



JULY 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 Monday, July 4th in observance of Independence Day!

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.

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
"ASKING YOUR DOCTOR THE RIGHT QUESTIONS"
Wednesday, July 27th
Presented by Elder Bridge

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.

- **COUNTRY FAIR**

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

- **ROTARY SPONSORED FREE WATERMELON**

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

- **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

SPECIAL CITY SPONSORED LUNCH

Tuesday, July 5th 11:30 AM

Let Freedom Ring! Come enjoy a FREE lunch in your Patriotic best for this Independence Day themed 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. There are food vendors and great raffle prizes. For more info check out www.laverneheritage.org or call (909) 293-9005.

JULY 10th

"Hard Days Night" - Beatles Tribute

JULY 24th

"SUAVE" - Variety

AUGUST 7th

"The Answer" - Classic Rock

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.

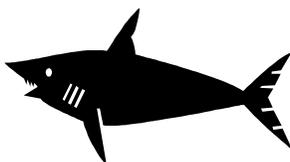
****Trips scheduled to change!!****

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
THIS TRIP IS FULL!

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
THIS TRIP IS FULL!

VALLEY VIEW CASINO
September date is FULL!
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.

CONT. ON PAGE 3...

HEALTH AND WELLNESS

TRIPS CONT. TANAKA FARMS TRIP CONT.

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)

NEW! "I LOVE LUCY" TOUR (HOLLYWOOD TOUR, EDELWEISS CHOCOLATE FACTORY & LUNCH AT HMS BOUNTY)

Wednesday, November 9th

THIS TRIP IS FULL!

NEW! "A CHRISTMAS CAROL" AT THE GLENDALE CENTRE THEATRE & LUNCH AT THE TAM O' SHANTER

Saturday, December 3rd

THIS TRIP IS FULL!

MISSION INN FESTIVAL OF LIGHTS

Sunday, December 11th

Our tradition...be swept away by more than 3.5 million lights transforming Riverside's historic hotel into pure magic. Enjoy Casey's Cupcakes, the gourmet restaurants, and downtown Riverside with horse-drawn carriage rides, ice skating, live entertainment and special appearances by Santa Claus and his reindeer! You are on your own for shopping and dinner at the Mission Inn or downtown (reservations ahead of time are a great idea). There can be a lot of walking, so wear comfortable shoes.

AGE: All Ages

DEPARTURE TIME: 3:30 PM

RETURN TIME: 9:30 PM

FEE: \$25 (Dinner on your own)

****FOR A FULL LIST OF UPCOMING TRIPS, CHECK THE NEW SUMMER-FALL RECREATION GUIDE 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.**

FREE - BLOOD PRESSURE CHECK

Sponsored by: Health Care Partners

Come get your blood pressure checked at the Community Center on the **3rd Thursday** of every month from 9:30 - 11:30 AM

***Thursday, July 21st ***

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.

JULY SCHEDULE

Mon. 7/4: Senior Center

Walk to Hillcrest area & back

Wed. 7/6: Claremont 10th & Indian Hill

Walk the area & back

Fri. 7/8: Brackett Field Airport

Walk to Puddingstone & back

Mon. 7/11: Thompson Creek

Walk trail to end of road & back

Wed. 7/13: San Dimas Canyon Park

Walk to dog park area & back

Fri. 7/15: Brackett Field Airport

Walk to Puddingstone & back

Mon. 7/18: Thompson Creek

Walk trail to end of road & back

Wed. 7/20: Claremont 10th & Indian Hill

Walk the area & back

Fri. 7/22: Brackett Field Airport

Walk to Puddingstone & back

Mon. 7/25: Thompson Creek

Walk trail to end of road & back

Wed. 7/27: Claremont 10th & Indian Hill

Walk the area & back

Fri. 7/29: Brackett Field Airport

Walk to Puddingstone & back

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

Upcoming Events & Programs...

COMMUNITY SENIOR SERVICES VOLUNTEER ESCORT/DRIVER REIMBURSEMENT PROGRAM

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

GARDENING AS THERAPY

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

LA VERNE FRESH

**Old Town La Verne Certified Farmer's Market
Saturday Mornings, 8:00 AM-1:00 PM -
Rain or Shine!**

This market is unlike others in the past, featuring a full assortment of everything you need fresh each week.

La Verne Fresh is the source of the highest quality seasonal and locally grown fresh fruits and vegetables, and delicious gourmet specialty foods, plants, and flowers. La Verne Fresh is located in Old Town La Verne (corner of "D" and Third Streets). For more information on this event, call City Hall at (909) 596-8706.

