

Fall 2015

UPLAND *Today*

The News Magazine and Recreation Guide for the City of Upland.



**UPLAND and YOU....
SAVING WATER TOGETHER**

www.ci.upland.ca.us

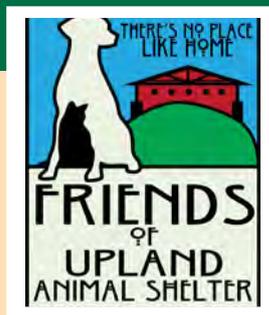
Inside



Every Drop is Precious



Restoration Workshop



New Thrift Store

Upland Today is published quarterly by the City of Upland to inform residents of community news, recreation activities, and cultural events.





City Manager's Corner

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CITY COUNCIL & ELECTED OFFICIALS

To contact the City Council or Elected Officials, email: citycouncil@ci.upland.ca.us

- Ray Musser, Mayor
- Glenn Bozar, Mayor Pro Tem
- Gino L. Filippi, Councilmember
- Debbie Stone, Councilmember
- Carol Timm, Councilmember
- Dan Morgan, City Treasurer

CITY DEPARTMENTS

- Rod B. Butler, City Manager
- Brian P. Johnson, Police Chief
- Roberta Knighten, Community Services Director
- Dave Corbin, Interim Fire Chief
- Jeannette Vagnozzi, Deputy City Manager
- Jeff Zwack, Development Services Director
- Rosemary Hoerning, Public Works Director/City Engineer
- Richard Adams, City Attorney

CONTACT NUMBERS AT CITY HALL

- Animal Services, (909) 931-4185
- City Clerk's Office, (909) 931-4120
- City Hall, (909) 931-4100
- City Manager's Office, (909) 931-4106
- Community Services, (909) 931-4280
- Development Services, (909) 931-4130
- Finance Department, (909) 931-4150
- Fire Department, (909) 931-4180 (Non-emergency)
- Human Resources, (909) 931-4177
- Library, (909) 931-4200
- Police Department, (909) 946-7624 (Non-emergency)
- Public Works Department, (909) 291-2930
- Recreation Division, (909) 931-4280

CITY HALL HOURS

Monday-Thursday: 8:00 a.m. - 6:00 p.m.
Friday: Closed

UPCOMING HOLIDAY CLOSINGS

Labor Day, Monday, September 7th
Thanksgiving Day, Thursday, November 26th

For more information, please visit the City's website at www.ci.upland.ca.us.

For suggestions and comments regarding Upland Today, please contact Upland Recreation and Community Services at (909) 931-4280.

The mission of the City of Upland is to preserve and enhance our strong sense of community, history, and standards of gracious living.

In response to the historic drought throughout California, Upland is under a state-mandated 36 percent reduction in water usage from 2013 levels. It means that changing our water use patterns is no longer optional; it's everyone's responsibility.

But what can you, as an individual user, do about it?

Plenty. Did you know, for example, that as much as 70 percent of residential water usage is outside the home? By limiting the number of days you water your lawn, replacing your lawn with drought-resistant landscaping and performing routine maintenance on your sprinkler system, you can significantly reduce your water usage.

Some other facts:

- 14 percent of indoor water use is lost to leaks.
- Showers use 35 percent less water than baths, and using a low-flow showerhead can save 15 gallons of water during a 10-minute shower.
- Toilet flushes can send nearly 20 gallons a day down the drain. Switching to a water-efficient toilet can cut usage by as much as 50 percent.

Perhaps the best fact of all, though, is that rebates are available for turf and sprinkler replacements, low-water toilets and high-efficiency washing machines. For information, please visit socialwatersmart.com.

FURY FOUNDATION PROMOTES STUDENT TRAINING

The Ontario Fury promotes "passion, power, fury," in playing professional soccer, but when it comes to children, the team's Fury Foundation offers calm strength through community educational, health, and soccer-based programs. For example, along with grants for sports equipment and annual student scholarships, the foundation offers the Health's A Kick! School Assembly Program, designed to teach the benefits of eating healthy, exercising, getting a good education, and staying away from drugs and alcohol. During the summer, soccer camps served youth in Upland. The foundation also is a keystone to the Baldy View Regional Occupational Program, which serves Upland students and adults and others in the region with entry-level preparation in health, business, marketing, and industrial technology careers.

Baldy View ROP will team with the Ontario Fury and the Fury Foundation to offer Upland and other students a real kick. Students will have the opportunity to apply for a position with the Ontario Fury, and shadow an Ontario Fury Staff member on game day. The kid takeover of the Citizens Business Bank Arena is scheduled for Sunday, October 25th at 3:00 p.m. Watch the Baldy View ROP website for details and applications, <http://www.baldyviewrop.com/domain/84>.

RESTORATION WORKSHOP: WAYS TO PRESERVE YOUR OLD HOUSE

Upland Heritage will again offer the popular Restoration Workshop. Duke and Gina Romo will host this year's workshop on Saturday, October 3rd, from 9:00 a.m. to 5:00 p.m. at their historic home, Romo Manor, located at 840 North Euclid Avenue, just a bit south of the Madonna of the Trail.

The workshop will offer information and advice, along with demonstrations on the proper maintenance and restoration of historic homes. Knowledgeable craftsmen will discuss topics such as floor refinishing, period light-switch installation, knob and tube electrical wiring, brick masonry repair and maintenance, roofing replacement and repair, architectural salvage and window repair (not replacement) and much, much more. There will also be people to help answer questions regarding the Mills Act and the various grants available.

The Romo family bought the 2,400-square-foot 1928 English Tudor Rival home in February last year. They will treat workshop participants to a guided tour so all can see first hand what restoration has been done, what is currently in process, and what is on the to-do list.

If your home was built before 1965, it is considered a historic home. Upland has more than 900 historic homes, and nine registered historic districts. Sharing the knowledge of restoration and new restoration techniques is important to the preservation of our community.

Duke and Gina Romo are board members of Upland Heritage, a nonprofit organization focusing on the preservation of Upland. Complimentary coffee and pastries will be provided in the morning. Lunch will be available for \$5.00.

For more information, please visit uplandheritage.org, or to make reservations, please contact Duke Romo at (714) 501-3560.



UPLAND Gives

RUN FOR THE HIGHLANDERS

Enjoy a Thanksgiving morning of fun, fitness, and fund-raising at Upland's annual Turkey Trot. You can help raise money for the Upland High School Boys and Girls Cross Country Track Teams while you work up an appetite for your Thanksgiving feast later in the day. The Upland Recreation Division and Upland High's Cross Country Teams sponsor the annual event, which drew more than 400 people last year to San Antonio Park at Mountain Avenue and 24th Street. Check in at the park starts at 6:30 a.m. The 1K walk starts at 7:30 a.m. at the old trolley path, along with the run for kids ages 10 and under. The adult 5K run starts at 8:00 a.m. Compete for prizes and money, and justify a second helping or second dessert at your Thanksgiving meal. Pre-registration starts at \$25 and up for adults. For more information, please contact the Upland Recreation Division at (909) 931-4280 or register online at www.ci.upland.ca.us.

ENJOY VINTAGE CARS AND SPARK THE SPIRIT OF GIVING

The Spark of Love Toy Drive fires up with the Annual Spark of Love Car Show, on Sunday, November 8th, from 9:00 a.m. to 2:00 p.m., at Atwood Kitchen located in Memorial Park. Entry is \$10, plus a \$10 unwrapped toy. All donated toys collected at this event will be distributed locally, with the goal of keeping all donations in the City of Upland. Lots of shining vintage auto chrome, vendors, raffles, live music, food, and more will be featured at the show. Gates and registration open at 9:00 a.m. with trophies for car competitors. For more information on the car show, please visit www.oldskool66cruzers.org.



COMMUNITY GIVES AT LEMON FESTIVAL

When people in Upland are handed lemons, they do more than make lemonade. Crowds of fun-seekers enjoyed Upland's annual signature downtown event, the Lemon Festival, and helped raise \$17,000 for Upland community projects and programs.

The April 2015 event, which celebrated the City's heritage as a top lemon-producer, offered lemon-themed foods and lots of family fun. All the fun raised money for these local charities and nonprofit causes:

Upland Veterans Monument Project, \$7,500

The monument, scheduled to be completed by Veterans Day 2015, will honor our nation's serving military and veterans. The 14-foot-tall pentagonal black granite monument, topped with a bronze American eagle, will feature an inscription describing each military branch. Centrally located in the Upland Civic Center, the monument will also have an educational component with kiosks displaying historical facts and interesting information about our armed forces surrounding the monument.

Upland Community Partnership for Youth Development, \$2,500

The group provides after-school programs for children, including some who are homeless, and programs that help prevent delinquency. The group supplies access to the Internet and individuals who help children with their homework, as well as offering skills that will help children succeed.

OFFER A SPARK OF LOVE

The Old Skool 66 Cruzers are teaming up again this year with the Upland Fire Department, Upland Firefighters Association, and the Upland Recreation Division for the Annual Spark of Love Car Show & Toy Drive. The Spark of Love Toy Drive collects new, unwrapped toys and sports equipment for the underserved children in the community. Last year, toys were donated to the Upland Fire Department by the truckload. Through the generosity of City of Upland businesses, residents and charitable organizations, the Upland Fire Department was able to provide toys for roughly 500 children in the City of Upland. The collection of toys continues through mid-December. Toys may be dropped off at any Upland Fire Department and the Upland Recreation Division. For more information, to donate toys, or to volunteer, please call the Upland Recreation Division at (909) 931-4280.



UPLAND PUBLIC LIBRARY RECEIVES GRANT

The Upland Public Library, in partnership with the Ontario City Library, has been selected to receive a competitive Latino Americans: 500 Years of History grant from the National Endowment for the Humanities (NEH) and the American Library Association (ALA).

As one of 203 grant recipients selected from across the country, the Library will receive a cash grant of \$3,000 to hold public programming, such as film screenings, discussion groups, oral history initiatives, local history exhibitions, multi-media projects or performances all about Latino history and culture.

For more details, please contact the Upland Public Library at (909) 931-4200. Stay tuned for a schedule of events.

Upland Highland Regiment Band Boosters, \$2,500

The group supports Upland High School's instrumental music program with volunteerism, fund-raising, and lots of hard work supporting all the details that go into Upland's own band, which advanced in 2014 to the semi-finals of the Bands of America Grand National Championships.

The Rotary Club of Upland, \$1,500

Since 1923, the Rotary Club has been providing community service. In Upland the club has sponsored mini-grants to nonprofits, awarded the Hal Bailin Award for volunteerism, provided bus benches and supported other local projects, promoted literacy for children through the Just Read program, sent high school and junior high school students to leadership camps, and sponsored varied scholarships and awards.

Chaffey Communities Cultural Center \$2,000

This dynamic satellite location of the Cooper Regional History Museum offers botanical culinary and craft classes and a Living History Garden featuring plants from Upland's different historical eras.

Upland Heritage \$1,000

The group works to save and share Upland's heritage and offers events such as Founders Day and preservation and historical programs.

SERVING CALIFORNIA FOOD TO CALIFORNIA KIDS AT SCHOOL



Upland Unified School District students sat down to a surprise on April 23rd: a meal made from foods grown in California, and prepared freshly just for them. If organizers of California Thursdays are successful, this will become a regular part of menus for Upland Unified students, as well as students across the state.

The program is based on the simple logic that California children will benefit from more fresh California-grown food. Upland Unified is among 42 school districts participating in the program. Upland Unified schools serve nearly 1,250,000 meals

annually. "California Thursdays is a great first step in celebrating all that California agriculture has to offer," says California Department of Food and Agriculture Secretary Karen Ross. "It brings awareness to the fresh, wholesome and seasonally appropriate bounty of our great state. If we feed our children good, healthy food, if we connect them back to the place and the people and the practices that it came from, I think we're going to have great decision makers in our future."

FINDING FRESH FOOD

The district's nutrition service director, Jamie Phillips, has worked alongside his counterparts statewide to reform an entrenched, centralized food system that ships produce around the nation, sometimes moving California produce to Chicago or other distant locations before returning highly processed, to the district. Added to that are the challenges of creating recipes that kids enjoy and that meet federal standards, finding local farmers who can supply local schools, training staff to cook and serve fresh meals, and encouraging students to try them.

Why bother? "Whenever we serve fresh, locally grown food to children with these recipes, they devour it," says Zenobia Barlow, Executive Director of the Center for Ecoliteracy. "That alone is a victory. Properly nourished children are healthier and ready to learn. California Thursdays also benefits local economies and the environment."

The program includes scaled recipes, staff training, and procurement guidelines to assist schools in their transition to a healthier, more sustainable meal program, as well as a website with resources for teachers and parents at www.californiathursdays.org.



NOURISHED STUDENTS ARE BETTER LEARNERS

Less than one in ten children consumes enough fruits and vegetables a day, yet studies show that kids are more likely to eat school meals if the food is fresh and attractive. This provides an ideal opportunity for the district's food service staff to have a major impact on the community, and students' lives.

According to the Centers for Disease Control, better nutrition improves academic grades and standardized test scores, reduces absenteeism, and strengthens memory.

In addition, California Thursdays will take taxpayer funds that might otherwise go out of state and redirect them back into the local economy. Economists say that every \$1 spent on local food fosters \$2.56 in local economic activity. Every job created in the production of local food also leads to an addition of more than two new jobs within the community.

To learn more about Upland Unified's efforts, visit www.upland.k12.ca.us. For more information about the California Thursdays program, visit www.californiathursdays.org.

UPLAND GAINS FIRST STEM ACADEMY

Welcome to Foothill Knolls Academy of Innovation, a magnet school where the emphasis is on STEM, or Science, Technology, Engineering, and Mathematics. The former elementary school at Veterans Court is now "a student-centered school where teachers design strategies to teach curriculum that is developmentally appropriate, purposeful, and delivered in the context of real world experiences," according to school leaders.

Students have choices amid their rigorous curriculum and are encouraged to learn along self-motivated paths. Teachers have current technology at their fingertips. The school focus is on empowering student achievement through exploration and innovation. The school transformed in May 2015 and Upland Unified School District officials said they plan to add a seventh-grade level in the 2015-16 school year.

The STEM Academy is designed to prepare students for 21st-century careers in the sciences and engineering. While the curriculum at school is demanding, the learning carries over into the home. For example, parents were encouraged to teach kids the jumping game of hopscotch, but draw the hopscotch board so it looks like a calculator, and turn each jump into a subtraction or addition problem.

WHERE IN THE WORLD IS THE UPLAND CHAMBER OF COMMERCE?

Discover Scotland

April 17th - 26th, 2016

Special Travel presentation at the Chamber office on Wednesday, September 30th, 2015 at 6:00 p.m.

Imperial Cities featuring Prague, Vienna & Budapest

October 3rd - 13th, 2016

Special Travel presentation at the Chamber office on Tuesday, March 16th, 2016 at 6:00 p.m.

Business Bowling League with the Upland Chamber of Commerce at Brunswick Upland Bowl.

10 weeks of bowling on Tuesdays

\$10 each week includes shoe rental and 3 games

Teams forming now!

Starts Tuesday, September 15th.

For more information or to reserve a space please contact the Chamber (909) 204-4465.

VETERAN'S MONUMENT BECOMES COMMUNITY CENTERPIECE ON NOVEMBER 11th



Veterans Day, November 11th, will be a special day in Upland as the community's own Veterans' Monument is dedicated with a parade, ceremony, and unveiling. Shovels broke ground on June 26, 2015, for construction of the monument in the City Hall Courtyard, which will serve as a centerpiece of community pride that will honor all Upland military personnel and veterans.

The design includes a 14-foot-tall pentagon black granite monument topped with a bronze American Eagle, with instructive kiosks throughout the Upland Civic Center courtyard, featuring the history of each

branch of service along with information about U.S. military conflicts and campaigns. The monument will be centrally located in the Upland Civic Center and will be surrounded by each service branch's flag and the POW/MIA flag. The goal is to honor those serving in the military, past and present, while also teaching people about the sacrifices that many, including Upland residents, have made while serving this country.

The fund-raising has contributed rapidly toward the \$400,000 goal needed to complete the monument before November 11th. The 501(c)3 non-profit relies only on private donations to build the tribute to military sacrifices and service. Project Chairman Ralph Cavallo said tiles are still available along the reflection wall, where people can dedicate a tile to a family member who has served in the military. Tiles are \$200, \$350 and \$500, depending on size. This will give everyone an opportunity to become part of the monument's history, and honor those family members who have served or made the ultimate sacrifice and died for the United States.

For more information, or to donate to the 501(c)3 non-profit, please visit <http://www.uvmp.org>. For information on how to participate in the parade, please contact the Upland Recreation Division Office at (909) 931-4280. For details on the ceremonies and celebration of the Monument's unveiling, watch the City Website, <http://www.ci.upland.ca.us>, and the Memorial website, <http://www.uvmp.org>.

STEP BACK IN TIME, EAT AND BE MERRY

28th Annual Elizabethan Dinner

Travel back to Elizabethan England and experience the Renaissance for yourself. Dine with the Queen and her Royal Court and enjoy an evening filled with music, merriment, and marvelous food as the Upland High School Choir presents its 28th Annual Elizabethan Dinner from December 10th - 13th, at Pacific Christian Center, 800 West Arrow Hwy, Upland.

The cost is \$25-\$45. For videos and ticket information, please visit www.uplandhighschoolchoir.org.



CITY WEBSITE HAS A NEW LOOK

Find a park or pay a bill online. The new Upland City website helps residents more efficiently. The front door of City Hall is now open in phones, tablets, and laptops. Residents can visit City Hall 24 hours a day, seven days a week at <http://www.ci.upland.ca.us>

Five things you will like about the new City Website:

- The "Pay Online" button at the top left of the home page brings you with one click to a single page where you can pay your utility bill, or pay for recreation activities for children, adults, or seniors.
- The upcoming activities and events that make living in Upland fun are now more visible, and it's easier to discover things to do with your family.
- Pothole? Hazard? Now with a single click, you can communicate directly with Public Works to let staff members know of a complaint or other challenge that needs to be addressed within the City.
- Got homework? Need a job? If you have an Upland library card, you can access several powerful online databases with instant and accurate information.
- City activities, such as public hearings, are transparent with easy to find minutes and agendas.

