

JANUARY & FEBRUARY 2016

Holiday Hours:

Friday, January 1st - **CLOSED**

Monday, January 4th - Resume Regular Hours

Monday, January 18th - **CLOSED**

All Day: Billiards, Puzzles, TV

**Recreation and
Community Services**

Department

George M. Gibson

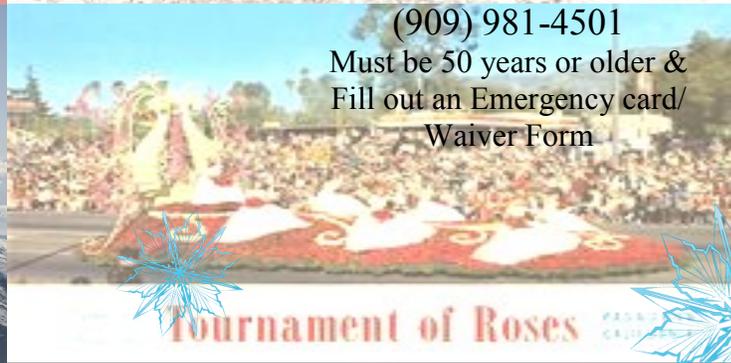
Senior Center

250 N. 3rd. Avenue

Upland, CA 91786

(909) 981-4501

Must be 50 years or older &
Fill out an Emergency card/
Waiver Form



George M. Gibson

Senior Center Staff

Toni Cova

Sr. Recreation Specialist

Chris Gonzalez

Recreation Specialist

Margie King

Recreation Specialist

Candice Tuosto

Recreation Specialist

Roberta Knighten

Community Services Director

2016

Happy New Year!

Hours of Operation:

Monday-Friday:

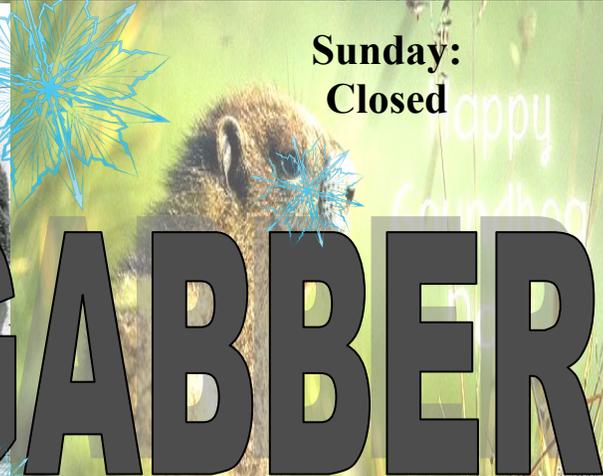
8:30am-5:00pm

Saturday:

Closed

Sunday:

Closed



GIBSON GABBER

General Information

Important Phone Numbers

Gibson Senior Center.....	909-981-4501	Recreation.....	909-931-4280
Fire Dept (Non-Emergency).....	909-931-4180	City Hall (General).....	909-931-4100
Police Dept (Non-Emergency).....	909-931-7624	Library.....	909-931-4200
Community Senior Services.....	909-621-9900	Access/Omni.....	909-379-7100
Dept of Aging & Adult Services...	800-772-1213	Social Security.....	909-891-3900

Dial 911 in the event of an emergency!

DVD Rentals

Cost: FREE

ON-GOING



Come check out your favorite DVD at the front desk!

We have many DVD's to choose from.

*Movies are property of the Gibson Senior

Center and must be returned within 72 hours.

Smart Cart

Cost: FREE

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 large print books from the Upland Public Library here for your convenience to check out.

Come to the Front desk and pick up a great read for FREE!

Vegetable Garden

Cost: FREE

ON-GOING



Your garden has a number of vegetables that are now ripe!

Feel free to pick the vegetables or herbs you need but please do not remove the plants by their roots.

We have 3-4 varieties of tomatoes and they are just ripening.

