



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

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PLEASE NOTE:

The Center will be CLOSED Friday, January 1st, Happy New Year, and CLOSED Monday, January 18th in observance of Martin Luther King Jr. Day!

PICK YOUR OWN ORANGES AT HERITAGE PARK (5001 Via De Mansion) January-March Saturdays 9:00 AM-3:00 PM

The Heritage Foundation offers you one of the last working orange groves in the area as a place to enjoy with your family. Bags of oranges are \$5, and mesh bags and picking poles are provided. For more info, call (909) 293-9005 or visit laverneheritage.org.

MT. SAC COMPUTER CLASS REGISTRATION (SPRING SESSION)

Tuesday, January 26th 10:00 AM

Registration for the Mt. SAC Computer Classes for the Spring session that begin in late February (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-served basis. Students MUST be present to register for these FREE classes.

Spring session runs from February 22nd to June 10th.

NEW! SENIOR SEMINAR SERIES: THE 4TH WEDNESDAY OF EVERY MONTH AT THE LA VERNE COMMUNITY CENTER

9:30 AM - 11:00 AM R.S.V.P. to (909) 596-8776

DIABETES & HYPERTENSION

Wednesday, January 27th

Presented by Claremont Place

Come learn the basics about these two conditions and how to manage them effectively.

HOARDING

Wednesday, February 24th

Presented by Organize It 4 U

Get basic information on hoarding, how to manage it and how to live clutter free!

BASIC HEARING TEST

Wednesday, March 23rd

Presented by Miracle Ear-Montclair

How is your hearing lately? Come get a basic hearing test from the experts and assess your situation.

SPECIAL CITY SPONSORED LUNCH Monday, January 4, 2016 11:30 AM

HAPPY NEW YEAR!

Please join us for this special luncheon to ring in the New Year! Come share your 2016 resolutions.

Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day ahead by 11:00 AM. These lunches are FREE to seniors 60 and older.



FREE AARP TAX AIDE ASSISTANCE

Do you have questions about your taxes? Would you like assistance in completing your income tax form this year? AARP's tax aide program has trained volunteers who are willing to help you. Volunteers provide free assistance to low or moderate income seniors by filling out simple tax returns and answering tax questions. Beginning January 11th, please call the Community Center at (909) 596-8776 to schedule an appointment for FREE! Appointments will be held Tuesdays and Wednesdays beginning February 2nd and continuing thru April 13th.

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!!

VALLEY VIEW CASINO

Wednesday, January 27th

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,

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!

NEW! - HOLLYWOOD IN STYLE

Thursday, February 11th

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"

Wednesday, February 24th

PLEASE NOTE: The venue/location for this show has changed (will no longer be at the Annenberg Theater in Palm Springs) - Check back in the next issue for more info.

Join us for a walk down memory lane. "A Really Big Shooooooo" will take place 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 around the area on your own before the show.

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 9th

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 17th

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 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 13th**

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)

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HEALTH AND WELLNESS

WINTER SPRING 2016 TRIPS CONT.

SAN DIEGO GASLAMP DISTRICT

Saturday, April 30th

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)

A DAY AT CATALINA ISLAND

Saturday, May 14th

Our most popular trip! We will drive to Long Beach where you'll board the Catalina Express for a short one-hour cruise to the island. These vessels offer indoor and outdoor seating (bring Dramamine if you need it), restroom facilities and a snack bar. Once on the island, the day is yours to explore, have lunch and shop all on your own. There is so much to do! Then we will head back on the Catalina Express.

AGE: All Ages

DEPARTURE TIME: 8:30 AM

RETURN TIME: 8:00 PM

FEE: \$45 (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.

JANUARY SCHEDULE

Fri. 1/2: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/5: Thompson Creek

Walk trail to end of road & back

Wed. 1/7: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/9: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/12: Senior Center

Walk to Hillcrest area & back

Wed. 1/14: Heritage Park La Verne

Walk thru the park & flood control

Fri. 1/16: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/19: Thompson Creek

Walk trail to end of road & back

Wed. 1/21: San Dimas Canyon Park

Walk to dog park area & back

Fri. 1/23: Brackett Field Airport

Walk to Puddingstone & back

Mon. 1/26: Thompson Creek

Walk trail to end of road & back

Wed. 1/28: Claremont 10th & Indian Hill

Walk the area & back

Fri. 1/30: 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.

