

Spring 2016

UPLAND *Today*

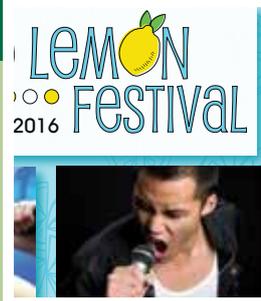
The News Magazine and Recreation Guide for the City of Upland.



Inside



Upland Heritage Home Tour



Lemon Festival



Veterans Monument

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
- Paul Segalla, Fire Chief
- Jeannette Vagnozzi, Deputy City Manager
- Jeff Zwack, Development Services Director
- Rosemary Hoernig, 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

Memorial Day, Monday, May 30th

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.

2016 promises to be an exciting year in Upland with many major projects in the works. New restaurants at the Colonies Crossroads, the relocation of Ford of Upland to the north side of the 210 Freeway, the return of CNC Motors to Upland (also along the north side of the 210), the revitalization of the shopping center at the northeast corner of Foothill and Euclid, several potential projects in Historic Downtown Upland, major resurfacing work on 16th Street, and a very attractive residential and commercial project west of Benson Avenue and north of Baseline Road are just a few examples of positive improvements we will see over the next year.

But as important as these big ticket projects are in determining how we are viewed by our residents and business owners, our employees are committed to making sure we're doing the little things well. Returning phone messages in a timely manner. Quickly filling a pothole that a citizen reported. Making sure our park playground equipment is clean and well-maintained.

All of our City employees, regardless of role or title, plays a part in establishing a good reputation with you, our customers.

That is our commitment to you. May 2016 be Upland's best year ever.

UPLAND HERITAGE VINTAGE HOME TOUR

SUNDAY, APRIL 3RD, 10:00 A.M. – 5:00 P.M.

Upland Heritage is proud to return as host of its biennial Vintage Home Tour. The public is invited to enjoy the ambiance of homes from Upland's early agricultural era through the emergence to mid-century modern.

Over its 27-year history, Upland Heritage has presented 14 outstanding home tours to foster public appreciation and raise funds to support its Matching Grant Program and other endeavors dedicated to enhancing Upland's future by preserving its past.

The Vintage Home Tour provides a peek at the past evoking nostalgia for some, inspiration for others, and historical appreciation for all. Although built to suit another generation's lifestyle, these homes are functional today and revitalized by caring owners with a reverence for the past.

As in the past, this year's tour is self-guided and the tour map and address list is printed right on the ticket. All homes are open, rain or shine, on the day of the tour and guests may travel by car to visit the homes in any order they wish. A minimum of four hours is recommended for full enjoyment. For more information regarding the homes featured and ticket sales, please phone (909) 981-0280, or visit www.uplandheritage.org.



2015 SPARK OF LOVE THANK YOU

The Upland Fire Department, Upland Police Department, and Upland Recreation Division would like to thank the donors, volunteers, and participants of the 2015 Spark of Love Toy Drive and the Tip-A-Cop & Tip-A-Firefighter fundraiser held at Chili's at Colonies Crossroads. Through the generosity of Upland businesses, residents, and charitable organizations, the Upland Firefighters' Spark of Love program was able to provide toys for approximately 750 underserved children in the City of Upland.

AAA, Upland

American Pastime

Brave New World Tattoo

Chaffey Federal Credit Union

Chili's, Colonies Crossroads

Farmer Boys, Upland

Hello Gorgeous Beauty Bar

Holliday Rock

IEShineOn.com

IHOR, Upland

Mountain View Estates

Oldskool 66 Cruzers

Target, Colonies Crossroads

Upland Cub Scouts

Wolf Den 2, Pack 614

Upland High School

Girls Softball

Upland Laser Dental

U.S. Forest Service

U.S. Post Office, Upland



UPLAND *Lemon Festival*

THE UPLAND LEMON FESTIVAL RETURNS FOR ITS 20TH YEAR

The City of Upland is proud to offer events throughout the year at which residents can come together and enjoy the best of the place we call home. Don't miss the return of the largest event, the Upland Lemon Festival, April 29th through May 1st, brought to you by The Learning Centers at Fairplex.

Cities, towns, and villages across the globe hold festivals to celebrate culture, reflect on history, perpetuate tradition, or simply let loose and have fun. Scotland's Up Helly Aa festival reenacts the march led by a Viking chief, culminating in the burning of a full-scale Viking ship. In Spain, thousands gather for a giant food fight known as La Tomatina, where revelers hurl over-ripe tomatoes at one another and frolic in the saucy aftermath.

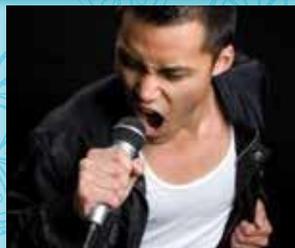
Every spring since 1997, the streets of Upland come alive with the sights, sounds, and smells of fun to celebrate a little yellow historical figure, the lemon. The citrus industry put Upland on the map in the 1930s, and packinghouses here were once the largest lemon exporters in the nation.

Our little festival has grown into a bustling celebration full of fun for the whole family. A wide variety of local merchants come to offer merchandise to satisfy your shopping itch. Vendors from here in town, and some illustrious visitors, serve up delectable treats that are kissed by the citrus star of the show. Carnival rides whirl, flip, and spin thrill-seekers. Over all the excitement you can hear the sound of your most talented neighbors singing their hearts out in hopes of becoming the next Lemon Idol.

Don't miss out on any of the fun this year. Join us downtown and celebrate a slice of Upland's heritage. For more information and updates, follow the festival online at www.uplandlemonfestival.com.



UPLAND LEMON FESTIVAL
APRIL 29 - MAY 1, 2016



1st Place - \$500
2nd Place - \$250
3rd Place - \$100

UplandLemonFestival.com

LEMON IDOL 2016

1st Round Auditions (choose one date)

Thurs., April 21 @ 6:30 p.m.

Sat., April 23 @ 2 p.m.



AUDITIONS WILL BE HELD AT:

Moultrie Academy of Music, Voice and Dance

405 West Foothill Blvd. Ste. #201

Claremont, CA 91711

909.241.7480

(NW corner of Foothill and Indian Hill Blvds.

2nd floor above Citibank)

First round auditions are open to all soloists ages 5 to adult. Each contestant **MUST** sing with a CD background track (karaoke) with **NO** lead vocals.

Singers may accompany themselves. Any other accompaniment must be on a CD. **NO EXCEPTIONS.**

Semi-finals & finals will take place at the Upland Lemon Festival on April 29 and 30, 2016.

HOMETOWN *Upland*

BIKING FOR A BETTER YOU

Upland has an extensive network of bike routes and trails that enthusiasts of all levels can use to get healthy.

Whether you need to get across town or are looking to make a lifestyle change, get those pedals moving and enjoy our lovely City and the fresh air. Families can ride leisurely along tree-lined streets for a day of quality time. The young and young at heart can take on the challenge of spending a few hours exploring foothill trails. Even seniors can pedal their way to longevity along well-lit public paths.

Bike riding is a great exercise choice for people of all ages. Medical experts say the absence of joint impact is part of its mass appeal. In fact, riders often enjoy cycling well into their golden years. Individuals at the start of a weight loss journey also benefit from taking a ride. Taking up riding is often easier for individuals prone to inactivity than attempting to jog or run.

Did you know that pedaling is also a smart choice, literally? Cycling has been linked to increases in brain structure and function. One study found that biking increases the density and integrity of white matter, the material responsible for improving the speed at which our brains make connections. In another study, people who rode regularly for six months experienced increases in the hippocampus, a structure of the brain that affects learning and memory.

It is also smart to make the most of your ride by packing the right road fuel. Choose snacks while keeping in mind that our bodies can only process food so quickly. Overeating and drinking on a longer ride can lead to stomach pains and even nausea. Foods like bananas and trail mix offer portability and the carbohydrates perfect for an aerobic workout. Plain water is usually best, as it does not contain excess calories that can slow down the conversion of your snacks into fuel.

When you are ready to hit the road, visit the City's Bicycle Services page at www.ci.upland.ca.us/#Bicycle_Services for more info including a bike routes map.



LOCAL THRIFT STORE HAS A GREATER PURPOSE

Foothill Family Thrift Store opened in March 2015 to help support homeless adults and children from Upland, Ontario, Montclair, Claremont, Rancho Cucamonga, and Pomona.

All proceeds from the store go to Foothill Family Shelter, a nonprofit organization founded in 1984 and formerly known as St. Mark's Shelter. It serves as a transitional facility and provides shelter to residents in need for a period of up to 120 days, free of rent and utility charges.

If you haven't visited the store you are missing out. There is something for everyone and the prices are irresistible. New inventory is added daily including clothes, shoes, housewares, toys, furniture, and more. While visiting, be sure to check out the boutique for designer handbags, jewelry, antiques, and collectibles.

Foothill Family Thrift Store is located at 1250 W. Foothill Boulevard, in the Stater Bros. shopping center. Hours of operation are: Monday and Tuesday, 10:00 a.m. to 6:00 p.m.; Wednesday through Saturday, 10:00 a.m. to 7:00 p.m.; and Sundays, 12:00 p.m. to 5:00 p.m. Donation hours are Monday through Friday, 10:30 a.m. to 5:30 p.m.

The success of the store is a result of support from people just like you. If you would like to volunteer, donate, or learn more, please contact the Foothill Family Thrift Store at (909) 982-1785 or online at www.foothillfamilyshelter.org.

MILITARY BANNER PROGRAM & COMMITTEE

We would like to thank Your Estate Specialist, La Rocque Better Roofs, Seng & Su Chiou, and Ken Graphics for their sponsorship of Upland's military banners for active service people.

TO SPONSOR A BANNER:

The cost is \$225 FOR EACH BANNER.

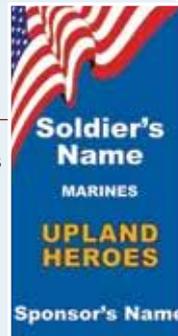
As a sponsor, you or your business will receive recognition in the Upland Today quarterly newsletter, acknowledgement at a City Council meeting, your name or your business name at the bottom of every banner you sponsor, a certificate of recognition and a letter stating the name of the military person 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.

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.

REMEMBERING ONE OF UPLAND'S FALLEN HEROES

VETERANS MONUMENT UNVEILED WITH REVERENT SPLENDOR

On November 11, 2015, our community gathered in the Upland Civic Center Courtyard to honor America's veterans and celebrate the unveiling of the Upland Veterans Monument. The City of Upland and the Upland Veterans Monument Project would like to thank these sponsors for helping to make the event a success:

CP Construction
San Antonio Regional Hospital
Holliday Rock
The Colonies Crossroads
Chris Leggio Family
Mountain View Chevrolet

Ford of Upland
Frontier Communities
Max Williams Architect
Upland Foothill Kiwanis
Mainstreet Signs
The Hat

Thank You



On September 17, 1940, Upland Police Officer Earnest Ralph Dark died of injuries when his patrol car crashed along Foothill Boulevard during a high-speed chase which took place four days earlier. Later that day, the front page of the local newspaper shared the story of Officer Dark's tragic end, noting, "everyone in the community is bowed in sorrow, grieving over the terrible loss."

The members of the Upland Police Department plan to formally recognize Officer Dark's sacrifice by building a police memorial in his honor. The memorial will stand in front of the Upland Police Department replacing some of the existing grass. Several fundraisers will be conducted throughout the year to raise the money necessary to build the memorial. Donations are currently being accepted.

To contribute, please send a check or money order payable to "Upland Community Foundation" to 1499 W. 13th St., Upland, CA 91786. Please be sure to write, "Upland Police Memorial" on the memo line. The department hopes to have the memorial completed by September 17, 2016. For more information, please contact the Upland Police Department at (909) 946-7624.

Upland Military Family Picnic

Saturday, May 21st
McCarthy Park
11:00 a.m. - 2:00 p.m.