Fresh picked 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

ALL DAY Activities - Billiards, TV, Puzzles

Cost: FREE

ON-GOING



Come join forces with our amazing Puzzle Players to exercise your Brain and learn new strategies. We have MANY puzzles to choose from.

Come play pool and socialize with the fun pool players and check out the newly re-felted tables. We also have TV, ping pong and foosball that are available most days depending on what is scheduled. Check at the front office daily.

Meet your Staff!!



Come get Familiar with your New Staff and say Hi at the front desk!

We are committed to making your Senior Center Great!

Monday– Margie & Candice

Thursday– Toni & Chris

Tuesday–Margie & Chris

Friday– Toni & Chris

Wednesday– Toni & Candice

Closed Saturday & Sunday

January 2016

Mon	Tue	Wed	Thu	Fri
				<p>Jan. 1 Happy New Year!</p> 
<p>Jan. 4 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:00 Computer II 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 5 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 -11:30 Intermediate Art 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>Jan. 6 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 -4:45 Computer Lab</p>	<p>Jan. 7 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10 :00 - 11:30 Yoga 10:00 - 11:30 Alzheimer Basic 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 WaterColor 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 8 All Day: Billiards, Puzzles, TV 9:00 - 1:00 HICAP Enrollment 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Jan. 11 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:30 Computer II 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Color Your Bliss</p>	<p>Jan. 12 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Intermediate Art 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>Jan. 13 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 14 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 9:00 - 11:30 ABCs Hearing 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00-1:00 Ballet 12:30 - 2:00 WaterColor 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 15 All Day: Billiards, Puzzles 9:00 - 12:00 HICAP Counseling 9:00 - 11:00 Vein Screening 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Jan. 18 Martin Luther King, Jr. Day</p> 	<p>Jan. 19 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Intermediate Art 10 :00 - 11:30 Yoga 12:15 - 1:15 Dr. Tony 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:45 Upland Travelers 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 20 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:30 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 21 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 1:00 Legal Consultation 10 :00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 10:00 - 11:30 Alzheimer's I 12:00 - 1:00 Ballet 12:30 - 2:00 WaterColor 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 22 All Day: Billiards, Puzzles, TV 9:00 - 1:00 HICAP Enrollment 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Jan. 25 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 12:30 - 2:30 Computer II 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Color Your Bliss</p>	<p>Jan. 26 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Intermediate Art 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>Jan. 27 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:00 - 4:00 Autobiography 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 28 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10 :00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 10:00 - 11:00 Emergency Preparedness 12:00 - 1:00 Ballet 12:30 - 2:00 WaterColor 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Jan. 29 All Day: Billiards, Puzzles, TV 9:00 - 1:00 HICAP Enrollment 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>

