

# September 2015

**CLOSED: Monday, September 7th**  
**In Observance of Labor Day**

**George M. Gibson  
Senior Center**  
250 N. 3rd. Avenue  
Upland, CA 91786  
(909) 981-4501

**George M. Gibson**  
Senior Center Staff

**Toni Cova**

Sr. Recreation Specialist

**Jamie Davidson**

Recreation Specialist

**Chris Gonzalez**

Recreation Specialist

**Margie King**

Recreation Specialist

**Roberta Knighten**

Community Services Director

**Hours of Operation:**

**Monday-Friday:**

**8:30am-5:00pm**

**Saturday:**

**Closed**

**Sunday:**

**Closed**

# GIBSON GABBER

## General Information

### Important Phone Numbers

Gibson Senior Center.....909-981-4501	Recreation.....909-931-4280
City Hall (General).....909-931-4100	Human Resources Department..909-931-4177
Fire Dept (Non-Emergency).....909-931-4180	Library.....909-931-4200
Police Dept (Non-Emergency)...909-931-7624	Social Security.....909-891-3900
Dept. of Aging & Adult Services.800-7721213	Community Senior Services.....909-621-9900

**Dial 911 in the event of an emergency!**

### The Gibson Senior Center now has Free DVD Rentals!

ON-GOING



Come check out your favorite DVD at the front desk!  
\*Movies are property of the Gibson Senior Center and must be returned within 72 hours.

ON-GOING



### Do you enjoy reading?

Did you know that you could check out library books at the Gibson Senior Center? We have a great selection of library books from the Upland Library for you to check out. Come to the Front Desk and pick up a great read for FREE!

NEW



### Now offering a FREE Vegetable Garden!

Your Garden has a number of vegetables that are now ripe! The Basil, Oregano, Thyme and Mint have their exposed branches removed for your kitchen use! Do Not remove the plants by their roots. Lettuce is available in the Lunch room as the plants ripen. Tomatoes are just becoming ripe. We have 3-4 varieties.

### Garden Produce is placed in the Front Lobby DAILY

For more information on what we are growing, please see our Volunteer Richard, Wednesday—Friday between 11am and 1pm

\*Hot Pepper plants available upon request

ON-GOING



### Tech Help

Every Thursday

**Cost: FREE**

**1:00pm –4:00pm**

Having trouble using your electronic gadget?

Call to schedule an appointment (909) 981-4501 and Chris will show you how to use that new laptop, tablet, cell phone or camera.

### Tips to Beat the Heat!!!



Stay hydrated by drinking plenty of fluids -avoid caffeine & alcohol  
Make sure your animals needs for water and shade are met.  
Check the local weather forecasts for temperature changes.  
Stay indoors and avoid strenuous activities during the hottest times of the day.

Wear lightweight and light colored clothing.