Mark your calendar for the Upland Military Family Picnic! Stay tuned for more information by visiting us on our Facebook page: Upland Adopt A Soldier Military Banner Program.

Sponsored by the Upland Military Banner Program Committee



MAINTAINING THE FLOW OF UPLAND'S INFRASTRUCTURE

We use our toilets several times each day. With each flush, we expect waste to be out of sight for good. The City's Sewer Operations staff performs daily and yearly maintenance on sewer collection system pipelines to make sure they are clean and performing at optimum levels of service and reliability.

Annual video inspections of sewer main lines provide real-time pipeline condition information and identify specific locations that require either replacement or rehabilitation. Relining is a preferred approach to restoring sewer mains and extending their service life. It is cost effective because it can be done through existing sewer manhole access ways without trenching for the installation of a new sewer main line.

The City also inspects sewer manholes for deterioration. In August 2015, crews began working to replace 34 brick and mortar manholes. The old manholes are

replaced with industry standard precast concrete structures as part of a proactive maintenance facility upgrade and improvement program.

All of these City efforts are aligned with providing safe, reliable, cost-effective service in compliance with the State General Waste Discharge Requirements for Sanitary Sewer Systems. The City's objectives are to maintain the integrity of the sewer system and prevent overflows or sewerage disposal failures so customers can "Flush It and Forget It."



LEARN HOW TO MAKE YOUR YARD CALIFORNIA FRIENDLY

The City of Upland is offering a free landscape workshop presented by horticulturist, author, and Inland Empire Utilities Agency representative Tom Ash.

Residents will learn about keeping water bills down and helping the City meet State mandated conservation targets. The

workshop will provide information on the State's water issues, the prospects of El Niño, and conservation regulations.

Attendees are encouraged to bring a few pictures of their landscape to learn how to adapt for water efficiency and energy savings, how to increase curb appeal, and more. You don't want to miss this event.



PASSPORT SERVICES

The City of Upland can help you see the world. You can apply for a passport, pay applicable fees, and even have your passport photo taken without having to fight the crowds at the Post Office.

Passport services are available by appointment only at the Gibson Senior Center, located at 250 N. 3rd Ave. Office hours are Wednesday through Friday, from 1:00 p.m. to 4:00 p.m.

Be sure to review federal passport requirements and be fully prepared for your appointment. For details on fees, forms of payment, and special requirements for children, visit Passport Services online at www.ci.upland.ca.us/#Passports.

APPLICATIONS ACCEPTED

The City of Upland invites applications for the following Boards, Commissions, and Committees in anticipation of the expiration of terms of some committee members on June 30, 2016.

- **Library Board** – 2 terms expiring
- **Planning Commission** – 2 terms expiring

Please contact the City Clerk's Office for a public service application at (909) 931-4120 or visit the City's website at www.ci.upland.ca.us under City Clerk.

HOUSING RIGHTS & RESPONSIBILITIES WORKSHOP

Thursday, May 5th,
10:00 a.m. - 12:00 p.m.
Carnegie Library
123 East "D" Street, Upland

This FREE workshop, presented by the Inland Fair Housing and Mediation Board, will include landlord and tenant information and education regarding eviction laws, repairs, security deposits, information regarding federal and state housing discrimination laws, and housing rights for individuals living with disabilities. Open to the public. Please RSVP to (909) 984-2254 x:122.

California-friendly Workshop

Drought, El Nino, and
What To Do with Your Landscape

FREE

March 12th
9:00 a.m. - 12:00 p.m.
Upland City Yard

1370 N. Benson Ave.

Sponsored by the City of Upland
and I.E.U.A.

Please contact Public Works at
(909) 291-2930 to R.S.V.P.
Space is limited.

GET PROACTIVE TO PREVENT HOME BURGLARY

By far, the most common threat to homes is burglary, a non-confrontational property crime that occurs when we are not at home and leaves victims feeling vulnerable and violated.

The majority of house and apartment burglaries occur during the daytime when most people are at work or school. It is important to “harden the target,” or make your home more difficult to enter. Use a heavy-duty dead bolt locking system on exterior doors and a secondary blocking device on all sliding glass doors and windows. Interior lighting timers can show signs of activity inside a residence to avoid sending the message to burglars that you are away.

Alarm systems also enhance a home security plan and can be effective deterrents against potential burglary if used properly. If you have an alarm, make a habit of activating it every time you leave your residence, no matter how long you will be gone.

A neighborhood support system can also play a powerful role. Entrusting each other with a spare key eliminates the need to hide one in a planter box or under the doormat – places experienced burglars know to look. Help pick up each other’s mail and newspapers, and periodically inspect the outside or inside of homes to make sure all is well and give the appearance of activity.

For more information on keeping your home safe and other safety and crime prevention tips, visit the Upland Police Department online at www.ci.upland.ca.us/#Police.

UPLAND WELCOMES NEW FIRE CHIEF

The City of Upland has selected Paul Segalla as the new Fire Chief of the cities of Upland and Montclair.

Representatives of both cities’ firefighters associations overwhelmingly expressed support for the selection. “Chief Segalla has the right combination of leadership skills, experience, and expertise required to lead Upland and Montclair Fire Departments...” stated Michael Carney, Firefighter and President of the Upland Professional Firefighters Association.

Segalla began his career in 1979 as an on-call firefighter in Harvey, Illinois. He rose through the ranks as a Firefighter, Lieutenant, Deputy Chief, and Chief at fire departments in Downers Grove, Aurora, and Lockport Township. He also served as the Fire Officer Program Director for the University of Illinois Fire Service Institute, teaching planning, incident management, unified command, and officer development throughout the Midwest.

In California, Segalla has served as Fire Chief for the City of West Covina, Chino Valley Fire District, and Paramount Pictures. He is an active member of various fire service organizations, including the International Association of Fire Chiefs, the California Fire Chiefs Association, and other regional fire chiefs associations.

Segalla earned a bachelor’s degree in Public Fire Service Administration from Western Illinois University and a Master’s degree in Public Administration from Northern Illinois University. He is also a graduate of the National Fire Academy.

His past experience working with multiple municipalities will be helpful for both cities.



YOUR HANDS COULD SAVE A LIFE

A person suffering a heart attack or cardiac arrest needs help right away. Too often, bystanders do not know what to do and a life is lost. Saving someone’s life can be as easy as two steps with the Hands-Only CPR method.

If you see an adult or teenager suddenly collapse, follow these two important steps. First, call 9-1-1, or ask someone else to do it. Next, push fast and hard in the center of the person’s chest, at a rate of at least 100 beats per minute. The American Heart Association recommends pushing to the beat of certain songs, like the disco classic “Stayin’ Alive”, that provide the appropriate pace for the compressions of Hands-Only CPR.

For more information and access to a playlist of songs that offer the right beats for life-saving CPR, visit the American Heart Association online at www.heart.org/HandsOnlyCPR. Officials at Upland Fire Station 164 are offering hands-on lessons in giving Hands-Only CPR. To find an upcoming class, please visit the City of Upland online at www.ci.upland.ca.us.



PRACTICE PEDESTRIAN SAFETY ON FOOT OR FOUR WHEELS

According to the Centers for Disease Control, in the United States in 2012, 4,743 pedestrians were killed in traffic crashes and another 76,000 pedestrians were injured. This averages to one crash-related pedestrian death every two hours and one pedestrian injury every seven minutes.

Drive cautiously along roadways with on-street parking as pedestrians may appear from between parked vehicles. Travel at lower speeds to increase your ability to stop the vehicle and avoid potential conflicts with pedestrians. Always yield to pedestrians, particularly when making a legal right turn at a red light. Motorists are required to yield to pedestrians who have the right-of-way within a crosswalk and to those who are crossing at an intersection. Be alert for pedestrians when making turns and entering and exiting driveways, parking lots, and alleys.

As a pedestrian, always use caution when walking out into the street and any other area where you may encounter a vehicle. Always assume the driver does not see you. Try to make eye contact and make sure the driver acknowledges you are present. Remind your children to look left and right before crossing the street. Protect yourself and be safe.

As we travel around the City during our daily routines, we can become distracted and miss the warnings around us. Please slow down and keep a watchful eye out for the yellow fluorescent pedestrian crossing signs identifying crosswalk locations. Also, look for new school information signs donated by the Rotary Club as part of their public awareness campaign to protect our children.



SPRING PET ADOPTION FAIRE OFFERS FUN, AND FURRY FRIENDS

The pets and volunteers of the Upland Animal Shelter will once again take to the fresh air and green grass of Memorial Park for the annual Pet Adoption Faire. Event hosts, Landecena Family Charitable Foundation, Friends of Upland Animal Shelter, and Upland Animal Services are excited to continue the tradition of finding forever homes for animals in need in Upland and throughout the region.

Hundreds of dogs and cats will be available for you to meet. Spend some time playing with new furry friends. Once you find the one that steals your heart, make them a part of your family. The sponsors of the event have joined together to offer dramatically reduced adoption fees in hopes of finding homes for as many pets as possible.

Vendors will be on hand offering food and wares for people and pets. Don't forget to stop by the silent auction and enter the raffle to win some great prizes. Entertainment will include music and fun animal exhibitions. The American Diving Dogs will return for the second year. Adventure loving pooches of many breeds will show off their bravery including running, jumping, and feats of aquatic daring. On dry land, pets will dazzle crowds with demonstrations of training, agility, and high-flying disc catching.

Friends of Upland Animal Shelter member Andy Peterson is delighted that groups from as far away as Los Angeles will once again come to participate. He is proud of how the event "promotes regional partnerships between Upland Animal Services and other area shelters and rescue groups." Peterson also hopes to see people from all across the region come to enjoy the event and a beautiful day in Upland.

Join in the fun at Memorial Park on Saturday, May 14th, from 10:00 a.m. to 3:00 p.m. For more information, please contact Friends of Upland Animal Shelter at (800) 627-1545 or visit www.friendsofuplandanimalshelter.org or call Upland Animal Services at (909) 931-4185.



ANTICIPATING A SPRINGTIME BOOM IN THE CAT POPULATION

The Upland Animal Shelter needs your help as it braces for the time of year known as "kitten season."

Each year, from early spring until early fall, there is a boom in the feline population. While dozens, even hundreds of little balls of whiskers and fluff make an adorable calendar photo, they also pose a serious problem if born to homeless feral parents. Cats that have not been spayed or neutered respond to their natural hormonal impulses to mate and end up producing more kittens than local shelters can handle. Even though many people are willing to adopt or foster them, large numbers of these cats end up strays and perpetuate the cycle.

The Upland Animal Shelter and groups like the Humane Society encourage you to help control the cat population by taking these steps:

- Spay or neuter your cats
- Help sustain your local shelter with donations and volunteerism
- Foster or adopt a cat
- Care for homeless or feral (not tame) cats near you

For a list of local, low-cost spay and neuter service providers, please visit www.ci.upland.ca.us/#Spay_&_Neuter_Your_Pet.

UNDERSTANDING COYOTES CAN MAKE FOR A SAFER SEASON OUTDOORS

As the weather warms and we start to spend more time outside, it is important to be cautious of encounters with coyotes. The good news is coyotes very rarely attack humans and there are lots of precautions that are easy to take to protect pets.

The most effective way to keep coyotes out of neighborhoods is to simply make them feel unwelcome. Start by bringing your pets and their food inside at night. Coyotes are skilled hunters who can easily adapt their diet to their surroundings and do not need to be fed by humans to survive. In fact, feeding wildlife is against the law and can potentially harm animals.

If you find yourself face to face with a coyote, use these tips to keep the interaction from becoming negative:

- Never turn your back or run away.
- Run directly toward the animal while making big movements with your arms and body and lots of loud vocalizations.
- Do not stop your movements until the coyote is completely out of the area.