LA VERNE FRESH OLD TOWN CERTIFIED FARMERS MARKET

**Every Saturday Morning
8:00 AM to 1:00 PM - Rain or Shine!
Old Town La Verne
(corner of "D" and Third Street)**

The market features a wide variety of fresh fruits and vegetables, specialty foods, fresh flowers and plants, limited packaged food and unique handcrafted artisan goods. Live music is always provided. For current information, please check out La Verne Fresh on Facebook, or call (714) 345-3087 or (909) 596-8706.

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.

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.

SAVE THE DATE! DINNER DANCE EXTRAVAGANZA

**"Ohh La La! AN Evening in Paris!"
Sunday, May 22nd, 5:00-8:00 PM
At the La Verne Community Center
Tickets are \$10**

Bonjour! Join us for a Paris themed evening featuring a live ballroom band, dinner, dancing, wine and so much more! Pre-paid reservations must be made in order to attend. To choose your assigned table, register at the Community Services Office (3660 "D" St., City Hall) between the hours of 8:00 AM and 6:00 PM, Monday thru Thursday. For "best seat available" online registration is offered. Seating is limited, so do not delay! Come and purchase your "boarding pass" today! Please call (909) 596-8776 for more information.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
January 20, 2016
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 La Verne Senior Golf League wrapped up its activities for 2015 with three rounds of match play competition using the President's Cup format on Nov. 24, Dec. 1 and Dec. 8. The winning team with 7 points to the opponents' 6 points was led by its Captain, Larry Sigler. Larry's team defeated Mike Tierno's team by the aforementioned one point on the final day of competition that involved 7 one-on-one matches. With the teams tied at 3 points apiece after two rounds of competition in two-man teams, Sigler's team won 4 of the 7 one-on-one matches to best Mike's team. Each member of the winning team will receive \$10.

We will begin 2016 on Tuesday, Jan. 12 by competing in foursomes using the "Yellow Ball" format. In this format, one player on each hole will play a yellow ball, supplied by the Senior Golf League to each team. His gross score on that hole will be the team's score for that hole. In a foursome, 2 players will play the yellow ball on 5 holes and 2 players will play it on just 4 holes. If we have a threesome, or two of them, each player in the threesome will play the yellow ball 6 times during the round. The team with the lowest score will be the winners with \$10 going to each one on that team. The team with the second lowest score will get \$5 per player. We'll resume our usual competition for Closest to the Pin and Longest Putt on 5 of the 18 holes, with each of these contests worth \$5 to the winner. Our competition will begin at 9:00 AM on Jan. 12, so we ask all of our golfers to show up at Marshall Canyon by 8:30 AM so we can check in everyone and make any last minute adjustments to the pairings if there are some "no shows."

On our first golf date in 2016, everyone who wants to do so will have the opportunity to sign

up for the La Verne Senior Golf Cup competition. The cost to sign-up is just \$5 per golfer. Points will be earned between January and October-10 months. The 2 golfers, one in Flight #1 and one in Flight #2, who compile the most points during those 10 months, will split the total amount collected for this competition, minus the cost of their trophies. This will be our third year for the La Verne Senior Golf Cup competition. Art Hernandez won in both 2014 and 2015 for the first Flight, while Soc Galam duplicated his feat for the second Flight. Is this the year that some golfer, or perhaps two golfers, will knock off Art and Soc? Points are awarded each time we play with 25 points going to the first place golfer followed by 20, 15, 10 and 5 points being awarded to those who finish 2nd, 3rd, 4th and 5th in each Flight. The golfers with the most points at the end of October will be our winners. Golfers may sign-up for this competition through February. After that, no new golfers will be able to be a part of this competition. So, if you're considering joining the La Verne Senior Golf League, do so in January-or not later than the end of February-so you will have a lot of opportunities to win points for yourself.

If you'd like to be part of the La Verne Senior Golf League in 2016, call George Borst or Ed Linberg who are Co- Coordinators of the La Verne Senior Golf League. George's email address is: jega-borst2002@yahoo.com. His phone number is (909) 596-3982. Ed's email address is: emlinberg@earthlink.net. His phone number is (909) 392-6688. We urge any potential new members of the group to call us no later than Saturday, January 9 so you can be put into the pairings for our initial golf date on January 12. FYI, we play on the 2nd and 4th Tuesdays of each month, plus 5th Tuesdays every quarter. The cost to participate in this group, besides the green fee, is \$5 each time you play golf. These funds create the pool of money we use for prizes and they also cover the expenses the Co- Coordinators incur from time to time during the year. With the LA County Senior Golf card, the green fee with a cart to play at Marshall Canyon, or any other LA County Course is \$28 per year. It's a great bargain for Senior golfers age 65+. There are 17 courses it is good at.