Come cool off at the Gibson Senior Center-We're a cooling station

# Daily Activity Schedule

Mon	Tue	Wed	Thu	Fri
<p><b>Aug. 31</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:00: Int. Tap I                      11:15 - 12:45: Adv. Tap                      1:00-2:30: Yoga Wellness                      2:30 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 1</b>                      All Day: Billiards                      All Day: Puzzles                      9:00-9:45: Rock the Walk                      10:00-11:30: Art Class                      10 :00- 11:30 Yoga                      12:30 - 2:30: Knitting                      1:00- 2:30: Clutter Chaos                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 2</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:30: Bible Study                      10:00 - 11:30: Int. Tap Class                      12:00 - 1:00 : Hula Lessons                      12:00 - 3:00: Pinochle                      1:15-2:15: Beg. Tap                      1:30 - 4:00: Bingo                      2:00-4:00: Mahjong                      2:15 - 4:45 Ping Pong</p>	<p><b>Sept. 3</b>                      All Day: Billiards                      All Day: Puzzles                      8:45-9:45: Zumba Gold                      10:00 -11:00: Harmonica                      10 :00- 11:30 Yoga                      12:00-1:00: Ballet                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 4</b>                      All Day: Billiards                      All Day: Puzzles                      1:30 -2:30 Chair volleyball                      2:15 - 4:45 Ping Pong                      8:30 -4:45 Computer Lab</p>
<p><b>Sept. 7</b></p> <div style="text-align: center;">  </div>	<p><b>Sept. 8</b>                      All Day: Billiards                      All Day: Puzzles                      9:00-9:45: Rock the Walk                      10:00-11:30: Art Class                      10 :00- 11:30 Yoga                      12:30 - 2:30: Knitting                      1:00- 2:30: Clutter Chaos                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 9</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:30: Bible Study                      10:00 - 11:30: Int. Tap Class                      12:00 - 1:00 : Hula Lessons                      12:00 - 3:00: Pinochle                      1:15-2:15: Beg. Tap                      1:30 - 4:00: Bingo                      2:00-4:00: Mahjong                      2:15 - 4:45 Ping Pong</p>	<p><b>Sept. 10</b>                      All Day: Billiards                      All Day: Puzzles                      8:45-9:45: Zumba Gold                      10:00 -11:00: Harmonica                      10 :00- 11:30 Yoga                      12:00-1:00: Ballet  <b>1:15—2:15 Tai Chi</b>  <b>2&amp;4Thurs Only</b>                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 11</b>                      All Day: Billiards                      All Day: Puzzles                      1:30 -2:30 Chair volleyball                      2:15 - 4:45 Ping Pong                      8:30 -4:45 Computer Lab</p>
<p><b>Sept. 14</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00 - 11:30: Beg. Comp. I                      10:00-11:00: Int. Tap I                      11:15 - 12:45: Adv. Tap                      12:30 - 2:00: Beg. Comp II                      1:00-2:30: Yoga Wellness                      2:30 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 15</b>                      All Day: Billiards                      All Day: Puzzles                      9:00-9:45: Rock the Walk                      10:00-11:30: Art Class                      10 :00- 11:30 Yoga                      12:30 - 2:30: Knitting                      1:00- 2:30: Clutter Chaos                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 16</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:30: Bible Study                      10:00 - 11:30: Int. Tap Class                      12:00 - 1:00 : Hula Lessons                      12:00 - 3:00: Pinochle                      1:15-2:15: Beg. Tap                      1:30 - 4:00: Bingo                      2:00-4:00: Mahjong                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 17</b>                      All Day: Billiards                      All Day: Puzzles                      8:45-9:45: Zumba Gold                      10:15 -11:45: Harmonica                      10:00 - 11:30: Yoga                      12:00-1:00: Ballet                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 18</b>                      All Day: Billiards                      All Day: Puzzles                      1:30 -2:30 Chair volleyball                      2:15 - 4:45 Ping Pong                      8:30 -4:45 Computer Lab</p>
<p><b>Sept. 21</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00 - 11:30: Beg. Comp. I                      10:00-11:00: Int. Tap I                      11:15 - 12:45: Adv. Tap                      12:30 - 2:00: Beg. Comp II                      1:00-2:30: Yoga Wellness                      2:30 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 22</b>                      All Day: Billiards                      All Day: Puzzles                      9:00-9:45: Rock the Walk                      10:00-11:30: Art Class                      10 :00- 11:30 Yoga                      12:30 - 2:30: Knitting                      1:00- 2:30: Clutter Chaos                      2:15 - 4:45 Ping Pong</p>	<p><b>Sept. 23</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:30: Bible Study                      10:00 - 11:30: Int. Tap Class                      12:00 - 1:00 : Hula Lessons                      12:00 - 3:00: Pinochle                      1:15-2:15: Beg. Tap                      1:30 - 4:00: Bingo                      2:00-4:00: Mahjong</p>	<p><b>Sept. 24</b>                      All Day: Billiards                      All Day: Puzzles                      8:45-9:45: Zumba Gold                      10:00 -11:00: Beginning Harmonica                      10 :00- 11:30 Yoga                      12:00-1:00: Ballet  <b>1:15-2:15 Tai Chi</b>  <b>2&amp;4 Thurs Only</b>                      2:15 - 4:45 Ping Pong</p>	<p><b>Sept. 25</b>                      All Day: Billiards                      All Day: Puzzles                      1:30 -2:30 Chair volleyball                      2:15 - 4:45 Ping Pong                      8:30 -4:45 Computer Lab</p>
<p><b>Sept. 28</b>                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00 - 11:30: Beg. Comp. I                      10:00-11:00: Int. Tap I                      11:15 - 12:45: Adv. Tap                      12:30 - 2:00: Beg. Comp II                      1:00-2:30: Yoga Wellness                      1:00-4:00 Pool tournament                      2:30 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 29</b>                      All Day: Billiards                      All Day: Puzzles                      9:00-9:45: Rock the Walk                      10:00-11:30: Art Class                      10 :00- 11:30 Yoga                      12:30 - 2:30: Knitting                      1:00- 2:30: Clutter Chaos                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Sept. 30</b>                      All Day: Billiards                      All Day: Puzzles                      9:00 - 10:00: Seniorcise                      10:00-11:30: Bible Study                      10:00 - 11:30: Int. Tap Class                      12:00 - 1:00 : Hula Lessons                      12:00 - 3:00: Pinochle                      1:15-2:15: Beg. Tap                      1:30 - 4:00: Bingo                      2:00-4:00: Mahjong</p>	<p><b>Oct. 1</b>                      All Day: Billiards                      All Day: Puzzles                      8:45-9:45: Zumba Gold                      10:00 -11:00: Harmonica                      10 :00- 11:30 Yoga                      12:00-1:00: Ballet                      2:15 - 4:45 Ping Pong                      2:30 -4:45 Computer Lab</p>	<p><b>Oct. 2</b>                      All Day: Billiards                      All Day: Puzzles                      1:30 -2:30 Chair volleyball                      2:15 - 4:45 Ping Pong                      8:30 -4:45 Computer Lab</p>

