



MAY 2016 SENIOR NEWSLETTER



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

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2016

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PLEASE NOTE:

The Center & City Hall will be **CLOSED** on Monday, May 30th in observance of Memorial Day. Thank you.

CONGRATS TO OUR VOLUNTEERS!

On April 14th our annual Volunteer Recognition Brunch was held to recognize the wonderful effort by our City of La Verne Volunteers! Some special awards went out-Congrats to our winners:

OUTSTANDING OLDER AMERICAN:

Marlou Faustini

NUTRITION PROGRAM VOLUNTEER OF THE YEAR:

Barbara Jackson

RSVP VOLUNTEER OF THE YEAR:

Yolanda Valdez

SPECIAL DEDICATION AWARD:

Emilio Contreras

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

9:30 - 11:00 AM

R.S.V.P. to (909) 596-8776

AGELESS LIVING

Wednesday, May 25th

*Presented by Forever Youthful Image
Come learn how to look, move, and feel years younger than you really are!*

DINNER DANCE EXTRAVAGANZA

Sunday, May 22nd

5:00-8:00 PM

BONJOUR!

For just \$10, enjoy an "Evening in Paris" filled with live music by Global Affair, dancing, a lovely dinner, wine and much more! R.S.V.P. today at the Community Services Office in City Hall, Monday-Thursday 8:00 AM-6:00 PM. Seating is limited, so don't delay!

For "best seat available" online registration is offered:

www.ci.la-verne.ca.us

For more info, please call (909) 596-8700.

Come in and purchase your "boarding pass" today!



Thank you to our sponsors:

*Humana,
TMB
Insurance
Services &
Casa Colina.*

SPECIAL CITY SPONSORED LUNCH

Monday, May 9th

11:30 AM

Come to celebrate all of the mothers and grandmothers at this special Mother'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.



MT. SAC COMPUTER REGISTRATION FOR THE SUMMER SESSION

Tuesday, May 10th

10:00 AM

Registration for the Mt. SAC Computer Classes for the Summer Session that begins in June (Basic Computing Level I, Internet Research & Digital Photography) will be held at the Community Center on Tuesday, May 10th at 10:00 AM. Arrive early to receive a number.

Classes are then filled up on a first-come-first-served basis.

Students MUST be present to register for these free classes.

Summer session runs from June 20th thru July 29th.

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!**

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, Buddah 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're 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)

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)

**NEW SUMMER/FALL
2016-2017 TRIP S!!**
Mail-in & Online Registration:

**Begins at 8:00 AM on
Tuesday, May 17th**
Walk-in Registration:
**Begins at 8:00 AM on
Monday, May 23rd**

AQUARIUM OF THE PACIFIC & PIKE PLACE

Wednesday, July 20th

Take a journey of discovery through the world's largest ocean at the Aquarium of the Pacific in Long Beach. Explore the exhibits and come face-to-face with, even touch, the ocean's ultimate predators in Shark Lagoon, and hand feed lori-keet birds. Afterwards, enjoy the afternoon at Pike's Place if you wish. Explore the different shops and restaurants. Lunch will be on your own either at the Aquarium or Pike Place.

There can be a lot of walking, so wear comfortable shoes. This makes for a GREAT summer afternoon!

AGE: 18 Years & Up
DEPARTURE TIME: 9:00 AM
RETURN TIME: 3:30 PM
FEE: \$32 (Lunch on your own)

REAGAN PRESIDENTIAL LIBRARY WITH NEW VATICAN SPLENDORS EXHIBIT

Thursday, July 28th

You will be on a self-guided tour of the nation's largest and most elaborate library and museum. Audio wands are available to rent there for \$5. The NEW "Vatican Splendors" Exhibit is a 12,000 square foot exhibition, comprising one of the largest Vatican collections ever to tour the U.S., which includes an extraordinary collection of historical and religious objects as well as works of art by Michelangelo, Bernini, Guercino, and others. From the opening theater experience, to the closing object of a cast of Saint Pope John Paul II's hand (which guests may grasp), visitors will encounter the art, history and culture of the Vatican with unprecedented access and insight.

AGE: 18 Years & Up
DEPARTURE TIME: 9:00 AM
RETURN TIME: 5:00 PM
FEE: \$35 (Lunch on your own)

HEALTH AND WELLNESS

TRIPS CONT.

SHERMAN LIBRARY & GARDENS & FASHION ISLAND

Thursday, August 4, 2016

Sherman Library & Gardens is a 2.2 acre Corona Del Mar horticultural retreat. The Gardens provide a museum of living plants, displayed amidst a setting of immaculate gardens, patios and conservatories linked together by wide brick walkways, beds blooming with seasonal flowers and bubbling tile fountains. We will have a one-hour guided tour. Then we will head over to the beautiful Fashion Island outdoor shopping mall in Newport Beach for some shopping and lunch on your own.

