



MARCH 2016 SENIOR NEWSLETTER



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

Volume 19, Issue 3

2016

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EMERGENCY CARDS

Have you filled out an Emergency Card? Do you need to update any information on your preexisting card? Please see the front office to pick-up an Emergency Card today to keep your records up to date!

PICK YOUR OWN ORANGES AT HERITAGE PARK (5001 Via De Mansion) All thru 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.

NEW! SENIOR SEMINAR SERIES:
THE 4TH WEDNESDAY OF EVERY MONTH AT THE LA VERNE COMMUNITY CENTER
9:30 - 11:00 AM
R.S.V.P. to (909) 596-8776

BASIC HEARING TEST
Wednesday, March 23rd
Presented by Miracle Ear—Montclair
How is your hearing lately? Stop by and receive a free basic hearing test from Miracle Ear!

EASTER EGG HUNT

FREE - Saturday, March 26th
10:00 AM sharp - Ages 1 to 12 Years
Las Flores Park (3175 Bolling Ave) & Emerald Park (corner of Genesee & Chelsea)



Participants may gather eggs, candy and prizes. Bring your own basket to collect the eggs.

COOL CRUISE CLASSIC CAR SHOW

Saturday, March 26th
9:00 AM - 3:00 PM
Old Town La Verne ("D" & Third Street just south of Bonita)

This is always the biggest event every year in Old Town! Cool Cruise benefits the Alex Xydias Center for Automotive Arts, which educates students with the necessary skills needed to enter the automotive industry. For more information and registration, please contact Larry Trujillo at (626) 274-0011 or La Verne City Hall at (909) 596-8706. This is an event you don't want to miss!

SPECIAL CITY SPONSORED LUNCH

Thursday, March 17th
11:30 AM

Happy St. Patrick's Day!
Wear your green so you don't get pinched at this special St. Patrick's Day themed FREE Luncheon.

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. Please call the Community Center at (909) 596-8776 to schedule an appointment for FREE! Appointments will be held Tuesdays and Wednesdays 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!!****

**WINTER/SPRING
2016 TRIPS!**

**KNOTT'S BERRY FARM
"THE EARLY YEARS"
Wednesday, March 9th
THIS TRIP IS FULL!**

**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)**

**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
THIS TRIP IS FULL!**

**NEW! EAST MEETS WEST
(AUTRY CENTER, BUDDHIST
TEMPLE & LUNCH AT
BENIHANA)**

Wednesday, May 25th
First you'll learn about the legends of the Old West at the exciting Autry National Center. It's a showplace of historical Western artifacts and wonderfully creative exhibits. Next it's lunch at the famous Benihana Teppan

Restaurant. And it's not just the food that makes this place great—it's the way it's prepared! Lunch includes: Choice of Chicken, Steak or Shrimp, Stir Fry Vegetables, Rice, Salad, Green Tea Ice Cream or Sherbet and Japanese Tea. Then, it's off to the His Lai Buddhist Temple situated on a hilltop overlooking the La Puente Valley. Highlights of the tour include the Meditation Courtyard, Buddha Hall, the Bodhisattva Hall and Museum.

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

**THE GROVE/FARMER'S
MARKET & GRIFFITH
OBSERVATORY
Friday, June 17th**

Back by popular demand! We will start out at the Grove/Farmer's Market for shopping and dinner, then we are off to the Griffith Observatory. Plantarium tickets at the Observatory are available day of and are \$5/seniors and \$7/adults—it's a must see! Dinner will be on your own at the Grove/Farmer's Market where there are tons of places to choose from.

**AGE: All Ages
DEPARTURE TIME: 1:00 PM
RETURN TIME: 10:00 PM
FEE: \$25 (Dinner on your own)**



CONT. ON PAGE 3...

HEALTH AND WELLNESS

WINTER SPRING 2016 TRIPS CONT.

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

Wednesday, June 29th

This exciting day begins with lunch at the Harborside Restaurant in Newport Beach. Lunch includes: choice of Poached Salmon, Mahi Fish Tacos or Yankee Pot Roast, Bread and Dessert decided upon arrival. After lunch, you'll board the "Ocean Explorer" for a two-hour whale watching and dolphin adventure! This ship is 65-feet in length with a large upstairs sundeck, wrap around outdoor seating, snack bar with food and beverages, and indoor seating with large windows. Bring your camera for this spectacular day on the water!

AGE: All Ages

DEPARTURE TIME: 10:00 AM

RETURN TIME: 5:30 PM

FEE: \$60 (Lunch included)

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

TRAIL TREKKER HIKING PROGRAM

Keep fit while hiking the beautiful local foothills and Mt. Baldy as well as enjoying the safety of hiking with others. Hikes are Monday through Saturday in the morning. Program open to adults in good physical condition. Dogs on a leash okay.

For more information, call (909) 596-8776.