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 JANUARY 2016

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.

Friday, January 1

Center Closed...HAPPY NEW YEAR!

Monday, January 4

(Mt. SAC Classes Winter Session Begins)

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

Tuesday, January 5

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, January 6

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

Thursday, January 7

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, January 8

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

Monday, January 11

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, January 12

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—**AARP Mature Driving**
 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, January 13

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

Thursday, January 14

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, January 15

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

Daily Calendar continued Tuesday, January 26

Monday, January 18

Center Closed...Happy Martin Luther King Jr. Day!

Tuesday, January 19

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, January 20

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

Thursday, January 21

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Basic Computing Level I
9:00 AM—Watercolor
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, January 22

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

Monday, January 25

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

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—**Mt. SAC Computer Class Registration (for Spring Session)**
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, January 27

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

Thursday, January 28

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Basic Computing Level I
9:00 AM—Watercolor
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility
6:00 PM—**Sunkissed Stitchers**

Friday, January 29

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

HAPPY NEW YEAR... 2016!

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

CLUBS, PROGRAMS & SERVICES CONT.....

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, January 22nd

Appointments subject to change.

SENIOR HELP LINE

The Senior Help Line, (909) 625-4600, is an information and referral help line you can call to have your questions answered by trained, knowledgeable people who want to help you. The Help Line service is in the office of Community Senior Services, located in Claremont. For further information, 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. ****Check out our website: theccclv.us**

Yearly Dues:

\$12/person per year

\$18/couple per year

JANUARY SCHEDULE

Wednesday, January 6th:

Golden Investment SIG 1:00-4:00 PM

Thursday, January 14th

Board Meeting 12:15 PM

General Meeting 1:00 PM - This meeting is open to the public



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.**



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, January 12th & Wednesday, January 13th

Driver Safety Program Renewal (1 day class):

Tuesday, February 9th

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

ACRYLIC PAINTING

Learn the 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

DAYS/TIME: Fridays, 9:00 AM - 12:00 PM
January 8 - January 29

FEE: \$110/session

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 interest 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: Blue 2007 Toyota Corola. 4 Cyl. 76,400 Mileage. Price \$6,000. Call (909) 593-6527 (After 12 PM).

Serpa Animal Carrier—used once \$80. **Collection of small to medium size stuffed Bears.** 16 of them—\$35 for all. **Collection of bells** - must see - over 50 - assorted sizes. \$90 for all. Call Evelyn at (909) 596-4985.

For sale: 80 cc Motor bicycle - near new. Black frame. 2 stroke gasoline. No driver's license necessary. Call Michael at (323) 236-6790 or email to michael-casarez14@yahoo.com.

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. Come & see them and make offer. Please call Betty Keller at (909) 593-3809.

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.

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**

2016



New Year's Word Search

C F B E G I N N I N G F G Y O P R X C X
 C E R X Y R A U N A J O H N A H X B V L
 C L L A B T O O F M E O J O Y O P Z X I
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 Z P M T U T U Z S L G Q P B R Q M O O Q
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WORDS TO

FIND:

- BEGINNING
- FRIENDS
- MIDNIGHT
- TIME
- CELEBRATIONS
- GAMES
- NEW
- YEAR
- EXPECTATIONS
- HAPPY
- PARADES
- JOY
- FAMILY
- HOLIDAY
- PARTIES
- FOOD
- HOPE
- PLANS
- FOOTBALL
- JANUARY
- RESOLUTIONS

JANUARY

city-sponsored lunch

Monday, January 4th

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

diabetes & hypertension

Wednesday, January 27th at 9:30 a.m.

Claremont place is coming to present the basics on diabetes & hypertension! You do not want to miss out on this FREE presentation! Call (909) 596-8776 to R.S.V.P. today!

chair massages

The last Wednesday of the month beginning at 12 p.m.

NEW! Come and enjoy a chair massage from Romana! For just \$10 for 15 minutes, she will have you feeling like new again. Make your appointment today by calling (909) 596-8776!

center closures

Friday, January 1st: New Year's Day

Monday, January 18th: Martin Luther King Jr. Day

hello 2016



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

