



AUGUST 2016 SENIOR NEWSLETTER



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

Volume 19, Issue 8

2016

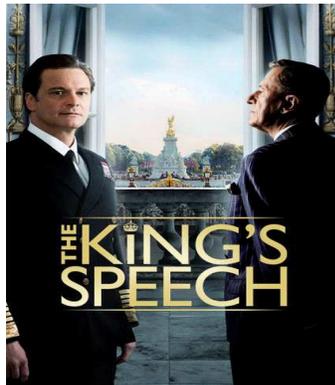
Inside This Issue:

Excursions	2-3
Health/Wellness	3
Events & Programs	4-5
Daily Calendar	6-7
Clubs & Classes	8-9
Senior Ads	10
Just to Make you Smile	11
Important #'s	11
Special Event Flyer	12

NEW! MOVIE MATINEE Every 2nd Monday of the Month at the Community Center at 12:30 PM

Monday, August 8th "THE KING'S SPEECH"

A feature film awaits you! Join us for an afternoon filled with FREE cinematic entertainment and light refreshments right after our senior lunch program. This month's feature will be "The King's Speech." No reservations needed - just come and enjoy!



SPECIAL CITY SPONSORED LUNCH

Tuesday, August 30th
11:30 AM

Aloha! Come to this special Luau themed Luncheon and get your Hula on. Time to pull out those Hawaiian shirts...

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.



ONE MORE CONCERT IN THE PARK CHANCE! Sunday, August 7th at 6:30 PM

Heritage Park
(5001 Via De Mansion)

"THE ANSWER"
Classic Rock

Bring your chairs and blankets and enjoy music under the stars at this free event.

MOVIE NIGHT AT THE PARK Sunday, August 14th at 8:15 PM

Heritage Park
(5001 Via De Mansion)

"ZOOTOPIA"
Bring your chairs and blankets and the whole family to enjoy a movie in the Park. This is a free event. For more information, call (909) 596-8700.

SENIOR SEMINAR

SERIES:

THE 4TH WEDNESDAY
OF EVERY MONTH AT
at the La Verne

Community Center-
FREE! 9:30 - 11:00 AM

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

"DEALING WITH ARTHRITIS"

Wednesday, August 24th
Presented by SCAN

SPECIAL DMV SEMINAR FOR SENIORS

Friday, August 12th
9:30-10:30 AM

Come learn about how age affects your driving and what you can do to prolong your independent driving. Please call (909) 596-8776 or stop by the front office to R.S.V.P. your spot!

**FRIDAY
AFTERNOON
BINGO**
12:30 PM

POWER BALL
UP TO
\$250

SPECIALS PAY
FROM
\$100
TO
\$250

BUY-IN \$5 • ALL SPECIALS \$1
PULL TABS • DOOR PRIZES
TV MONITORS • 17 GAMES

LA VERNE SENIOR BINGO
LA VERNE COMMUNITY CENTER
3680 "D" STREET • LA VERNE
909-596-8776

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!

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
THIS TRIP IS FULL!

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)



NEW! "I LOVE LUCY" TOUR (HOLLYWOOD TOUR, EDELWEISS CHOCOLATE FACTORY & LUNCH AT HMS BOUNTY)
Wednesday, November 9th
THIS TRIP IS FULL!

CONT. ON PAGE 3...

HEALTH AND WELLNESS

TRIPS CONT.

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)

GETTY VILLA

Wednesday, January 11, 2017

The Getty Villa located in beautiful Malibu, houses a collection of approximately 44,000 Greek, Roman, and Etruscan antiquities (including a mummy). Over 1,200 works are on view, in 23 galleries devoted to the permanent collection, with 5 additional galleries for changing exhibits. And don't forget the famous gardens! Guests can enrich their visit by renting an audio wand on arrival. Lunch will be on your own at the Getty Villa Café or coffee and sandwich kiosks. There can be a lot of walking, so wear comfortable shoes.

AGE: 18 Years & Up

DEPARTURE TIME: 9:00 AM

RETURN TIME: 4:30 PM

FEE: \$30 (Lunch on your own)

***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, August 18th ***

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.

AUGUST SCHEDULE

Mon. 8/1: Thompson Creek

Walk trail to end of road & back

Wed. 8/3: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/5: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/8: Thompson Creek

Walk trail to end of road & back

Wed. 8/10: San Dimas Canyon Park

Walk to dog park area & back

Fri. 8/12: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/15: Thompson Creek

Walk trail to end of road & back

Wed. 8/17: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/19: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/22: Thompson Creek

Walk trail to end of road & back

Wed. 8/24: Claremont 10th & Indian Hill

Walk the area & back

Fri. 8/26: Brackett Field Airport

Walk to Puddingstone & back

Mon. 8/29: Thompson Creek

Walk trail to end of road & back

Wed. 8/31: Claremont 10th & Indian Hill

Walk the area & back

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

Upcoming Events & Programs...

COMMUNITY SENIOR SERVICES VOLUNTEER ESCORT/DRIVER REIMBURSEMENT PROGRAM

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

GARDENING AS THERAPY

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

LA VERNE FRESH

**Old Town 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.

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.

SAVE THE DATE! HEALTH FAIR & FLU SHOT CLINIC Wednesday, October 19th 9:00-11:30 AM

Come to the Community Center this Fall to stay healthy this year! Seniors over the age of 60 and persons with disabilities can receive a FREE flu shot, administered by LA County nurses. Afterwards, come stop by our Health Fair which will feature various local vendors, a raffle, and free refreshments! Flu shots and admittance are on a first come, first served basis.