SAVE TIME AND REGISTER WITH NEW ONLINE RECREATION SYSTEM

Visit <https://apm.activecommunities.com/Upland> to register online for your favorite recreation classes and activities. The registration process is as simple as pointing and clicking. You also can register from your smart phone or your mobile device. In one place, you can keep track of your family's schedule of activities. Other features of the new system include:

- Search tool. Search activities by age, day, time, location, and instructor.
- Shopping cart. You can now do multiple transactions online, and you can securely store your billing information.
- Wish list feature. You can save your classes before registration begins. Once registration opens, you can simply add your wish list items to your cart.

For questions or assistance, please contact the Upland Recreation Division, Monday through Thursday, 8:00 a.m. - 6:00 p.m.



www.ci.upland.ca.us

EVERY DROP OF WATER IS PRECIOUS

Upland residents continue to work to save water during the epic drought that has gripped California. Watering days are based upon the last digit of your street address. Wednesdays and Sundays are for addresses that end with an even last digit; Tuesdays and Saturdays are for addresses that end with an odd last digit. No outdoor watering shall take place between the hours of 6:00 a.m. to one hour before sundown. For more general guidelines of restrictions,

For more general guidelines of restrictions, please visit www.ci.upland.ca.us/#Water_Conservation.



SMART MEDIANS SAVE BIG



SAVING WATER

Most people are aware that we are in our fourth consecutive year of low rainfall. This type of extended dry weather causes a strain on our water resources. It's important to reduce our use and use our precious drinking water supplies wisely.

We can't control the weather, however there are some things that we can do to sustain our water resources, such as reduce our outside irrigation.

Did you know that outdoor water use accounts for nearly 9 billion gallons of water each day? On average, most households in the United States use more water irrigating their lawns than what is used inside taking a shower or washing clothes combined.

Understanding how water is consumed inside and outside of your home will help in controlling the use of water. The typical household water use for a family of four is: 70% outside irrigation; 9% toilets; 5% showers/baths; 6% leaks; 7% clothes washers; 1% dishwashers; 2% other watering.

So, now that you know how we consume water, what can we do to conserve water?

Good question. What about adjusting your irrigation controller to water a few minutes less per station? Or, reduce irrigation time periods so that water doesn't run-off on to the sidewalk or into the street. Make sure your irrigation spray heads are oriented to sprinkle water onto the landscaping instead of sprinkling the sidewalk or street.

You may even want to request a landscape audit to evaluate the watering efficiency of your property? Contact the Chino Basin Water District for a free landscape evaluation audit for residential properties. For more information about this FREE program, please send an email to: Landscapeaudit@cbwcd.org or contact them at (909) 267-3230.

The City of Upland is committed to providing resources that are helpful in reducing water use and offsetting the cost for replacing old watering devices to more water efficient ones. Rebates that are offered include:

- Turf Replacement
- High Efficient Toilets
- High Efficient Clothes Washers
- Weather-Based Irrigation Controllers/Sprinklers

We can all help in conserving water by taking steps towards being more water-smart.

For more information on other conservation tips, please visit the City's website at www.ci.upland.ca.us, or contact the Public Works Department at (909) 291-2935.

Fourteen new smart water controllers along Upland's medians, parkways, and in parks have saved more than 21 million gallons of water in a year, the equivalent of an annual water supply for 830 people. With help from a U.S. Bureau of Reclamation grant, the City installed water-efficient controllers along Foothill Boulevard, Eastgate Avenue, and areas of the Cabrillo, Citrus, Baldy View, Magnolia, McCarthy and Olivedale parks. The controllers are weather-based and can be accessed via Internet. The landscaping now is using less potable water — much, much less. Recent water readings obtained from meters serving the areas where the smart controllers were put into service show an annual reduction of approximately 21,300,000 gallons per year. Based on the EPA data of average in-house water use of 70 gallons per person daily, that water volume represents a water supply for 830 persons for a whole year. The grant that the City received from the U.S. Bureau of Reclamation has created a significant impact in this prolonged drought. The City plans to keep water efficiencies flowing. Work continues to cut potable water use at public facilities and to reduce overall water use by 36 percent.



WHEN THE RUBBER MEETS THE ROAD

The City is applying green technology and improving Upland's streets with rubberized asphalt. Ground-up, used tires are one of the ingredients of this high-quality pavement. Rubberized asphalt lessens traffic noise, keeps its black new appearance longer, and reduces the

extension of pavement cracks to the surface area, making the pavement look and ride smoother for many years. The rubber in the pavement introduces flexibility and a natural pavement healing that minimizes the appearance of surface cracks. Once the new rubberized asphalt is installed, the City re-stripes the pavement markings, including button delineation

and reflective pavement markers for improved nighttime visibility.

Recently the City replaced an old water main and repaved the surface of Mountain Avenue from 9th Street to 19th Street with rubberized asphalt. This is a major arterial roadway used by approximately 30,000 motorists, providing access from the Interstate 10 and 210 freeways to Mountain Avenue business districts and adjoining residential areas. This fall, another well-traveled roadway, 16th Street from Mountain Avenue to Campus Avenue, will be repaved with rubberized asphalt. This will complete the restoration of 16th Street from Benson Avenue to the eastern City limits. These projects were funded by money obtained through state gas taxes and the San Bernardino County voter-approved half-cent sales tax usually referred to as Local Measure I.

GO TO SCHOOL SAFELY

Everyone wants your children to get safely to school, and then home. The Safe Routes to School program encourages children to bicycle or walk safely every day to school. Younger children should always walk with an adult or friend. While walking or biking may not always be practical, every excursion increases opportunities for healthy physical activity. Please, keep it safe. Safe Routes to School offers some everyday safety tips for kids:

- A traffic signal that says “don’t walk” means, do not start across the street.
- Younger children should always walk with an adult or a friend.
- Children near the street should not push, shove, or chase each other.
- Be seen. Always wear bright-colored clothes and if it is dark and hard to see, carry flashlights or wear reflective gear.
- Look for traffic. Especially keep an eye out for cars and trucks at driveways and at intersections.
- Stop, look, and listen before crossing the street. Keep looking for traffic until you have finished crossing.

UPLAND FIRE DEPARTMENT OPEN HOUSE WITH INSIDE UPLAND FAMILY PREPAREDNESS DAY

Saturday, October 24th, 9:00 a.m. – 2:00 p.m.

Upland Fire Station 164, 1825 N. Campus Ave., Upland

Hands-Only CPR – Learn the positive effect you could have on a person that suffers from a sudden cardiac arrest. This 45-minute course will be given by an Upland Fire Department paramedic and show how doing compressions on someone’s chest can save a life.

Helicopter 165 – Upland Fire’s Medical Helicopter will be there to show people the inside of a medical helicopter that acts as a flying emergency room for the sick and injured within the City and county of San Bernardino.

Auto Extrication – Firefighters will cut apart a car and demonstrate the life saving tools that they carry on their fire apparatus.

Live Fire Demonstration – Two fire units will demonstrate the task of deploying fire hose and extinguishing fire.

For the Kids – Fire Truck bounce house will be there for enjoyment, crawling through a dark room on hands and knees with a real firefighter, opportunity to take pictures in a photo booth, squirting water from a fire hose nozzle to knock a cone over, and a visit from Sparky The Dog.

Food – Pancake Breakfast at 9:00 a.m. There will be shaved ice and popcorn for sale. All proceeds go to the Upland Fire Explorer Post 955.

Raffles and Sales – We will be raffling off two dinners for up to 4 people at the fire station, win a flight in Helicopter 165 as they depart the Open House, flying one person back to Cable Airport, then being picked up by a fire engine to bring you back to the Open House. Also there will be sales of Upland Fire Department PINK T-Shirts, showing support for breast cancer awareness month. All T-Shirt sale proceeds will benefit the Susan G. Komen Foundation.

Join us for this community event, full of demonstrations and displays of Fire Department equipment. For more information or to register for the Hands-only CPR course, please contact the Upland Fire Department at (909) 931-4180.



COMMUNITY TEAM HELPS HOMELESS

Community members and groups continue to work together as the Homeless Stakeholders Team tackle homelessness, and call for community involvement to help make a difference.

The team is working:

- To prepare plans and programs that achieve positive changes for homeless people in Upland.
- To find ways for service agencies and groups to partner, so all maximize resources and services.
- To ensure that services and opportunities are available for homeless individuals and families in the community.

The Homeless Stakeholders Team, in partnership with the County of San Bernardino Office of Homeless Services, is proud to announce an event serving our community on Wednesday, October 7th, from 10:00 a.m. to 3:00 p.m. at Memorial Park, Atwood Kitchen. Project Connect will help people who are low income, at risk of homelessness, or are homeless. Service providers will offer information about services available in San Bernardino County so people can explore available resources that can help make a difference in their lives. Free lunch will be served.

Team members of the Homeless Stakeholders include Foothill Family Shelter, Pacific Lifeline, Upland Unified School District, Upland Housing Authority, Upland Four Square Church, Rivers Edge Church, St. Josephs Church, and people who are homeless. If you would like to be a part of the Homeless Stakeholders Team, they meet the third Tuesday of each month upstairs in the Carnegie Building at 6:00 p.m. Please consider becoming a member of this team that is making an impact in the City of Upland. For more information about the Homeless Stakeholders Team or information about monthly meetings, please contact Doug Story at dstory@mdg-ldm.com.

YOUR NEIGHBORS (AND UPLAND POLICE) NEED YOU

In cooperation with the Upland Police Department, the Neighborhood Watch crime-prevention program enlists the active participation of Upland residents to help watch out for each other. You will learn some simple crime-prevention techniques and will be provided information about what’s happening in your neighborhoods.

Here’s How Neighborhood Watch Works

- You and your neighbors observe and learn the activities of your neighborhood, such as which residents work during the day, and which residents and automobiles belong in a particular area.
- You are trained to recognize and report suspicious activity in the neighborhood.
- You learn and use crime-prevention techniques, such as home security and “Operation ID.”
- Neighbors support each other by keeping a watchful eye on each other’s property.

As a participant in the Neighborhood Watch Program, you will become better acquainted with your neighbors. Upland PD believes the Program is a powerful way to combat all types of criminal offenses in a residential area.

Stopping crime is everyone’s business. If you want to reduce the odds of becoming a victim in your own home or neighborhood, talk to your neighbors about joining the Upland Police Department’s Neighborhood Watch program.

How to Schedule a Neighborhood Watch Meeting

For more information, or to schedule a meeting in your neighborhood, please contact Officer Kabayan at (909) 920-6530 or email akabayan@uplandpd.org.

2ND CHANCE THRIFT SHOP TO PROVIDE FUNDING FOR FRIENDS OF THE UPLAND ANIMAL SHELTER

Donated furniture, jewelry, electronics, sports equipment, and the odd thing or two are among the “stuff” that made the Upland Animal Services yard sales famous for their bargains, as well as for their ability to raise thousands of dollars to support the shelter animals. Now the Friends of Upland Animal Shelter are expanding the yard sales to a 4,000-square-foot thrift store that will be open 7 days a week, all to benefit and support the shelter dogs, cats, and other critters.

The volunteers from Friends of Upland Animal Shelter have been busy getting the 2nd Chance Thrift Shop ready to open at 1028 W. 9th St., Upland. The store, between San Antonio and Mountain Avenues, will be crucial in providing needed funding to help animals, the Friends say. Proceeds are used to sponsor reduced adoption fees during special events, provide medical services, fund a spay/neuter program for free-roaming cats, and offer other types of support.

Lilly, for example, came to the Upland Animal Shelter on May 11th. A volunteer noticed that Lilly was having trouble urinating. A volunteer from Friends of Upland Animal Shelter took Lilly to

an emergency veterinary clinic, where radiographs revealed an enormous bladder stone. Friends of Upland Animal Shelter paid for the surgery. Lilly made it through the surgery very well and was even adopted several days later.

The store will feature the usual wide variety of thrift store bargains, as well as fine antiques and will be open 7 days a week. Donations are being accepted at Upland Animal Shelter, 1275 San Bernardino Road. People can also volunteer at the thrift store by becoming a member of Friends of Upland Animal Shelter and signing up to help. Watch the Friends' facebook page or website <http://www.friendsofuplandanimalshelter.org> for the grand opening date.



FIRST-AID FOR PETS

Are you prepared for a pet emergency? PetTech, a center dedicated to CPR and first-aid training for pets, offered a class in June 2015 in conjunction with Friends of Upland Animal Shelter. Participants learned how to conduct a primary assessment in an emergency situation, how to check a pet's vitals, how to safely restrain an ill or injured pet, and protocols for injuries, including choking, bleeding, shock, and insect stings and snake bites. The class also shared skills of dog and cat CPR and rescue breathing.



Participants also learned how to organize their own first-aid kit for pets. Do you have one? Keep your phone numbers for your vet, and the nearest pet ER within easy reach. Consider adding these basic supplies to your pet first-aid kit: gauze pads, adhesive tape, a foil emergency blanket, cotton balls, gauze rolls, hydrogen peroxide, non-latex disposable gloves, and sterile saline solution. Keep a rectal thermometer handy for your dog. A dog fever is 103.5 degrees.

If you are interested in participating in a future class, please email membership@friendsofuplandshelter.org.

WAYS TO GET DISCOUNTED DOG LICENSES

Your dog license costs far less when your dog is altered or spayed. The one-year rate for an intact dog is \$50, but the rate drops to \$20 if your pet is neutered.

If you are 65 or older, you may qualify for an even bigger price break. The one-year rate for a spayed or altered dog is half the regular price, \$10. You'll need to show proof of age, plus a certificate of sterility for your dog.

Why license a dog? If your dog gets lost, a license can be the fastest way to getting reunited. Sometimes when people find dogs, they don't want to bring them to animal shelters, especially if they have no collar tags. Licensing is also a good way to keep up with your dog's rabies vaccination. Rabies is still present among us, and the virus is fatal to animals and people.

A reminder: State law requires that a rabies certificate be valid during the entire licensing period. Animal license renewals are processed at Upland City Hall Finance Department at 460 N. Euclid Avenue, Upland. To see all licensing and animal services rates, and get a license application online, please visit http://www.ci.upland.ca.us/#Tags_&_Licenses

RECENT ADOPTIONS



Join Us for Comedy Night

November 7th

benefitting the animals of the Upland Animal Shelter and children of the theater arts program.

For more information, please visit www.friendsofuplandanimalshelter.org.

Save the Date

MILITARY BANNER PROGRAM & COMMITTEE

We would like to thank the following families and groups for their support and sponsorship of Upland's military banners for active service people: The Inkrott Family, The Dillion Family, Arthur H. Mason, Upland Police Officers Association, Star Hardware, Trader Joes, Vince's Spaghetti, Dale Bros. Brewery, Mail Depot, Green's Auto Tech, Foothill Village Co., Upland Village Center, PrimeCO, Martha Sullivan, Chuck Atha, Pacific Western Bank and Main Street Signs

TO SPONSOR A BANNER:

The cost is \$225 FOR EACH BANNER.

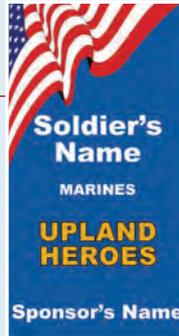
As a sponsor, you or your business will receive recognition in the Upland Today quarterly newsletter, acknowledgement at a City Council meeting, your name or your business name at the bottom of every banner you sponsor, a certificate of recognition and a letter stating the name of the military person you sponsored. The military family receives a letter stating that either you or your business sponsored their loved one's military banner.

Please mail your tax deductible donation check to:
Upland Community Foundation
P.O. Box 794, Upland, CA 91785
Reference: Military Banner Program

To Apply For A Military Banner For Your Loved One, please contact Recreation and Community Services at (909) 931-4280.

NEW BANNER COMMITTEE MEMBERS WANTED

Contact (909) 985-5429 for more information.



LA COUNTY FAIR TO HONOR UPLAND VETERANS

Upland Day, Wednesday, September 9th, at Los Angeles County Fair, will honor military heroes from each branch of the military service. The Upland Community Heroes are:

- Mal Middlesworth (Army)
- Ken Hargrove (Marine)
- Ila Deluca (Coast Guard)
- Faustino Sandoval (Navy)
- Joe Ramos (Air Force)

Along with the parade, high school marching band competition, and business expo, Upland Day is all about Upland, supporting businesses and civic leaders, volunteers, unsung heroes, local talent and outstanding young people. This year's military emphasis ties in with community efforts to raise \$400,000 for a new monument that will honor those in military service, past and present. The monument will be central to the Civic Center Courtyard. For more information, please visit <http://www.uvmp.org>.

The Upland Community Committee helps raise money for the FairKids Field Trip Program, which brings about 1,084 Upland students to the fair. For \$3.50 per child, you can support this program. For more information, please visit <http://www.lacountyfair.com/communitydays/upland>.

THE UPLAND VFW WANTS YOU

Veterans of Korea, Vietnam, Iraq, and Afghanistan

Join Upland's VFW at the Commemorative Air Force Building Cable Airport, 1749 W. 13th St., the second Wednesday of each month beginning at 7:00 p.m.



Share your experiences, advocate for veterans, and participate in our flag retirement program. For more information, please contact Charles Kelcher at (951) 529-6016.

LA County Fair
September 4 - 27, 2015

UPLAND DAY AT THE FAIR

WEDNESDAY, SEPT. 9

Exclusive offer: \$5 admission

UPLAND DAY AT THE FAIR

WEDNESDAY, SEPT. 9

Two ways to purchase tickets
Proceeds benefit the Upland Big Yellow Bus Program

- Go to LACF.com/buytickets. Enter the quantity of Community Day Admission tickets. Use promo code: **upland**.
- Present this discount coupon at any LACF admission gate, Wednesday, Sept. 9, 2015

\$5 Admission

\$5 admission with online purchase using promo code, or at LACF gates by submitting this barcoded coupon, valid Wednesday, Sept. 9, 2015 only. Not valid with any other offers. No cash value.