FEBRUARY 2016

Mon	Tue	Wed	Thu	Fri
<p>Feb. 1 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 10:30 - 11:30 Parkinson's Presentation 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 2 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art Beginner 10 :00 - 11:30 Yoga 12:00 - 5:00 AARP Re-fresher 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>Feb. 3 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:00 American Lung Assoc. 10:00 - 11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 4 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 1:00 HICAP Enrollment 10 :00 - 11:30 Yoga 10:00 - 11:30 Holistic Health 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art Intermediate 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 5 All Day: Billiards, Puzzles, TV 9:00 - 12:00 HICAP Counseling 9:30 - 10:30 Line Dance Adv Beg 10:00 - 1:00 Multiple Myeloma Support Group 10:30 - 11:30 Line Dance Intermediate 11:30 - 12:30 Line Dance Beg 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Feb. 8 Hanukkah All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 10:30 - 11:30 Parkinson's Presentation 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Color Your Bliss</p>	<p>Feb. 9 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Art Beginner 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>Feb. 10 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 -4:45 Computer Lab</p>	<p>Feb. 11 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10 :00 - 11:30 Yoga 10:00 - 11:30 Alz Assoc. Communication II 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art Intermediate 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 12 All Day: Billiards, Puzzles, TV 9:30 - 10:30 Line Dance Adv Beg 10:30 - 11:30 Line Dance Intermediate 11:30 - 12:30 Line Dance Beg 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Feb. 15 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 16 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Art Beginner 10 :00- 11:30 Yoga 12:30 - 1:30 Dr. Tony 12:30 - 2:30 Knitting 12:15 - 1:15 Dr Tony 1:00- 2:30 Clutter Chaos 2:45 Upland Travelers 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 17 All Day: Billiards, Puzzles, TV 9:00 - 10:30 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Intermediate Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 18 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 9:00-11:00 Legal Consultation 10:00 - 11:00 Anti-Bullying 10:00 - 11:30 Yoga 12:00-1:00 Ballet 12:30 - 2:00 Art Intermediate 1:00 - 4:00 Tech Help 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Caregiver Support Group</p>	<p>Feb. 19 All Day: Billiards, Puzzles 9:00 - 12:00 HICAP Counseling 9:00 - 11:00 UCI Vein Screening 9:30 - 10:30 Line Dance Adv Beg 10:30 - 11:30 Line Dance Intermediate 11:30 - 12:30 Line Dance Beg 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Feb. 22 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 12:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Color Your Bliss</p>	<p>Feb. 23 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art Beginner 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>Feb. 24 All Day: Billiards, Puzzles, TV 9:00 - 10:30 Seniorcise 10:00 - 11:30 Intermediate Tap II 10:00-11:30 Bible Study 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:30 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 25 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 9:00-11:00 Legal Consultation 10:00 - 11:30 Alz Assoc. Safety in the Home 10:00 - 11:30 Yoga 12:00-1:00 Ballet 12:30 - 2:00 Art Intermediate 1:00 - 4:00 Tech Help 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>Feb. 26 All Day: Billiards, Puzzles 9:00 - 12:00 HICAP Counseling 9:30 - 10:30 Line Dance Adv Beg 10:30 - 11:30 Line Dance Intermediate 11:30 - 12:30 Line Dance Beg 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 8:30 - 4:45 Computer Lab</p>
<p>Feb. 29 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:30 Vision Wellness 10:00 - 12:00 Computer I 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:30 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	 <p style="font-size: 2em; color: #e91e63; font-family: cursive;">Happy Valentine's Day</p>			

Upcoming Events

A Day of Thanks to Our Veterans

Cost: FREE

Wednesday, November 11th, 2015

9:00am-10:30 am

Annual
Event!



Help us Honor our Veterans and enjoy a FREE cup of coffee and a donut along with Patriotic Music! All Seniors are welcome, while supplies last. Pre-Registration is Required - call (909)981-4501 Or stop by the Front Desk to reserve your spot for this tasty event.

Thanksgiving Dinner

Cost: FREE

Tuesday, November 24th, 2015

5:00pm-7:00pm

Annual
Event!



Come enjoy a delicious Thanksgiving Turkey Dinner with all the yummy fixings. Must have a ticket to enter.

Sponsored by: Reliance Church

Pre-Registration is Required - call (909)981-4501

Or stop by the Front Desk to reserve your spot for this tasty event.

Billiards Tournament

Cost: \$5.00

Monday, November 30th, 2015

1:00 pm-4:00 pm

Monday, December 28th, 2015

1:00 pm-4:00 pm

ON-GOING



Join us for a double elimination pool tournament on the last Monday of every month. Tournament includes a Lunch ticket for the day of the tournament. Reserve your spot at the front desk the day of the tournament. Beginners welcome! Open to men and women. **Prizes awarded to 1st and 2nd place winners!** Holiday Pizza Party for tournament players in lieu of Lunch tickets

Holiday Breakfast

Cost: \$5.00

Friday, December 11th, 2015

9:00am -11:00am

Annual
Event!



Santa Claus is coming to town! And he's bringing an awesome holiday breakfast with him! Complete with holiday decorations, photos with Mr. Claus and a live band (Retro Station)!