For more information on interacting with coyotes, please visit the Humane Society at www.humanesociety.org. To report a coyote problem in your area, please contact San Bernardino County Animal Care and Control at (800) 472-5609, or online at www.sbcounty.gov/dph/acc/coyotes_wildlife.asp.



FOLLOW THE FRIENDS FOR LOTS OF BENEFITS

Follow Friends of Upland Animal Shelter on the web and social media to be among the first to learn about community events, surprise sales, and special promotions.



www.friendsofuplandanimalshelter.org
www.facebook.com/FriendsOfUplandAnimalShelter



DON'T MISS THESE EVENTS...

SECOND SATURDAYS AT 2ND CHANCE

2nd Chance Thrift Shop, 1028 West 9th Street, 10:00 a.m. to 6:00 p.m. A new sale every second Saturday of the month. Follow the store on Facebook for the latest deals.

MEGA-HUGE YARD SALE

Cooper Museum, 217 A Street, Saturday, March 12th, 8:00 a.m. to 3:00 p.m. Presented by the Friends of Upland Animal Shelter, Cooper Museum, and the Lions Club. Come and shop in the fresh air. Proceeds benefit the Upland Animal Shelter and the Cooper Museum.

HOME FOR THE HOLIDAYS 2015 DECORATING CONTEST WINNERS

This year's judging was particularly fun and challenging as there were new entrants, as well as regulars who pulled out all of the stops. Congratulations to all the families and for helping to keep our community holiday spirits bright.



Originality
The Loska Family



Reason For The Season
The Blades Family



Lights Extravaganza
The Mensen Family



Humorous
The Cramer Family



Neighborhood
The Valenciane Family



Most Animated
The Without Family

THE UPLAND PUBLIC LIBRARY GETS BY WITH A LOT OF HELP FROM ITS FRIENDS

The Friends of the Upland Public Library is a nonprofit 501(c)(3) organization that was established in 1967 to connect the library to the community and help sustain it through funding and volunteerism.

The Upland Public Library depends on the work of these citizens who share a love of books and learning. The Friends' president Edie Howard says, "libraries are important to us" and the group's active volunteer base is passionate about helping people of all ages "get in the habit of using the library" to experience "the joy of reading."

The Friends are integral to the success of popular library offerings like the children's summer reading programs, online databases, and the Adult Literacy Program. Its most influential effort is the popular Book Cellar, located on the lower level of the library. The Book Cellar offers new and used books, magazines, and movies starting at just 25 cents. Proceeds help sustain the library by funding vital equipment and supplies.

You can help the Friends make a difference, too. Members enjoy benefits like invitations to special library events, regular newsletters with the latest information and announcements, and the pride of preserving a valuable City service and promoting public literacy. To join, or for more information, please contact the Friends of the Upland Public Library at (909) 931-4200, or online at www.ci.upland.ca.us/#Friends_of_the_Library.

CHAMBER MEMBERSHIP IS GOOD BUSINESS FOR BUSINESSES BIG AND SMALL

Join the Upland Chamber of Commerce and enjoy valuable tools and support that can help grow your business, no matter its size. Since its formal incorporation in 1963, the Chamber has grown to over 450 members in pursuit of its mission to "represent, support and care for the interests of the business community in Upland."

Today, members benefit from an array of initiatives designed to support and empower business owners. Monthly gatherings allow likeminded business owners to meet and forge a strong network. Ambassador Committees offer the chance to represent the Chamber and mingle in a public setting at ribbon cuttings. Free workshops and seminars are available to keep entrepreneurial skills sharp. You can even get free SCORE counseling from a Small Business Administration expert.

The Chamber also works hard as an advocate for members. Board members meet regularly with Federal, State, County, and City representatives to address economic and development issues facing local business. The results of these sessions are shared regularly with members.

Whether your business is based in an office space or at the workbench in your garage, the Upland Chamber of Commerce is excited to support you and help you succeed. For more information or to join today, please contact the Chamber at (909) 204-4465.

UPLAND CHAMBER OF COMMERCE

For more information on the following, please contact the Upland Chamber of Commerce at (909) 204-4465 or email realpeople@uplandchamber.org.

UPLAND CHAMBER OF COMMERCE GOURMET GOLF TOURNAMENT

Presented by Mountain View Chevrolet
Thursday, April 21st
Sierra La Verne Country Club
9:00 a.m. Registration & Putting Contest
11:00 a.m. Shotgun Start

For more information, to sponsor this event or to register to golf, please contact the Upland Chamber of Commerce at (909) 204-4465. Registration for foursomes is now open at www.uplandchamber.org.

WHERE IN THE WORLD IS THE UPLAND CHAMBER?

Enjoy a special travel presentation at the Chamber Office on Tuesday, March 15th, at 6:00 p.m. Learn more about two amazing adventures scheduled in the summer and fall.

Best of Eastern Canada (Montreal, Quebec City, Ottawa, Niagara Falls & Toronto): August 14th through August 21st

Imperial Cities (Prague, Vienna & Budapest): October 3rd through October 13th

CHILDREN ACTIVITIES @ the Library for children ages 0 to 12

All programs will take place in The Brodie Room unless noted otherwise. Storytimes will take place March 14th through May 13th.

ONE-DERFUL ONE STORYTIME (AGES: 0 TO 24 MONTHS)

Wednesdays or Thursdays, 10:00 a.m. - 10:30 a.m.

This lap-sit storytime is for infants and a parent to discover the joy of books, nursery rhymes, fingerplays, and sing songs.

TODDLERTIME (AGES: 2 TO 3 YEARS)

Tuesdays, 10:15 a.m. - 10:50 a.m. or

Thursdays, 11:15 a.m. - 11:50 a.m.

Toddlertime is a program for children between the ages of 2 and 3, accompanied by an adult. These little library users enjoy stories, songs, flannel board stories, puppets, and fingerplays.

PRESCHOOL STORYTIME (AGES: 3 TO 5 YEARS)

Tuesdays, 11:15 a.m. - 12:00 p.m.

Designed for children ages 3-5, this storytime presents children's literature through picture books, flannel board stories, puppets, songs, and simple crafts. This is an independent storytime. Children should be able to sit and listen without a parent present.

AFTERSCHOOL ADVENTURES (AGES: 5 TO 9 YEARS)

Wednesdays, 3:30 p.m. - 4:30 p.m.

Enjoy a snack and a story while you relax after school! We'll read longer picture books and make a craft afterwards.

LEVEL UP (AGES: 9 TO 12 YEARS)

Fridays, 3:30 p.m. - 4:30 p.m.

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

PAJAMA STORYTIME (ALL AGES)

Thursdays, 6:00 p.m. - 6:30 p.m.

Put on something comfy, curl up at the library, and listen to some great bedtime stories. This is a storytime for the whole family. Don't forget your PJs and teddy bear!

PAW STARS

First Saturday of the month, 11:00 a.m. - 12:00 p.m.

Do you love dogs? Are you learning to read? Then this program is right for you. Paw Stars gives children the opportunity to strengthen their reading skills by reading to one of our registered therapy dogs. This is a drop-in program.

For more information, please visit our website at www.uplandpl.lib.ca.us or visit us on Facebook at www.facebook.com/UplandPublicLibrary.

FAMILY SPECIAL EVENTS

Happy Birthday Dr. Seuss!

Wednesday, March 2nd, 6:30 p.m. - 7:30 p.m.

Wish one of our most beloved children's authors Happy Birthday with our friends The Soroptimists of Montclair and the Inland Valley. Enjoy stories, cake, and a visit from Cat in the Hat! All ages welcome.

Star Wars Day "May The 4th Be With You"

Wednesday, May 4th, 2:00 p.m. - 8:00 p.m.

Let's celebrate all things Star Wars this day. Come dressed up as your favorite character, watch movies, and do arts and crafts. This is an event for the entire family.

TEEN ACTIVITIES

@ the Library for teens ages 13 to 18

During March and April, all Thursday programs will take place in the Carnegie Library. All Thursday programs during the month of May will take place in The Brodie Room.

TABLETOP TUESDAY

Every First Tuesday, 3:30 p.m. - 5:30 p.m.

Get ready to play both classic board games and indie card games. Learn how to play games like Settlers of Catan, The Resistance, Splendor, Ultimate Werewolf, and so much more!

TEEN GAMES

Every First and Last Thursday, 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. *In May, the first Games day and Craft day will switch in honor of Mother's Day.

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 week. Stop by to make some cool gadgets with us! In May, the first Games day and Craft day will switch in honor of Mother's Day. Please note: Teen Craft will not take place on Tuesday, March 10th.

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.

LIVE ACTION PAC-MAN

Friday, March 11th, 3:30 p.m. - 5:30 p.m.

If you have ever wondered what it would be like to become Pac-Man, this is your chance! Teens will recreate the classic Pac-Man arcade game and compete against a team of ghosts to win prizes. This event is in honor of Teen Tech Week.

ANTI-PROM

Saturday, April 23rd, 6:00 p.m. - 9:00 p.m.

Upland's Teen LAB is hosting its very own prom for all local teens ages 13 to 18! Whether you want to test run your formal wear for your school's prom or feel like skipping it altogether, this prom is for you and your friends. Come dressed up or keep it casual and dance the night away with us!

HAIKU CONTEST

Friday, April 1st through Saturday, April 30th

In honor of National Poetry Month, the Library will be hosting a Haiku Contest for teens! For the entire month of April, submit your original haikus with "Haiku Contest" in the subject line to teens@uplandlibrary.org and you'll be entered to win! For more information, please see our website in March or call the Teen Librarian at (909) 931-4328.

All programs will take place in the Carnegie Library, 123 E "D" Street, Upland, unless noted otherwise.

Haiku Poetry Contest

April 4th through April 23rd, Upland Public Library

In celebration of National Poetry Month, we will be accepting Haiku's from you. Haiku's are short, 3-line poems with 5 syllables in the first line, 7 syllables in the second line, and 5 syllables in the last line. A winner will be picked and will be highlighted on our homepage and Facebook page. Please submit all entries to childrens@uplandlibrary.org.

ADULT ACTIVITIES

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

ADULT ARTS & CRAFTS CLUB

Second Saturday of the Month, 10:30 a.m. - 11:30 a.m.

Do you have a creative side? This is your chance to enjoy your own arts and crafts time! Each month we will feature a craft for you to work on. We will supply the tools and materials!

BOOK-ENDERS BOOK CLUB

First Saturday of the Month, 10:00 a.m. - 12:00 p.m.

Book-Enders offers you a great way to meet new people, talk to friends, and read great books. Swing by and pick up a copy of the 2015-16 Reading List for the book of the month. There will be a guest speaker who will expand on a topic or theme of the featured book. Copies of the scheduled titles are available at the Checkout Desk.

BOOK-ENDERS BONUS! BOOK-TO-MOVIE SCREENINGS!

Saturday, March 19th & May 21st, 1:00 p.m. - 3:00 p.m.,

Everyone is invited to the screenings of select movies from the Book-Enders' books. On Saturday, March 19th, there will be a screening of *Double Indemnity*, with Barbara Stanwyck and Fred MacMurray. On Saturday, May 21st, there will be a screening of *The Big Sleep*, with Humphrey Bogart and Lauren Bacall. You will also get a chance to discuss the movie afterwards! Popcorn will be served!

COMPUTER CLASSES

Conducted In English: Every Monday, 3:00 p.m. - 4:00 p.m., Carnegie Library Literacy Center

Not sure how to use a computer? These classes are for you! Learn how to use a computer on one of the library's Chromebooks or bring your own laptop! We will teach you how to log into the library's WiFi, surf the web, access popular websites, use email, use Google Docs, create a resume, and job hunt. We will also have you practice using the Chromebook or your laptop with various challenging exercises.

CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

March 22nd, April 26th, May 24th, 6:00 p.m. - 7:00 p.m. Carnegie Library

The Upland Public Library has partnered with the Upland Interfaith Council to bring you presentations from different faiths in and around our community. Enjoy speakers from differing denominations of Christianity, Islam, Judaism, Hindu, Sikh, Baha'I, and more. This free program runs January to October.