ATTRACTIONS:

POPNOLOGY
From Sci-Fi to Wi-Fi, see, feel and touch popular culture's impact on technology.

LUMINASIA
presented by Marongo Casino Resort & Spa
Enjoy this nighttime larger-than-life Chinese lantern experience that is truly one-of-a-kind.

CARNIVAL
Get the adrenaline pumping with 70 exciting rides and 40 fun-filled family games.

FOOD
Indulge in everything ooey, gooey, covered-in-chocolate and on-a-stick.

GRINDING GEARS
A live music experience comes alive every night with DJs, tribute bands and more.

THE FARM
Head to The Farm for the best agri-tainment and animal encounters.

WINE, SPIRITS & BEER MARKETPLACE
Learn to taste like a pro with wine education classes and samplings of winners from the Los Angeles International Wine, Spirits & Beer Competitions.

GET THE BEST SEATS IN THE HOUSE

Go to LACF.com for tickets and updates.

Patti LaBelle & Chaka Khan
Friday, Sept. 4

ZZ Top
& special guest **Blackberry Smoke**
Sat., Sept. 12

Train
Saturday, Sept. 19

PRESENTED BY TOYOTA Let's Go Places



CHILDREN ACTIVITIES @ the Library for children ages 1 to 12.

All programs will take place in The Brodie Room unless noted otherwise.

ONE-DERFUL ONES STORYTIME

Wednesdays, 10:00 a.m. - 10:20 a.m. &
Saturdays, 12:00 p.m. - 12:20 p.m.
September 16th – November 21st

This lap-sit storytime is for one-year-olds and a parent/guardian to discover the joys of books and libraries through songs, nursery rhymes and fingerplays.

BILINGUAL STORYTIME

Mondays, 5:00 p.m. - 6:00 p.m.,
September 14th - November 16th

¡Hola! Venga (come) join us for Bilingual Storytime! Stories will be read in English and in Spanish. This storytime is for the whole family. We hope to see you there!

TODDLERTIME

Tuesdays, 10:15 a.m. - 10:45 a.m. &
Thursdays, 11:15 a.m. - 11:45 a.m.
September 15th – November 19th

Toddler Time is a program for children between the ages of 2 and 3. Accompanied by an adult, these little library users will enjoy stories, songs, flannel boards, puppets and fingerplays.

PRESCHOOL STORYTIME

Tuesdays, 11:15 a.m. - 12:00 p.m.
September 15th – November 17th

This program introduces children's literature through picture books for children ages 3-5. We enjoy songs, flannel boards, puppets, fingerplays, and crafts. This is an independent storytime where children should be able to sit and listen without a parent present.

AFTERSCHOOL ADVENTURES

Wednesdays, 3:30 p.m. - 4:30 p.m.
September 16th – November 18th

Children ages 5-9 enjoy great stories and snacks. We meet after school to read longer picture books, and then make a craft.

P.J. STORYTIME

Thursdays, 6:00 p.m. - 6:30 p.m.
September 17th – November 19th

Put on something comfy, curl up at the library and listen to some great bedtime stories. This is a storytime for the whole family.

LEVEL UP (AGES 9 TO 12 YEARS)

Fridays, 3:30 p.m. - 4:30 p.m.
September 18th – November 20th

Calling all "Tweens" this program is just for you! Join us Friday's for games, crafts, science, and snacks. You might make a new friend... or bring them along with you...you'll definitely have a great time.

TEEN ACTIVITIES @ the Library for teens ages 13 to 18 only.

All programs will take place in The Brodie Room unless noted otherwise.

TEEN BOOK BRAWL

Every Third Tuesday, 4:00 p.m. - 5:00 p.m.
Registration will begin on August 31st and end on September 11th

Teen Book Brawl is our very own book club just for teens. Our book club season begins in September and ends in May. Read one book a month with us and vote for your favorite at the end of the season! Our first meeting will take place on September 15th. Registration is required for this program. For more information, please call (909) 931-4328.

TEEN GAMING

First and Last Thursdays, 3:30 p.m. - 5:30 p.m.

Get your game on with our brand new Wii-U! Play games like Mario Kart 8 and Super Smash Bros.! We'll also have board games available like Apples to Apples and Monopoly.

TEEN CRAFT

Every Second Thursday, 3:30 p.m. - 5:30 p.m.

From ideas on Pinterest to YouTube, we'll be tackling some fun DIY ideas every second Thursday of the month. Stop by to make some cool gadgets with us!

TEEN AFTER SCHOOL MOVIE

Every Third Thursday, 3:30 p.m. - 5:30 p.m.

Take a break and watch a movie at the Library for a relaxing and fun afternoon. Refreshments will be provided.

PUMPKIN CARVING CONTEST

Thursday, October 22nd, 3:30 p.m. - 5:30 p.m.

It's that time of year for pumpkin spice lattes, pumpkin pies, and pumpkin carving contests! With a team of your friends, compete to win a prize by having the best pumpkin of all.

HALLOWEEN HAUNTING

Friday, October 30th, 4:00 p.m. - 6:00 p.m., Carnegie Library

Freak us out with your costume! Teens who attend wearing a costume will be entered into our Halloween raffle. Kick off your Halloween celebrations with us!

HUNGER GAMES CHALLENGE

Thursday, November 19th
3:30 p.m. - 5:30 p.m., Carnegie Library

Compete in our Hunger Games Challenge with your friends to see who will be the ultimate winner. Not sure if you want to compete? That's okay! We'll be playing the Mockingjay Part 1 so you can kick back and relax.

FAMILY SPECIAL EVENTS

All programs will take place at the Carnegie Library,
123 E "D" Street, Upland

Buster Balloon's Halloween SPOOK'tacular

Monday, October 26th, 6:00 p.m. - 7:00 p.m.

A 45-minute family show filled with creepy comedy, spooky magic, and monstrous balloon creations guaranteed to have your little monsters howling with laughter and screaming with delight!

International Games Day 2015

Saturday, November 21st, 1:00 p.m. - 3:00 p.m.

So you think you've got game? Read, learn, and play during International Games Day @ your library, sponsored by the American Library Association. Bring your family, bring your friends, and we will all celebrate our love of video and board games, like Apples to Apples, Pictureka, Guitar Hero, Mario Kart, and of course, Minecraft!

ADULTS

BOOK-ENDERS BOOK CLUB

First Saturday of the Month, 10:00 a.m. to noon
October 3rd, November 7th, and December 5th
The Brodie Room



Join the Book-Enders as they celebrate their 25th anniversary! They offer a great way to meet new people and read great books. Each month members read a featured book. At each meeting a guest speaker expands on a topic or theme of the featured book. After a short break of coffee, tea, and snacks, members discuss the book (or topic). Even if you haven't read the book, don't miss the opportunity to meet new people and eat, drink, and be merry!

MOVIE NIGHT FOR GROWN-UPS

Third Wednesday of the Month, 6:00 p.m.
September 16th, October 21st, November 18th
The Brodie Room

Come and mingle with other adults for a spectacular Classic Movie Night! The Library will be showing a variety of Classic films and serving tasty popcorn to go along with the movie experience!

BASIC COMPUTER CLASSES

Every Monday, 3:00 p.m.
The Brodie Room

Learn how to use a computer on one of the library's Chromebooks. The classes will cover logging on and off, connecting to the Library's wireless network, using the keyboard and touchpad, browsing the web, and using email. You will also learn how to use the Library's resources and online databases. You just need an Upland Library Card with Internet access to attend.

BILINGUAL COMPUTER CLASSES (INTRODUCCIÓN A LA COMPUTADORA)



Every Wednesday, 4:00 p.m.
The Literacy Center (Carnegie, downstairs)

The same topics in the Basic Computer Classes are now being offered in Spanish in the comfort of The Literacy Center!

GET READY FOR YOUR DMV TEST!

3rd Tuesday of the Month, 3:00 p.m.
(Walk-thru session of the CA DMV Driver Handbook)
Monday - Friday, 1:00 p.m. - 4:00 p.m.
(Open lab to practice DMV tests online or on paper)
The Literacy Center (Carnegie, downstairs)

The library is offering two ways to help you prepare for the California DMV drivers license written test.

CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

Fourth Tuesday of the Month
6:00 p.m. to 7:00 p.m.
Carnegie Library

The Library has partnered with the Upland Interfaith Council to bring you presentations from different faiths in and around our community. There will be speakers from differing denominations of faith. This free program runs January to October. Scheduled speakers for the Fall include:

September 22nd Mohammed Zafarullah -
Ahmadiyya Muslim Community
October 27th Sdn. Joseph Brown - Orthodox

NANOWRIMO COME WRITE IN (CWI)

Month of November

November is National Novel Writing Month (NaNoWriMo), a time when writers around the world challenge themselves to write an entire novel in just one month. The Library and the NaNoWriMo Pomona Valley Region are hosting dedicated space for our local writers' efforts with Come Write In! sessions. It is a free, drop-in program for would-be writers of all ages. Bring a notebook, laptop, or check out a Chromebook and join other local writers to write communally.

LIBRARY LITERACY

For more information or to register, please contact Literacy Services at (909) 931-4211.

BECOME A US CITIZEN - FREE CITIZENSHIP CLASSES - THE BRODIE ROOM

Pathways to Citizenship @ Your Library is presenting Citizenship classes at the Upland Public Library. A 13-week citizenship course will be offered beginning Thursday, September 3rd. Students must pre-register for this class and must attend every week to complete the course.

14TH ANNUAL TRIVIA BEE & SILENT AUCTION FOR LITERACY - CARNEGIE GREAT ROOM

Get ready to Play to the Rhythm at the 14th Annual Trivia Bee and Silent Auction for Literacy on Thursday, September 24th at 6:00 p.m. Admission is \$15 for adults and no charge for students. Watch Team Rutherford, sponsored by San Bernardino County Supervisor Janice Rutherford, return to defend their title as the 2014 Trivia Bee Champions. As in previous years, all proceeds will benefit the Upland Library Adult Literacy program for which state funding is determined by the amount of local monies raised. For information on sponsoring or participating as a team (\$300 donation team entry fee) or on donating goods and/or services as auction items, please contact Literacy Coordinator Liz Barbee, at (909) 931-4211.

READ NOW @ UPL - CONVERSATIONAL ENGLISH TUTORING - CARNEGIE LITERACY CENTER

Upland Library can help you improve your English; speak better, read better, get a better job, meet your goals. Students are matched with a tutor to study basic, conversational ESL. Instruction provided by volunteer tutors. Materials provided.

VOLUNTEER TRAINING OPPORTUNITY: CHANGE A LIFE - BECOME AN ADULT LITERACY TUTOR - CARNEGIE LITERACY CENTER

The Adult Literacy program provides free, private, one-on-one tutoring for low literate adults seeking assistance in improving their reading, writing, vocabulary and comprehensions skills. Tutor Training for this program will take place on Saturday October 24th, 9:00 a.m. - 3:00 p.m. in the Carnegie Building. Literacy tutors are matched with students based on schedule availability.

14TH ANNUAL TRIVIA BEE & SILENT AUCTION FOR LITERACY

Thursday, September 24th, 6:00 p.m.
For information please contact Literacy Coordinator
Liz Barbee at (909) 931-4211.



CITY OF UPLAND *Directory*

CHAMBER OF COMMERCE

215 N. Second Avenue, Ste. D
Upland, CA 91786
(909) 204-4465

CONSERVATION HOTLINE

(909) 291-2999

GRAFFITI HOTLINE

(909) 931-4127

HOSPITALS

San Antonio Community Hospital
999 San Bernardino Road
Upland, CA 91786
(909) 985-2811

HOUSING

Upland Housing Authority
1200 N. Campus Avenue
Upland, CA 91786
(909) 982-2649

**Inland Fair Housing and
Mediation Board**
(serving the City of Upland)
10681 Foothill Blvd., Ste. 101
Rancho Cucamonga, CA 91730
(909) 984-2254
(800) 321-0911

POST OFFICES

333 E. Arrow Highway
Upland, CA 91786
(909) 946-8134
560 N. Mountain Avenue
Upland, CA 91786
(909) 981-1109

PUBLIC SCHOOLS

Upland Unified School District
390 N. Euclid Avenue
Upland, CA 91786
(909) 985-1864

ELEMENTARY SCHOOLS

Baldy View Elementary
979 W. 11th Street
Upland, CA 91786
(909) 982-2564

Cabrillo Elementary
1562 W. 11th Street
Upland, CA 91786
(909) 985-2619

Citrus Elementary
925 W. 7th Street
Upland, CA 91786
(909) 949-7731

Foothill Knolls Elementary
1245 Veterans Court
Upland, CA 91786
(909) 949-7740

Magnolia Elementary
465 W. 15th Street
Upland, CA 91786
(909) 949-7750

Pepper Tree Elementary
1045 W. 18th Street
Upland, CA 91784
(909) 949-9635

Sierra Vista Elementary
253 E. 14th Street
Upland, CA 91786
(909) 949-7780

Sycamore Elementary
1075 W. 13th Street
Upland, CA 91786
(909) 982-0347

Upland Elementary
601 N. 5th Avenue
Upland, CA 91786
(909) 949-7800

Valencia Elementary
541 W. 22nd Street
Upland, CA 91784
(909) 949-7830

JUNIOR HIGH SCHOOLS

Pioneer Junior High School
254 W. 18th Street
Upland, CA 91784
(909) 949-7770

Upland Junior High School
444 E. 11th Street
Upland, CA 91786
(909) 949-7810

HIGH SCHOOLS

Hillside High School
1558 W. 9th Street
Upland, CA 91786
(909) 949-8400

Upland High School
565 W. 11th Street
Upland, CA 91786
(909) 949-7880

REFUSE COMPANY

**Burrtec Waste Industries -
Commercial, Industrial and
Temporary Services**
(909) 949-0500
Commercial trash services are billed
through Burrtec.

TRAFFIC INFORMATION

(877) MY-IE511 or ie511.org

TRANSPORTATION

Cable Airport
1749 W. 13th Street
Upland CA 91786
(909) 982-6021

Metrolink
Upland Metrolink Station
300 East A Street
Upland, CA 91786
(800) 371-LINK (5465)

Omnitrans
(800) 966-6428
(909) 379-7100
(909) 384-9351 TDD

Dial-A-Ride
(909) 383-1680 TDD

Ontario International Airport
(909) 937-2700
(909) 937-2163 TDD

UTILITIES

**City of Upland - Residential Water,
Sewer, and Trash Service**
(909) 931-4150

Inland Empire Utilities Agency
6075 Kimball Avenue
Chino, CA 91708
(909) 993-1600

Southern CA Edison
1351 E. Francis Street
Ontario, CA 91761
(800) 655-4555
(909) 930-8591

Southern CA Gas Co.
155 S. G Street
San Bernardino, CA 92410
(800) 427-2200
(909) 335-7941

Time Warner Cable
(888) 892-2253

Verizon
(800) 483-4000



Sign Up for
Online Bill Pay  Easy
Secure
Convenient
www.ci.upland.ca.us

Get City Forms Online 
www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp

UPLAND Recreation & Community Services

The Upland Recreation Division,
Upland Fire Department and Upland CERT present

Inside Upland Family Preparedness Day & Upland Fire Department Open House

“Being Prepared... Today, Tomorrow And The Future”

Saturday, October 24th • 9:00 a.m. - 2:00 p.m.

Upland Fire Station #164, 1825 N. Campus Avenue, Upland

In less than a minute, your world can change! A big earthquake, a wind-driven wildfire or other catastrophe can alter lives forever. Firefighters and other first responders may not be able to come to your rescue right away and you may be on your own for a long time. Are you ready? What will you do? How will you survive? Learn how to be more prepared and more resilient in the event of a disaster. Learn what to do in the event of down power lines, how to properly use a fire extinguisher, how to control your utilities after an earthquake or disaster and other great information. While at the Upland Fire Station, enjoy the Upland Fire Department Open House. View live fire and rescue demonstrations, view an auto extrication, check out Helicopter 165, take a Hands-Only CPR course, enjoy fun for the kids and a pancake breakfast. For more information, please contact the Upland Recreation Division at (909) 931-4280.

The Upland Recreation Division and Reliance Community Church present Scary-A-Faire

FREE!

Saturday, October 31st • 5:00 p.m. - 8:00 p.m.
Downtown Upland

Join us for a haunting experience at the Annual Scary-A-Faire Celebration...our safe alternative to trick-or-treating. The streets will be closed off so that the trick-or-treaters can make their way safely through fun and interactive games and activities. Our costume contest will be held from 5:00 p.m. – 7:10 p.m. Dress up and be judged in the following categories: Best Character Representation, Scariest, Most Creative, Cutest (0-4 years, family and groups) and Judges Choice. Costume judging will end promptly at 7:10 p.m. Winners will announced and recognized at the gazebo at approximately 7:30 p.m. Food vendors will be present. For more information, to sponsor, volunteer or have a game booth, please contact Janis Rice at the Upland Recreation Division at (909) 931-4281.

The Upland Recreation Division and Reliance Community Church

Dare You To Be Scared At Our Haunted House!

Friday, October 30th and Saturday, October 31st
6:00 p.m. - 10:00 p.m.
105 N. 1st Avenue, Upland

\$5.00 Per Person – Pay At The Door
Parental caution is advised! Parts of the special effects may be very frightening to children and those faint of heart. No strollers are permitted in the haunted house. For more information, please contact the Upland Recreation Division at (909) 931-4280.

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Interested in being a part of our exciting community events? Contact us at (909) 931-4280.