## Upcoming Events

**\*\*Pre-Registration is required and Tickets are sold at the front Desk\*\***

### **Art For The Ages\*\***

**Friday, September 18th, 2015**

**Ticket: \$4.00**

**5:00pm - 8:00pm**



Appetizers, coffee, water, tea and dessert station included. Opening Reception, Art Exhibits, Live Music and a Live Art Auction!

**Tickets are now on sale at the Front Desk.**

Presented by: Gibson Senior Center and the Art For 50+ Class

### **Grub Club –Slice of Life!\*\***

**Tuesday, September 22, 2015**

**Ticket: \$4.00**

**3:30 pm - 5:00pm**



Come and join us for a slice of pizza, a green salad and a great time! Ticket is required (not potluck dish for entry/ticket). Grub Club every 4th Tuesday.

**Last day to purchase tickets is Friday Sept.18th**

Many thanks to our Generous Sponsors

### **Billiards Tournament**

**Monday, September 28, 2015**

**Ticket: \$5.00**

**1:00pm - 4:00pm**



Join us for a double elimination pool tournament on the last Monday of every month.

Ticket includes a Lunch and can be purchased the day of the tournament.

**Prizes awarded to 1st and 2nd place winners!**

Congratulations to our Winners from July: David & Wayne

Congratulations to our Winners from August: Salvador & Wayne



### **Fun After Fifty - Bingo Every WEDNESDAY!!**

**1:20pm**



Come escape the heat and have a blast playing Bingo! You must buy your bingo packs before the game starts. Open to the Public. (Must be 18 years or older to play)

**Bingo Packs will be sold between 10:30am –1:00pm**

**Game Starts promptly at 1:20pm**

## Senior Services - Save the Date!!

### AARP- Alive Driving 'Refresher Course'

**Cost: \$15/\$20**

**Tuesday, September 1, 2015**

**12:00pm – 5:00pm**

The course is \$15 for AARP members or \$20 for non-members. Registration is required and payment is due at the time of Registration. Checks only and made payable to: AARP  
You receive a certificate which will get you a mature Driving Discount from your Auto Insurance.

**AARP**

*The power to make it better.*

ON-GOING



### Community Connection

**Cost: FREE**

**Mon. Sept. 14 & Wed. Sept. 30**

**11:00am-2:00pm**

Come learn about a program that provides mileage reimbursement for volunteer drivers who transport individuals who are too frail, ill or unable to use public transportation.

Walk-Ins Welcome!

Presented by:



NEW



### Legal Consultation for Seniors

**Cost: FREE**

**Thursday, September 17, 2015**

**9:00am-1:00pm**

Consultations will be held at the Gibson Senior Center.

Call (909) 476-9252 to make an appointment.

Walk-ins welcome based on availability.

Legal Services provided by: Inland Counties Legal Services

ON-GOING



### Vein Screening

**Cost: FREE**

**Friday, September 18, 2015**

**9:00am – 11:00am**

Attend a free vein screening with the experts from the UIC Vein Center and they will answer all your questions!

Walk-Ins Welcome. Screening is done in the game room.

Vein Screenings provided by:



UIC VEIN CENTER

ON-GOING



### Blood Pressure Screening

**Cost: FREE**

**Tuesday, September, 22, 2015**

**11:00am – 1:00pm**

Come get your blood pressure checked in the front lobby.

Walk-Ins Welcome!

Sponsored by:



HOME HEALTH HOSPICE OUTREACH

ON-GOING



## HICAP

Do you need help paying for prescriptions, utilities, food or Medicare Premiums? Call for an appointment with a trained HICAP Counselor. "We can help!" Confidential and FREE of charge.

Call for an appointment: 1 - 800 - 434 - 0222

[www.ci.upland.ca.us](http://www.ci.upland.ca.us)



**CALIFORNIA HEALTH ADVOCATES**  
Medicare: Policy, Advocacy and Education

## FREE Wellness Education

- join us for some very educational presentations to help you live your best life!
- Pre-Registration is required, Call (909) 981-4501 or stop by the front desk to reserve your spot.

