROGRAM

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 Community Senior Services at (909) 621-9900.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
January 20, 2016
10:00 to 11:15 AM

(December meeting is dark)

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



On November 7th, at the home of Hal and Gladys Platts, we shared a pot-luck meal that included our spouses and passed out trophies to our 2015 Club Champions. Ruben Triana won the First Flight Trophy with a net score of 137 over two rounds to overtake the first round leader, Larry Sigler, who finished second. Hal Platts followed up his first round lead among the golfers in the Second Flight with a net 65 on October 27th to give him an overall net score of 128. His winning score was 10 strokes lower than the second place golfer, Soc Galam. In addition to their trophies, both Ruben and Hal won \$35 as our 2015 Club Champions.

We wrapped up our 10 month long competition for the La Verne Senior Golf Cup with our final round in October. Our 2014 winners, Art Hernandez in Flight #1 and Soc Galam in Flight #2, repeated in 2015. Art earned 275 points between January and October, while Soc earned 235 points over that same period of time. Congratulations to Art and Soc both of whom retain the trophy for the La Verne Senior Golf Cup for another year. They also won \$40 for their steady play month after month this year. We'll begin competition of the 2016 La Verne Senior Golf Cup in January.

To finish out 2015, we are involved in match play for three rounds using the President's Cup format. We have formed two teams with with Larry Sigler and Mike Tierno serving as our Captains. The first round was played on November 24th. The final two rounds will played on December

1st and 8th. This will conclude our play for 2015 as we will not play during the holidays at the end of December. Our first golf date for 2016 is Tuesday, January 12th. On that day, we'll begin taking sign ups for the 2016 La Verne Senior Golf Cup competition. Those who want to be a part of this competition next year will need to contribute \$5 to the pool which will provide the trophies and prizes to next year's winners. To be eligible for this competition in 2016, golfers will need to pay their \$5 by February 23rd.

As we begin a new year, we'd like to increase our ranks and, once again, we would welcome some women golfers to join us. 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 prefer to talk to a person, you can reach Ed at (909) 392-6688 or George at (909) 596-3982.

All of us are interested in the conversations that are going on about the sale of Marshall Canyon to Lewis Homes and the possibility that Sierra La Verne will become an LA County Course. In the meantime, until the politicians and the developers sort everything out, with input from golfers, we'll be playing at Marshall Canyon twice each month and on the 5th Tuesdays that come up during the year ahead.

Other than 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!

Daily Calendar DECEMBER

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 2016 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Tuesday, December 1

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—**Mt. SAC Computer Registration**
 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, December 2

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, December 3

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, December 4

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

Monday, December 7

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, December 8

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
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, December 9

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, December 10

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—**Rotary Holiday Luncheon**
 1:00 AM—Tai Chi
 1:30 AM—Balance & Mobility

Friday, December 11

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

Saturday, December 12

9:00 AM—Winter Wonderland at Heritage Park!

Monday, December 14

(Mt. SAC Classes on break this week)
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—**SMUG Meeting**
 6:15 PM—Jazzercise

Daily Calendar continued Monday, December 28

(Mt. SAC Classes on break this week)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
6:15 PM—Jazzercise

Tuesday, December 15

9:30 AM—Bone Builders
10:00 AM—Open Discussion Group
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, December 16

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, December 17

9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program

Friday, December 18

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

Monday, December 21

(Mt. SAC Classes on break this week)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
6:15 PM—Jazzercise

Tuesday, December 22

9:30 AM—Bone Builders
10:00 AM—Open Discussion Group
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, December 23

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

Thursday, December 24

CENTER CLOSED...CHRISTMAS EVE!

Friday, December 25

CENTER CLOSED...CHRISTMAS DAY!



Tuesday, December 29

9:30 AM—Bone Builders
10:00 AM—Open Discussion Group
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, December 30

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, December 31

CENTER CLOSED...NEW YEAR'S EVE!

Friday, January 1, 2016

CENTER CLOSED...HAPPY NEW YEAR!!



**Wishing you all a Happy
Holiday season and a very
Happy New Year!**

**Love,
The Community Center
Staff**

****Mt. SAC Winter Session begins the
week of January 4th and continues
thru February 12th****

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, December 11th

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

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

theccclv.us

DECEMBER SCHEDULE:

Wednesday, December 2nd:

Golden Investment SIG 1-4 PM

JANUARY SCHEDULE:

Thursday, January 14, 2016

(There will be no meeting in December)

Board Meeting 12:15 PM

General Meeting 1:00 PM

(This meeting is open to the public)

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):

No Class in December

Driver Safety Program (2 day class):

Tuesday, January 12th & Wednesday, January 13th

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

YOGALATES (YOGA & PILATES)

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

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Thursdays, NEW TIME 7:00-8:00 PM
January 7 - January 28

FEE: \$25/session

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!