AGE: 18 Years & Up

DEPARTURE TIME: 10:00 AM

RETURN TIME: 5:00 PM

FEE: \$30 (Lunch on your own)

LAUGHLIN GETAWAY (3 DAYS-2 NIGHTS) AT THE RIVERSIDE RESORT HOTEL & CASINO FEATURING THE LAUGHLIN LUAU PARTY

Wednesday, August 24-Friday, August 26

Clinging to the banks of the Colorado River, Laughlin, Nevada is a neon oasis of excitement! Join us for a 3 day and 2 night adventure at the Riverside Resort, including the special Laughlin Luau Party! This package includes: Bus transportation, 2 nights at the hotel, 2 breakfast buffets, 1 buffet of choice and a Luau Party in the Starview Room with a buffet dinner and entertainment. It's a party you don't want to miss!

AGE: 21 Years & Up

DEPARTURE TIME: 8:00 AM (Aug. 24)

RETURN TIME: 6:00 PM (Aug. 26)

FEE: \$150 per person (double occupancy)

\$165 per person (single occupancy)

****FOR A FULL LIST OF UPCOMING TRIPS, CHECK THE NEW SUMMER-FALL RECREATION GUIDE (MID-MAY) OR GO ONLINE AT www.ci.la-verne.ca.us**

***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):

- **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.

MAY SCHEDULE

Mon. 5/2: Senior Center

Walk to Hillcrest area & back

Wed. 5/4: Heritage Park La Verne

Walk thru the park & flood control

Fri. 5/6: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/9: Thompson Creek

Walk trail to end of road & back

Wed. 5/11: San Dimas Canyon Park

Walk to dog park area & back

Fri. 5/13: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/16: Thompson Creek

Walk trail to end of road & back

Wed. 5/18: Claremont 10th & Indian Hill

Walk the area & back

Fri. 5/20: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/23: Thompson Creek

Walk trail to end of road & back

Wed. 5/25: Claremont 10th & Indian Hill

Walk the area & back

Fri. 5/27: Brackett Field Airport

Walk to Puddingstone & back

Mon. 5/30: Thompson Creek

Walk trail to end of road & back

**For further information or questions contact:
Anna Grubb (909) 730-3322**

Upcoming Events & Programs...

COMMUNITY SENIOR SERVICES VOLUNTEER ESCORT/DRIVER REIMBURSEMENT PROGRAM

This program is designed to help senior and disabled residents of Claremont, La Verne, Pomona and San Dimas who can't easily use existing transportation. Program participants recruit their own volunteer drivers from among their friends and neighbors. Passengers then have the means to reimburse them for mileage costs. The program is allowed to cross city and county lines, but most importantly it provides an opportunity for volunteers to share companionship and friendships. And that's the whole idea behind Community Senior Services, which is acting as the umbrella agency. Community Connections staff will do extensive phone interviews with applicants. For more information or to apply, call (909) 621-9900 Monday through Friday from 11:00 AM to 3:00 PM.

GARDENING AS THERAPY

Feeling stressed, anxious, or depressed? Do you have difficulty managing anger or connecting with your children, family, or friends? If so, then Therapeutic Community Gardening may be able to help you. Therapeutic Community Gardening (TCG) is a free program open to all residents of the cities Pomona, Claremont, and La Verne. Weekly groups are conducted with families (parents/caregivers & their children), youth (ages 16-25), adults (of all ages), and military veterans. Through gardening and group activities, participants learn how to grow their own fruits, vegetables, flowers, herbs, and other plants, while connecting with others in their community and having fun! For more information contact Luis Resendez at (909) 784-3299 or lresendez@tricitymhs.org. All calls are confidential.

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.

LA VERNE HISTORICAL SOCIETY SAM MALOOF HOUSE TOUR

Friday, May 20th

The La Verne Historical Society is sponsoring an exclusive tour of the Sam Maloof House and Garden on Friday, May 20th. Sam Maloof was an internationally known woodworker and created many beautiful furniture pieces that are exhibited in museums throughout the world. He is perhaps best known for making the famous President Kennedy rocking chair. Transportation will be provided FREE and the bus for this event will start loading at 8:45 AM and leave at 9:00 AM. The bus will return at 2:30 PM. Participants need to bring a sack lunch and drink. The tour will leave from the home of Sherry Best at 3949 Bradford Street in La Verne. Ample parking is available on the street. The Maloof House & Garden Tour is available to La Verne Historical Society members for a cost of \$20. A yearly membership in the La Verne Historical Society is \$15 for a single or couple. The total for non-members to participate on this tour is \$35.

Please contact Sherry Best at sbest@lavernehistoricalociety.org or (909) 596-4679 to RESERVE YOUR SEAT or if you have questions about this event. Seating is limited to 40 participants and reservations are required.