GET READY FOR YOUR DMV TEST!

Carnegie Library Literacy Center

The library is offering two ways to help you prepare for the California DMV driver's license written test. Whether you are a new or experienced driver and need to take the written test, these sessions are for you!

Class - Walk-thru session of the DMV Handbook

First and Third Tuesday of the Month, 3:00 p.m. - 4:00 p.m.

Open Lab - Practice taking the DMV tests online or on paper.

Monday - Thursday, 1:00 p.m. - 4:00 p.m.

LATINO AMERICANS: 500 YEARS OF HISTORY DOCUMENTARY SCREENING DATES

Thursday, March 3rd, 4:00 p.m. - 6:00 p.m.

"The New Latinos"

Thursday, April 21st, 4:00 p.m. - 6:00 p.m.

"Peril and Promise"

MEET STEPHEN NASSER, HOLOCAUST SURVIVOR. AUTHOR OF MY BROTHER'S VOICE AND HIS NEW SEQUEL, JOURNEY TO FREEDOM

Wednesday, April 13th, 6:30 p.m. - 8:00 p.m. Carnegie Library



In January 2015, Stephen Nasser made an appearance at the Upland Library's Carnegie Cultural Center and shared his inspirational story of survival in the Auschwitz and Muhldorf Concentration Camps. This is the continuation of his amazing story. Find out about Nasser's journey to freedom as he makes it his mission to reclaim the life he lost during the Holocaust.

MOVIE NIGHT FOR GROWN-UPS

Third Wednesday of the Month, 6:00 p.m. - 8:00 p.m.

Come and mingle with other adults in our wonderful community 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!



Friends of the Upland Public Library

Help support the Upland Public Library. Join the Friends of the Upland Public Library and help support youth service's programs, adult literacy, and new book purchases. Membership forms are available at the library and on the City's website.

LIBRARY LITERACY

All programs will take place at the Carnegie Library Literacy Center unless noted otherwise. For more information or to register, please contact Literacy Services at (909) 931-4211.

CONVERSATIONAL AND ADULT LITERACY ENGLISH TUTORING

Carnegie Library Literacy Center

The Upland Public Library can help you meet your goals; speak better, read better, write better, and get a better job. Tutoring is provided free of charge, up to two sessions per week. Students are matched with a tutor to study basic, conversational ESL instruction or Adult Literacy instruction. Instruction provided by volunteer tutors. Materials provided.

VOLUNTEER TRAINING OPPORTUNITY: BECOME AN ADULT LITERACY TUTOR

Carnegie Library Literacy Center

The Adult Literacy program provides free, private, one-on-one tutoring for low literate adults seeking assistance in improving conversational English Literacy skills. Literacy tutors are matched with students based on schedule availability. Please contact the Carnegie Library Literacy Department for training dates to register for Tutor Training. Live scan fingerprinting is required for all volunteers.

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 Regional 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 -
for Commercial, Industrial and
Temporary Services, please call**
(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

2016-2017 Volunteer Program

- Gain Valuable Work Experience
- Fulfill Community Service Requirements
- Increase Self-Confidence

\$25 per person
(Includes training, training materials, and T-shirt)
14-17 years of age



The Volunteer Program is a year-round program, June to June with an emphasis on summer programs. Volunteers will have the opportunity to broaden their horizons and experience what it means to help out in their community. Volunteers will assist Recreation staff with youth participants attending the Recreation Division's Aquatics program, day camps, sports programs, classes, and special events at our local parks and schools. After the conclusion of summer programming, other volunteer opportunities will be available. The Volunteer Program will culminate with a recognition event in the spring of 2017.

What do you need to do to become a Volunteer?

Complete the "Volunteer Interest Form" which will be available Monday, April 4th. This form MUST be completed by the candidate and returned to the Upland Recreation Division Office by Thursday, May 19th. Candidates will be interviewed by the Recreation Coordinator. Upon acceptance, potential Volunteers will receive instructions on how to complete a City Volunteer Application and final processing steps. Volunteer applicants and parents are required to attend one of the orientation meetings (two dates will be available) and if accepted into the program, the Volunteer must attend a training/meeting where they will receive valuable information about the program and their assignments. Trainings will include instruction in job responsibilities, ethics, customer service, time management, and First Aid/CPR certification for those that have not been certified or need to receive updated certification. Volunteers will set up their own schedule and receive their T-shirt at the Volunteer orientation training/meeting.

Space is limited...Sign up early! Payment is due when the application is turned in. Scholarships are available for qualified applicants. Proof of income is required to apply.



2016 Summer Aquatics

Stay cool and make a splash with the Upland Recreation Division!

Upland High School swimming pool
565 W. 11th Street, Upland
(Adjacent to the gymnasium)

Save time and REGISTER ONLINE **NEW** for our 2016 Summer Aquatics!

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

ONLINE REGISTRATION – UPLAND RESIDENTS ONLY
Begins Thursday, May 26th

ONLINE REGISTRATION - OPEN
Begins Friday, June 3rd

Learn how to swim and improve your skills.

Classes are two-week sessions. Different levels are scheduled:

- Me and My Parent
- Beginner
- Intermediate
- Pre-Beginner
- Advanced Beginner
- Swimmer
- Week-Long Swim – Featuring Adult, Water Polo, and Competitive Swim Camps, and Clinics.

Please visit our website at www.ci.upland.ca.us beginning Monday, April 18th for a detailed listing of our swim courses.

Butterflies In May

Love is like a butterfly...It goes where it pleases and it pleases wherever it goes. ~Author Unknown

Your child will get to experience the beauty of the butterfly by experiencing its changing life cycle from caterpillar to chrysalis butterfly. Each child participating in this special event will need to bring a prepared shoebox and their imagination to decorate a home for their caterpillar. Participants will be given supplies to decorate their shoebox and a live caterpillar to watch its changes.



Pre-preparation is needed to make your shoebox ready for this event. An instruction sheet to help you prepare is available at the City of Upland Recreation Division Office or online at www.ci.upland.ca.us for those registering online or by phone.

Children MUST be accompanied by an adult.

Pre-registration is required, as space is limited to 50 participants per session.

Check-in at 3:30 p.m.

\$5 per person

Activity#	Date	Day	Time
SE 24	May 12th	Th	3:45 p.m. - 4:30 p.m.
Magnolia Recreation Center, 651 W. 15th St., Upland			
SE 27	May 19th	Th	3:45 p.m. - 4:30 p.m.
Gibson Senior Center, 250 N. Third Ave., Upland			

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

UPCOMING SUMMER EVENTS

- ▶ Aquatics online registration for Upland residents will begin on Thursday, May 26th. Online open registration will begin on Friday, June 3rd.
- ▶ 4th of July Fireworks Spectacular tickets will go on sale Wednesday, June 1st.
- ▶ Movies & Concerts in Magnolia Park will begin Wednesday, July 13th with special events and fun for the whole family.
- ▶ Week-long Sports, Performing Arts, and Academic Camps for children.

Spring Egg Hunt

Saturday, March 26th

10:00 a.m. SHARP

For children age 7 & under

Ray Baker Field & Rotary Field - Memorial Park, Upland

Sponsored by the Upland-Foothill Kiwanis and the Upland Recreation Division





DANCE

NEW INSTRUCTOR

BALLET I

\$42/MONTH

Dancers will learn ballet terminology and movement with an emphasis on proper ballet technique. Leotard, tights, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 1	5-7 yrs	Monthly	M	4:45-5:30 p.m.

BALLET/TAP I

\$42/MONTH

Children are introduced to tap and ballet through a series of exercises intended to cover basic dance movements and vocabulary. Leotards, tap, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 3	5-7 yrs	Monthly	M	4:00-4:45 p.m.

NEW

DANCE WITH ME

\$35/MONTH

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Adult participation and full engagement required. No class 5/10. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 13	2-4 yrs	Monthly	Tu	9:30-10:00 a.m.

NEW

TUTU CUTE! CREATIVE DANCE

\$42/MONTH

Come explore movement as we play pretend! Children will be introduced to basic dance movement and vocabulary in a fun, safe, and nurturing environment. Tutus and costumes welcome. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 2	3-5 yrs	Monthly	M	3:30-4:00 p.m.



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 per year is payable to Baldy View Gymnastics. No class 5/30. 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.	\$42
GYM 2	5 yrs +	Monthly	Tu	3:00-4:00 p.m.	\$42
GYM 3	5 yrs +	Monthly	W	3:30-4:30 p.m.	\$42
GYM 4	5 yrs +	Monthly	W	6:00-7:00 p.m.	\$42
GYM 5	5 yrs +	Monthly	Th	3:00-4:00 p.m.	\$42
GYM 6	5 yrs +	Monthly	F	3:30-4:30 p.m.	\$42
GYM 8	5 yrs +	Monthly	Tu/Th	3:00-4:00 p.m.	\$58

CHEERLEADING/TUMBLING CLASS **\$44/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 \$26.

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



CO-ED GYMNASTICS

\$42/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	5 yrs +	Monthly	Tu	6:00-7:00 p.m.

PARENT & ME GYMNASTICS

\$40/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

\$40/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

(Parent Participation is required.)

GYMNASTICS

\$40/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. One parent per child. 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.

ICE SKATING

\$53/8 SESSIONS

Learning to ice skate is good for you and your tot! You'll exercise body and mind in a fun, music filled environment. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 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 an ice skating recital at the end 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 90	2-5 yrs	3/16-5/4	W	11:30 a.m.-12:00 p.m.

JUST FOR ONES

\$32/4 SESSIONS

Child and parent will join in a variety of activities including songs, finger-plays, story time, and arts and crafts. Children will play with "ones" their size with the help of parent or caregiver. A \$5 supply fee is payable to the instructor at the first class. One parent per child. No class 3/23. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

Activity #	Age	Dates	Day	Time
YSI 86	12-23 mos.	3/2-3/30	W	9:00-10:00 a.m.
YSI 87	12-23 mos.	4/6-4/27	W	9:00-10:00 a.m.
YSI 88	12-23 mos.	5/4-5/25	W	9:00-10:00 a.m.

Spotlight Instructors Corner

Janine Bissonette
Baldy View Gymnastics



Janine Bissonette has been involved in gymnastics almost her whole life! At the age of 7, Janine practiced gymnastics with her sister in the back yard. Janine then started taking gymnastics courses with the City of Upland Recreation Department. Her team name was Upland Gainers. From there, she moved on to competing for Baldy View Gymnastics. While in high school, Janine started coaching gymnastics for Upland Recreation and became a gymnastics judge. Throughout college, Janine competed in college gymnastics. After graduating from Cal Poly, Pomona, with a degree in Electrical Engineering, Janine was employed by McDonnell Douglas in Long Beach. Janine always remained involved in gymnastics through coaching and judging. In 1994, after saving enough money, she bought Baldy View Gymnastics from her former coach. In 1994, enrollment consisted of 85 students. Today, there are over 550 gymnasts at Baldy View Gymnastics! There are courses for all age ages and ability levels, including Mommy & Me, Co-Ed Gymnastics, tumbling & trampoline, cheerleading, competitive teams and adult classes.

In addition to owning Baldy View Gymnastics, Janine teaches the competitive level teams and is a nationally rated gymnastics official, judging competitions locally in Southern California, and throughout the country for NCAA collegiate level gymnastics.

