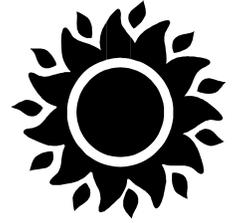


# JUNE 2016 SENIOR NEWSLETTER



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

Volume 19, Issue 6

2016

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### 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

#### "LEARN METRO"

Wednesday, June 22nd

*Presented by L.A. Metro - On the Move  
Riders Club*

Questions about the Metro? Come to this  
free seminar to learn all of the ins and  
outs and catch that bus!

### SPECIAL CITY SPONSORED LUNCH

Monday, June 20th

11:30 AM

Come and celebrate all of the  
fathers & grandfathers at this  
special Father'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.



### SUMMER CONCERTS IN THE PARK

Sundays at 6:30 PM

Heritage Park (5001 Via De Mansion)

Mark your calendars and come enjoy the  
evening with your family and friends. Come  
with your own blankets and/or lawn chairs  
and enjoy the wonderful music while relaxing  
in the warm, balmy summer nights. There are  
food vendors and great raffle prizes. For

more information check out  
[www.laverneheritage.org](http://www.laverneheritage.org) or call  
(909) 293-9005.

#### JUNE 12th

"Lisa Haley & the Zydekats" -  
American/Cajun/Zydeco

#### JUNE 26th

"Kings of 88" - Piano Rock

#### JULY 10th

"Hard Days Night" - Beatles Tribute

#### JULY 24th

"SUAVE" -Variety

#### AUGUST 7th

"The Answer" - Classic Rock



### ANNUAL DISASTER PREPAREDNESS WORKSHOP

Wednesday, June 8th

4:00-5:00 PM

La Verne  
Community Center

As part of the City'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 are  
interested, please call Bill  
Aguirre at (909) 596-8700.

### GOLDEN INVESTMENT CLUB SPECIAL SPEAKER

Wednesday,  
June 1st  
1:00-3:00 PM  
Classroom 1

The Golden Investment  
Club will be having  
special speaker, Howard  
Hawkins, on wills, trusts  
and deeds. This special  
meeting is open to the  
public. Please reserve  
your seat by calling the  
front office  
(909) 596-8776 or  
group leader, Bob Davis  
at (626) 963-5587.

**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.

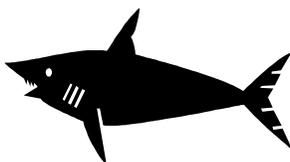
**\*\*Trips scheduled to change!!\*\***

**REGISTRATION AVAILABLE NOW FOR ALL TRIPS!**

**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 lorikeet 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)**

**SHERMAN LIBRARY & GARDENS & FASHION ISLAND**

Thursday, August 4th

Sherman Library & Gardens is a 2.2 acre Corona Del Mar horticultural retreat. The Gardens provide a museum of living plants, 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 24th-

Friday, August 26th

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)**

**NEW! COLORFUL SONGS OF BROADWAY "THE 40'S FOLLIES" SHOW & LUNCHEON**

Wednesday, September 21st

Join us for a special "40's Follies" musical revue. Big bands were bigger than ever, swing was in full swing, and fans swooned for crooners like Sinatra and Crosby.

Enjoy songs from great musicals like Showboat, South Pacific, Oklahoma and Carousel. Luncheon includes choice of Chicken Parmesan or

Veggie Pasta, Mashed Potatoes, Rolls, Vegetables, and Ice Cream Sundae, Coffee, Tea and Wine. There is also shopping and a raffle available at the show. Show is at Almansor's Court in Alhambra.

**AGE: 50 Years & Up**  
**DEPARTURE TIME: 10:15 AM**  
**RETURN TIME: 4:30 PM**  
**FEE: \$62 (Luncheon & Wine included)**

**CONT. ON PAGE 3...**

## HEALTH AND WELLNESS

### TRIPS CONT.

#### VALLEY VIEW CASINO (2 CHANCES TO GO!)

Wednesday, September 28th

Wednesday, January 25th

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!"