NEW! - BEGINNER GOLF FOR ADULTS

**Marshall Canyon Golf Course,
6100 Stephens Ranch Road**

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.

INSTRUCTORS: Bruce Thompson & Kenny Murray

DAYS/TIME: Saturdays, 10:00-11:00 AM
January 9 - January 30

FEE: \$90/session

COMPLETE BODY WORKOUT

This class is designed to provide a total body workout in an hour's time. All muscle groups will be targeted in a fast-paced, high intensity workout. (Workout can be tailored to the individual's pace and experience). Please bring workout mat and dumbbell weights to class.

INSTRUCTOR: Art Aguilar

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

January 20 - March 2

FEE: \$40/session

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

For sale: London Fog 3/4 length rain coat with zip-out liner in excellent condition, size 14. \$18. **Land's End winter jacket**, white with black trim, size L. Never worn \$25. Call **626-852-5585** or e-mail **ilynns5@yahoo.com**.

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**.

Dining Room Table - Dark Brown. 2 Arm Chairs & 4 Side Chairs. 66x44 with 1 leaf. \$300 - in good condition with some scratches. Call Mary Ann Stagner at **(703) 405-0457** to see!

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**.

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

*"You know
you're getting
older when
Santa starts
looking
younger!"*



"T'WAS THE NIGHT BEFORE CHRISTMAS"

'Twas the night before Christmas and out on
the ranch
The pond was froze over and so was the branch.
The snow was piled up belly-deep to a mule.
The kids were all home on vacation from school,

And happier young folks you never did see-
Just all sprawled around a-watchin' TV.
Then suddenly, sometime around 8 o'clock,
There came a surprise that gave them a shock!

The power went off, the TV went dead!
When Grandpa came in from out in the shed
With an armload of wood, the house was all dark.
'Just what I expected,' they heard him remark.

'Them power line wires must be down from the
snow.
Seems sorter like times on the ranch long ago.'
'I'll hunt up some candles,' said Mom. 'With their
light, And the fireplace, I reckon we'll make out all
right.'

The teen-agers all seemed enveloped in gloom.
Then Grandpa came back from a trip to his room,
Uncased his old fiddle and started to play
That old Christmas song about bells on a sleigh.

Mom started to sing, and first thing they knew
Both Pop and the kids were all singing it, too.
They sang Christmas carols, they sang 'Holy Night,'
Their eyes all a-shine in the ruddy firelight.

They played some charades Mom recalled from her
youth,
And Pop read a passage from the Book of Truth.
They stayed up till midnight-and, would you believe,
The youngsters agreed 'twas a fine Christmas Eve.

Grandpa rose early, some time before dawn;
And when the kids wakened, the power was back on.
'The power company sure got the line repaired quick,'
Said Grandpa - and no one suspected his trick.

Last night, for the sake of some old-fashioned fun,
He had pulled the main switch - the old Son-of-a-Gun!

December

"Cool" Monthly Events

Senior Holiday Luncheon

Thursday, December 10
11:30 a.m.

La Verne Community Center – 3680 D Street, La Verne

Join us for a delightful afternoon filled with a complementary lunch, entertainment provided by our Bonita High School Chamber Singers, and a raffle! This is a FREE event for people 60+, who are registered with Nutrition Program. Space is limited. R.S.V.P. to the front office in the Community Center or to (909) 596-8776! Thank you to our sponsor, La Verne Rotary Club.

City-Sponsored Lunch

Wednesday, December 23
10 a.m. – 12 p.m.

La Verne Community Center – 3680 D Street, La Verne

Happy holidays from the La Verne Community Center! Come enjoy pictures with Santa and a free lunch from our Nutrition Program. Santa pictures will begin at 10 a.m. and lunch will be served around 11:30 a.m. RSVP to (909) 596-8778 at least 24 hours in advanced. Limited space is available! Thank you to Inter Valley Health Plan for providing the pictures!

Center Closures

December 24 & 25

The La Verne Community Center will be closed for the holidays on Thursday, December 24th and Friday, December 25th in observance on the holidays!

Take care and of course, HAPPY HOLIDAYS!



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