UPCOMING FALL/WINTER EVENTS

- ▶ Co-Ed Youth Basketball
- ▶ Biggest Loser Challenge
- ▶ Halloween Scary A Faire
- ▶ Turkey Trot 5K Run/Walk
- ▶ Breakfast With Santa
- ▶ Letter To Santa
- ▶ Home For The Holidays House Decorating Contest

8th Annual Upland Turkey Trot 5K Run/Walk & 1K Kiddy Trot

San Antonio Park – Mountain Avenue & 24th Street, Upland
Thursday, November 26th

Start/Finish at San Antonio Park/Historical Waiting Station

5K Run/Walk: Early Registration w/ T-shirt: through November 17th - \$25.00
Late Registration/Morning Of Event: \$30.00
Check-In: 6:30 a.m. - 7:45 a.m. **Start Time: 8:00 a.m.**

Kiddy Trot (1K) 10 years & younger:
Early Registration: through November 17th - \$15.00
Late Registration/Morning Of Event: \$20.00
Check-In: 6:30 a.m. - 7:15 a.m. **Start Time: 7:30 a.m.**



COME OUT AND EXERCISE BEFORE THE BIG MEAL! The City of Upland Recreation Division and the Boys & Girls Cross Country Team from Upland High School are proud to announce our Annual 5K Run/Walk! Funds will help the Upland High School's Boys and Girls Cross Country Team. Prizes awarded to overall finisher – male & female. Medals will be given to the 1st place finishers in each age category of the 5K Run/Walk. Online registration will be available until November 22nd.

Classes Begin
in September
Register Online
Visit: www.ci.upland.ca.us



DANCE

Moultrie Academy of Music, Voice and Dance

Youth Dance is a year round, ongoing program for girls and boys. Students enrolled in ongoing classes must pay for the upcoming month by the 1st of each month in order to hold their spot. After this date, open enrollment will be in effect. Please note: All Saturday classes will be held at Moultrie Academy of Music, Voice And Dance, 405 W. Foothill, Ste 201, Claremont (Located above Citibank, on the second floor). All other dance classes will be held at Magnolia Recreation Center, 651 W. 15th Street, Upland

BALLET & TAP DANCE I \$42/MONTH

The basics of ballet and tap begin here with our introductory class for those with no previous dance experience. The class will focus on ballet and tap movements, as well as an introduction to a class environment. Students will need dance attire, ballet slippers, and tap shoes. No class 9/2 and 9/5. Instructor: Moultrie Academy of Music, Voice and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland OR Moultrie Academy Of Music Voice And Dance, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time	Location:
DANCE 2	3-4 yrs	Monthly	W	3:45-4:30 p.m.	Mag. Rec. Center, North Hall
DANCE 10	3-4 yrs	Monthly	Sa	10:15-11:00 a.m.	Moultrie Academy Studio

BALLET & TAP DANCE II \$42/MONTH

Students will learn basic ballet and tap steps and simple routines while improving coordination, rhythm and agility. Students will need dance attire, ballet slippers, and tap shoes. No class 9/2. Instructor: Moultrie Academy of Music, Voice and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time
DANCE 3	5-7 yrs	Monthly	W	4:30-5:15 p.m.

BALLET/JAZZ DANCE \$42/MONTH

Experience the beauty of ballet and the fun of jazz all in one class! Learn correct ballet technique which any accomplished dancer will tell is a must to becoming a great jazz dancer! Instructor: Moultrie Academy of Music, Voice and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time
DANCE 4	8-12 yrs	Monthly	W	5:15-6:00 p.m.

MUSIC AND DANCE MOVEMENT \$35/MONTH

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 9/5. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 a.m.

TOTALLY TWIRLING BATON

Come join the Totally Twirling fun!! Learn how to twirl a baton from a USA Twirling Ambassador and Champion. Baton twirling builds friendships, teamwork, rhythm and fitness. We will have fun-filled classes that will prepare you to twirl in parades, recitals, and competitions! A baton may be purchased from the instructor at the first class for \$30.00. No class 11/23. Instructor: Brandie Holland Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time	Fee/Sessions
YSPORT 152	4-12 yrs	9/14-9/28	M	4:30-5:15 p.m.	\$30/3
YSPORT 153	4-12 yrs	10/5-10/26	M	4:30-5:15 p.m.	\$40/4
YSPORT 154	4-12 yrs	11/2-11/30	M	4:30-5:15 p.m.	\$40/4

GYMNASTICS

BALDY VIEW GYM GYMNASTICS, 916 Monte Vista Avenue, Upland

Gymnastics is a year round, ongoing program starting at the beginner level continuing through intermediate. Students enrolled in ongoing classes must pay for the upcoming month by the 1st of each month, in order to hold their spot. After this date open enrollment will be in effect. A separate non-refundable insurance fee of \$25.00 per year is payable to Baldy View Gymnastics. No class 9/7 and 11/26-28. Instructor: Baldy View Gymnastics Staff



BEGINNING 1

Activity #	Age	Dates	Day	Time	Fee/Month
GYM 1	5 yrs +	Monthly	M	3:30-4:30 p.m.	\$40
GYM 2	5 yrs +	Monthly	Tu	3:00-4:00 p.m.	\$40
GYM 3	5 yrs +	Monthly	W	3:30-4:30 p.m.	\$40
GYM 4	5 yrs +	Monthly	W	6:00-7:00 p.m.	\$40
GYM 5	5 yrs +	Monthly	Th	3:00-4:00 p.m.	\$40
GYM 6	5 yrs +	Monthly	F	3:30-4:30 p.m.	\$40
GYM 8	5 yrs +	Monthly	Tu/Th	3:00-4:00 p.m.	\$56

CHEERLEADING/TUMBLING CLASS \$42/MONTH

This class teaches cheer jumps, stunts, pyramids, sharp arm positions, loud voices, tumbling specifically for cheer, and above all else SAFETY! Gymnastics skills will be taught for all levels from beginner through advanced tumbling. This class will prepare participants for competitive cheer and tryouts, as well as enhance their needed gymnastics skills for cheerleading. If taken with another gymnastics course, the fee is \$24.00.

Activity #	Age	Dates	Day	Time
GYM 13	6 yrs +	Monthly	Sa	1:30-2:30 p.m.

CO-ED GYMNASTICS \$40/MONTH

By request, we introduce Co-Ed Gymnastics!!! This class will include warm-ups, stretching and conditioning, as well as gymnastics on vault, bars, beam, floor, parallel bars, rope and trampoline.

Activity #	Age	Dates	Day	Time
GYM 14	6 yrs +	Monthly	Tu	6:00-7:00 p.m.



PARENT & ME GYMNASTICS \$38/MONTH

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. Parent participation is required. One parent per child.

Activity #	Age	Dates	Day	Time
GYM 9	24-36 mos.	Monthly	F	9:30-10:00 a.m.

TINY TUMBLERS GYMNASTICS \$38/MONTH

This fun gymnastics experience is designed especially for toddler boys and girls. This class will help to enhance motor skills, coordination, flexibility and balance development. Gymnastics skills will be taught on smaller sized equipment for our Tiny Tumblers.

Activity #	Age	Dates	Day	Time
GYM 16	3-5 yrs	Monthly	W	2:00-2:45 p.m.
GYM 17	3-5 yrs	Monthly	F	10:00-10:45 a.m.
GYM 18	3-5 yrs	Monthly	F	2:45-3:30 p.m.
GYM 19	3-5 yrs	Monthly	F	10:45-11:30 a.m.
GYM 20	3-5 yrs	Monthly	W	6:15-7:00 p.m.

PARENT PARTICIPATION

GYMNASTICS \$38/MONTH

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. Parent participation is required. One parent per child. No class 11/27. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland

Activity #	Age	Dates	Day	Time
GYM 9	24-36 mos.	Monthly	F	9:30 - 10:00 a.m.

LIL' KICKERS INDOOR SOCCER \$105/8 SESSIONS

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Parent participation is required. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street

Activity #	Age	Dates	Day	Time
YSPORT 17	Bunnies, 18-24 mos	9/1-10/20	Tu	9:30-10:20 a.m.
YSPORT 18	Bunnies, 18-24 mos	9/3-10/20	Th	9:30-10:20 a.m.
YSPORT 39	Thumpers, 25-35 mos	9/1-10/20	Tu	10:30-11:20 a.m.
YSPORT 20	Thumpers, 25-35 mos	9/3-10/22	Th	10:30-11:20 a.m.
YSPORT 84	Cottontails, 2.5-3.5 yrs	9/3-10/22	Th	9:30-10:20 a.m.

MULTI-SPORT BY TRIFYTT \$69/6 SESSIONS

Here is a great chance for kids to play their favorite sports...Soccer, T-Ball and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFytt T-shirt at the end of the session. Parent participation is required. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	10/3-11/7	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	10/3-11/7	Sa	10:00-10:30 a.m.

MUSIC AND DANCE MOVEMENT \$35/MONTH

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 9/5. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 a.m.

PIANO FOR BEGINNERS \$60/5 SESSIONS

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25.00 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 39	3-5 yrs	9/28-10/26	M	4:15-5:00 p.m.

T-BALL BY TRIFYTT \$69/6 SESSIONS

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFytt, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	9/23-10/28	W	3:30-4:00 p.m.



WEE CHEFS \$25/4 SESSIONS

The Wee Chefs course will incorporate basic food preparation skills, measuring, safety in the kitchen and the opportunity to learn easy and fun treats that can be made at home. At the end of each "hands-on" class, the Wee Chefs will enjoy their own tasty hand-made treats. Parent participation is required. A \$9.00 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 4	3-5 yrs	10/7-10/28	W	3:30-4:30 p.m.

TINY TOTS PLAYSCHOOL

Tiny Tots Community Building, 1200 E. Foothill Blvd., Upland

Frequently Asked Questions About Tiny Tots

How do I register? New students may be enrolled at the Upland Recreation Division Office located at 651 W. 15th Street, Upland during office hours, Monday through Thursday, 8:00 a.m.-6:00 p.m.

Is Tiny Tots academic? Yes. Although Tiny Tots is a recreation based socialization program, our curriculum includes academic goals for each specific class.

Who may attend Tiny Tots? All children who are toilet trained and are between the ages of 3 & 5 are invited to participate.

Can parents stay with their children in the classroom? Tiny Tots is not a parent-participation program. Parents may be invited by the instructor to help with parties or special events.





RECREATION Holiday Events

BREAKFAST WITH SANTA

Saturday, December 5th • 8:00 a.m. - 10:00 a.m.
Activity #SE 12 • All ages are welcome • \$4.00 per person
Gibson Senior Center, 250 N. Third Avenue, Upland

The Upland Recreation Division, the Upland-Foothill Kiwanis and Boy Scouts Troop 601 have teamed up again to bring Santa Claus down from the North Pole for our Annual Breakfast With Santa! Your visit with Santa will include a super delicious breakfast of pancakes, sausage, juices, and coffee. Breakfast will be served from 8:00 a.m. to 10:00 a.m. Children will have an opportunity to share their "wish list" with Santa. Pictures may be taken with your camera. Please register in advance.

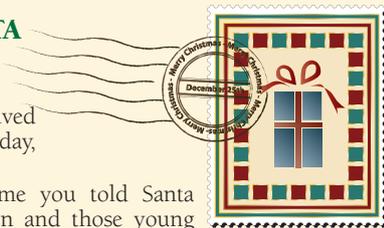
LETTER TO SANTA

Activity #SE 28
\$1.00 Per Letter

All letters must be received
no later than Monday,
December 7th

When was the last time you told Santa your wishes??? Children and those young at heart, whether good or bad, can write to Santa Claus and receive a letter in return. Sent from the North pole, on official Santa Claus stationery, Santa Claus will be sure to send his greetings before the Big Day! When writing, be sure to include your name, home address and \$1.00 per letter. Please mail all letters to the following address:

Upland Recreation Division
c/o Santa Claus
P.O. Box 460
Upland, CA 91785



2015 HOME FOR THE HOLIDAYS

The Upland Recreation Division is sponsoring their Annual Holiday Home Decorating Contest and invites all Upland residents to enter. All entries must be received no later than Thursday, December 10th. The decorating categories include:

- Neighborhood (A minimum of three houses)
- Humorous
- Lights Extravaganza
- Reason For The Season
- Originality
- Most Animated

Judging date(s) to be announced. This is a FREE contest. Entry forms may be obtained at the Upland Recreation Division Office located at 651 W. 15th Street, in Magnolia Park or at www.ci.upland.ca.us. For more information, please contact the Upland Recreation Division at (909) 931-4280.



TINY TOTS 3'S

Tiny Tots 3's is designed to increase self-confidence, self control, development of hand and eye coordination, and to follow simple directions. We'll concentrate on developing these attributes to ensure effective learning in any future Tiny Tots class. The 3's will be introduced to work independently in writing, crafts and computers. Please bring a small healthy snack and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. Children must turn/have turned the age of 3 in May 2015 or after. No class 9/8 and 9/10. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 309	3 yrs	9/1-9/29	T/Th	9:30 a.m.-12:00 p.m.	\$105/7
TT 310	3 yrs	10/1-10/29	T/Th	9:30 a.m.-12:00 p.m.	\$135/9
TT 311	3 yrs	11/3-11/19	T/Th	9:30 a.m.-12:00 p.m.	\$90/6

TINY TOTS 3'S & 4'S

Tiny Tots 3's and 4's is designed to develop your child's social, physical and kindergarten knowledge abilities. The children participate in their educational centers: writing with an emphasis on Alphabet phonics, numbers, crafts, and computers. Children will also be exposed to colors, shapes, and music. Please bring a small healthy lunch and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. No class 9/7-9/11, 11/11 and 11/23-11/27. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 709	3 & 4 yrs	9/2-9/30	M/W/F	9:00 a.m.-12:15 p.m.	\$170/10
TT 710	3 & 4 yrs	10/2-10/28	M/W/F	9:00 a.m.-12:15 p.m.	\$204/12
TT 711	3 & 4 yrs	11/2-11/30	M/W/F	9:00 a.m.-12:15 p.m.	\$153/9

TINY TOTS 3'S & 4'S

This Kindergarten readiness program introduces numbers, colors, children's literature, alphabet recognition and phonics. Kindergarten readiness will also be enhanced through crafts, story-telling, writing and outdoor interaction. These activities will help to stimulate creativity, socialization, and cognitive development. Please bring a small healthy snack and drink to each class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 3109	3 & 4 yrs	9/8-9/29	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$170/10
TT 3110	3 & 4 yrs	10/1-10/30	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$238/14
TT 3111	3 & 4 yrs	11/3-11/20	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$153/9
TT 5309	3 & 4 yrs	9/9-9/30	M/W	9:00 a.m.-12:00 p.m.	\$119/7
TT 5310	3 & 4 yrs	10/5-10/28	M/W	9:00 a.m.-12:00 p.m.	\$136/8
TT 5311	3 & 4 yrs	11/2-11/18	M/W	9:00 a.m.-12:00 p.m.	\$102/6

YOUTH SPECIAL INTERESTS

CARTOONS FOR THE BEGINNER \$28/4 SESSIONS

Students will explore their creativity and learn the tricks necessary to go from idea to paper. Lessons will appropriately challenge the child, enable the utilization of imagination, and allow for the organization of thoughts. Techniques include basic shapes, perspective, shading and foreshortening. Please bring paper, pencils and/or pens to class. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 32	7-15 yrs	9/14-10/5	M	4:30-5:30 p.m.
YSI 33	7-15 yrs	10/12-11/2	M	4:30-5:30 p.m.
YSI 36	7-15 yrs	11/9-11/30	M	4:30-5:30 p.m.

NEW FUN WITH SCIENCE "HALLOWEEN SCIENCE" \$13/1 SESSION

Join this Halloween science party involving potions, ghosts, skeletons, spiders and screams! Enjoy fun experiments and crafts to take home. A \$7.00 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 99	5-12 yrs	10/6	Tu	4:30-6:00 p.m.



**NEW FUN WITH SCIENCE
"PUMPKINS & OWLS" \$14/1 SESSION**

Autumn is in the air! Join the fun while we learn about pumpkins and owls. Fun crafts to take home. A \$6.00 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 100	5-12 yrs	11/10	Tu	3:30-5:00 p.m.

LITTLE CHEFS W/ MS. COOPER \$25/4 SESSIONS

Ms. Cooper's class offers "hands-on" recipes, basic food preparation skills, measuring and safety lessons in the kitchen and the opportunity to learn easy, fun and tasty treats that can be made at home. At the end of each class, the "Little Chefs" will enjoy their own tasty hand-made treats. A \$9.00 supply fee is payable to the instructor at the first class. No class 11/25. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 6	6-10 yrs	9/9-9/30	W	3:30-4:30 p.m.
YSI 7	6-10 yrs	11/11-12/9	W	3:30-4:30 p.m.

**NEW SEWING BASICS
FOR KIDS-MINI ME DOLL \$110/5 SESSIONS**

Sewing Basics For Kids is designed for younger students who know how to thread a sewing machine and can sew straight lines. Over the course of five sessions, students will create a cloth doll in their likeness. The dolls will have similar hair and facial features as the students. Students will also make outfits for their dolls. A list of fabric needs will be provided at the first class. A \$20.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
YSI 12	10 yrs +	9/12-10/10	Sa	2:00-4:00 p.m.

**NEW SEWING INTRODUCTION
FOR KIDS \$90/4 SESSIONS**

Our introductory course is designed for those with no sewing experience. Modified for the younger individual, students will learn the fundamentals of operating a sewing machine and basic stitching techniques. Students will be provided with extra safety precautions, small class sizes and extra breaks in between lessons. A list of fabric needs will be provided at the first class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
YSI 13	10 yrs +	9/15-10/6	Tu	4:00-6:00 p.m.

**GET FIT UPLAND
YOUTH SPORTS**

BASKETBALL BY TRIFYTT \$69/6 SESSIONS

Here is a great chance for athletes to improve their basketball skills. Learn offensive moves such as the stop and pop, step back, and so much more! We will also teach the athletes the benefits of sportsmanship, goal setting, and teamwork. Every athlete will be given a camp shirt. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 46	4-6 yrs	9/21-10/26	M	4:00-4:45 p.m.
YSPORT 47	7-12 yrs	9/21-10/26	M	5:00-5:45 p.m.