JUST FOR TWOS

\$32/4 SESSIONS

Children will play with "twos" and "threes" their size with the help of a parent or caregiver. Activities will include songs, finger-plays, story time and arts and crafts. Parents will learn to guide their child's development in language and coordination skills. A \$5 supply fee is payable to the instructor at the first class. One parent per child. No class 3/23. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

Activity #	Age	Dates	Day	Time
YSI 89	2-3 yrs	3/2-3/30	W	10:00-11:00 a.m.
YSI 90	2-3 yrs	4/6-4/27	W	10:00-11:00 a.m.
YSI 91	2-3 yrs	5/4-5/25	W	10:00-11:00 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. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 17	Bunnies, 18-24 mos	3/8-4/26	Tu	9:30-10:20 a.m.
YSPORT 18	Bunnies, 18-24 mos	3/10-4/28	Th	9:30-10:20 a.m.
YSPORT 39	Thumpers, 25-35 mos	3/8-4/26	Tu	10:30-11:20 a.m.
YSPORT 20	Thumpers, 25-35 mos	3/10-4/28	Th	10:30-11:20 a.m.
YSPORT 84	Cottontails, 2.5-3.5 yrs	3/10-4/28	Th	9:30-10:20 a.m.

MULTI-SPORT BY TRIFYTT

\$75/6 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. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	3/19-4/23	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	3/19-4/23	Sa	10:00-10:30 a.m.

DANCE WITH ME

NEW INSTRUCTOR

\$35/MONTH

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Adult participation and full engagement required. No class 5/10. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 13	2-4 yrs	Monthly	Tu	9:30-10:00 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 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	4/11-5/9	M	4:15-5:00 p.m.

T-BALL BY TRIFYTT

\$75/6 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 Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	3/16-4/20	W	5:30-6:00 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. to 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.

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 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 3/24 and 3/29. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 303	3 yrs	3/1-3/31	T/Th	9:30 a.m.-12:30 p.m.	\$136/8
TT 304	3 yrs	4/5-4/28	T/Th	9:30 a.m.-12:30 p.m.	\$136/8
TT 305	3 yrs	5/3-5/19	T/Th	9:30 a.m.-12:30 p.m.	\$102/6

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 supply fee is payable to the instructor at the first class. No class 3/18, 3/25, and 3/28. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 703	3 & 4 yrs	3/2-3/30	M/W/F	9:00 a.m.-12:15 p.m.	\$170/10
TT 704	3 & 4 yrs	4/4-4/29	M/W/F	9:00 a.m.-12:15 p.m.	\$204/12
TT 705	3 & 4 yrs	5/2-5/20	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 supply fee is payable to the instructor at the first class. No class 3/21-3/25. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 3103	3 & 4 yrs	3/1-3/31	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$187/11
TT 3104	3 & 4 yrs	4/5-4/29	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$204/12
TT 3105	3 & 4 yrs	5/3-5/31	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$221/13



YOUTH SPECIAL INTERESTS

CHILD & BABYSITTING SAFETY \$60/1 SESSION

The objective of this course is to familiarize and provide young adults with basic skill training and information that is necessary in caring for infants and children. This program will teach the importance of responsibility, recognizing an emergency, emergency action steps, personal safety, fire safety, water safety, infant care, and also basic first aid and choking management. The program is designed for young adults who will be babysitting or providing child and infant care. At the end of class, students will not only have extensive knowledge of Child and Babysitting Safety, they will also be certified for two years in CPR. Please bring a lunch, snack, and beverage to class. A \$20.00 supply fee is payable to the instructor at the beginning of class for the Babysitting Workbook and CPR Workbook. Instructor: Debbie Parsons, certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, South Hall

Activity #	Age	Date	Day	Time
YSI 1	11 yrs +	5/14	Sa	8:00 a.m.-5:00 p.m.



FUN WITH SCIENCE "COLORS OF SCIENCE" \$16/1 SESSION

Children will have fun learning and experimenting with colors. Children will create a color burst and will take home their own tie-dye projects and magic bracelet. A \$5 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	5-10 yrs	3/30	W	1:30-3:00 p.m.



GIRL TALK FREE/1 SESSION

Ladies, ever wonder why your body does what it does? Come to an informational class regarding young women's health issues hosted by your local Nurse Practitioner. We will be discussing current health topics such as hygiene, body image, infections, normal health occurrences in the body, and depression. We will also allow time for questions. Moms are welcome and encouraged to attend too. Note to parents - enrolling your daughter for this class is consenting to have your daughter discuss and hear information regarding women's health. Instructor: Lisa Skibar Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
YSI 178	14-18 yrs	4/8	F	5:30-7:30 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 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 6	6-10 yrs	3/9-3/30	W	3:30-4:30 p.m.
YSI 7	6-10 yrs	4/6-4/27	W	3:30-4:30 p.m.
YSI 8	6-10 yrs	5/4-5/25	W	3:30-4:30 p.m.



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 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 +	3/1-3/22	Tu	4:00-5:30 p.m.
YSI 13	10 yrs +	3/3-3/24	Th	4:00-5:30 p.m.



YOUTH FITNESS & SPORTS

NEW

BASKETBALL SHOOTING LAB

\$75/5 SESSIONS

Want to increase your shooting percentage? TriFyft Sports Academy has made this possible by bringing science to the art of shooting. Four shooting labs are open with top of the line equipment that provides instant feedback to enhance your shot to have the perfect arc. All athletes will receive a TriFyft T-shirt at the end of the session. Instructor: TriFyft Sports Academy Staff Location: TriFyft Sports Academy, 9650 9th Street, Unit D4, Rancho Cucamonga

Activity #	Age	Dates	Day	Time
YSPORT 4903	4-6 yrs	3/11-4/8	F	5:00-5:45 p.m.
YSPORT 4904	4-6 yrs	4/22-5/20	F	5:00-5:45 p.m.
YSPORT 5003	7-10 yrs	3/11-4/8	F	6:00-7:00 p.m.
YSPORT 5004	7-10 yrs	4/22-5/20	F	6:00-7:00 p.m.
YSPORT 5103	11-14 yrs	3/11-4/8	F	7:00-8:00 p.m.
YSPORT 5104	11-14 yrs	4/22-5/20	F	7:00-8:00 p.m.
YSPORT 5203	14-18 yrs	3/11-4/8	F	8:00-9:00 p.m.
YSPORT 5204	14-18 yrs	4/22-5/20	F	8:00-9:00 p.m.

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 public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 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 an 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	3/17-5/5	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	3/19-5/7	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	3/15-5/3	Tu	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	3/19-5/7	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. 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 5003	6-12 yrs	3/1-3/29	Tu	5:30-6:30 p.m.	\$42/5
YFIT 5004	6-12 yrs	4/5-4/26	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5005	6-12 yrs	5/3-5/31	Tu	5:30-6:30 p.m.	\$42/5
YFIT 7003	6-12 yrs	3/5-3/26	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7004	6-12 yrs	4/2-4/30	Sa	9:00-10:00 a.m.	\$42/5
YFIT 7005	6-12 yrs	5/7-5/28	Sa	9:00-10:00 a.m.	\$38/4

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.uflfll.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

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 Arena, 1721 W. 11th Street, Upland

BEGINNER:

Activity #	Age	Dates	Day	Time
YSPORT 19	Hoppers, 3-4 yrs	3/10-4/28	Th	11:30 a.m.-12:20 p.m.
YSPORT 21	Hoppers, 3-4 yrs	3/9-4/27	W	10:30-11:20 a.m.

ADVANCED:

YSPORT 83	Micro, 4-5 yrs	3/8-4/26	Tu	6:10-7:00 p.m.
YSPORT 22	Micro, 4-5 yrs	3/10-4/28	Th	6:10-7:00 p.m.
YSPORT 23	Micro, 6-7 yrs	3/8-4/26	Tu	6:10-7:00 p.m.
YSPORT 24	Micro, 6-7 yrs	3/10-4/28	Th	6:10-7:00 p.m.



MULTI-SPORT BY TRIFYTT

\$75/6 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 Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	3/19-4/23	Sa	9:00-9:45 a.m.

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

T-BALL BY TRIFYTT

\$75/6 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 Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-5 yrs	3/16-4/20	W	6:00-6:45 p.m.

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. 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 6703	4-6 yrs	3/1-3/29	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6704	4-6 yrs	4/5-4/26	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6705	4-6 yrs	5/3-5/31	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6903	4-6 yrs	3/4-3/25	F	5:00-5:30 p.m.	\$26/4
YFIT 6904	4-6 yrs	4/1-4/29	F	5:00-5:30 p.m.	\$32.50/5
YFIT 6905	4-6 yrs	5/6-5/27	F	5:00-5:30 p.m.	\$26/4
YFIT 6603	4-6 yrs	3/1-3/29	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6604	4-6 yrs	4/1-4/29	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6605	4-6 yrs	5/3-5/31	Tu/F	5:00-5:30 p.m.	\$52/9

VOLLEYBALL SKILLZ

\$75/6 SESSIONS

Join TriFyft Sports and learn or improve the skills needed to become a skillful volleyball player. This course will focus on the fundamental skills of volleyball by using fun games and exercises, while also developing sportsmanship and character. All athletes will receive a TriFyft T-shirt at the end of the session. Instructor: TriFyft Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street

Activity #	Age	Dates	Day	Time
YSPORT 149	6-9 yrs	3/17-4/21	Th	5:30-6:15 p.m.
YSPORT 179	10-14 yrs	3/17-4/21	Th	6:30-7:15 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 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	4/13-5/11	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	4/13-5/11	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 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	4/11-5/9	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	4/11-5/9	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	4/11-5/9	M	5:45-6:30 p.m.



DANCE FOR ADULTS



BALLET FOR ADULTS

\$50/4 SESSIONS

Did you ever dream of being a ballerina? It's never too late! Come learn to free your inner dancer in a fun, supportive environment. No experience is necessary. No class 5/10. Instructor: Florencia Abergel Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
DANCE 2303	Adult	3/8-3/29	Tu	10:00-11:00 a.m.
DANCE 2304	Adult	4/5-4/26	Tu	10:00-11:00 a.m.
DANCE 2305	Adult	5/3-5/31	Tu	10:00-11:00 a.m.

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 +	3/11-4/15	F	7:00-8:00 p.m.
DANCE 47	16 yrs +	4/22-5/27	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 +	3/11-4/15	F	8:00-9:00 p.m.
DANCE 84	16 yrs +	4/22-5/27	F	8:00-9:00 p.m.

BELLY DANCE

Belly Dancing is a great way to tone and shape your body, while improving coordination and posture. This class is for beginner to intermediate students who want to try something different or improve what they have previously learned. Basics will be taught, as well as more advanced movements. Students will learn to play finger cymbals, dance with a veil, and learn choreography. Occasional performance opportunities throughout the year. Hip scarves and finger cymbals are available for purchase from instructor. Instructor: Shahira Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 59	14 yrs +	3/4-3/25	F	6:30-7:30 p.m.	\$38/4
DANCE 60	14 yrs +	4/1-4/29	F	6:30-7:30 p.m.	\$47/5
DANCE 61	14 yrs +	5/6-5/27	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 +	4/22-5/27	F	6:00-7:00 p.m.

NIGHTCLUB TWO-STEP \$65/6 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 +	3/11-4/15	F	6:00-7:00 p.m.

 **HEALTH AND FITNESS**

BODY CONDITIONING \$50/20 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. Please wear comfortable clothing and tennis shoes and bring a mat or towel for floor workout, water bottle, and your own 1/2-3 lb. weights (optional) to each class. No class 4/14 and 5/12. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	3/15-5/26	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! Please wear comfortable clothing and bring a water bottle to each class. Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 52	Adult	3/1-4/5	Tu	7:30-8:30 p.m.
FIT 22	Adult	4/19-5/24	Tu	7:30-8:30 p.m.

CROSSFIT KINNICK 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! 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 each class. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 69	Adult	3/8-3/31	T/Th	6:00-7:00 p.m.	\$100/8
FIT 70	Adult	4/5-4/28	T/Th	6:00-7:00 p.m.	\$100/8
FIT 71	Adult	5/3-5/31	T/Th	6:00-7:00 p.m.	\$110/9

NEW 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 public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 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 an 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
ASPORT 18	15 yrs +	3/17-5/5	Th	6:30-7:00 p.m.