This is a great way to continue your holiday celebrations plus those who attend will receive a Holiday present!

Holiday Dance

Cost: \$5.00

Thursday, December 17th, 2015

3:00 pm-6:00 pm



Doors open at 2:45 Tickets may be purchased in advance or at the door. Join us for an evening of holiday cheer with friends, DJ, raffle prizes, holiday desserts and refreshments. Wear your favorite holiday attire and get ready to have a great night with dancing and holiday memories!

Fun After Fifty - Bingo Every Wednesday!!

1:20pm

ON-GOING



Come have a blast playing Bingo! You must buy your bingo pack before the game starts. Winnings paid out by Fun After Fifty.

Open to the public (Must be 18 years or older to play)

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

Game Starts promptly at 1:20

****No Bingo on November 25th****

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 - "Healthy Gut"

Cost: FREE

Thursday, November 5th & 19th, 2015

10:00am – 11:30am

Thursday, December 3rd, & 2015

10:00am – 11:30am

Come learn the individual treatments of Ayurvedic Medicine.

They include diet recommendation, Spices, herbs, Oil treatments, pranayana-therapeutic breathing and meditation. Presented By: Yael Steinfeld, RNP, MSN, Certified Ayurvedic Practitioner

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

Monthly Series through December.

"Balancing Glucose, Blood Pressure & Weight" - November 5th

"Healthy Immune System" - November 19th

"Peaceful Mind—Meditation" - December 3rd

ON-GOING



"A Day of Discovery"

COST: FREE

Friday, November 13th, 2015

8:00am-3:30pm

Join us for a free field trip to the Braille institute in Rancho Mirage to learn more about "Low Vision Wellness." The Braille van will pick up participants at the Gibson Senior Center at 8:00am. Lunch and Transportation will be provided. If you are interested, please call (909) 983-2020 Ext.2231 to make a reservation. Services provided by West End Family Counseling.

NEW



Dr. Tony

Cost: FREE

Tuesday, November 17th, 2015

12:30pm– 1:30pm

Dr. Tony is a local Chiropractor and will be here on the third Tuesday of every month. This month he will be presenting on:

"How to Stretch & Strengthen your Back and Hips"

There will not be a lecture in December.

Lecture series will resume in January 2016.

ON-GOING



Parkinson's Disease Presentation

Cost: FREE

Monday, December 7th, 2015

10:30am-11:30am

Parkinson's Disease is a chronic and progressive neurological disorder associated with the loss of dopamine-generating brain cells; It affects approximately one in 100 people over age 60.

Kristen Mendenhall with the Parkinson's Disease Foundation will discuss diagnosis, symptoms, progression, treatment, research, and sources of information. This will be a very informative lecture, so if you or someone you know has Parkinson's or if you just want a better understanding about this disease, please join this lecture.

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

NEW



Alzheimer's Association Workshop

Will resume in January 2016

The Alzheimer's Association will taking a break from their lecture series for the holidays and will resume in January 2016.

COMING SOON!



alzheimer's association

FREE Wellness Screenings

-Come receive FREE preventative screenings 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.

Osteoporosis & Bone Density Screening

Cost: FREE

Tuesday, November 10th, 2015

10:00am-12:00pm

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



UiC Vein Screenings

Cost: FREE

Friday, November 20th, 2015

9:00am- 11:00am

Do you experience leg discomfort? Leg Pain? Varicose Veins? Restless leg syndrome? Skin Discolorations? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Experts from the UiC Vein Center will be here to answer all your questions and provide a free vein screening **Walk-Ins Welcome!**

Will resume back in January
Presented By:



Blood Pressure Screenings

There will not be any blood pressure screenings during November and December. **Screenings will resume in January 2016.**



Fitness for FREE

Tai Chi

Cost: FREE

Thursday, January 7th, 2016

1:15pm-2:15pm

Thursday, January 28th, 2016

1:15pm-2:15pm

Thursday, February 11th, 2016

1:15pm-2:15pm

Thursday, February 25th, 2016

1:15pm-2:15pm

Tai Chi is a fun, low impact dance like exercise that helps with balance and stress management.