**COMBINED
MARTIAL ARTS \$22.50/3 SESSIONS**

Combined Martial Arts will include kicking, punching, blocking, ground jujitsu and Katas, effectively covering all aspects of self-defense. Just as important, children will be encouraged to believe in themselves, creating self-esteem, respect and self-improvement. A Combined Martial Arts uniform is mandatory and may be purchased the first day of class for \$35.00. Instructor: Combined Martial Arts Academy Staff Location: Combined Martial Arts Academy, 231 E. 9th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 6609	5-8 yrs	9/14-9/28	M	5:00-5:50 p.m.
YSPORT 6610	5-8 yrs	10/12-10/26	M	5:00-5:50 p.m.
YSPORT 6611	5-8 yrs	11/2-11/16	M	5:00-5:50 p.m.
YSPORT 6809	9-12 yrs	9/14-9/28	M	6:00-7:00 p.m.
YSPORT 6810	9-12 yrs	10/12-10/26	M	6:00-7:00 p.m.
YSPORT 6811	9-12 yrs	11/2-11/16	M	6:00-7:00 p.m.

GOLF BY SKYHAWKS \$69/6 SESSIONS

Skyhawks Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game. Golf is a challenging and life-long sport. Young athletes need proper focus on the fundamentals of form, swinging and body positioning. This program is designed specifically for the entry-level player. No need to bring your own clubs, unless you want to. All equipment is provided. Each participant will receive an official Skyhawks T-shirt and merit certificate. Please wear appropriate clothing, running shoes and bring a bottled water to each class. Instructor: Skyhawks Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 8	6-11 yrs	9/16-10/21	W	4:00-5:00 p.m.

Save Time & Register Online!
<https://apm.activecommunities.com/Upland/>

**BASKETBALL
FUN 2016**



**ELEMENTARY SCHOOL
COED BASKETBALL LEAGUE**

All boys and girls – grades 1st through 6th – are encouraged to join the fun of our youth basketball league. All league games are played on Saturdays from 8:30 a.m.-5:30 p.m. at Western Christian School. Registration fee includes T-Shirt and pictures. Games begin January 9th for 8 weeks. 1st through 4th graders last game will be held February 27th. 5th through 6th graders last game will be held March 5th.

SIGN-UPS: Saturday, October 24th • 10:00 a.m.-1:00 p.m.
Magnolia Recreation Center, South Hall, 651 W. 15th Street, Upland
FEE: \$60.00

(Registration is limited)

Sign-ups will be taken after October 24th if space is available.

BASKETBALL COACHES NEEDED!

Want to help develop the physical, mental, and social skills of elementary school children? The Elementary School Basketball League is divided into three divisions: 1st & 2nd grade, 3rd & 4th grade, and 5th and 6th grade. The City of Upland Recreation Division is seeking interested persons who can volunteer three to five hours per week from December 4th through March 5th to coach basketball skills, design team practices, act as a role model, coach games, and to be positive and encouraging with children. For more information, please contact the Upland Recreation Division at (909) 931-4285.



ICE SKATING FOR THE BEGINNER \$53/8 SESSIONS

No matter your age, learning to ice skate is fun and gets you into good physical condition without realizing that you're exercising. All of our public sessions are offered to City of Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3.00 per day. All ice skating students will receive a certificate of completion and a photo at the end of their 8-week session. All students will also participate in a ice skating recital at the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 95	2-5 yrs	9/10-10/29	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	9/12-10/31	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	9/8-10/27	Tu	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	9/12-10/31	Sa	12:45-1:15 p.m.



KARATE FOR KIDS

Karate For Kids emphasizes the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self defense. And of course, it's fun too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30.00. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YFIT 5009	6-12 yrs	9/1-9/29	Tu	5:30-6:30 p.m.	\$42/5
YFIT 5010	6-12 yrs	10/6-10/27	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5011	6-12 yrs	11/3-11/24	Tu	5:30-6:30 p.m.	\$38/4
YFIT 7009	6-12 yrs	9/5-9/26	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7010	6-12 yrs	10/3-10/24	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7011	6-12 yrs	11/7-11/28	Sa	9:00-10:00 a.m.	\$34/3

KICK OR TREAT

\$10/1 SESSION

Join us for a spooky time full of fun including games, candy, a haunted house, bounce house, obstacle course, crafts and restaurant specials. Don't forget to wear your costume to be entered in the costume contest! Registration fee includes tickets for carnival style activities. Additional tickets may be purchased day of event. Please register no later than Wednesday, October 21st. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena

Activity #	Age	Dates	Day	Time
YSPORT 169	18 mos.-7 yrs	10/24	Sa	4:00-6:00 p.m.

LIL' KICKERS INDOOR SOCCER \$105/8 SESSIONS

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Instructor: Upland Sports Arena Staff Location: Upland Sports Area, 1721 W. 11th Street, Upland

Beginner:

Activity #	Age	Dates	Day	Time
YSPORT 19	Hoppers, 3-4 yrs	9/2-10/21	W	10:30-11:20 a.m.
YSPORT 21	Hoppers, 3-4 yrs	9/3-10/22	Th	11:30 a.m.-12:20 p.m.

Advanced:

YSPORT 83	Micro, 4-5 yrs	9/1-10/20	Tu	6:10-7:00 p.m.
YSPORT 22	Micro, 4-5 yrs	9/3-10/22	Th	6:10-7:00 p.m.
YSPORT 23	Micro, 6-7 yrs	9/1-10/20	Tu	6:10-7:00 p.m.
YSPORT 24	Micro, 6-7 yrs	9/3-10/22	Th	6:10-7:00 p.m.

MULTI-SPORT BY TRIFYTT

\$69/6 SESSIONS

Here is a chance for kids to play their favorite sports... Soccer, T-Ball and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFyft T-shirt at the end of the session. Instructor: TriFyft Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	10/3-11/7	Sa	9:00-9:45 a.m.

T-BALL BY TRIFYTT

\$69/6 SESSIONS

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFyft, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFyft T-shirt at the end of the session. Instructor: TriFyft Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-4 yrs	9/23-10/28	W	4:00-4:45 p.m.
YSPORT 133	4-6 yrs	9/23-10/28	W	5:00-5:45 p.m.



2015 Aquatics Staff: Back Row: Gabriel Cobb, Josh Cardenas, Nicolas Martinez, Luis Gomez, J.D. McDonough, Vincent Zepeda

Front Row: Lauren Loya, Daniela Gomez, Jenifer Payne, Andrea Gomez, Celeste Winters

2015 Aquatics Staff

Thanks For A Great Summer!

The Upland Aquatics Staff wants to "Thank You" and hopes to see you next summer!

TIGER CUB KARATE

Taught by black belt instructors, Tiger Club Karate will emphasize the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self-defense. And of course, it's fun, too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30.00. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YFIT 6709	4-6 yrs	9/1-9/29	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6710	4-6 yrs	10/6-10/27	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6711	4-6 yrs	11/3-11/24	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6909	4-6 yrs	9/4-9/25	F	5:00-5:30 p.m.	\$26/4
YFIT 6910	4-6 yrs	10/2-10/30	F	5:00-5:30 p.m.	\$32.50/5
YFIT 6911	4-6 yrs	11/6-11/20	F	5:00-5:30 p.m.	\$22/3
YFIT 6609	4-6 yrs	9/1-9/25	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6610	4-6 yrs	10/6-10/30	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6611	4-6 yrs	11/3-11/24	Tu/F	5:00-5:30 p.m.	\$45.50/7

TRACK & FIELD BY SKYHAWKS

\$69/6 SESSIONS

Skyhawks Track & Field was developed to introduce young athletes to this sport rich in tradition and history. This program combines technical development and fundamental techniques with safety and a major focus on fun! Using special equipment, our staff teach exercises and drills that prepare athletes for a future in cross-country, track & field events and distance running while inspiring a love for running and being active. Participants will put it all together for one fun-filled day at the end of the camp at the Skyhawks Track Meet! Each participant will receive an official Skyhawks T-shirt and merit certificate. Please wear appropriate clothing, running shoes and bring a bottled water to each class. Instructor: Skyhawks Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Days	Time
YSPORT 123	6-11 yrs	9/17-10/22	Th	4:00-5:00 p.m.

MUSIC FOR ALL AGES

GUITAR FOR BEGINNERS

\$60/5 SESSIONS

What a great way to begin to learn the guitar! In this group class, you will learn simple melodies and develop basic guitar techniques. This class covers a variety of styles including Classical, Jazz, Pop, Rock and more. At the end of the session, students will know basic chords, basic note-reading skills and be able to play a number of songs. A \$20.00 material fee is payable to the instructor the first class. Practice guitar provided for class. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 32	6-11 yrs	9/23-10/21	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	9/23-10/21	W	5:45-6:45 p.m.

PIANO FOR BEGINNERS

\$60/5 SESSIONS

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25.00 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Parent participation is required for MUSIC 39. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

Activity #	Age	Dates	Day	Time
MUSIC 39	3-5 yrs	9/28-10/26	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	9/28-10/26	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	9/28-10/26	M	5:45-6:30 p.m.

Upland Sports Corner

For registration information, please view the following websites:

American Little League: www.uplandamericanll.org

AYSO Soccer: www.ayso32.org

Colt/Pony League: www.eteamz.com/uplandpony

Foothill Little League: www.uflf.org

Hilltoppers Girls Softball: www.uplandhilltoppers.com

Upland Hurricanes Football: www.uplandjaaf.com

National Little League: www.uplandnational.com

Pop Warner Football: www.uplandpopwarner.com

A copy of the Sports Field Policy Handbook is available on the City of Upland website: www.ci.upland.ca.us

DANCE FOR ADULTS

BALLROOM DANCE FOR BEGINNERS

\$65/6 SESSIONS

Join us and learn the basics to dance the like the stars!!! Students will learn to lead and to follow in various dances, while adding fun and excitement to their lives with a life-long rewarding activity and stress reliever. This class will cover the basics of Fox Trot, Swing, Cha Cha and Waltz. Singles and couples are welcome. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 46	16 yrs +	9/4-10/9	F	7:00-8:00 p.m.
DANCE 47	16 yrs +	10/16-11/20	F	7:00-8:00 p.m.

BALLROOM DANCE FOR INTERMEDIATES

\$65/6 SESSIONS

Are you ready for the next step in Ballroom Dance? Enjoy our continuation of Ballroom Dance For The Beginner. Additional steps will be added and another Latin dance (Rumba, Samba, Tango or Salsa) will be introduced with each new session. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 83	16 yrs +	9/4-10/9	F	8:00-9:00 p.m.
DANCE 84	16 yrs +	10/16-11/20	F	8:00-9:00 p.m.

OCTOBER FIESTA AT DALE BROS.

**2120 Porterfield Way, Upland
Saturday, October 10th
12:00 p.m. - 10:00 p.m.**



Have fun with family and friends, while raising money for our community's children. Enjoy craft beer, polka and Latin bands, as well as German and Mexican food. A portion of the proceeds will benefit the Upland Community Partnership's Neighborhood based after school programs. For more information, please contact the Upland Recreation Division at (909) 931-4280.

DO YOU HAVE A special skill, hobby or trade and would like to teach a class or workshop?

Please contact the Upland Recreation Division at (909) 931-4280.



BELLY DANCE

Belly Dancing is a great workout for the entire body. Improve your coordination and muscle tone while learning to shimmy your hips, play finger cymbals and dance with a veil. Class is available for Beginning through Intermediate students and offers basics as well as more advanced movements for returning students. A \$15.00 supply is payable to the instructor at the first class for finger cymbals or veil. Join us and bring out your inner Goddess! Instructor: Shahira Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 59	14 yrs +	9/4-9/25	F	6:30-7:30 p.m.	\$38/4
DANCE 60	14 yrs +	10/2-10/30	F	6:30-7:30 p.m.	\$47/5
DANCE 61	14 yrs +	11/6-11/27	F	6:30-7:30 p.m.	\$38/4

DANCE LIKE STARS AT YOUR SPECIAL EVENT \$65/6 SESSIONS

Shine like stars at parties, weddings, anniversaries, reunions, etc. This class is for couples celebrating a special event, for members of a wedding party or anyone desiring a more personal dance experience. Students will learn some easy and elegant steps suitable for the music they provide. Please bring your own music (CD or MP3) to the first class. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 85	16 yrs +	9/4-10/9	F	6:00-7:00 p.m.

EAST COAST SWING FOR BEGINNERS & INTERMEDIATES \$65/6 SESSIONS

Dance to the music of big band sounds. Burn some calories in this energetic class and have fun, too! Learn the basic single and triple rhythms with turns, kicks and hand changes. Leading and following will be emphasized. Intermediate students will learn timing changes and more intricate steps. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 22	16 yrs +	10/16-11/20	F	6:00-7:00 p.m.

NIGHTCLUB TWO-STEP \$35/3 SESSIONS

Learn to dance to the slower tempo love songs and ballads of today. This smooth and easy flowing dance is perfect for a romantic night out. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 7201	16 yrs +	12/4-12/18	F	7:00-8:00 p.m.

TANGO FOR BEGINNERS \$35/3 SESSIONS

Don't stay seated when you hear Tango music! This class will show you some basic moves and some styling, too! Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 82	16 yrs +	12/4-12/18	F	8:00-9:00 p.m.

WALTZ AND FOXTROT \$35/3 SESSIONS

Here's a good chance to concentrate on two dances that share many of the same steps. Enjoy the fun and elegance of the Waltz and Foxtrot in preparation for your Holiday dancing. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 65	16 yrs +	12/4-12/18	F	6:00-7:00 p.m.

GET FIT UPLAND HEALTH AND FITNESS

BODY CONDITIONING \$53/21 SESSIONS

Body Conditioning is an exercise program for men and women, structured to allow a "work at your own pace" routine. This 1-hour session includes warm-up, stretching, calisthenics, low to high impact aerobics and cool down exercises done to "easy listening" music. Bring shoes for indoor running, a mat or towel for floor workout, water bottle and your own 1/2-3 lb. weights (optional). No class 10/8, 11/12 and 11/26. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	9/15-12/3	T/Th	6:00-7:00 p.m.

CHALLENGE YOU YOGA \$57/6 SESSIONS

Be bold and adventurous with this low impact, high intensity body transformation class using Pilates and Yoga-inspired moves set to a fast pace to burn fat while you stabilize, stretch and strengthen inches off the body. Celebrate health, fitness and your life! No class 11/24. Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 22	Adult	9/15-10/20	Tu	7:30-8:30 p.m.
FIT 52	Adult	11/3-12/15	Tu	7:30-8:30 p.m.

CROSSFIT KINICK FITNESS BOOTCAMP

Come join the fun and see what CrossFit is all about! This CrossFit inspired bootcamp will help you take your fitness to the next level!



SAVE TIME and REGISTER ONLINE

with our new online registration software!

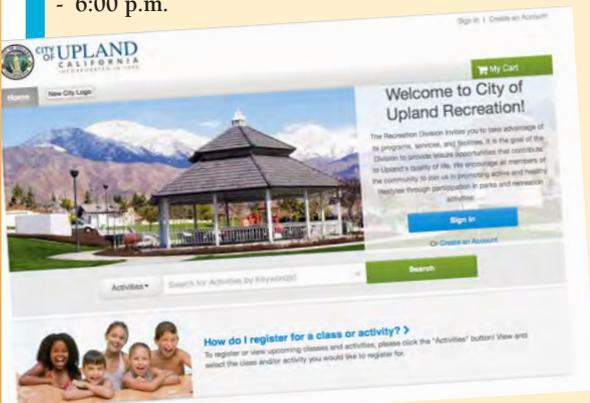
<https://apm.activecommunities.com/Upland/>



Benefits of our new system:

- Everyone can register online.
- Enter your family members once. The registration process will be as simple as point and click.
- Robust activity search – Search by age, day, time, location and/or instructor.
- Keep track of your family's activity schedule in one place.
- Mobile friendly registration – Easily access your account on your mobile device.
- Shopping cart allows multiple transactions all at once. You can even securely store your billing information.
- Wish Lists let you save your classes before registration begins. Once registration opens, you can simply add your wish list items to your cart.

For questions or assistance, we are happy to help you during our regular business hours: Monday - Thursday, 8:00 a.m. - 6:00 p.m.



Certified trainers will use functional movements, including kettlebells, to help you get in the best shape of your life. All fitness levels are welcome. Please wear comfortable clothing and bring a water bottle to class. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 69	Adult	9/8-9/29	T/Th	6:00-7:00 p.m.	\$85/7
FIT 70	Adult	10/1-10/29	T/Th	6:00-7:00 p.m.	\$110/9
FIT 71	Adult	11/3-11/24	T/Th	6:00-7:00 p.m.	\$85/7

LET'S RELAX YOGA \$57/6 SESSIONS

Enjoy your Sunday evening doing easy yoga postures to help you relax and prepare for the week ahead. Class will include simple stretches (done on the floor with provided mats), breathing techniques and guided meditation. Please wear comfortable clothing and bring a blanket and water bottle to class. No class 11/22. Instructor: Sandy Jones Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 10	Adult	9/13-10/18	Su	6:00-7:30 p.m.
FIT 48	Adult	11/1-12/13	Su	6:00-7:30 p.m.

PILATES \$57/6 SESSIONS

Pilates is a gentle, yet powerful method of full body and mind conditioning, focusing on increased strength and flexibility, abdominal and limb toning and neurological stimulation. Pilates provides a well rounded and low chance of injury method, due to slow and precise movement. With consistency, results can become apparent very quickly. For some students, improvement and progress is often times immediate. Classes take place in a relaxed and intimate environment. Modifications providing alternate levels of difficulty make this class possible for all fitness levels to participate. Please wear comfortable clothing and bring an exercise mat or towel and water bottle to class. Instructor: Linda Hardison Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 42	Adult	10/2-11/6	F	9:00-10:15 a.m.
FIT 43	Adult	11/13-12/18	F	9:00-10:15 a.m.