LET'S RELAX YOGA

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 each class. No class 3/27. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 48	Adult	2/28-4/3	Su	6:00-7:30 p.m.	\$48/5
FIT 10	Adult	4/17-5/22	Su	6:00-7:30 p.m.	\$57/6

SPRING INTO Reducing, Reusing, & Recycling

Saturday, April 30th • 10:00 a.m. - 2:00 p.m.
Magnolia Park, 651 W. 15th Street, Upland

Join the City of Upland Public Works Department and the Upland Recreation Division for a day of Reducing, Reusing, & Recycling! This FREE family event will bring the following resources together to assist in your spring cleaning and conservation goals:

- Paper Recycling & Shredding Specialists for your personal documents.
- The 2nd Chance Thrift Shop will accept your new and gently used donations.
- Water conservation tips and guidelines.
- Sustainable gardening, tree demonstrations, and information by Mary E. Petit, Founder and Co-Executive Director of The Incredible Edible Community Garden.
- Upland Sprouts Farmer's Market with their recycled products.
- Kiwanis Rummage Sale benefiting Upland Animal Services.



You will be able to take your household hazardous waste and residential e-waste to the Public Works Yard located at 1370 N. Benson Avenue from 9:00 a.m. to 2:00 p.m. For a complete listing of items accepted at the Public Works Yard, please visit the City website at www.ci.upland.ca.us/#Household_Hazards_Waste.

For more information, please contact Janis Rice at (909) 931-4280. Sponsored by Upland Public Works and the Upland Recreation Division.

SAVE TIME and REGISTER ONLINE
with our new online registration software!
<https://apm.activecommunities.com/Upland/>



PILATES NEW LOCATION **\$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 each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 42	Adult	4/8-5/13	F	9:00-10:15 a.m.
FIT 43	Adult	5/20-6/24	F	9:00-10:15 a.m.

PILATES FUSION NEW LOCATION **\$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 wear comfortable clothing and bring a Pilates stability ball and water bottle to each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 44	Adult	4/6-5/11	W	9:00-10:15 a.m.
FIT 45	Adult	5/18-6/22	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. Please wear comfortable clothing and bring a water bottle to each class. Instructor: Robert Zailo Location: Magnolia Recreation Center, 651 W. 15th Street or Elements of Change Dojo, 2440 W. Arrow Highway Route #4C, Upland

Activity #	Age	Dates	Day	Time	Location:
FIT 29	Adult	3/7-4/11	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 39	Adult	4/18-5/23	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 37	Adult	3/9-4/13	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 38	Adult	4/20-5/25	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 11	Adult	3/7-4/11	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall
FIT 12	Adult	4/18-5/23	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall



YOGA THURSDAYS NEW LOCATION **\$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! Please wear comfortable clothing and bring a water bottle to each class. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 60	Adult	3/3-4/7	Th	7:30-9:00 p.m.
FIT 59	Adult	4/21-5/26	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 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 +	6/28	Tu	6:00-9:30 p.m.

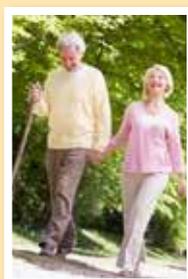
Save Time & Register Online!
<https://apm.activecommunities.com/Upland/>

Share the
Trail

Trail Etiquette & Safety Tips:

Help Make The Trails Better For Everyone

- A friendly "hello!" not only announces you to other trail users but creates a polite and friendly atmosphere.
- Share the trails and respect others. Stay to the right, pass on the left, and fold in when with a group.
- Show respect for wildlife and neighbors. You're traveling by their home.
- Announce yourself from behind when passing from behind.
- Cyclists reduce your speed when passing, in crowds, and in intersections.
- Keep headphone volumes low enough to hear what's happening around you.
- When walking with dogs, use a short leash, display license tags, and carry water.
- Take out what you bring in. Properly dispose of dog waste and trash items.
- Teach etiquette and safety to friends and children new to the trails.
- Wear proper trail attire and pack enough sunblock, snacks, and water for your journey.



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 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	3/19	Sa	9:00 a.m.-5:00 p.m.

DOG OBEDIENCE – BEGINNER NOVICE

\$125/6 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. Instructor: Live Oak Dog Obedience Staff Location: Baldy View Park, 11th Street between Mountain Avenue & San Antonio Avenue, Upland OR Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location
ASI 184	14 yrs +	3/18-4/22	F	6:30-7:30 p.m.	Magnolia Park
ASI 185	14 yrs +	4/7-5/12	Th	6:30-7:30 p.m.	Magnolia Park
ASI 3	14 yrs +	4/9-5/14	Sa	10:00-11:00 a.m.	Baldy View Park
ASI 105	14 yrs +	4/20-5/25	W	10:00-11:00 a.m.	Baldy View Park



Baldy View DOG PARK

-  Located on 11th Street, between Mountain Avenue and San Antonio Avenue
-  Open dawn to dusk.
-  Come out, socialize, and enjoy a spring day with other dog lovers!
-  Fenced in park with a separate fenced area for smaller and timid dogs.



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. Instructor: Live Oak Dog Obedience Staff Location: Magnolia Recreation Center, South Hall

Activity #	Age	Dates	Day	Time
ASI 107	14 yrs +	4/7-5/12	Th	7:30-8:30 p.m.



HEALTHY ALTERNATIVES PANTRY MAKEOVER

\$35/1 SESSION

This workshop provides a fun, interactive way to help you identify which foods you may want to find healthier alternatives for. You will learn a simple way to categorize foods based on quality, not just quantity, find what's most important to look for on food labels, what ingredients to avoid, and how to become aware of label loopholes that might surprise you. You'll also receive additional materials and helpful handouts to take home. This workshop is presented by a Certified Health Coach from the Dr. Sears Wellness Institute. Please bring three to five food items from your pantry for a fun label reading activity. Bring items you have questions about. A healthy snack will also be provided. A \$5 supply fee is payable to the instructor at the beginning of class. Instructor: April Shawver Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 153	Adult	3/26	Sa	10:00 a.m.-12:00 p.m.
ASI 152	Adult	5/14	Sa	10:00 a.m.-12:00 p.m.

RAG QUILTS FOR THE ADVANCED QUILTER

\$50/4 SESSIONS

In our advanced class, quilters will learn to enhance their flannel quilt creations with frayed circles made to look like flower petals. Supplies needed for class: 4 coordinating flannel fabric pieces 1 3/8 yards each, 2 coordinating flannel fabric pieces 1 1/2 yards each, 3 yards of batting, coordinating thread, scissors, water soluble marker or chalk pencil, straight pins, ruler, rotary cutter (if you have one), and sewing machine. Templates will be provided. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 80	Adult	4/18-5/9	M	6:00-8:00 p.m.



RETIREMENT READINESS

FREE/1-DAY SEMINAR

Being ready for retirement is about more than just money. It means being financially, emotionally, mentally, and relationally prepared for turning in your wage-earner card and transitioning to this new and unique season of life. The one-day seminar will help you examine these aspects of life, guide you on your way to financial independence, and explore the eight critical steps needed to plan for along the way. While retirement may be a long way off for some, time has a way of flying by. Join me as I address these challenges and more and help you pave your own pathway to financial success and becoming retirement ready. Instructor: Certified Financial Planner, Jeffrey Hackbarth Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 72	Adult	3/14	M	7:00-9:00 p.m.

NEW**T-SHIRT QUILT****\$65/4 SESSIONS**

This winter, curl up in a quilt made of your favorite T-shirts. Whether it's from sports, concerts, school, children's events, or travel, chances are you've got T-shirts you're not quite ready to throw away. Recycle these T-shirts by turning them into a keepsake T-shirt quilt. Please bring 12 T-shirts (preferably all with the same theme), pre-washed twice and ironed to the first class. During the first class, students will concentrate on the size, layout and will discuss further supplies needed for class. A \$5 supply fee for patterns and template is payable to the instructor at the first class. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 275	Adult	3/8-3/29	Tu	6:00-8:00 p.m.

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

Our introductory course is designed for those with no sewing experience or those who haven't sewn since an introductory level home economics course. Learn the fundamentals of operating a sewing machine, basic stitching techniques, what types of needs are suitable for different fabrics, how to adjust the machine tension for different fabrics, and so much more. A \$10 supply fee is payable to the instructor at the first class. No class 3/27. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 206	16 yrs +	3/5-3/26	Sa	11:00 a.m.-1:00 p.m.
ASI 207	16 yrs +	3/6-4/3	Su	10:30 a.m.-12:30 p.m.

**NEW****UNDERSTANDING SEWING PATTERNS****\$90/4 SESSIONS**

Enjoy an adult class for sewers who have some experience but want to take their sewing skills to the next level. You may have dabbled in a couple of sewing projects or taken an introductory level home economics class, but you have never completed a story purchased pattern from start to finish. We will work from a store purchased pattern and understand the symbols and directions. If needed, we will adjust the pattern to customize the fit for each person. Learn what types of needles are suitable for different fabrics and how to adjust the machine tension for different fabrics and so much more. A \$10 supply fee is payable to the instructor at the first class. No class 3/27. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 197	16 yrs +	3/5-3/26	Sa	2:00-4:00 p.m.
ASI 198	16 yrs +	3/6-4/3	Su	8:00-10:00 a.m.

SAVE TIME and REGISTER ONLINE

with our new online registration software!

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

**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	3/9-3/30	W	5:00-6:00 p.m.
ASI 24	Adult	4/6-4/27	W	5:00-6:00 p.m.
ASI 65	Adult	5/4-5/25	W	5:00-6:00 p.m.

**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 9503	50 yrs +	3/10-3/31	Th	12:00-1:00 p.m.
DANCE 9504	50 yrs +	4/7-4/28	Th	12:00-1:00 p.m.
DANCE 9505	50 yrs +	5/5-5/26	Th	12:00-1:00 p.m.

COUNTRY WESTERN LINE DANCE FOR THE BEGINNER**\$5/MONTH**

Country Western Line Dance is for active adults seeking a social atmosphere in which to pursue a healthy physical activity. It allows you to interact with others while exercising your body and mind. Standard line dances known around the world will be taught, as well as more contemporary dances. Rhythmic styles include Swing, Two-Step, Cha Cha, Waltz, and Square. The Beginner class is an introductory class for those with little or no dance experience. This class will teach fundamental steps such as Brush, Fan, Splits, Struts, Hip Bumps, Hitch, Jazz Box, Pivot, Slides, Sailor Step, Vine, and Weave. Standard dances learned include Swingin' Thing, Candida, Cab Driver, Electric Slide, I Feel Lucky, and Rita's Waltz. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 7003	50 yrs +	3/11-3/25	F	10:30 a.m.-11:15 a.m.
DANCE 7004	50 yrs +	4/1-4/29	F	10:30 a.m.-11:15 a.m.
DANCE 7005	50 yrs +	5/6-5/27	F	10:30 a.m.-11:15 a.m.

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.

COUNTRY WESTERN LINE DANCE FOR THE ADVANCED BEGINNER \$5/MONTH

For those line dancers with previous line dance experience and are comfortable with the level of dances including Cut A Rug, Cowgirl's Twist, All My Ex's Live In Texas, Boot Scootin' Boogie, Juke Joint Jumpin, Rio, and Kansas City. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 4003	50 yrs +	3/11-3/25	F	9:30-10:15 a.m.
DANCE 4004	50 yrs +	4/1-4/29	F	9:30-10:15 a.m.
DANCE 4005	50 yrs +	5/6-5/27	F	9:30-10:15 a.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 4904	50 yrs +	4/6-4/27	W	12:00-1:00 p.m.
DANCE 4905	50 yrs +	5/4-5/25	W	12:00-1:00 p.m.