**AGE: 21 Years & Up**

**DEPARTURE TIME: 9:00 AM**

**RETURN TIME: 6:00 PM**

**FEE: \$25 (Lunch on your own)**

#### A DAY IN SOLVANG

Saturday, October 8th

Come enjoy the fall season on one of our most popular trips! The day is yours to enjoy the sights, sounds and tastes of the storybook Danish town that is Solvang. Located in the lush Santa Ynez Valley you'll see a traditional Danish windmill and smell the aroma of fresh-baked pastries. Lunch and shopping is on your own.

**AGE: All Ages**

**DEPARTURE TIME: 8:00 AM**

**RETURN TIME: 6:30 PM**

**FEE: \$30 (Lunch on your own)**

#### NEW! TANAKA FARMS FOR PUMPKIN SEASON & LUNCH AT BUCA DI BEPPO

Thursday, October 27th

Experience life on a farm at Orange County's largest U-Pick farm. Climb aboard a tractor-driven wagon for a narrated ride around a 30-acre working farm to see how your favorite fruits and vegetables grow. While on the tour, you will have many chances to taste the fruits and vegetables that you see growing. At the end of the tour, you will get your own personal-sized pumpkin to take home. Lunch at the famous "Buca di Beppo" is also included. Lunch includes Spaghetti, Chicken Parmigiana, Fettucini Alfredo, Salads and Dessert.

**AGE: All Ages**

**DEPARTURE TIME: 10:30 AM**

**RETURN TIME: 5:30 PM**

**FEE: \$60 (Pumpkin & Lunch included)**

**\*\*FOR A FULL LIST OF UPCOMING TRIPS, CHECK THE NEW SUMMER-FALL RECREATION GUIDE OR GO ONLINE AT [www.ci.la-verne.ca.us](http://www.ci.la-verne.ca.us)**

**\*QUESTIONS? Call**

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

### FREE - BLOOD PRESSURE CHECK

*Sponsored by: Health Care Partners*

Come get your blood pressure checked at the Community Center on the 1st Thursday of every month from 10:00 AM-12:00 PM!

***\*Thursday, June 2nd\****

### 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.

#### JUNE SCHEDULE

**Wed. 6/1: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 6/3: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 6/6: Thompson Creek**

Walk trail to end of road & back

**Wed. 6/8: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 6/10: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 6/13: Thompson Creek**

Walk trail to end of road & back

**Wed. 6/15: Heritage Park La Verne**

Walk thru the park & flood control

**Fri. 6/17: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 6/20: Thompson Creek**

Walk trail to end of road & back

**Wed. 6/22: Claremont 10th & Indian Hill**

Walk the area & back

**Fri. 6/24: Brackett Field Airport**

Walk to Puddingstone & back

**Mon. 6/27: Thompson Creek**

Walk trail to end of road & back

**Wed. 6/29: 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.

### **MT. SAC FALL SESSION COMPUTER REGISTRATION FOR THE FALL SESSION**

**Tuesday, July 19th**

**10:00 AM at the Community Center**

Registration for the Mt. SAC Computer classes for the Fall session that begins in late August will be held on Tuesday, July 19th 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 classes.

**Fall session runs from August 29th thru  
December 16th.**

### **4TH OF JULY CELEBRATIONS**

**Monday, July 4th**

**Schedule of Events**

- **PANCAKE BREAKFAST**

6:30 - 11:00 AM at the Methodist Church (3205 "D" Street) \$5 each (includes 3 pancakes & 3 sausages)

- **PARADE**

10:00 AM starting at the corner of 10th St. and "D" St., travels south to Bonita Ave., west on Bonita Ave. to Magnolia, south on Magnolia to Third St., east on Third St. to "G" St., north on "G" St. to Bonita Ave., west on Bonita Ave. to "F" St., north on "F" St. to 8th St., west on 8th St. to "D" St. and north on "D" St.

- **ROTARY SPONSORED FREE  
WATERMELON**

Following Parade at approximately 11:30 AM at Roynon Elementary School (at "D" & 8th St.)

- **COUNTRY FAIR**

11:00 AM-2:00 PM at Roynon Elementary School (at "D" & 8th St.) Vendors, entertainment, carnival rides and much more!

- **53RD ANNUAL DEEP PIT BBQ**

5:00-7:00 PM at the Methodist Church (3205 "D" St.) \$10/adult, \$5/child, \$30/family pack (includes beef & turkey, buttered bread, slaw, drinks and dessert)

- **FIREWORKS SHOW**

Bonita High School Stadium (3102 "D" St.)