PILATES FUSION \$57/6 SESSIONS

Challenge your body, mind and spirit as you experience the advantages of Yoga and Pilates in one class. Strengthen and tone your body and mind with articulate Pilates movements, as empowering Yoga poses are added to the mix. This fusion of methods creates positive muscle development, neurological stimulation, core strength, enhanced spinal health, and fortified well-being, all while having fun. Please bring a Pilates stability ball and water bottle to class. Instructor: Linda Hardison Location: Blue Iris Studio, 312 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 44	Adult	9/30-11/4	W	9:00-10:15 a.m.
FIT 45	Adult	11/18-12/23	W	9:00-10:15 a.m.

TAI CHI/CHI GONG \$42/6 SESSIONS

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Chi Gong is the development of internal energy (chi). Improve breathing, calmness, balance and coordination, while increasing strength and flexibility gradually. Yang style Tai Chi uses slow rhythmic movements to achieve greater health. Wear loose clothing and bring a water bottle to class. Instructor: Robert Zailo Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 29	Adult	9/14-10/19	M	8:00-9:00 a.m.
FIT 39	Adult	10/26-11/30	M	8:00-9:00 a.m.
FIT 11	Adult	9/14-10/19	M	6:00-7:00 p.m.
FIT 12	Adult	10/26-11/30	M	6:00-7:00 p.m.
FIT 37	Adult	9/9-10/14	W	8:00-9:00 a.m.
FIT 38	Adult	10/21-11/25	W	8:00-9:00 a.m.

YOGA THURSDAYS \$57/6 SESSIONS

The Hatha yoga system of fitness benefits the entire body. The physical body is completely exercised, using relaxed, yet specific movements. Special deep breathing techniques are taught, assisting in one's focus, mental clarity and relaxation. Celebrate health, fitness and your life! No class 11/26. Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 59	Adult	9/17-10/22	Th	7:30-9:00 p.m.
FIT 60	Adult	11/5-12/17	Th	7:30-9:00 p.m.

ADULT SPECIAL INTERESTS

CPR/AED \$25/1 SESSION

This course will teach lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for the adult, child and infant victim. Participants will learn to recognize the signs of sudden cardiac arrest, heart attack, and stroke, relieve foreign body airway obstruction, perform cardiopulmonary resuscitation, and use of an automated external defibrillator. A two-year certification will be provided upon completion of this course. A \$20.00 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge.

Activity #	Age	Date	Day	Time
ASI 168	13 yrs +	10/8	Th	6:00-9:30 p.m.

CPR/AED/FIRST AID \$45/1 SESSION

The CPR/AED portion of this course is a basic life support program for laypersons who want to or are required to have CPR & AED knowledge and skills. Participants will learn to recognize the signs of sudden cardiac arrest, heart attack and stroke, relieve foreign body airway obstruction, perform cardiopulmonary resuscitation, and use of an automated external defibrillator. The First Aid portion of this course will cover elementary First Aid knowledge and skills with a focus on both adults and children. Topics covered in this course will include emergency response, shock, bleeding, soft tissue injuries, bone and joint injuries, sudden illness, and heat and cold related illness and injury. A two-year certification will be provided upon completion of this course. A \$20.00 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 169	16 yrs-Adult	11/14	Sa	9:00 a.m.-5:00 p.m.



CROCHET FOR BEGINNERS \$65/3 SESSIONS

A great class for anyone interested in learning the basics of crocheting as well as those whose skills could use proper technique, needle manipulation, how to read patterns from patterns from pattern descriptions, as well as terminology and pattern interpretation. Upon completion of this course, students will be able to complete beginner to intermediate projects independently. Supplies needed for this class: Size I crochet hook and one skein or ball of 4-ply knitting yarn. Instructor: Gabrielle Chilton Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 219	14 yrs +	10/19-11/2	M	6:30-8:30 p.m.

SAVE TIME, REGISTER ONLINE

with our new online registration software!

<https://apm.activecommunities.com/Upland/>



DOG OBEDIENCE – BEGINNER NOVICE

\$125/7 SESSIONS

This class is designed for all dogs 4 months or older. All basic obedience exercises will be taught, such as heeling (walking on the leash without pulling or tugging), automatic sit when you come to a stop, the “come” command, sit and down stays up to a leash length away, and the “sit for examination”. Behavioral problems such as jumping, digging, barking, chewing, house breaking, and dashing from doors or gates will be addressed. Please bring proof of vaccination to the first class. Please do not bring your dog to the first class. No class 9/26, 11/26, 12/26 and 1/2. Instructor: Live Oak Dog Obedience Staff Baldy View Dog Park Location: 11th Street between Mountain Avenue & San Antonio Avenue, Upland Magnolia Park Location: 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location
ASI 3	12 yrs +	9/12-10/31	Sa	10:00-11:00 a.m.	Baldy View Dog Park
ASI 105	12 yrs +	9/30-11/11	W	10:00-11:00 a.m.	Baldy View Dog Park
ASI 4	12 yrs +	10/29-12/17	Th	6:30-7:30 p.m.	Magnolia Park
ASI 5	12 yrs +	12/6-1/30	Sa	10:00-11:00 a.m.	Baldy View Dog Park

DOG OBEDIENCE/ PUPPY PRE-SCHOOL

\$125/6 SESSIONS

Puppy Pre-School & Socialization is for puppies 8-24 weeks. This course is a great beginner course for puppies and their owners to get a great start. Puppy Pre-School is invaluable in avoiding future behavior problems, and in building a relationship with the other members of the family. Training and various types of socialization result in a confident, well-adjusted adult dog. All puppies MUST be current on all vaccinations and have a completed health check up from a licensed veterinarian before entering the class. First meeting is held without the puppies. No class 11/26. Instructor: Live Oak Dog Obedience Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time
ASI 86	12 yrs +	11/5-12/17	Th	7:30-8:30 p.m.

ESTATE PLANNING

FREE/1-DAY SEMINAR

Is an Estate Plan necessary? Come learn 5 reasons why you and your beneficiaries could benefit from your decision to plan ahead and what could happen to them if you decide not to plan for the future. With 2016 year around the corner and the possibility of changing tax laws, planning ahead could be the difference in your beneficiaries using their inheritance to pay taxes or buying something they need, like college education or a new home. Pre-registration is required. Instructor: Jeffrey Hackbarth, Certified Financial Planner. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 213	Adult	10/6	Tu	7:00-9:00 pm

GUIDED AUTOBIOGRAPHY FOR CAREGIVERS

FREE/1 SESSION

Are you caring for someone who is losing the ability to write and communicate due to illness or age? This one-day class will provide the caregiver with tools and materials to help record the story of your loved one's life before it is too late to do so. Leaving a written legacy for family and friends is important. Every caregiver should learn how to provide this valuable service. A\$10.00 supply fee is payable to the instructors at the beginning of class. Instructors: Ann & Lucerne Hamer Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 234	Adult	10/24	Sa	1:00-4:00 p.m.

KNITTING FOR BEGINNERS

\$65/3 SESSIONS

Students will learn how to cast on stitches, knit and purl stitches, cast off stitches, read patterns, learn about different thread types and learn how to use knitting tools. With the hundreds of different kinds and textures of yarns available, there is no end to the beautiful and useful things you can learn to make while relaxing and creating endless fun. The first project created will be a simple knit scarf. Supplies needed for class: Size 8 knitting needles-short, one skein or ball of 4-ply knitting yarn and a small tote bag to carry knitting supplies. Instructor: Gabrielle Chilton Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 87	14 yrs-Adult	11/9-11/23	M	6:30-8:30 p.m.

MEDICARE AND YOU

FREE/1-DAY SEMINAR

Are you new to Medicare or turning 65 soon? Are you supporting or caring for someone who may be close to 65 years old? In this one-day seminar, you will be able to review the updated changes with Medicare and the health plan benefit options available to you. Topics will include Medicare, Medicare supplement plans, Medicare advantage plans, and prescription drug plans. Pre-registration is required. Instructor: Jeffrey Hackbarth, Certified Financial Planner. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 215	50 yrs +	11/5	Th	7:00-9:00 p.m.

NOTARY PUBLIC

\$95/1 SESSION

This intensive one-day seminar is designed to prepare you to become a knowledgeable Notary Public. Students will learn the procedures for proper notarization, information on how to start a Notary career, understanding the law and how it affects the way you notarize, how to perform five different notarial acts, must-follow rules, the four essential ID features, seven entries in your journal that are required by law, when to refuse to notarize, how to pass the test and safekeeping of the journal and seal. For participants wishing to take the State Exam, please bring a check made payable to the Secretary of State for \$40.00, a proper photo ID and a 2”X2” passport photo. A \$45.00 material fee is payable to the instructor at the beginning of class. All participants must register no later than 24 days prior to the course start date. Instructor: Marylyn Jones – Certified Notary Public Instructor Location: DeAnza Center, 1405 S. Fern Street, Ontario

Activity #	Age	Date	Day	Time
ASI 22	Adult	11/7	Sa	8:30 a.m.-5:30 p.m.

NEW PILLOWCASE CREATIONS

\$15/1 SESSION

Novelty pillow cases can cost a small fortune! Sew your own and have control over fabric, quality and design. Add your special touch, and what a great addition for your favorite chair or a gift for someone special. Supplies needed for class: 1 yard of base fabric, 12 inches of contrasting fabric for top band, 4-5 inches in length of trim, scissors, coordinating thread and sewing machine. We'll make French seams to create a nice finish on the pillowcases. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 221	Adult	9/15	Tu	6:00-8:00 p.m.

RAG QUILTS FOR BEGINNERS

\$50/3 SESSIONS

You're going to love rag quilting! Rag quilts are quilts that have exposed seam allowances on their fronts and finished, traditional seams on their backs. A rag quilt is easy to make and once you learn basic methods, you'll know how to turn other quilt patterns into ragged versions, for personal use and great gifts! Supplies needed for class: Five or six different ½ yard pieces of flannel, three yards of batting, scissors, coordinating thread, chalk, straight pins, ruler, rotary cutter (if you have one) and sewing machine. Pattern will be provided. Sewing experience required. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 81	Adult	10/13-10/27	Tu	6:00-8:00 p.m.

RAG QUILT FOR THE ADVANCED QUILTER

\$50/3 SESSIONS

In our advanced class, we will learn to enhance your flannel quilt creations. Supplies needed for class: 1¼ yards each of main color flannel, two coordinating flannel fabrics (2½ yards each), 5¼ yards of contrasting flannel fabrics, 3 yards of batting, scissors, coordinating thread, chalk, straight pins, ruler, rotary cutter (if you have one) and sewing machine. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 80	Adult	11/3-11/17	Tu	6:00-8:00 p.m.

NEW SEWING BASICS \$70/4 SESSIONS

Sewing Basics is designed for students who know how to thread a sewing machine and can sew straight lines. Students will learn how to make a heavy weight canvas tote bag with a lining and pocket. Students will also learn the techniques necessary to add bulk and stability to fabrics. The project will be completed by the end of the last class. A list of fabric needs will be provided at the first class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 206	16 yrs +	9/3-9/24	Th	5:00-6:30 p.m.

NEW SEWING INTRODUCTION FOR ADULTS \$90/4 SESSIONS

Our introductory course is designed for those with no sewing experience. Students will learn the fundamentals of operating a sewing machine and basic stitching techniques, learn what types of needles are suitable for different fabrics and how to adjust the machine tension for different fabrics, plus so much more. A list of fabric needs will be provided at the first class. A \$10.00 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 209	16 yrs +	9/12-10/3	Sa	4:30-7:00 p.m.

WATERCOLOR \$32/4 SESSIONS

Discover your inner artist and expand your creativity while producing your own colorful paintings. Have fun while you learn the theory and techniques of watercolor in this easy to understand class. Students will leave class with completed projects. Basic supplies provided. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 23	Adult	9/9-9/30	W	5:00-6:00 p.m.
ASI 24	Adult	10/7-10/28	W	5:00-6:00 p.m.
ASI 65	Adult	11/4-11/25	W	5:00-6:00 p.m.

GET FIT UPLAND SENIOR CENTER DANCE AND FITNESS

BALLET FOR BEGINNERS \$12/4 SESSIONS

Ballet For Beginners will focus on core training as well as classical ballet movements. The ballet barre will be used for every class but most predominately in the early classes where the students will work on carriage, balance and core strengthening. All courses will focus on the needs and abilities of the student. Instructor: Carolina Goss Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 9509	50 yrs +	9/3-9/24	Th	12:00-1:00 p.m.
DANCE 9510	50 yrs +	10/1-10/22	Th	12:00-1:00 p.m.
DANCE 9511	50 yrs +	10/29-11/19	Th	12:00-1:00 p.m.

HULA DANCE \$12/4 SESSIONS

Come have fun while learning the fundamentals of Hula. Participants will learn basic hand, body and foot motions related to graceful Hawaiian dancing. Exercise both mind and body while learning choreographed routines. Instructor: Donna Tovar Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 4909	50 yrs +	9/9-9/30	W	12:00-1:00 p.m.
DANCE 4910	50 yrs +	10/7-10/28	W	12:00-1:00 p.m.
DANCE 4911	50 yrs +	11/4-11/25	W	12:00-1:00 p.m.

Classes Begin in
SEPTEMBER

ROCK THE WALK \$20/4 SESSIONS

Join the new Rock The Walk class and experience a fun and exciting way of getting your cardio. This class includes "Energy Bursts" which are 2-3 minute faster music intervals where we kick-up our walking pace a notch, then move it back down to a different 60's and 70's music beat. You will utilize exercise stretch bands and one-pound hand weights during class. Meet new friends and be healthy all while you are indoors in a safe and temperature controlled environment. Please bring a stretch band, one-pound hand weights, and a bottle of water to each class. Please wear tennis shoes to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 121	50 yrs +	9/8-9/29	Tu	9:00-9:45 a.m.
FIT 122	50 yrs +	10/6-10/27	Tu	9:00-9:45 a.m.
FIT 123	50 yrs +	11/3-11/24	Tu	9:00-9:45 a.m.

SENIORCISE

Seniorcise is designed for those with Seniorcise experience and for those looking to have fun in a social atmosphere, while getting fit by exercise and dance. Build upper and lower body strength, increase flexibility, and energize your body through mat work, weights and simple choreographed dance/exercise routines featuring good music sounds from Broadway Musicals and the Big Band Era. Please wear comfortable clothing and bring a water bottle and 2 lb. weight to each class. Students may register for Senior Tap classes paying 1/2 the fee for the entire extra class with Seniorcise registration. No class 9/7 and 9/9. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 2609	50 yrs +	9/2-9/30	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 2610	50 yrs +	10/5-10/26	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 2611	50 yrs +	11/2-11/30	M/W	9:00-10:00 a.m.	\$34/Mo.
FIT 5509	50 yrs +	9/14-9/28	M	9:00-10:00 a.m.	\$17/Mo.
FIT 5510	50 yrs +	10/5-10/26	M	9:00-10:00 a.m.	\$17/Mo.
FIT 5511	50 yrs +	11/2-11/30	M	9:00-10:00 a.m.	\$17/Mo.
FIT 6409	50 yrs +	9/2-9/30	W	9:00-10:00 a.m.	\$17/Mo.
FIT 6410	50 yrs +	10/7-10/28	W	9:00-10:00 a.m.	\$17/Mo.
FIT 6411	50 yrs +	11/4-11/25	W	9:00-10:00 a.m.	\$17/Mo.

**Upland Community Partnership
For Youth Development**

*Annual Fundraising
Dinner*

**Join us for our 19th Annual
Spaghetti Dinner Fundraiser.**

**Saturday, November 7th
5:30 p.m. - 8:00 p.m.**

Gibson Senior Center, 250 N. Third Ave., Upland

All proceeds support three neighborhood based after-school programs for Upland children. Enjoy the fun... dinner, door prizes, silent auction items, entertainment and a grand raffle prize.

Tickets:
\$20.00 for adults/\$10.00 for children

Sponsored by the
Upland Community Partnership for
Youth Development.

For more information on purchasing tickets or to be a sponsor, please contact the Upland Recreation Division at (909) 931-4280.





SENIOR TAP FOR BEGINNERS

\$24/MONTH

Beginner Tap is an introductory course for those with little or no tap experience. This course is designed to teach the fundamentals of tap through floor technique and choreographed routines with music geared to make you want to tap your feet! Definitely a fun way to build coordination and rhythm, while relieving stress and staying shape. Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. No class 9/9. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3709	50 yrs +	9/2-9/30	W	1:15-2:15 p.m.
DANCE 3710	50 yrs +	10/7-10/28	W	1:15-2:15 p.m.
DANCE 3711	50 yrs +	11/4-11/25	W	1:15-2:15 p.m.

SENIOR TAP FOR INTERMEDIATES I

\$26/MONTH

Intermediate Tap I is a slower paced tap course designed for those with some previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized and learn something new to get your feet tappin! Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. No class 9/7. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 8609	50 yrs +	9/14-9/28	M	10:00-11:15 a.m.
DANCE 8610	50 yrs +	10/5-10/26	M	10:00-11:15 a.m.
DANCE 8611	50 yrs +	11/2-11/30	M	10:00-11:15 a.m.

SENIOR TAP FOR INTERMEDIATES II

\$28/MONTH

Intermediate Tap II is a faster paced tap course designed for those with several years of previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized and learn something new to get your feet tappin! Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the entire extra class. No class 9/9. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 2909	50 yrs +	9/2-9/30	W	10:00-11:30 a.m.
DANCE 2910	50 yrs +	10/7-10/28	W	10:00-11:30 a.m.
DANCE 2911	50 yrs +	11/4-11/25	W	10:00-11:30 a.m.

SENIOR TAP FOR ADVANCED

\$28/MONTH

Advanced Tap is designed for those that have completed the Intermediate course and are ready to move on to the Advanced level. Get your tap shoes ready, as we're headed for a lot of fun! Students should have permission from the instructor to enroll for this level of senior tap. Students may register for additional Senior Tap classes or Seniorcise paying 1/2 the fee for the full extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3209	50 yrs +	9/14-9/28	M	11:15 a.m.-12:45 p.m.
DANCE 3210	50 yrs +	10/5-10/26	M	11:15 a.m.-12:45 p.m.
DANCE 3211	50 yrs +	11/2-11/30	M	11:15 a.m.-12:45 p.m.