LEADERS ARE: Phyllis & Bill Helm, Michael Pearlman, Kiam Oey and Jim Gilleland

JAZZERCISE

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a calorie-torching dance party workout with a fun play list to distract you from the burn. Stop working out. Start working it...with Jazzercise.

INSTRUCTOR: Carole Baldwin

DATES & TIME: Mondays & Wednesdays
6:15-7:15 PM at the Community Center - Ongoing

FEE: \$39

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.

MARCH SCHEDULE

Wed. 3/2: San Dimas Canyon Park

Walk to dog park area & back

Fri. 3/4: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/7: Senior Center

Walk to Hillcrest area & back

Wed. 3/9: Heritage Park La Verne

Walk thru the park & flood control

Fri. 3/11: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/14: Thompson Creek

Walk trail to end of road & back

Wed. 3/16: Claremont 10th & Indian Hill

Walk the area & back

Fri. 3/18: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/21: Thompson Creek

Walk trail to end of road & back

Wed. 3/23: Claremont 10th & Indian Hill

Walk the area & back

Fri. 3/25: Brackett Field Airport

Walk to Puddingstone & back

Mon. 3/28: Thompson Creek

Walk trail to end of road & back

Wed. 3/30: 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.

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,
March 16th

10:00 to 11:15 AM

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

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

Lost & Found

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



THE SENIOR GOLF LEAGUE OF LA VERNE



We are two months into our competition for 2016. The race for the La Verne Senior Cup, which will be awarded at the end of October, is very close right now. There's a long way to go so there's many opportunities for those who are lagging behind to date to catch up and pass our current leaders: Fred Vera in Flight #1 with 45 points and Raul Vargas in Flight #2 who also has 45 points to date.

Speaking of Raul Vargas, on February 27 he will be honored by the California Hospital Medical Center Foundation at the Jonathan Club in Los Angeles. He is being recognized for his work with the Hope Street Fund Development Committee, as well as his work at USC where he, since 1972, tirelessly assisted Latino students to attend the university, plus his service as a member of the Board of Directors of the Hospital's Community and Foundation Boards. Congratulations, Raul, for a job well done over many years!

We will play three times in March since there are 5 Tuesdays. The dates are March 8, March 22 and March 29. The formats for the second and fourth Tuesday have not yet been determined by our coordinators, George Borst and Ed Linberg. However, we do know that the format for the 5th Tuesday will be a 4-Man Scramble. (Once again, we'll change that "male terminology" if some women choose to join us.)

If you'd like to join the La Verne Senior Golf League, whether you are a woman or a man, contact Ed Linberg or George Borst. You may contact Ed at this email address:

emlinberg@earthlink.net. George's email address is:

jegaborst2002@yahoo.com. If you prefer to talk to a person, you can reach Ed at (909) 392-6688 or George at (909) 596-3982. We play on the second and fourth Tuesdays of the month beginning at 9:00 AM. We also play on fifth Tuesdays once a quarter, as already noted we'll do in March.

We are continuing to keep ourselves informed about the various ideas that are floating around about the future of Marshall Canyon, the course we've played regularly throughout our 15 years of fun playing golf twice a month!

For your information, as a potential new player in the La Verne Senior Golf League, 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 of 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 and what golfer doesn't like to get money in his or her 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 MARCH 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.

Tuesday, March 1

8:30 AM—Tax Aide
 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, March 2

8:30 AM—Tax Aide
 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, March 3

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

Friday, March 4

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

Monday, March 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, March 8

8:30 AM—Tax Aide
 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, March 9

8:30 AM—Tax Aide
 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, March 10

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

Friday, March 11

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

Monday, March 14

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, March 15

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—Tax Aide
 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

Daily Calendar continued

Wednesday, March 16

8:30 AM—Tax Aide
 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, March 17

Happy St. Patrick's Day!

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Basic Computing Level I
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—Special City Sponsored Lunch
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, March 18

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

Monday, March 21

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, March 22

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—Tax Aide
 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, March 23

8:30 AM—Tax Aide
 9:30 AM—Bone Builders
 9:30 AM—Basic Hearing Test Seminar
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, March 24

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Basic Computing Level I
 9:00 AM—Drawing
 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 Stitches

Friday, March 25

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

Saturday, March 26

10:00 AM—Easter Egg Hunts at Las Flores & Emerald Parks

Sunday, March 27

Happy Easter!