MOVIE NIGHT AT THE PARK

*Presented by the La Verne Police Officers
Association and the Community Services
Department:*

**Heritage Park (5001 Via De Mansion)
Movie starts approximately at 8:15 PM**

Sunday, July 31st:

"Star Wars The Force Awakens"

Sunday, August 14th:

"Zootopia"

**For more information, contact the
Community Services Department at
(909) 596-8700.**

LA VERNE HISTORICAL SOCIETY

The La Verne Historical Society (LVHS) is active this year with a full roster of officers and board members, and a schedule of events that includes home tours, picnics, museum visits, lectures and more. Our goal in 2016-2017 is to double our membership, receive feedback from our current members, and create a variety of events. Eventually we would like to establish a permanent location for the artifacts that represent La Verne's proud heritage as the "Heart of the Orange Empire." Join the LVHS and make history for the future while preserving old La Verne's environment! For more information call (909) 596-4679 or visit www.lavernehistoricalociety.org.

SAVE THE DATE! LA VERNE DAY AT THE LA COUNTY FAIR

Wednesday, September 7th

The LA County Fair will run from September 2nd-25th, with La Verne Day on September 7th. Purchase a Fair ticket online for \$5 when using promo code **laverne** at lacountyfair.com. All proceeds benefit the La Verne Big Yellow Bus Program, which provides busing for Bonita Unified School District to attend the Fair.

***WORD SCRAMBLE ANSWER KEY:**

- 1. CELEBRATION 2. STARS 3. FOURTH**
- 4. INDEPENDENCE 5. FLAG 6. TRADITION**
- 7. CARNIVALS 8. JULY 9. COLONIES**
- 10. JEFFERSON 11. HISTORY**
- 12. DECLARATION**

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
August 17th

(July Meeting is Dark)
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



June found us playing "Red, White and Blue," format in which we rotated tees every three holes from the forward tees to the back tees. We did this in honor on Flag Day on June 14. On the last Tuesday of June, we chose professional partners from the top finishers in the U.S. Open play at Oakmont, June 16-19. We combined our net scores for 18 holes with the 4-day score of a pro whose name each of us drew to determine our winners in Flight 1 and in Flight 2. In addition to the cash paid to the winners from each flight, both of them received an official U.S. Open Cap with Oakmont printed on it. Our winners on June 14 were...The date for submitting articles for this newsletter was too early for us to know the results of our competition on June 28.

Next month we'll play on the second and fourth Tuesday, as usual, specifically July 13 and July 27, beginning at 9:00 AM. If you'd like to join the La Verne Senior Golf League, whether you are a man or a woman, 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.

For your information, as one we hope is 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 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 JULY 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.

Friday, July 1

9:00 AM—Basic Computing Level II
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo
12:30 PM—Acrylic Painting

Monday, July 4

Center Closed...Happy 4th of July!

Tuesday, July 5

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—**Special City Sponsored Lunch**
1:00 PM—Gardening
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers

Wednesday, July 6

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

Thursday, July 7

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

Friday, July 8

9:00 AM—Basic Computing Level II
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo
12:30 PM—Acrylic Painting

Monday, July 11

9:00 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, July 12

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—**AARP Mature Driving**
9:00 AM—Basic Computing Level I
9:00 AM—Watercolor
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
1:00 PM—Gardening
1:30 PM—Balance & Mobility
6:00 PM—Woodcarvers

Wednesday, July 13

9:00 AM—**AARP Mature Driving**
9:30 AM—Bone Builders
11:30 AM—Canasta
11:30 AM—Senior Lunch Program
12:15 PM—Bridge
6:15 PM—Jazzercise

Thursday, July 14

8:00 AM—Aerobics (Healthy Aging)
9:00 AM—Drawing
9:00 AM—Internet Research
9:30 AM—Bone Builders
10:00 AM—**Garden Friends**
11:30 AM—Senior Lunch Program
1:00 PM—**CCCLV General Meeting**
1:00 PM—Tai Chi
1:30 PM—Balance & Mobility

Friday, July 15

9:00 AM—Basic Computing Level II
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo
12:30 PM—Acrylic Painting

Daily Calendar continued Tuesday, July 26

Monday, July 18

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, July 19

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Basic Computing Level I
 9:00 AM—Watercolor
 9:30 AM—Bone Builders
 10:00 AM—**Mt. SAC Fall Registration**
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, July 20

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, July 21

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

Friday, July 22

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, July 25

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

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

Wednesday, July 27

9:30 AM—Bone Builders
 9:30 AM—**Senior Seminar Series: “Asking Your Doctor the Right Questions”**
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, July 28

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**

Friday, July 29

9:00 AM—Basic Computing Level II
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 12:30 PM—Acrylic Painting



****Mt. SAC Classes on break
 August 1 - August 26****

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. ***For more information, email us at:**

lavernecomputerclub8@gmail.com

Yearly Dues:

\$12/person per year \$18/couple per year

JULY SCHEDULE

Wednesday, July 6th:

Golden Investment SIG 1:00-4:00 PM

Thursday, July 14th:

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, July 22nd

Appointments subject to change.