ZUMBA GOLD

Join the Zumba Gold Program designed mainly for the 50 + age group. Our choreography is for the active older or de-conditioned adult and easy to learn which ensures your success. The benefits are body strengthening, loosening of joints, range of motion, balance and alertness, allowing for a healthier mind and body. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3609	50 yrs +	9/10-9/24	Th	8:45-9:45 a.m.	\$28/4
DANCE 3610	50 yrs +	10/1-10/29	Th	8:45-9:45 a.m.	\$35/5
DANCE 3611	50 yrs +	11/5-11/19	Th	8:45-9:45 a.m.	\$21/3

SPECIAL INTERESTS

ART FOR 50+

Think you're not an artist? Relax! Come and join us for some creative fun and find your hidden talent. We will work in several mediums: Acrylics, pastels and mixed mediums, including collage. This class is open to beginners through intermediates. Please bring preferred supplies to each class. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 19	50 yrs +	9/8-9/29	Tu	10:00-11:30 a.m.	\$35/5
ASI 39	50 yrs +	10/6-10/27	Tu	10:00-11:30 a.m.	\$28/4
ASI 40	50 yrs +	11/3-11/24	Tu	10:00-11:30 a.m.	\$28/4

ART OF AUTOBIOGRAPHY

FREE/8 SESSIONS

Your life has been full of adventure, triumph, love, sorrow, hard work, travel, children and fun – it really has! In this class, as you remember and explore your past, you will learn to write the story of your life in a supportive and non-judgmental environment. Your experienced instructors will help you to develop your writing skills as you create a valuable written legacy for your family and friends. Topics will include love, family traditions, career, childhood, friendship, travel, spirituality, important and life-changing decisions and so much more! A \$25.00 supply fee is payable to the instructors at the first class. Instructors: Ann & Lucerne Hamer Location: Gibson Senior Center, Arts & Crafts Room

Activity #	Age	Dates	Day	Time
ASI 233	50 yrs +	9/16-11/4	W	2:00-4:00 p.m.

COMPUTER I

\$35/3 SESSIONS

Designed for seniors with no computer experience. Computer I will introduce basic computer skills, basic internet skills and document creation, advancing forward building on these skills. No class 10/12. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	9/14-9/28	M	10:00 a.m.-12:00 p.m.
ASI 25	50 yrs +	10/5-10/26	M	10:00 a.m.-12:00 p.m.
ASI 26	50 yrs +	11/9-11/23	M	10:00 a.m.-12:00 p.m.

COMPUTER II

\$35/3 SESSIONS

Must have taken Computer I first. Computer II will continue to move forward from Computer I, learning more advanced computer, internet skills and document creation. No class 10/12. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 34	50 yrs +	9/14-9/28	M	12:30-2:30 p.m.
ASI 31	50 yrs +	10/5-10/26	M	12:30-2:30 p.m.
ASI 33	50 yrs +	11/9-11/23	M	12:30-2:30 p.m.

GUIDED AUTOBIOGRAPHY FOR CAREGIVERS

FREE/1 SESSION

Are you caring for someone who is losing the ability to write and communicate due to illness or age? This one-day class will provide the caregiver with tools and materials to help record the story of your loved one's life before it is too late to do so. Leaving a written legacy for family and friends is important. Every caregiver should learn how to provide this valuable service. A\$10.00 supply fee is payable to the instructors at the beginning of class. Instructors: Ann & Lucerne Hamer Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 234	Adult	10/24	Sa	1:00-4:00 p.m.

TRIPS AND TOURS

DANISH DAYS IN SOLVANG

\$44 PER PERSON

Spend your day just north of Santa Barbara, at the Danish Capital of America. This quaint town of Solvang blends Old World Architectural styles with both Old and New World tastes, along flower-lined streets, which create a walk-able village. Enjoy the showcase of unusual quality imports and collectibles from over 200 merchants, Danish folk dancing, parades, the aroma of chocolate, coffee and beer gardens, a bakeries-aplenty. Spend time on your own or with friends.

Activity	Age	Date	Depart	Return
#41	7 yrs +	Sat, Sept. 19th	7:30 a.m.	7:30 p.m.

Save Time & Register Online!

<https://apm.activecommunities.com/Upland/>

APPLE DAYS IN JULIAN

\$34 PER PERSON

Julian is a historic gold mining town located approximately an hour east of San Diego. It is the premier mountain retreat in the county and is unique in that it has four seasons. Although famous for apples and their superb apple pie, one can enjoy all year round. Specialty shops line the streets with several choices for lunch on your own today. Then, stop in at one of the local wineries, take a horse-drawn carriage through town or just sit and relax. We will also stop in at the famous Dudley's Bakery in Santa Isabel before arriving into Julian. The day is yours...enjoy!

Activity	Age	Date	Depart	Return
#42	7 yrs +	Th, Oct. 15th	8:00 a.m.	5:30 p.m.

HOLIDAYS AT THE HOTEL DEL CORONADO

\$88 PER PERSON

Upon our 11:45 a.m. arrival, enjoy lunch (included) along the marina at Tom Ham's Lighthouse located in San Diego. Lunch choices include: Chicken Caesar salad with Spanish anchovies, Pecorino cheese and croutons, Fish & chips, crab BLT, lobster roll prepared with water cress, tomato and chives or a 1/2 pound burger with grilled onions, feta cheese and roasted tomato. After our tasty lunch, we'll head across the Coronado Bridge to the Hotel Del Coronado at Coronado Island. This historic treasure along the San Diego Bay is decorated for the holiday season. Your historian will take you on a guided walking tour of the past and present of the "Del". Enjoy the beauty of the Hotel del Coronado and learn the story of how it came to be built in 1887 on what was then a barren island. Time for shopping and browsing on own before our return trip home.

Activity	Age	Date	Depart	Return
#83	5 yrs +	Tu., Dec. 15th	9:15 a.m.	7:00 p.m.

LIGHTING UP THE HOLIDAYS

\$28 PER PERSON

The evening is yours to relish in the holiday splendor that comes alive in downtown Riverside. Explore the Mission Inn, novelty stores and several nice restaurants to choose from for dinner on your own. Then, at 7:45 p.m., we'll depart Riverside and head over to Alta Loma for a drive through the festive Thoroughbred community to view their holiday lights and décor. This is definitely a trip not to be missed and a great way to continue your holiday celebrations.

Activity	Age	Date	Depart	Return
#173	5 yrs +	Th, Dec. 3rd	2:00 p.m.	9:00 p.m.

L.A.'S GUILTY PLEASURES

\$60 PER PERSON

We'll arrive for lunch at the HMS Bounty located right along Wilshire Blvd., located inside the historic Gaylord Apartments. HMS is one of the last true "old Hollywood" restaurants and is a classic Los Angeles Treasure. Lunch choices include: Freshly prepared salmon, a petite NY steak, roasted chicken, or pork chop. All meals are served with mashed potatoes, fresh vegetables, rolls, a non-alcoholic beverage and ice cream for dessert. Our next stop for the quest of flavor is in Glendale at the famous Cuban Portos Bakery. Sharing a family tradition full of rich culture and flavor! We'll have approximately 1.5 hours to shop before getting back on our journey. Our next stop is at Galco's Soda Pop Stop. The store and its owner have been featured on Huell Howser's "California Gold", the Cooking Network, and Sunset Magazine. You can even create your own soda flavor and bottle it yourself to take home (included). Also, enjoy a short talk with one of the ancestors about the history of the family owned company.

Activity	Age	Date	Depart	Return
#31	7 yrs +	Tu., Feb. 9th	10:45 a.m.	5:30 p.m.

AARP DRIVER SAFETY PROGRAM

\$15/Members & \$20/Non-Members

REFRESHER COURSE:

Tuesday, September 1st, 12:00 p.m. - 5:00 p.m.

FULL COURSE:

Monday & Tuesday, November 2nd & 3rd, 12:00 p.m. - 5:00 p.m.

Sharpen driving skills, prevent accidents, and keep older drivers on the road safely. Participants will receive a DMV certificate entitling them to a discount on their auto insurance. Reservations and pre-payment required. Checks are to be made payable to AARP No cash please. All registration MUST be completed at the Gibson Senior Center.

A SPECIAL THANKS

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Upland Community Foundation

P.O. Box 794, Upland, CA 91785

PO Box 794., Upland

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121 W. Foothill Blvd., Upland

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Servpro of Upland
Fun After Fifty, Upland

Your support of these sponsors is welcomed and appreciated.

The City of Upland would also like to extend a special thanks to the Upland Unified School District and Upland High School for their hospitality in allowing us to use their stadium for this event. They would also like to thank Upland Foothill Kiwanis for their generous support throughout the year.

George M. Gibson Senior Center

250 N. 3rd Ave., Upland · (909) 981-4501

Lectures are held in the Arts & Crafts Room

GIBSON LECTURE SERIES *Pre-registration required.*

UIC VEIN SCREENINGS

Friday, September 18th, October 16th and November 20th
9:00 a.m. - 11:00 a.m.

Do you experience leg discomfort, leg pain, varicose veins, restless leg syndrome or skin discolorations? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Attend a free vein screening and meet with the experts. Presented by Uic Vein Center.

LOW VISION WELLNESS

Monday, September 21st, 10:00 a.m. – 11:30 a.m.

Join us for this interesting presentation on the wide variety of available equipment and adaptive devices to help maximize remaining vision. Living with limited vision can be challenging, but it doesn't need to be a barrier to living well. Presented by Braille Institute & West End Family Counseling Services. Please note: This lecture will be held in the Game Room.

HELP FOR AGING INDEPENDENTLY

Thursday, September 24th, 10:00 a.m. – 11:30 a.m.

IGCAP is a program of all-inclusive care for the elderly (PACE), an innovative Medicare program for older adults and those over age 55 living with disabilities. PACE can be an excellent option for an individual with limited financial resources or declining ability to perform activities of daily living. Presented by InnovAge Greater California PACE

ACUHEALTH

Friday, September 25th, 10:00 a.m. - 11:30 a.m.

If you suffer from pain, why not try a more natural, proven way to live a pain free life? Acupuncture is designed to trigger your body to release endorphins, which are your bodies pain killing hormone. Come learn the benefits of acupuncture treatments. Presented by Jolin Wang, L.A.c, Board Certified Acupuncturist Herbalist

WHAT YOU NEED TO KNOW WHEN HIRING A CAREGIVER

Thursday, October 15th, 6:00 p.m.

There are several components to consider when hiring a caregiver. What are your current and potential future needs? What are the legal requirements and risks? How do you find a caregiver? All options and risks will be reviewed and considered in this community discussion led by Lindsey Rehfeld, M.A., Executive Director of Visiting Angels

THE ABC'S OF HEARING

Friday, October 23rd, 9:00 a.m. - 11:30 a.m.

This educational health hearing talk will give you a more thorough understanding of the different types of hearing loss and potential side effects, treatments and treatment outcomes. Get information regarding hearing aids or other hearing related topics. Hearing screenings will also be available. Presented by Connect Hearing!

OSTEOPOROSIS & BONE DENSITY SCREENING

Tuesday, November 10th,
10:00 a.m. – 12:00 p.m.

Come learn about Osteoporosis and how it can be prevented. Early diagnosis, treatments and risk factors are also discussed. Presented by InterValley Health Plan.



GIBSON SPECIAL EVENTS

HEALTH FAIR & FLU SHOT CLINIC

Monday, October 12th, 8:00 a.m. - 12:00 p.m.

For those 50 years of age and older, join us for this very informative Health Fair. Free screenings will be offered, as well as give-a-ways. Free flu shots will be available on a first-come, first-serve basis until either 12:00 p.m. or until the flu vaccine runs out. The regular flu vaccine will be administered. For more information, please contact the Gibson Senior Center at (909) 981-4501.

A DAY OF THANKS TO OUR VETERANS

Wednesday, November 11th, 9:00 a.m. – 10:30 a.m.

Arts & Crafts Room

Come give thanks to our veterans and enjoy a donut and coffee.

GIBSON HOLIDAY BREAKFAST

Friday, December 11th, 9:00 a.m. - 11:00 a.m.

Gibson Dining Room

\$5.00 Per Person

Santa Claus is coming to town! And, he's bringing an awesome holiday breakfast with him! Complete with holiday decorations, music and photos with Mr. Claus; this is a great way to continue your holiday celebrations! Tickets go on sale Wednesday, November 11th.

HOLISTIC HEALTH SERIES *Pre-registration required.*

Lectures are held in the Arts & Crafts Room

Come and learn the individual treatments of Ayurvedic Medicine, including diet recommendations, spices, herbs, oil treatments, pranayana-therapeutic breathing and meditation. Presented by Yael Steinfeld, RNP MSN, Certified Ayurvedic Practitioner.

10:30 a.m. – 11:30 a.m.

Seating begins at 10:15 a.m.

HEALTHY BONES & JOINTS

Thursday, September 3rd

HEALTHY GUT

Thursday, October 1st

BALANCING GLUCOSE, BLOOD PRESSURE & WEIGHT

Thursday, November 5th

HEALTHY IMMUNE SYSTEM

Thursday, November 19th

MONTHLY POOL TOURNAMENTS

Held the last Monday
of each month

1:00 p.m. to 4:00 p.m.

\$5.00 Per Person

(Lunch ticket included for day
of tournament only)

Sign-ups are taken at the
front desk. Please arrive no
later than 11:30 a.m. so you
may enjoy lunch before the
tournament. Great prizes for
1st and 2nd place. Open to
men and women.



**Hours: Monday – Friday, 8:30 a.m. - 5:00 p.m.
Closed Saturdays and Sundays**

The Senior Center will be closed on September 7th, November 26th and November 27th.

GIBSON WORKSHOPS

Workshops are held in the Arts & Crafts Room

CLUTTER CHAOS

Every Tuesday
1:00 p.m. - 2:30 p.m.

Are you a pack rat who saves everything because somebody might need it someday?

ALZHEIMER'S ASSOCIATION WORKSHOPS

Pre-registration required.

Workshops are held in the Arts & Crafts Room

10:00 a.m. - 11:30 a.m.

SAFETY IN THE HOME
Thursday, September 17th

MEMORY LOSS
Thursday, October 15th

DR. RATKOVIC'S WELLNESS LECTURES

Pre-registration required.

Lectures are held in the Conference Room

12:30 p.m. - 1:30 p.m.
Seating begins at 12:15 p.m.

**HOW TO IMPROVE YOUR WALKING,
GAIT AND BALANCE**
Tuesday, September 15th

**HOW TO FORM HEALTHY EXERCISE
HABITS**
Tuesday, October 20th

**HOW TO STRETCH AND STRENGTHEN
YOUR BACK AND HIPS**
Tuesday, November 17th



GIBSON GRUB CLUB

Thanks to our generous sponsors and wonderful volunteers, the Gibson Senior Center is able to provide the main dishes for each "Grub Club" event.

3:30 p.m. - 5:00 p.m.
Meet in the Senior Center lobby
\$4.00 per person.

Please remember that tickets are always required for entry. The deadline for purchasing tickets is the Thursday prior to the event – No exceptions.

SLICE OF LIFE

Tuesday, September 22nd

Take a slice of life and join us for a slice of pizza and green salad.

FALL FEAST

Tuesday, October 27th

Feeling a little chilly? Then, you won't want to miss out on some down home chili and cornbread! Guaranteed to wake up your taste buds.



The Upland-Foothill Kiwanis 55th Annual Senior Holiday Party Sunday, December 6th 2:00 p.m. - 4:00 p.m.

Upland Highlanders School Auditorium,
565 W. 11th Street, Upland

For more information, please contact
Upland-Foothill Kiwanis Chairman,
Lauren Vanlul at LaurenVanlul@gmail.com
or phone Committee Member,
Karen Angona at (909) 985-5592.

TRANSPORTATION SERVICES

A Program of Community Senior Services serving residents of Upland. Door-to-door assisted transportation is available for seniors and individuals with disabilities who cannot easily use other transportation services. Mileage reimbursement for volunteers who provide transportation. For information, please contact (909) 621-9900.

The Gibson Senior Center only accepts checks, VISA, MasterCard and American Express. Thank you.



FREE TECH HELP

Every Thursday
1:00 p.m. - 4:00 p.m.
By appointment only.

ONGOING SERVICES & ACTIVITIES

The following senior services and activities are offered free of charge unless otherwise indicated.

CRAFTS

Knitting & Crocheting
Tuesdays, 12:30 p.m. - 2:30 p.m.

DANCE & EXERCISE

(Please register in advance.)

Chair Volleyball - FIT 94 NEW!!!
Fridays, 1:30 p.m. - 2:30 p.m.

Tai Chi - FIT 14 NEW!!!
2nd & 4th Thursdays, 1:15 p.m. - 2:15 p.m.

Yoga - FIT 61 (Sign-ups are limited)
Tuesdays & Thursdays
10:00 a.m. - 11:45 a.m.

Yoga Wellness Class - FIT 62
Mondays, 1:00 p.m. - 2:30 p.m.

GAMES

Billiards

Center's Operating Hours

Bingo

Wednesdays, 1:30 p.m. - 4:15 p.m.

Bunco

Tuesdays, 9:30 a.m. - 11:30 a.m.

Canasta

Tuesdays, 9:00 a.m. - 1:00 p.m.

Ping Pong

Monday-Friday, 2:45 p.m. - 4:45 p.m.

Pinochle

Wednesdays, 12:00 p.m. - 3:00 p.m.

SENIOR PROGRAMS

Blood Pressure

2nd & 4th Tuesday of each month 11:00 a.m. - 1:00 p.m. Walk-ins welcomed.

Inland County Legal Services

Call (909) 980-0982 Ext: 4735 for an appointment.

HICAP Counseling

1st & 3rd Friday of each month
9:00 a.m. - 12:00 p.m. Call (800) 434-0222 for appointment.