ROCK THE WALK \$20/4 SESSIONS

Join the 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 wear comfortable clothing and tennis shoes and bring a stretch band, one pound hand weights and water bottle to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 121	50 yrs +	3/8-3/29	Tu	9:00-9:45 a.m.
FIT 122	50 yrs +	4/5-4/26	Tu	9:00-9:45 a.m.
FIT 123	50 yrs +	5/3-5/24	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 two pound weight and water bottle to each class. Students may register for Senior Tap classes paying 1/2 the fee for the entire extra class with Seniorcise registration. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 2603	50 yrs +	3/2-3/28	M/W	9:00-10:00 a.m.	\$33/Mo.
FIT 2604	50 yrs +	4/4-4/27	M/W	9:00-10:00 a.m.	\$33/Mo.
FIT 2605	50 yrs +	5/2-5/25	M/W	9:00-10:00 a.m.	\$33/Mo.
FIT 5503	50 yrs +	3/7-3/28	M	9:00-10:00 a.m.	\$22/Mo.
FIT 5504	50 yrs +	4/4-4/25	M	9:00-10:00 a.m.	\$22/Mo.
FIT 5505	50 yrs +	5/2-5/23	M	9:00-10:00 a.m.	\$22/Mo.
FIT 6403	50 yrs +	3/2-3/23	W	9:00-10:00 a.m.	\$22/Mo.
FIT 6404	50 yrs +	4/6-4/27	W	9:00-10:00 a.m.	\$22/Mo.
FIT 6405	50 yrs +	5/4-5/25	W	9:00-10:00 a.m.	\$22/Mo.



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 paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3703	50 yrs +	3/2-3/23	W	1:15-2:15 p.m.
DANCE 3704	50 yrs +	4/6-4/27	W	1:15-2:15 p.m.
DANCE 3705	50 yrs +	5/4-5/25	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 paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 8603	50 yrs +	3/7-3/28	M	10:00-11:15 a.m.
DANCE 8604	50 yrs +	4/4-4/25	M	10:00-11:15 a.m.
DANCE 8605	50 yrs +	5/2-5/23	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 paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 2903	50 yrs +	3/2-3/23	W	10:00-11:30 a.m.
DANCE 2904	50 yrs +	4/6-4/27	W	10:00-11:30 a.m.
DANCE 2905	50 yrs +	5/4-5/25	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 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 3203	50 yrs +	3/7-3/28	M	11:15 a.m.-12:45 p.m.
DANCE 3204	50 yrs +	4/4-4/25	M	11:15 a.m.-12:45 p.m.
DANCE 3205	50 yrs +	5/2-5/23	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. Please wear comfortable clothing and bring a water bottle to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3603	50 yrs +	3/10-3/31	Th	8:45-9:45 a.m.	\$28/4
DANCE 3604	50 yrs +	4/7-4/28	Th	8:45-9:45 a.m.	\$28/4
DANCE 3605	50 yrs +	5/5-5/19	Th	8:45-9:45 a.m.	\$21/3

Health Benefits Of Senior Exercise

- Helps to maintain or lose weight.
- Reduces the impact of illness and chronic disease.
- Enhances mobility, flexibility, and balance.
- Improves sleep.
- Boosts mood and self-confidence.
- Good for the brain.

SPECIAL INTERESTS

ART FOR 50+ BEGINNERS

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 48	50 yrs +	3/3-3/31	Th	12:30-2:00 p.m.	\$35/5
ASI 49	50 yrs +	4/7-4/28	Th	12:30-2:00 p.m.	\$28/4
ASI 50	50 yrs +	5/5-5/26	Th	12:30-2:00 p.m.	\$28/4



ART FOR 50+ INTERMEDIATES NEW!

If your eyes light up when you see a box of paints or a sketch pad and you remember the class you took in high school or as an adult, then we invite you to join us! Together, we can build on the foundation of your beginner art experience. 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 +	3/1-3/29	Tu	9:30-11:30 a.m.	\$40/5
ASI 39	50 yrs +	4/5-4/26	Tu	9:30-11:30 a.m.	\$32/4
ASI 40	50 yrs +	5/3-5/31	Tu	9:30-11:30 a.m.	\$40/5

ART OF AUTOBIOGRAPHY FREE/8 SESSIONS

Your life has been filled with many things...adventure, love, loss, triumph, hard work, family, friends, travel, important decisions, and so much more. This class will help you write the story of your life, pass on your wisdom, and create a lasting legacy. You will develop your writing skills as you record your story in an entertaining, supportive, and non-judgmental environment. Our fun writing exercises will unlock your creativity and help you relax with the writing process as you create your autobiography. We always have a good time and hope that you will join us for writing, sharing, friendship, and fun. A \$25 materials fee is payable to the instructor at the beginning of class. Instructors: Ann & Lucerne Hamer Location: Gibson Senior Center, Game Room

Activity #	Age	Dates	Day	Time
ASI 233	50 yrs +	3/7-4/25	M	2:00-4:00 p.m.



COMPUTER I

\$35/3 SESSIONS

Computer I is 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. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	3/7-3/21	M	10:00 a.m.-12:00 p.m.
ASI 25	50 yrs +	4/11-4/25	M	10:00 a.m.-12:00 p.m.
ASI 26	50 yrs +	5/9-5/23	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. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 31	50 yrs +	3/7-3/21	M	12:30-2:30 p.m.
ASI 33	50 yrs +	5/9-5/23	M	12:30-2:30 p.m.

NEW RETIREMENT READINESS

FREE/1-DAY SEMINAR

Being ready for retirement is about more than just money. It means being financially, emotionally, mentally, and relationally prepared for turning in your wage-earner card and transitioning to this new and unique season of life. The one-day seminar will help you examine these aspects of life, guide you on your way to financial independence, and explore the eight critical steps needed to plan for along the way. While retirement may be a long way off for some, time has a way of flying by. Join me as I address these challenges and more and help you pave your own pathway to financial success and becoming retirement ready. Instructor: Certified Financial Planner, Jeffrey Hackbarth Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
ASI 72	Adult	3/14	M	7:00-9:00 p.m.

TRIPS AND TOURS

NEW HUELL HOWSER TRIBUTE

\$32 PER PERSON

We'll start our day off with a stop into Old Towne Orange for lunch and antique browsing and shopping. Next, we'll stop around the corner at Chapman University for the Huell Howser Exhibit. The joy that the late TV legend Huell Howser shared with generations of Californians infuses a new permanent exhibit, sponsored by the Automobile Club or Southern California, housed in Chapman University's Leatherby Libraries. The exhibit includes images, text, and artifacts, which outline Howser's career and legacy in California, along with an archive of all of the episodes of his *California's Gold* TV show. A donation will be made on behalf of this group tour to the Huell Howser California's Gold Scholarship Endowment. Today's tours are self-guided.

Activity	Age	Date	Depart	Return
#162	7 yrs +	Th, Apr 7th	10:30 a.m.	4:30 p.m.

AARP DRIVER SAFETY PROGRAM

\$15/Members & \$20/Non-Members
Gibson Senior Center • Arts & Crafts Room

REFRESHER COURSE:	FULL COURSE:
Tues., March 1st 12:00 p.m. - 5:00 p.m.	Mon., April 4th & Tues., April 5th Mon., June 6th & Tues., June 7th 12:30 p.m. - 5:00 p.m.

This defensive driving course is designed for persons 55 and older who are seeking to sharpen their driving skills, prevent accidents, and to 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.



NEW TASTE OF TEMECULA \$56 PER PERSON

First stop today is at the Thornton's Winery, the gateway to Southern California's Temecula Valley Wine Country, offering old world style with new world tastes. Thornton's specializes in sparkling wines and champagnes. You tour will show you how the two are produced and offers samples of these fine Southern California wines. Next, enjoy time spent in Old Towne Temecula for lunch, shopping on your own, and a stop at the original retail and tasting room at the Temecula Olive Oil Company for free tastings of their olive oils and balsamic vinegars. From there, step out onto Main Street where you will find specialty shops, galleries, and antique stores. Last stop on the way home is at Tom's Farms in Corona, a California destination since 1971.

Activity	Age	Date	Depart	Return
#30	21 yrs +	Wed, June 8th	9:30 a.m.	6:00 p.m.



NEW SUN & SAIL IN SANTA BARBARA \$79 PER PERSON

Climb aboard Santa Barbara's original amphibious tour vehicle, "The Land Shark", for a 90-minute narrated land and sea adventure. Enjoy exquisite views of the Santa Barbara coastline, the American Riviera, and the Santa Ynez Mountains as seen only from our boat at sea. Enjoy a visit at Stearn's Wharf, where you can take a short stroll out over the Pacific Ocean and savor the sensory experiences of California's oldest working wharf. Enjoy the fresh ocean breeze while watching local fishing boats off-load their morning catches and delight in a wealth of colorful shopping amidst commanding, panoramic views of the mountains and the coastline. Lunch will be on your own today along Cabrillo & State Streets at Stearn's Wharf where you will have a choice of many restaurants to choose from along with time for browsing and shopping before our return trip home.

Activity	Age	Date	Depart	Return
#11	5 yrs +	Wed, Aug 24th	8:00 a.m.	7:30 p.m.



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.*

DIABETES 101

Thursday, March 17th
10:00 a.m. - 11:00 a.m.

What are the differences between type I and type II diabetes? Learn the symptoms and the complications. Presented by CareMore.



UIC VEIN SCREENINGS

Fridays: March 18th, April 15th, and May 20th
9:00 a.m. - 11:00 a.m.

Do you experience leg discomfort, leg pain, varicose veins, restless leg syndrome, and/or skin discolorations? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Attend a free vein screening and receive answers to your questions with experts from UIC Vein Center. Walk-Ins welcome.

BED BUG EDUCATION

Thursday, March 24th
10:00 a.m. - 11:00 a.m.

Presented by InnoVage.



BUDGETING FOR SENIORS

Thursday, April 21st
10:00 a.m. - 11:00 a.m.

Presented by InnoVage.

PSYCHOLOGY OF DIABETES

Friday, April 22nd
10:00 a.m. - 11:00 a.m.

Learn how to cope with the stress related to managing diabetes and interacting with the type 3 diabetic. Presented by CareMore.

UPLAND CA MULTIPLE MYELOMA SUPPORT GROUP

First Friday of the month
10:00 a.m. - 1:00 p.m.

This support group offers interaction with other Multiple Myeloma patients, families and caregivers who are going through the same experience. Learn about new up to date information and treatment options. For more information, please contact Carlene Pratt, Chairperson at Carlene_Pratt@yahoo.com.

HOLISTIC HEALTH SERIES *Pre-registration required.*

Lectures are held in the Arts & Crafts Room

10:00 a.m. - 11:30 a.m. • Seating begins at 10:00 a.m.

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

HEALTHY PEACEFUL MIND

Thursday, March 3rd

An Ayurvedic look at depression, anxiety, and phobias.

HEALTHY DIGESTION

Thursday, March 10th

Learn more about abdominal pains, GERD, Halitosis, and IBS

HEALTHY IMMUNE SYSTEM

Thursday, May 5th

An Ayurvedic insight to prevent and ease of RA, Lupus, Thyroid Disease, and others.

CANCER & BEYOND

Thursday, May 19th

An Ayurvedic insight into causes and prevention.

GIBSON SPECIAL EVENTS

ST. PATRICK'S DAY PARTY

Thursday, March 17th
3:30 p.m. - 5:00 p.m.
Gibson Dining Room

Everyone's Irish on St. Patrick's Day! Join us for a wonderful afternoon of entertainment provided by the Irish Dimensions Dance Studio and refreshments provided by the Gibson Senior Center staff.

Don't forget to wear your green!



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 Per Person (Except when noted otherwise)

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

TASTE OF HOME

Tuesday, April 26th

Wow, did you say meat loaf? What a treat! Come join us for homemade meatloaf, red potatoes, and green salad. You will love this tasty classic!



OLE! SABROSO TUESDAY

Tuesday, May 24th

It may not be Cinco de Mayo, but we can still say Ole! to this great enchilada casserole. Enjoy us for good food and good company on this "Tasty Tuesday".

