



HEALTHY LA VERNE CALENDAR

JANUARY 2014



January 2014:

Activities:

- **2nd: Red Cross Blood Pressure Check** at the Community Center, 9:30 AM-11:15 AM. No appointment needed.
- **6th-29th: Zumba Gold** at the Community Center every Monday and Wednesday, 5:30 PM-6:15 PM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **7th-27th: Zumba Gold** at the Community Center every Tuesday and Thursday, 11:00 AM – 11:45 AM. Register online or at the Community Services Office, 3660 "D" St. Call (909) 596-8700 for more information. \$48 for 5-week session.
- **14th: Family Health & Wellness Workshop** at the Community Center every 2nd Tuesday of the month from 6:00 PM – 7:30 PM. Free Workshop led by Dr. Afshin Kaivan-Mehr.

ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday, **Open Discussion Group**, 10:00 AM-11:30 AM
- Tuesday and Wednesday, **University of La Verne Qi Gong Class** at Sneaky Park (Corner of C & 3rd Street), 5:00 PM-6:00 PM.
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00 AM-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30 AM-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30 PM-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00 PM-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call leader Anna Grubb for more information at (909) 730-3322.

COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.

Don't see your organization's activity?

Please call the City of La Verne Community Services Office at (909) 596-8776.

**Visit us online at www.ci.la-verne.ca.us to view our Recreation Guide
or to register for classes.**