5:00 PM: Ticket booths open

6:00 PM: Gates open

7:00 PM: Show Time

9:30 PM: Show concludes

\$7/adult (13 & Up), \$6/child (5 to 12)

Children 4 & under free

Pre-sale discount of \$1 per ticket if bought before  
July 4th

Entertainment: "The Ravelers"

## CLUBS, PROGRAMS & SERVICES

### Senior Citizens Advisory Committee

Wednesday,  
June 15th

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



Our second May golf date, May 24th will occur before this article is seen in the Newsletter, so we can not report on it. Mike Tierno won our May 10th tournament-Nines, a format in which each hole was worth 9 points-5 for the lowest net score, 3 for the second lowest net score and 1 for the third lowest net score. With ties on almost every hole, Mike earned 17 3/4ths points. He also won the Closest to the Pin Contest on #2 which was worth \$10 since no one won the \$5 prize on April 26th. Mike won \$30 in one day. He's thinking of "turning Pro" after his victory. We are playing on May 31st-a fifth Tuesday. Our format will be a four-man scramble. We have two golf dates in June-June 14th and June 28th. The formats for those dates are yet to be determined. We are looking at pairing up our golfers, through a drawing, with the top finishers at the US Open at the end of the month as we did with the Master's Tournament for our first round of golf in April.

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: [emlinberg@earthlink.net](mailto:emlinberg@earthlink.net) or George at: [jegaborst2002@yahoo.com](mailto: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.

For your information, 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 the 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 JUNE 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.

### Wednesday, June 1

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

### Thursday, June 2

8:00 AM—Aerobics (Healthy Aging)  
 9:00 AM—Drawing  
 9:00 AM—Internet Research  
 9:30 AM—Bone Builders  
 10:00 AM—**Blood Pressure Check**  
 11:30 AM—Senior Lunch Program  
 1:00 PM—Tai Chi  
 1:30 AM—Balance & Mobility

### Friday, June 3

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, June 6

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, June 7

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, June 8

9:30 AM—Bone Builders  
 11:30 AM—Senior Lunch Program  
 11:30 AM—Canasta  
 12:15 PM—Bridge  
 4:00 PM—**Disaster Preparedness Workshop**  
 6:15 PM—Jazzercise

### Thursday, June 9

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

### Friday, June 10

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, June 13

**(Mt. SAC Classes on Break this Week)**  
 9:00 AM—Senior Social Club  
 11:30 AM—Senior Lunch Program  
 6:15 PM—Jazzercise

### Tuesday, June 14

9:30 AM—Bone Builders  
 11:30 AM—Senior Lunch Program  
 6:00 PM—Woodcarvers

### Wednesday, June 15

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

## Daily Calendar continued Friday, June 24

### Thursday, June 16

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

### Friday, June 17

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

### Sunday, June 19

*Happy Father's Day!*

### Monday, June 20

**(Mt. SAC Summer 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, June 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—Gardening  
1:30 PM—Balance & Mobility  
6:00 PM—Woodcarvers

### Wednesday, June 22

9:30 AM—Bone Builders  
9:30 AM—**Senior Seminar Series—  
"Learn Metro"**  
11:30 AM—Senior Lunch Program  
12:15 PM—Bridge  
6:15 PM—Jazzercise

### Thursday, June 23

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 Stitchers**

9:00 AM—Basic Computing Level II  
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, June 27

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

### Wednesday, June 29

9:30 AM—Bone Builders  
11:30 AM—Senior Lunch Program  
12:15 PM—Bridge  
6:15 PM—Jazzercise

### Thursday, June 30

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

**FIRST DAY OF SUMMER...  
MONDAY, JUNE 20th!**



# 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](http://theccclv.us)**

**Yearly Dues:**

**\$12/person per year**

**\$18/couple per year**

#### **JUNE SCHEDULE**

**Wednesday, June 1st:**

Golden Investment SIG 1:00-4:00 PM

**Thursday, June 9th:**

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, June 24th**

**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 Renewal (1 day class):**

Tuesday, August 9th (June canceled)

#### **Driver Safety Program (2 day class):**

Tuesday, July 12th & Wednesday, July 13th

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

### **YOGALATES (YOGA & PILATES)**

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

**INSTRUCTOR:** Victoria Galvez

**DAYS/TIME:** Thursdays, 6:30-7:30 PM

June 2 - June 23

**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

June 3 - June 24

July 8 - July 29

**FEE:** \$110/session

### **NEW! - ADULT STRETCH & TONE**

A fun and enjoyable way to tone and stretch your body to soothing classical music in a comfortable environment. Wear a leotard, stretch pants and ballet slippers. Bring a mat and your water bottle. Experienced classical ballet instructor.