Nutrition Program

Monday - Friday, 11:30 a.m. - 12:30 p.m. \$2.50 suggested donation.

SENIOR CLUBS

AARP (Only calls about the Club)
Bob Endicott, (909) 985-0353

Fun After 50

Annette Wiese, (909) 949-9777

SPECIAL INTEREST GROUPS

Bible Study

Wednesdays, 10:00 a.m. - 11:30 a.m.

Harmonichoir

1st & 2nd Thursdays
10:00 a.m. - 11:30 a.m.

Harmonichoir Lessons

Wednesdays, 10:00 a.m. - 11:30 a.m.

To register, please contact the Gibson Senior Center at (909) 981-4501.

UPLAND FACILITY Rentals

PARK RESERVATIONS

Many of the City's parks are available to rent for your next get together. Because dates fill up quickly, reservations are a must. All parks that can be reserved offer restrooms, outdoor BBQs, picnic areas, and playgrounds. Those parks that can't be reserved are limited to a first come, first served basis.

Upland residents may make reservations up to 12 months in advance. Non-residents may reserve parks up to 6 months in advance.

Parks can not be reserved on the following holidays and holiday weekends: Easter, Memorial Day, 4th of July, Labor Day, Halloween, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

For more information or to reserve, please contact the Upland Recreation Division at (909) 931-4280.

FIELD RESERVATIONS

Lighted fields are available at Memorial Park and Greenbelt Park only. Fields are available on a limited basis and must be reserved in advance. Please contact the Upland Recreation Division at (909) 931-4280 to reserve.



OTHER AVAILABLE LOCATIONS

Looking for the perfect place to hold your next party, family reunion, wedding reception or meeting without spending a bundle? Look no further than the City of Upland. The City offers a variety of rooms at six different facilities. Each facility includes the use of tables and chairs. For more information or to check availability, please contact the Upland Recreation Division at (909) 931-4280.

Magnolia Recreation Center, 651 W. 15th Street North Hall

This spacious room includes a warming kitchen perfect for caterers. Dining capacity: Up to 150 people.

Lounge

Ideal for meetings, classes or baby showers. Accommodates up to 25 people.

George M. Gibson Senior Center, 250 N. 3rd Avenue

Please note that the Senior Center is available on a limited basis.

Dining Room

Can accommodate up to 150 people.

Arts and Crafts Room

Can accommodate up to 30 people.

Game Room

Can accommodate up to 25 people.

Carnegie Library, 123 E. D Street

Great Room

Charmingly elegant, this room is perfect for a wedding reception or party. Can accommodate table seating for up to 80 people and a seated audience of up to 90 people.

Landecena Community Building 1325 San Bernardino Road

Perfect for banquets, weddings or meetings. Can accommodate up to 125 people.

San Antonio Heights

Railroad Company Waiting Station

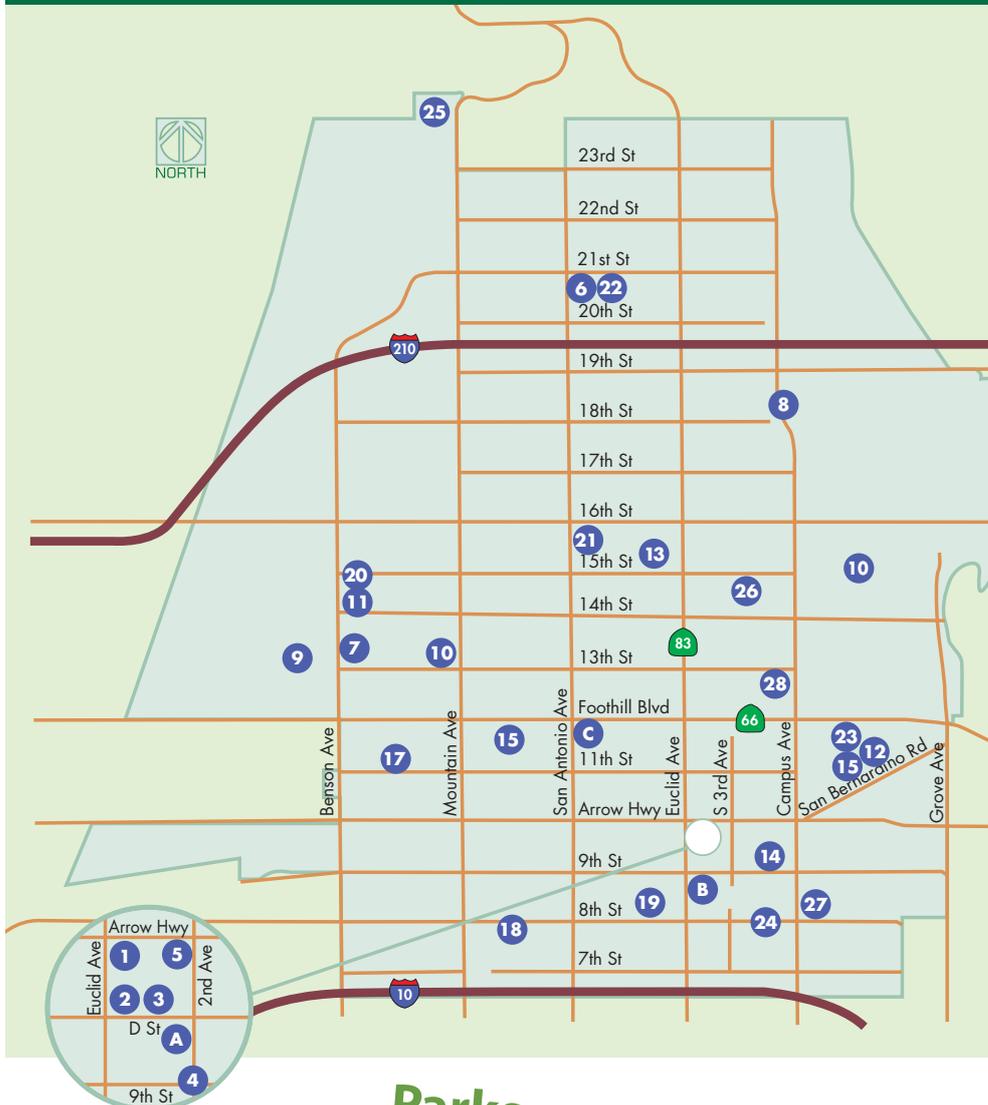
Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque mural reflecting the legacy of William G. Kerckoff. For more information or to check availability and pricing, please contact the Upland Recreation Division at (909) 931-4280.

Historic Downtown Upland Gazebo

The Gazebo, centrally located at 2nd Avenue and 9th Street at the heart of Historic Downtown Upland, is available for community performances and events. A fee of \$25/hour with a minimum 3-hour reservation and facility deposit of \$50 is required. Please be advised that all reservations are reviewed by the Upland Police Department to determine if security services are required. If so, a fee will be quoted by the Police Department.

For more information or to check availability, please contact the Upland Recreation Division at (909) 931-4280.

UPLAND Facilities



- 1 City Hall**
460 N. Euclid Ave.
- 2 Upland Library**
450 N. Euclid Ave.
Sun., Fri., 1:00 p.m. - 5:00 p.m.
Mon., Thurs., 10:00 a.m. - 7:00 p.m.
Tues., Wed., 10:00 a.m. - 8:00 p.m.
Sat., 10:00 a.m. - 5:00 p.m.
- 3 Carnegie Building**
123 E. D St.
- 4 Historic Downtown Upland Gazebo**
2nd Ave. & 9th St.
- 5 Fire Department-Station 1**
475 N. 2nd Ave.
- 6 Fire Department-Station 2**
2046 N. San Antonio Ave.
- 7 Fire Department-Station 3**
1350 N. Benson Ave.
- 8 Fire Department-Station 4**
1825 N. Campus Ave.
- 9 Fire Department-Station 5**
1275 N. Airport Dr.
- 10 Police Department**
1499 W. 13th St.
- 11 City Yard**
1370 N. Benson Ave.
- 12 Animal Services**
1275 San Bernardino Rd.
(inside Memorial Park)
Mon., Tues., Fri., 12:00 p.m. - 5:30 p.m.
Wed., Thurs., 12:00 p.m. - 7:00 p.m.
Sat., 10:00 a.m. - 3:30 p.m.
Sun., 10:00 a.m. - 3:30 p.m.
- 13 Magnolia Recreation Center/Recreation Office**
651 W. 15th St.
(inside Magnolia Park)
- 14 George M. Gibson Senior Center**
250 N. 3rd Ave.
- 15 Landecena Community Building**
1325 San Bernardino Rd.

**Parks
Make
Life
Better!**

Park Amenities

	Reservable Areas	Amphitheater	Ballfields	Basketball	BBQ	Dog Park	Fitness Trail	Horseshoes	Open Grass Field	Picnic Tables	Picnic Shelters	Playground	Restrooms	Snack Bar	Soccer Field	Skate Park	Volleyball
16	Baldy View Park—11th St. between Mountain and San Antonio Ave.	0			•	•				•	•	•	•	•			
17	Cabrillo Park—11th St. between Benson and Mountain Ave.	3		•	•					•	•	•	•	•			
18	Citrus Park—8th St. between Mountain and San Antonio Ave.	1	•	•						•	•	•	•	•			
19	Fern Reservoir Park—8th St. between Euclid and San Antonio Ave.	0							•	•	•	•	•	•			
20	Greenbelt Park—15th St. between Mountain and Benson Ave.	0	•							•	•	•	•	•			
21	Magnolia Park—15th St. between San Antonio and Euclid Ave.	2			•					•	•	•	•	•			
22	McCarthy Park—20th St. and San Antonio Ave.	1		•	•	•	•			•	•	•	•	•		•	•
23	Memorial Park—Foothill Blvd. between Campus and Grove Ave.	3	•	•	•					•	•	•	•	•		•	
24	Olivedale Park—8th St. between Campus and Sultana Ave.	2								•	•	•	•	•			
25	San Antonio Park—24th St. and Mountain Ave.	1	•	•						•	•	•	•	•			
26	Sierra Vista Park—15th St. between Campus and Euclid Ave.	2			•					•	•	•	•	•			
27	8th Street Reservoir Park—8th St. and Campus Ave.	0	•											•			
28	13th Street Reservoir Park—13th St. and Campus Ave.	0		•						•	•						

Other Destinations

A Chamber of Commerce
215 N. Second Ave., Ste. D
(909) 204-4465

B Metrolink Station
300 E. "A" St.

C Upland High School
565 W. 11th St.
(909) 949-7880



HOW TO REGISTER ■ GENERAL REGISTRATION

1. MAIL IT IN...



To Upland Recreation Division,
PO Box 460, Upland, CA 91785. Make
checks payable to City of Upland. Please
do not send cash.

2. WALK IT IN...



To the Upland Recreation Division
Office located at Magnolia Park,
651 W. 15th Street, Upland.
Monday through Thursday,
8:00 a.m. - 6:00 p.m.

3. PHONE IT IN...



Using your VISA, MasterCard
or American Express,
Monday through Thursday,
8:00 a.m. - 6:00 p.m.
(909) 931-4280

4. ONLINE...



At our website using your VISA, MasterCard
or American Express at
<https://apm.activecommunities.com/Upland/>
Note: Not all classes may be registered online.

5. FAX IT IN...



If paying with a VISA, MasterCard or
American Express to (909) 931-4283.

Classes begin in **SEPTEMBER**. See specific dates under class description. Open enrollment will be in effect for all classes and activities throughout each quarter. All registration is done on a first come, first served basis. Classes may fill prior to the first meeting or may be canceled if minimum enrollment is not met. Therefore, pre-registration is vital.

Potential customers who have a disability are invited to contact the City of Upland Recreation Division to discuss any special accommodations or adaptations which are necessary for participation in our programs. Requests need to be made a minimum of 30 days prior for trips and 14 days prior for all other activities by contacting the Upland Recreation Division Office at (909) 931-4280, Monday - Thursday, 8:00 a.m. - 6:00 p.m.

FEES

While every attempt is made to adhere to the dates, times and locations listed in our brochure, all classes are subject to change and cancellation.

CONFIRMATIONS AND RECEIPTS

You must enclose a self-addressed stamped envelope to receive confirmation on your registration.

PHOTO RELEASE

By participating in these programs, you are giving permission to the City of Upland to photograph you or your child(ren) for use in future City publications and you or your child(ren) will not receive compensation for such use.

PRORATES, REFUNDS AND MAKE-UPS

- Fees are not prorated.
- No make-ups for missed classes unless class is not held due to fault of instructor or the Upland Recreation Division.
- Refunds must be requested before second class meeting.
- A partial refund will be given for refunds requested prior to the second class. After the second class, no refunds will be given under any circumstances.

TRIPS & TOURS

- Registration: First registered, first boarded will be in effect.
- Departure/Return: Magnolia Park, 651 W. 15th Street, Upland. Please be in the parking lot 15 minutes prior to departure time. All return times are approximate.
- Multi-Sponsored Trips: Some of our trips and tours are co-sponsored with other cities. First registered, first boarded is not in effect with multi-sponsored trips.
- Refund Policy: Refunds for trips will be made only if there is a waiting list and your reservation can be resold. All trips go rain or shine.
- Traveler's Insurance: Cancellation insurance is available that will protect your sizable investment for any extended trip costing \$100 or more. It is the participant's responsibility to purchase the insurance.

**CLASSES BEGIN
IN SEPTEMBER**



SEPTEMBER

UPLAND DAY AT THE L.A. COUNTY FAIR

Wednesday, September 9th

Honor some special heroes on Upland Day. Along with the parade, high school marching band competition and business expo, this year's Community Heroes will celebrate the past, present and future of military service. For Upland Chamber members interested in participating in the Business Expo, please contact the Upland Chamber of Commerce at (909) 204-4465. For fair information, please visit www.lacf.com.

OCTOBER

OCTOBER FIESTA AT DALE BROS.

Saturday, October 10th, 12:00 p.m. - 10:00 p.m.

Dale Bros., 2120 Porterfield Way, Upland

Have fun with family and friends, while raising money for our community's children. For more information, please contact the Upland Recreation Division at (909) 931-4280 or see page 19 of this newsletter.

UPLAND FIRE DEPARTMENT OPEN HOUSE IN CONJUNCTION WITH INSIDE UPLAND FAMILY PREPAREDNESS DAY

Saturday, October 24th, 9:00 a.m. - 2:00 p.m.

Upland Fire Station 164, 1825 N. Campus Ave., Upland

Join us for this community event, demonstrations and displays of Fire Department equipment. For more information, please contact the Upland Fire Department at (909) 931-4180.

SCARY-A-FAIRE

Saturday, October 31st, 5:00 p.m. - 8:00 p.m.

Downtown Upland

Join us for our Annual Scary-A-Faire Celebration in Downtown Upland. For more information, please contact the Upland Recreation Division at (909) 931-4280 or see page 13 of this newsletter.

NOVEMBER

UPLAND COMMUNITY PARTNERSHIP FOR YOUTH DEVELOPMENT ANNUAL FUNDRAISING DINNER

Saturday, November 7th, 5:30 p.m. - 8:00 p.m.

Gibson Senior Center, 250 N. Third Ave., Upland

Join us for our 19th Annual Spaghetti Dinner Fundraiser supporting neighborhood based programs for Upland children. For more information, please contact the Upland Recreation Division at (909) 931-4280 or see page 23 of this newsletter.

SPARK OF LOVE CAR SHOW & TOY DRIVE KICK-OFF

Sunday, November 8th, 9:00 a.m. - 2:00 p.m.

Memorial Park - Atwood Kitchen, Upland

The OldSkool 66 Cruzers are teaming up again this year with the Upland Fire Department, Upland Firefighters Association and the Upland Recreation Division for the Annual Spark of Love Car Show & Toy Drive Kick-Off. For more information, please view page 3 or visit www.oldskool66cruzers.org.

UPLAND TURKEY TROT 5K RUN/WALK & 1K KIDDY TROT

Thursday, November 26th, 8:00 a.m.

San Antonio Park, Upland

Come out and exercise before the big meal! For more information, please contact the Upland Recreation Division at (909) 931-4280 or see page 13 of this newsletter.

DECEMBER

BREAKFAST WITH SANTA

Saturday, December 5th, 8:00 a.m. - 10:00 a.m.

Gibson Senior Center, 250 N. Third Ave., Upland

Get your wish list ready and join us for our Annual Breakfast with Santa. For more information, please contact the Upland Recreation Division or see page 16 of this newsletter.

ANNUAL CHRISTMAS PARADE & HOLIDAY AFFAIRE

Saturday, December 5th, 11:00 a.m. - 2:00 p.m.

Parade will begin at 11:00 a.m.

Downtown Upland

In addition to the arts and crafts vendors and local businesses showing a variety of special ideas and gifts for the holidays, there will be live holiday entertainment and food vendors. Following the parade, Santa Claus will be available for free photo opportunities. Many downtown businesses will also be open for your shopping convenience. For more information, please visit www.historicdowntownupland.org

SHOP 'TIL YOU DROP

Sunday, December 13th, 10:00 a.m. - 3:00 p.m.

Downtown Upland, 2nd Avenue & 9th Street, Upland

Enjoy our annual events with tasty foods, vendors, entertainment and more. For more information, please visit www.historicdowntownupland.org.

ONGOING EVENTS

HISTORIC UPLAND WALKING TOURS

2nd Saturday of each month, 10:00 a.m.

Meet on steps of Cooper Museum, 217 "A" Street, Upland

Join us for an in-depth look at Upland's history, downtown businesses and people that define the City of Gracious Living. Tours are approximately two hours and one mile in length over flat surfaces. The tour is free. There is a \$5.00 suggested donation for the Cooper Museum. For more information or to confirm walking tour date, please contact (909) 982-8010 or visit www.coopermuseum.org.

DOWNTOWN UPLAND'S FAMILY NIGHT OUT

Every Thursday, 5:00 p.m. - 9:00 p.m.

Downtown Upland

Scheduled through October

For more information, please visit www.historicdowntownupland.org





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