DISASTER PREPAREDNESS ANNUAL WORKSHOP

**Wednesday, June 8th, 4:00-5:00 PM
at the Community Center**

As part of the City of La Verne's ongoing efforts to be prepared in the event of a disaster, this annual meeting is meant to bring together all of the leaders of clubs, organizations, churches, mobile home parks, and businesses that will need to work together in the event of a disaster. This group only meets once a year, so, if you're interested, in presenting, please call Bill Aguirre at (909) 596-8700 To R.S.V.P. call (909) 596-8776.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
May 11th

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



Raul Vargas was the winner of our version of the Masters Golf Tournament which the pros played in Augusta, Georgia, April 7-10, while we played our version on April 12. Raul's Masters partner was David Berger. We combined his 1 over par 289 from Augusta with Raul's net score of 64 on April 12. That gave Raul a score of 353, good for a 1 stroke victory over Hans Assarian whose Masters partner was the winner, Danny Willett. Raul won \$20, plus a Hunter Green Golf Shirt for his efforts. Hans won the Closest to the Pin competition on April 12 on hole #2. His tee shot was just 11 inches from the pin missing a hole-in-one by that much! That's the closest any of our golfers have come to getting an ace since we've been playing going back to 2000. One of these days, one of our golfers is going to get that elusive ace!

One of our members, Emilio Contreras, was recognized on April 14th during the April 14th during the City of La Verne's annual Volunteer Recognition Brunch. He received the special Dedication Award for his work as a volunteer with the City of La Verne, primarily as part of their Nutrition Program. Congrats Emilio!

If you'd like to join the La Verne Senior Golf League, whether you are a women or a man, 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.

Our second golf date, April 26 will occur before this article is seen in the Senior Newsletter, so we are unable to report on it. However, we take this opportunity to remind all of our golfers, including we hope some potential new members, that we will play three times in May—the 10th, the 24th and the 31st since there are 5 Tuesdays next 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 MAY 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 Summer/Fall 2016-2017 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Monday, May 2

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

Tuesday, May 3

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

Wednesday, May 4

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 1:00 PM—**Golden Investment Meeting**
 6:15 PM—Jazzercise

Thursday, May 5

9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 AM—Balance & Mobility

Friday, May 6

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

Sunday, May 8

Happy Mother's Day!

Monday, May 9

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, May 10

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—**Mt. SAC Summer Registration**
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, May 11

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

Thursday, May 12

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, May 13

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

Daily Calendar continued

Monday, May 16

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

Tuesday, May 17

8:00 AM—**Online/Drop box Registration begins for Excursions!**

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

Wednesday, May 18

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

Thursday, May 19

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Internet Research
 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

Friday, May 20

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

Sunday, May 22

5:00 PM—**Senior Dinner Dance Extravaganza!**

Monday, May 23

8:00 AM—**Walk-in Registration begins for Excursions!**
 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, May 24

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

Wednesday, May 25

9:30 AM—Bone Builders
 9:30 AM—**Senior Seminar Series—
 "Ageless Living"**
 11:30 AM—Senior Lunch Program
 12:00 PM—**Chair Massage**
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, May 26

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Internet Research
 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, May 27

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

Monday, May 30

CENTER CLOSED...Memorial Day!

Tuesday, May 31

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

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 \$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 \$3 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.**

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, May 4th:

Golden Investment SIG 1:00-4:00 PM

Thursday, May 12th:

Board Meeting 12:15 PM

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

DUPLICATE BRIDGE

Do you like to play Bridge?
Would like to join a great group of people to play?
Duplicate Bridge is here at the Community Center every Wednesday from 12:15-4:00 PM. Please call leader Barbara before joining at (909) 592-8524.

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, May 27th

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.**

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, May 10th & Wednesday, May 11th

Driver Safety Program Renewal (1 day class):

Tuesday, June 7th

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, 6:30-7:30 PM

May 5 - May 26

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

May 6 - May 27

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

May 10 & 12

&

May 24 & May 26

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: May 7 - May 28

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: 8 Ft. Sofa Bed-never used-\$250. **Tiffany Floor Lamp**-\$250. **Oval Glass Table**-\$35. **Antique Director Chair**-\$75. **Antique Chime Clock**-\$75. **Antique Solid Glass Table** (heavy)-\$200. **Antique Fainting Coach**-\$400. **Antique Setee**-\$150. Please call Sandi Decker at (909) 596-2746.

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 michael-casarez14@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 Sextagon, 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.

Woman's Bicycle, Hoe, Rakes, Shovel, For Sale Signs– C-21 Real Estate: Listing to Closing, Leg Magic Machine (increases strength & muscle mass in legs), **Men's New Flippers** Size 8 & 9 & **Sleeping Bag**-good condition all for Sale. Call Joan at (909) 596-7278.

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.

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 2016”)



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



An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly." The other man said, "what is the name of the restaurant?"

The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man.

He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"



Keep your eyes peeled for our new Summer/Fall Recreation Guide!

City-Sponsored Lunch

Thursday, May 9th, 2016

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

Senior Dinner Dance Extravaganza

Sunday, May 22nd, 2016 from 5-8 p.m.

Bonjour! Join us for a Paris themed evening featuring the ballroom band, Global Affair, a lovely dinner, wine, dancing, and much more! Tickets are just \$10! R.S.V.P.s must be made prior to the event and can be done so in the Community Services Office in City Hall by May 19th. Limited seating is available!



Humana.



CASA COLINA
Hospital and Centers for Healthcare



TMB Insurance Services

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