MONTHLY POOL TOURNAMENTS



Held the last Monday of each month

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

\$5 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 Gibson Senior Center will be closed on May 30th

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? Join Christine Kobayashi to discuss the reasons people hold onto stuff and what to do about it.

ALZHEIMER'S ASSOCIATION LECTURES

Pre-registration required.

Lectures are held in the Arts & Crafts Room

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

LIVING WITH ALZHEIMER'S: FOR CAREGIVERS

A Three Part Series For The Early Stages

Part I: Thursday, April 7th

Part II: Thursday, April 28th

Part III: Thursday, May 12th



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.

FIXING FORWARD HEAD POSTURE

Tuesday, March 15th

BEGINNING LOW BACK EXERCISES

Tuesday, April 19th

NECK & SHOULDER PAIN: FIXING IT

Tuesday, May 17th



COLOR YOUR BLISS

Arts & Crafts Room

Every 2nd & 4th Monday

3:00 p.m. - 4:30 p.m.

Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring. Adult coloring provides hours of stress relief, and calm and creative expression. Pre-registration is required.

THE SUNSHINE CONNECTION

Let Us Fill Your Day With A Little Sunshine!

GIBSON'S CHEERY CHATTERS

Gibson Senior Center staff and volunteers will make phone calls to brighten the day and "keep in touch" with seniors who would like to receive a friendly call a few times a month. Also, let us know your birth date and any special dates so we may send you a card.

FROM OUR LIBRARY TO YOU

The Upland Public Library will deliver library materials to homebound residents. This program is available to all Upland residents who cannot get to the Library because of illness, age, infirmity or disability.

TRANSPORTATION SERVICES

A program of Community Connections serving the 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 call (909) 621-9900.

NOW AT THE SENIOR CENTER

MOBILE FRESH

Promoting Healthy Lifestyles...A Program of Family Service Association.

Aiming to promote healthy eating habits and ease of access to quality produce, we are rolling out MOBILE FRESH, our new grocery store on wheels. This innovative program aims to combine the convenience of a corner store with the selection and freshness of a farmers market. Cash, Debit./Credit and EBT accepted.

Please contact the Gibson Senior for upcoming dates and time frames.



DVD RENTAL

Looking to sit back and relax in your favorite chair with a good movie? You've come to the right place! All DVD rentals are checked out at the front desk and are to be returned within three days.

PUZZLES

Located in the Dining Room Lobby

Grab a chair and enjoy a wide range of themed jigsaw puzzles with various skill levels. Create a masterpiece alone or share with friends.

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.)

Tai Chi - FIT 14

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.

Ping Pong

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

Pinochle

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

Puzzles

Center's Operating Hours

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. \$3 suggested donation. \$6 for non-seniors, accompanied by a senior.

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.

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

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

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

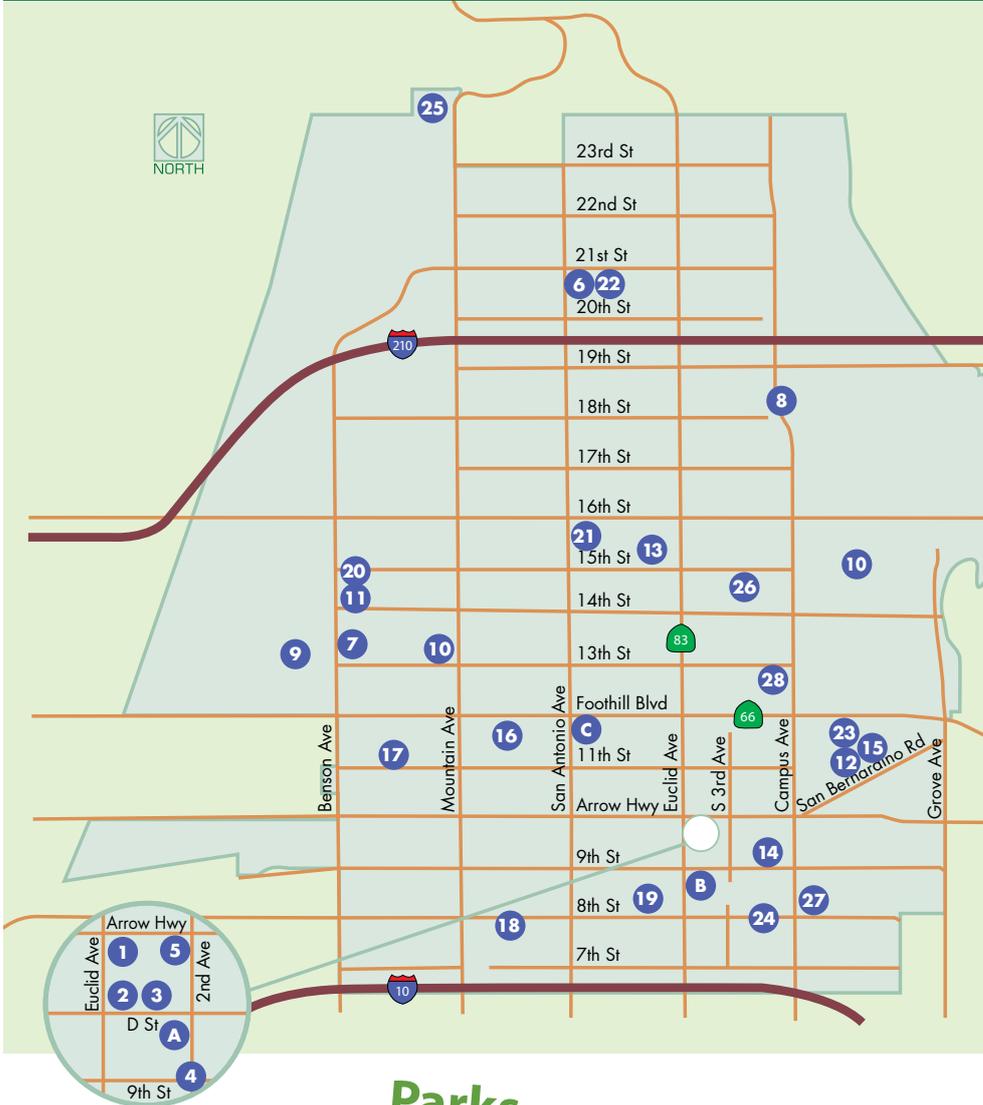
Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque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



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 inside 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 **MARCH**. 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 MARCH**

COMMUNITY *Calendar*

MARCH

UPLAND CHAMBER STATE OF THE CITY

Tuesday, March 22nd, 6:00 p.m. Check-in 5:00 p.m.
Cable Airport, 1749 W. 13th Street, Upland

Key note speaker: John Husing. Event tickets are \$50 per person. For more information, to purchase tickets, and/or to register, please visit www.uplandchamber.org.

SPRING EGG HUNT

Saturday, March 26th, 10:00 a.m. SHARP
Ray Baker Field & Rotary Field - Memorial Park, Upland

For children age 7 and under. Sponsored by the Upland-Foothill Kiwanis Club and the Upland Recreation Division. For more information, please contact the Upland Recreation Division at (909) 931-4280.

APRIL

UPLAND CHAMBER OF COMMERCE GOURMET GOLF TOURNAMENT

Thursday, April 21st
Sierra La Verne Country Club, 6300 Country Club Drive, La Verne

9:00 a.m. Registration & Putting Contest. 11:00 a.m. Shotgun Start. Presented by Mountain View Chevrolet. To golf or for sponsorship information, please contact the Upland Chamber of Commerce at (909) 204-4465 or visit www.uplandchamber.org.

LEMON FESTIVAL

Friday, April 29th, 3:00 p.m. - 11:00 p.m.
Saturday, April 30th, 10:00 a.m. - 11:00 p.m.
Sunday, May 1st, 10:00 a.m. - 10:00 p.m.
Historic Downtown Upland, 2nd Avenue & 9th Street, Upland

What originally started as a small celebration of the City's citrus industry has grown into a City-wide affair, including the Lemon Idol singing contest, delicious and sometimes messy food competitions, lemon flavored items, carnival rides, games, artisans from all parts of California, and support of local businesses. For more information, please visit www.uplandlemonfestival.com.

MAY

NATIONAL DAY OF PRAYER

Thursday, May 5th, 6:00 p.m.
Upland Civic Center Courtyard, 460 N. Euclid Avenue, Upland
Open to all leaders and fellow citizens of Upland who would like to join in the beautiful celebration of faith and unity of spirit and love, enhanced by our City's rich heritage, diverse cultures, and ethnicities.

SARAH KEENEY GRADE SCHOOL TRACK MEET

Saturday, May 7th, 7:30 a.m. - 2:30 p.m.
Upland High School, 565 W. 11th Street, Upland

Created and operated by the Upland-Foothill Kiwanis Club for all 4th, 5th, and 6th grade students attending school in the City of Upland. For more information, please contact Jack Sherman at (909) 226-4521.

SPRING PET ADOPTION FAIRE

Saturday, May 14th, 10:00 a.m. - 3:00 p.m.
Memorial Park, Upland

Come find a new best friend who is waiting to meet you and is available for adoption from the Upland Animal Shelter. Enjoy live entertainment, demonstrations, prizes, food vendors, and more. Sponsored by Upland Animal Services, the Landecena Family Charitable Foundation, and Friends of Upland Animal Shelter. For more information, please contact Upland Animal Services at (909) 931-4185.

RELAY FOR LIFE

Saturday, May 21st & Sunday, May 22nd, 8:00 a.m.
Magnolia Park, 651 W. 15th Street, Upland

Join us for our Annual 24-Hour Relay for Life. Join a team and walk to find a cure for cancer. Camp out and create a community party atmosphere filled with family entertainment, food, Survivor's Lap, and Luminaria Ceremony. For more information or to form a team, please contact Annalynn Neve-Wiltjer with the American Cancer Society at (909) 263-4216.

JULY

2016 4TH OF JULY FIREWORKS SPECTACULAR CELEBRATION

Monday, July 4th, 9:00 p.m. • Gates open at 5:00 p.m.
Upland High School, 565 W. 11th Street, Upland

The City of Upland is proud to present its 30th annual 4th of July Fireworks Spectacular Celebration, complete with a Fireworks Sky Concert, live music by *Retro Station*, Kid's Zone, food, and family fun! Tickets go on sale Wednesday, June 1st. For more information, please contact the Upland Recreation Division at (909) 931-4280.

ONGOING EVENTS

HISTORIC UPLAND WALKING TOURS

2nd Saturday of each month, 10:00 a.m.
Meets on steps of The Cooper Regional History 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 suggested donation for The Cooper Regional History Museum. For more information or to confirm walking tour date, please contact (909) 982-8010 or visit www.coopermuseum.org.

THURSDAY FARMER'S MARKET

Every Thursday, 5:00 p.m. - 9:00 p.m.
Historic Downtown Upland, 2nd Avenue & 9th Street, Upland
Begins April 7th

Turn your Thursday evening into a fun-filled time with family, friends, and neighbors. Enjoy vendors, food, music, produce, a Kid's Zone, and more! For more information, please visit www.historicdowntownupland.org.

UPLAND CHAMBER OF COMMERCE PRESENTS... THE BEST OF EASTERN CANADA

Travel Dates: Sunday, August 14th through Sunday, August 21st

IMPERIAL CITIES FEATURING PRAGUE, VIENNA, AND BUDAPEST

Travel Dates: Monday, October 3rd through Thursday, October 13th

Special travel presentation scheduled at the Chamber office on Tuesday, March 15th at 6:00 p.m.

For more information regarding these fabulous once in a lifetime travel experiences, please contact the Upland Chamber of Commerce at (909) 204-4465.





CITY OF UPLAND
CALIFORNIA
INCORPORATED IN 1906

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MARCH

UPLAND CHAMBER STATE OF THE CITY

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