### Holistic Health Series

**Cost: FREE**

**Thursday, September 3rd, 2015 10:00am-11:30am**



**Health & Wellness**

Come learn the individual treatments of Ayurvedic Medicine. They include diet recommendation, spices, herbs, oil treatments, Pranayana-Therapeutic breathing and meditation.

**\*\*Pre-Registration is Required (909) 981-4501**

Presented by: Yael Steinfeld, RNP, MSN, Certified Ayurvedic Practitioner



### Considering Cremation?

**Cost: FREE**

**Thursday, September 10th, 2015 10:00am –11:30am**



All are welcome to join this very informative presentation. Find out about affordable options and savings, veteran benefits, travel & Relocation protection & social security benefits. Find out more information on making the best choice for you and your family.

**Refreshments will be Provided!**

**\*\*Pre-Registration is Required (909) 981-4501**



### Dr. Tony

**Cost: FREE**

**Tuesday, September 15th, 2015 12:30pm –1:30pm**



Come join Dr. Tony for a very informative presentation on **“How to Improve your Walking Gait & Balance”**

Walk-Ins Welcome!

Third Tuesday of every Month



### Alzheimer's Educational Workshop

**Cost: FREE**

**Thursday, September 17th, 2015 10:00am - 11:30am**

The Alzheimer's Association is presenting on:

**“Safety In The Home”**

**\*\*Pre-Registration is Required (909) 981-4501**



alzheimer's association



## FREE Wellness Education

### Low Vision Wellness Technology Class

**Cost: FREE**

**Monday, September 21, 2015**

**10:00am**



Come join us for this interesting presentation on the wide variety of available equipment and adaptive devices to help maximize remaining vision.

These devices range from magnifiers and desk lamps to closed-circuit televisions and talking computers.

**Living with limited vision can be challenging, but it doesn't need to be a barrier to living well.**

All participants will be entered into an opportunity drawing for a Doorprize.

**Refreshments will be served!**

**\*\*Pre-Registration is Required (909) 981-4501**

Presented by the Braille institute and West End Counseling Services. Services provided in collaboration with the County of San Bernardino, Department of Behavioral health and funded by the Mental health Services Act (Proposition 63).

### Aging Independently

**Cost: FREE**

**Thursday, September 24, 2015**

**10:00am –11:30am**



IGCAP is a program of all-inclusive care for the elderly (PACE), an innovation Medicare program for older Adults and those over age 55 living with disabilities.

PACE can be an excellent option for an individual with limited financial resources or declining ability to perform activities of daily living. Let the highly trained care experts at InnovAge work with you to understand your needs and customize a coordinated care plan that's right for you.

**\*\*Pre-Registration is Required  
(909) 981-4501**

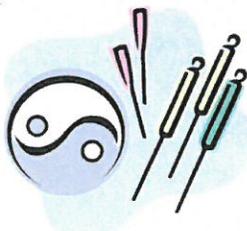
**innovAge**  
Life on Your Terms

### Acuhealth Presentation

**Cost: FREE**

**Friday September 25, 2015**

**10:00 am—11:30 am**



If you Suffer from pain, why not try a more natural proven way to live a pain free life? Acupuncture is designed to trigger your body to release endorphins which are your bodies pain killing hormone.

Come learn the benefits of acupuncture, and get relief from neck & shoulder pain, lower back pain, headaches, injuries, menopause & P.M.S.

**\*\*Pre-Registration is Required (909) 981-4501**

## Fitness for FREE

### Chair Volleyball



Every Friday

Come join the fun of this NEW activity by exercising with a beach ball challenging your body to a better fit!

Sign-ups taken at the front office but Walk-Ins are Welcome

**Cost: FREE**

**1:30-2:30pm**

### Tai Chi



Thursday, September 10th & 24th

**1:15pm – 2:15pm**

Tai Chi is a fun, dance like low impact exercise

Sign-ups taken at the front office but Walk-Ins are Welcome!

Every 2nd & 4th Tuesday

Sponsored by: CareMore

**Cost: FREE**



CAREMORE

## Miscellaneous

### American Association of Retired Persons Potluck



held at the **Upland Recreation Center at 11:00 a.m.**

3rd Monday of the month **September 21, 2015**

For Club Information please contact Bob Endicott at (909) 985-0353

For other information regarding AARP please call: 1-800-424-3410

### Fun After Fifty Special Luncheons



4th Tuesday of the Month - **September 22, 2015**

At Magnolia Park, Upland Recreation Center. Doors Open at 10:00am

Please call Annette (909) 949- 9777 for more information concerning other club activities

\*For Casino Trips offered by Fun After Fifty contact Lisa Short at (909) 982-8754



A Special Thanks to our Volunteers Shirley & Richard