SENIOR HELP LINE

The Senior Help Line, (909) 625-4600, is an information and referral help line you can call to have your questions answered by trained, knowledgeable people who want to help you. The Help Line service is in the office of Community Senior Services, located in Claremont. For further information, please call Community Senior Services at (909) 621-9900.

Get About Transportation

Transportation is available
Weekdays: 6 AM-7:30 PM
Saturdays: 8:30 AM-5 PM
Sundays: 8:30 AM-3 PM
 The dispatch number is 909-596-5964. Applications may be obtained at Community Senior Services, 141 S. Spring St., Claremont, **please call (909) 621-9900 to register.**

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, July 12th & Wednesday, July 13th

Driver Safety Program Renewal (1 day class):

Tuesday, August 9th

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

YOGALATES (YOGA & PILATES)

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

INSTRUCTOR: Victoria Galvez

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

July 7 - July 28

FEE: \$30/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

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:

August 5 - September 23

October 7 - December 9

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

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.

Sofa 36” x 80”, Pillowback (3 of them) and Cushions (3 of them). Black with small diamond design. Conventional style—newly upholstered. \$150. Call Peggy Straughan (951) 234-2841.

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, lightweight 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

Senior Help Line: (909) 625-4600

La Verne Community Center Lunch Program:
(909) 596-8778

Get About Transportation: (909) 596-5964

Meals on Wheels: (909) 596-1828

La Verne City Hall: (909) 596-8726

La Verne Administration: (909) 596-8726

La Verne Community Services Office:
(909) 596-8700

La Verne Building: (909)596-8713

La Verne Community Development:
(909) 596-8706

La Verne Library: (909) 596-1934

La Verne Customer Service: (909) 596-8744

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

La Verne Finance Department:
(909) 596-8716

Mt. San Antonio College: (909) 594-5611

Flood Control (LA County): (626) 458-5100

La Verne Chamber of Commerce:
(909) 593-5265

Humane Society: (909) 623-9777

Community Senior Services: (909) 621-9900

La Verne Public Works: (909) 596-8741

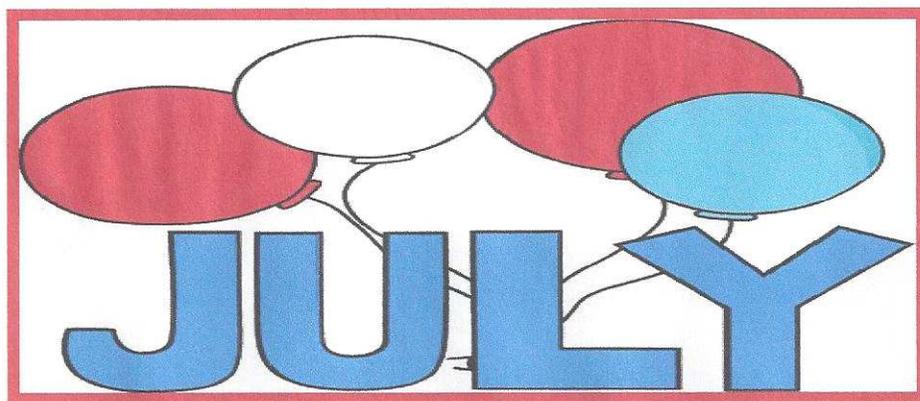
**JUST
TO
MAKE
YOU
SMILE**

4TH OF JULY WORD SCRAMBLE



1. ICTNBROEELA _____
2. TSSRA _____
3. HFROUT _____
4. CEDNEPNEIDEN _____
5. GFAL _____
6. DITARIONT _____
7. SAAICLVNR _____
8. YUJL _____
9. ISENCOLO _____
10. FSFERJENO _____
11. IROYTSH _____
12. LCDOAETIANR _____

*Answer Key on Page 4...



City-Sponsored Lunch

Tuesday, July 5th @ 11:30am

Come join us for a free *4th of July* themed lunch with our nutrition program! You must call to R.S.V.P. at least 24 hours in advance to (909) 596-8778 to attend.

Blood Pressure Check

Thursday, July 21st @ 9:30am

Need your blood pressure checked? Come to the La Verne Community Center on the 3rd Thursday of each month from 9:30-11:30am. For additional information please call the Community Center at (909) 596-8776.

The Right Questions

Wednesday, July 27th @ 9:30am

Are you getting the most out of your doctor? Come and learn how to maximize your next doctor's appointment! To R.S.V.P. or for more information, please call (909) 596-8776 today!



Happy 4th of July



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