SAVE THE DATE! "LIGHTS, CAMERA, ACTION!" DINNER DANCE EXTRAVAGANZA

**Sunday, November 13th
5:00-8:00 PM - \$10
More info coming soon!**

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
August 17th

10:00 to 11:15 AM

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

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

Lost & Found

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



THE SENIOR GOLF LEAGUE OF LA VERNE



The La Verne Senior Golf League will play on these three dates in the month of August - 9th, 23rd and 30th. On August 9th, the format will be "T's and F's." We'll compete to have one of the three lowest net scores on the 9 holes that begin with the letter "T" or the letter "F." We'll play the full 18 holes and post full scores for our yearlong competition for the La Verne Senior Golf Cup. But prizes will be awarded to the three players with the lowest net scores on the "T's or F's." The format for August 23rd is yet to be announced. On Tuesday, August 30th we'll play a scramble with 4 players on each team. We ask our golfers to arrive at Marshall Canyon by 8:30 AM so the first group is ready to tee off at 9:00 AM, sometimes a bit earlier if there are few reserved tee times after 8:30 AM.

Several of our golfers who used to be regulars have "fallen by the wayside" for various and sundry reasons. We're looking for some new golfers to become part of our twice monthly tournaments. 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, particularly if you are considering becoming a new member of 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 AUGUST 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, August 1

(Mt. SAC classes on break this week)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
6:15 PM—Jazzercise

Tuesday, August 2

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

Wednesday, August 3

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, August 4

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

Friday, August 5

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

Monday, August 8

(Mt. SAC classes on break this week)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
12:30 PM—**New Movie Matinee!**
6:15 PM—Jazzercise

Tuesday, August 9

9:00 AM—**AARP Mature Driving**
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
6:00 PM—Woodcarvers

Wednesday, August 10

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

Thursday, August 11

9:30 AM—Bone Builders
10:00 AM—**Garden Friends**
11:30 AM—Senior Lunch Program
1:00 PM—**CCCLV General Meeting**

Friday, August 12

9:00 AM—Acrylic Painting
9:30 AM—**DMV Seminar**
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program
12:30 PM—Bingo

Monday, August 15

(Mt. SAC classes on break this week)

9:00 AM—Senior Social Club
11:30 AM—Senior Lunch Program
6:15 PM—Jazzercise

Tuesday, August 16

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

Wednesday, August 17

9:30 AM—Bone Builders
10:00 AM—**SAC Meeting**
11:30 AM—Canasta
11:30 AM—Senior Lunch Program
12:15 PM—Bridge
6:15 PM—Jazzercise

Daily Calendar continued Monday, August 29 (Mt. SAC Fall Session Begins)

Thursday, August 18

9:30 AM—Blood Pressure Check
9:30 AM—Bone Builders
11:30 AM—Senior Lunch Program

Friday, August 19

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

Monday, August 22

(Mt. SAC classes on break this week)
9:00 AM—Senior Social Club
11:30 AM—Senior Social Club
6:15 PM—Jazzercise

Tuesday, August 23

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

Wednesday, August 24

9:30 AM—Bone Builders
9:30 AM—Senior Seminar Series:
“Dealing with Arthritis”
11:30 AM—Senior Lunch Program
12:15 PM—Bridge
6:15 PM—Jazzercise

Thursday, August 25

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

Friday, August 26

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

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, August 30

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, August 31

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

****Mt. SAC Classes on break
August 1 - August 26**
Fall Session begins week of
August 29th**



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

AUGUST SCHEDULE

Wednesday, August 3rd:

Golden Investment SIG 1:00-4:00 PM

Thursday, August 11th:

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, August 26th

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

Driver Safety Program (2 day class):

Tuesday, Sept. 6th & Wednesday, Sept. 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

August 4 - August 25

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

August 5 - August 26

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: September 7 - September 28

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

September 9 - September 30

October 14 - November 4

December 2 - December 23

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: Recliner/Rocker-excellent condition-no rips or tears. Forest Green/Blue. Strong Fabric. \$45. **Newer Walker** with large Wheels, Lift-Up Padded Seat with Breaks & Basket. \$75. **Lightweight Walker** \$15. **Set of 2 Recliners**—newer. Light Brown. \$110/set. **V-Tech Cordless Phones**, set of 2. \$20/set. Regulator Clock \$35. 2 Floor Lamps \$20/set. Call Marian V. at (909) 483-8222.

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 Couch**-\$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 michaelcasarez14@yahoo.com.

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.

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.

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.)

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



Hard of Hearing

Morris, an 82-year-old man, went to the doctor to get a physical.

A few days later the doctor saw Morris walking down the street with a gorgeous young lady on his arm.



A couple of days later, the doctor spoke to Morris and said, "You're really doing great, aren't you?"

Morris replied, "Just doing what you said, Doctor, 'Get a hot mamma and be cheerful.'"

The doctor said, "I didn't say that. I said you got a heart mummer and be careful."



Movie Matinee

Monday, August 8th @ 12:30pm



A feature film awaits you! Join us for an afternoon filled with **FREE** Cinematic entertainment and light refreshments right after our senior lunch program. This month's feature will be "The Kings Speech". For more information call the Community Center at (909) 596-8776.



Living with Arthritis

Wednesday, August 24th @ 9:30am

Is arthritis slowing you down and giving you constant pain? Stop by the Community Center and learn about common types of arthritis, prognosis, and how to better manage symptoms to help improve quality of life. If you are interested, R.S.V.P. to the Community Center at (909) 596-8776 today!

City-Sponsored Lunch

Tuesday, August 30th @ 11:30am



Come join us for a free Luau 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.



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