Monday, March 28

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, March 29

8:00 AM—Aerobics (Healthy Aging)
 8:30 AM—Tax Aide
 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, March 30

8:30 AM—Tax Aide
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:00 PM—Chair Massage
 12:15 PM—Bridge
 6:15 PM—Jazzercise
 7:00 PM—Folk Dancing (Veterans Hall)

Thursday, March 31

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

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, March 25th

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

MARCH SCHEDULE

Wednesday, March 2nd:

Golden Investment SIG 1:00-4:00 PM

Thursday, March 10th:

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 \$200...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, March 8th & Wednesday, March 9th

Driver Safety Program Renewal (1 day class):

Tuesday, April 5th

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, 7:00-8:00 PM

March 3 - March 24

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, 12:30-3:30 PM

March 4 - March 25

FEE: \$110/session

FUNDRAISING 101

Join us and learn how to keep the "FUN" in fundraising! You will learn some great tips on keeping your donors and volunteers motivated. Plus, and most importantly, keep yourself from feeling that "burnout."

INSTRUCTOR: Ana Marie Martinez-Devery

DAYS/TIME: Tuesdays and Thursdays,

5:30-7:30 PM

March 8 & March 10

or

April 26 & April 28

FEE: \$30

LOCATION: Community Center

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

Next session: March 5 - March 26

FEE: \$90/session

LA VERNE WRITERS' GROUP (LVWG)

The LVWG is a group of local writers who come together for help and support. A round-table discussion is held to critique each other's individual writings. We also hold an annual book reading to showcase our work.

The group is open to writers who have acquired all the necessary writing skills and are interested in critiquing their work. Prospective members will be asked to attend one month of the basic writing classes on Thursday nights.

The LVWG meets at the La Verne Community Center on Fridays from 1:30-3:30 PM. The fee is \$10 for four weeks. Anyone interested may contact us at LVWG@gmail.com.

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 Milage. Price \$6,000. Call **(909) 593-6527 (After 12 PM).**

Sherpa Animal Carrier—used once \$85. **Ladies Cowboy Boots**, Sizes 8 and 8.5, 6 pairs—\$50 each. **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) 596-4984.**

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 **michaelcasarez14@yahoo.com.**

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...

May the wind at your back
not be the result
of the corned beef and cabbage
you had for lunch.



Happy St. Patrick's Day

***What do you get when you cross poison ivy
with a four-leaf clover?**

A rash of good luck.

***Why can't you borrow money from a
Leprechaun?**

Because they're always a little short.

***How can you tell if an Irishman is having a
good time?**

He's Dublin over with laughter!

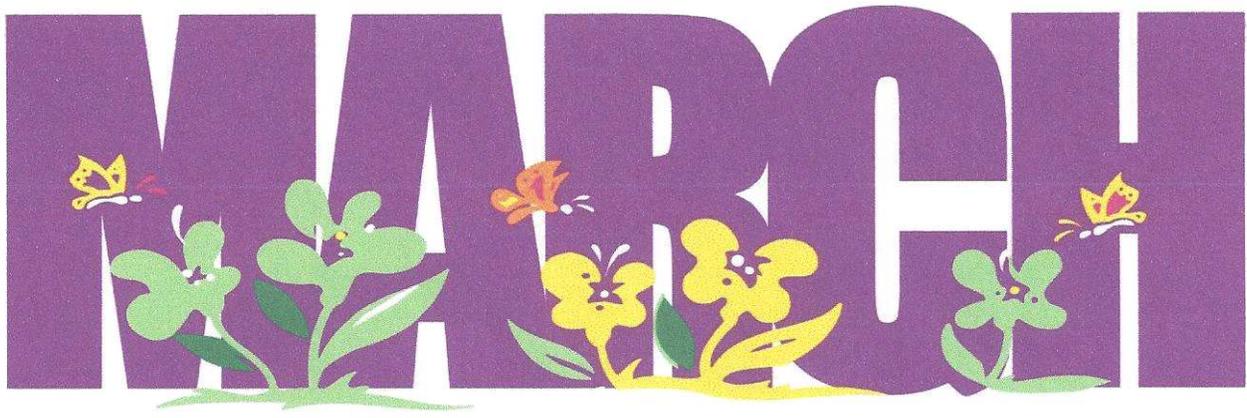
***Why don't you iron 4-leaf clovers?**

Because you don't want to press your luck!

***What do you get when you cross a pillowcase
with a stone?**

A Sham Rock.

MARCH



City-Sponsored Lunch

Thursday, March 17th

Come join us for a free St. Patties' day themed lunch with our nutrition program! You must be registered and R.S.V.P. at least 24 hours in advance to (909) 596-8778 to attend.

Basic Hearing Test

Wednesday, March 23rd @ 9:30 a.m.

HUH!?! WHAT?! How is your hearing lately? Stop by on the 4th Wednesday of the month to receive a free basic hearing test from Miracle Ear – Montclair! R.S.V.P. to the Community Center at (909) 596-8776 today!

Chair Massage

Last Wednesday of Every Month beginning @ 12 p.m.

Have you tried our new chair massage yet?! For just \$10 for 15 minutes, Romana will have you feeling like new! Make an appointment by calling (909) 596-8776 today!

Make sure to wear green on March 17th! Happy St. Patrick's Day!

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