**INSTRUCTOR:** Nancy Sample

**DAYS/TIME:** Fridays

6:15 - 7:15 PM

**FEE:** \$82

**LOCATION:** Community Center

**SESSIONS:** June 10—July 29

August 5—September 23

### **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: July 6 - July 27

**FEE:** \$90/session

### **NEW! - MAT PILATES**

Pilates is a mind body and core strengthening exercise program that improves balance, flexibility and coordination. All levels of fitness welcome. Bring mat, water and towel.

**INSTRUCTOR:** Tami Tavares Nichols -  
Polestar Pilates Practitioner

**DAYS/TIME:** Fridays, 6:30-7:30 PM

June 3 - July 1

July 15—August 12

September 9 - September 30

October 14 - November 4

**FEE:** \$28/session

## 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 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.

**For Sale—Beautiful Oak Dresser** with 7 Drawers & Triple Mirrors. \$500 or best offer. Call Caroline at (909) 592-6437.

**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](mailto: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](http://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**



**YOUNG AT HEART**  
Slightly older  
in other places.

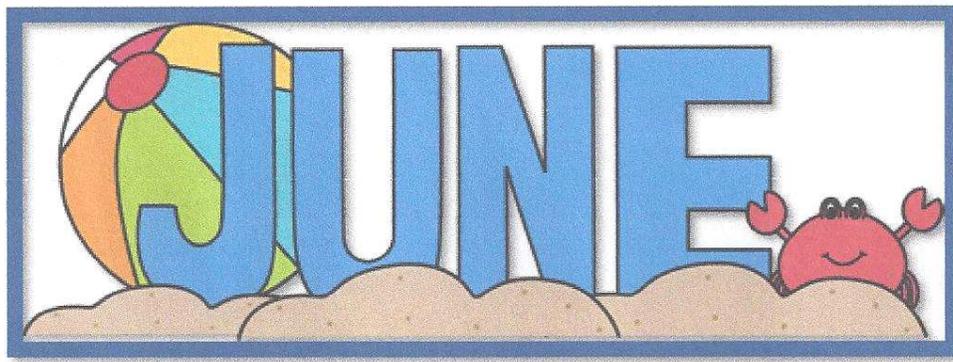
[www.cafepress.com/GeezerShop](http://www.cafepress.com/GeezerShop)

### "The Old Days"

Grandpa was telling his young grandson what life was like when he was a boy.

"In the winter we'd ice skate on our pond. In the summer we could swim in the pond, and pick berries in the woods. We'd swing on an old tire my dad hung from a tree on a rope. And we had a pony we rode all over the farm."

The little boy was amazed, and sat silently for a minute. Finally he said, "Granddad, I wish I'd gotten to know you a lot sooner!"



## **Disaster Preparedness Annual Workshop**

Wednesday, June 8<sup>th</sup> @ 4:00pm

Are you prepared? The City of La Verne will be holding its annual Disaster Preparedness meeting to discuss the ongoing efforts to be prepared in the event of a disaster. This group only meets once a year, so, if you're interested please R.S.V.P to the Community Center at (909) 596-8776.

## **City-Sponsored Lunch**

Monday, June 20<sup>th</sup> @ 11:30am

Come join us for a free *Father's Day* themed lunch with our nutrition program! You must register and R.S.V.P. at least 24 hours in advance to (909) 596-8778 to attend.

## **Learn Metro**

Wednesday, June 22<sup>nd</sup> @ 9:30am

Catch that bus! Want to learn more about the Metro System? Stop by on the 4<sup>th</sup> Wednesday of the month and learn about the L.A. Metro system presented by, L.A. Metro – On the Move Riders Club! R.S.V.P. to the Community Center at (909) 596-8776 today!

# Happy Father's Day!

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