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

Every 2nd and 4th Thursday

Sponsored By: CareMore



Miscellaneous

Fun After Fifty

For information concerning club activities please call Annette (909)949-9777

*For Casino Trips offered by Fun after Fifty, Contact Lisa Short at (909)982-8754

AARP

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

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

Senior Services - Save the Date!!

Tech Help

Cost: FREE

Every Thursday

1:00pm— 4:00pm

ON-GOING



Having trouble using your electronic gadget?

Call (909) 981-4501 to schedule an appointment and Chris will show you how to use that new laptop, tablet, cell phone or camera. Appointments are scheduled in 30 minute increments.

Please bring in your gadget at the time of your appointment.

*Chris is unable to diagnose or repair your electronics. (No Wi-Fi)

AARP– Alive Driving “Full Course”

Cost: \$15/\$20

Monday & Tuesday, November 2 & 3, 2015

12:00pm-5:00pm

“Refresher Course” Tuesday, December 1st, 2015

12:00pm-5:00pm

ON-GOING



The Course is \$15 for AARP Members or \$20 for non-members.

Registration is required and must be made at the Senior Center and cannot be taken over the phone. Payment is due at the time of registration. Checks only, payable to: AARP. Upon completion, you will receive a certificate which will get you a mature driving discount on your Auto insurance.



HICAP Counseling

Cost: FREE

Friday, November 6th & 20th, 2015

9:00am-12:00pm

Friday, December 4th & 18th, 2015

9:00am-12:00pm

ON-GOING



Do you need help paying for prescriptions, utilities, food or Medicare Premiums? Call 1-800-434-0222 for an appointment with a trained HICAP Counselor. “We can help!”

Confidential and **FREE** of charge.

Walk-ins are welcome based on availability.



HICAP Enrollment

Cost: FREE

Friday, November 13th, 2015

9:00am-1:00pm

Thursday, December 3rd, 2015

9:00am-1:00pm

Annual Event!



Medicare Annual Enrollment is October 15th to December 7th. HICAP Counselors will help inform you about the 2016 Medicare Health and Drug Plans and provide you with health and drug comparison charts and conduct a cost analysis of your options at no cost to you. The counselors will make sure you have the right health and prescription coverage that meets your needs, review your current plan and identify plans that can save your more, and maximize your Medicare benefits with the most cost-effective plan.

Legal consultation for Seniors

Cost: FREE

Thursday, November 19th, 2015

9:00am-1:00pm

Thursday, December 17th, 2015

9:00am-1:00pm

ON-GOING



Consultations will be held at the Gibson Senior Center.

You must call (909) 476-9252 to make an appointment and do a phone interview prior to coming in. Cannot accept walk-ins.

Legal Services Provided by: Inland Counties Legal Services

Support Groups

Multiple Myeloma Support Group

Friday, November 6th, 2015

Friday, December 4th, 2015

Cost: FREE

10:00am-1:00pm

10:00am-1:00pm

ON-GOING



Have you or someone you love been diagnosed with Multiple Myeloma? This is an excellent way to meet and interact with other Multiple Myeloma patients, family members and, caregivers. Learn more about up to date information and treatment options for Multiple Myeloma patients. 1st Friday of every month.

For more information, please contact Charlene Pratt at carlene_pratt@yahoo.com

Family Care Giver Support Group

Thursday, December 17th, 2015

Cost: FREE

3:00pm-4:30pm

ON-GOING



Attention Family Caregivers! Do you feel overwhelmed that no one understands what you are going through? This support group focuses on the family caregivers of adults with brain impairing conditions (Alzheimer's, Parkinson's, Huntington's, MS, ALS, Stoke, Traumatic Brain injury, etc.) Last Thursday of every month.

** No support group in November & December is 1 week earlier**

For more information, please call Inland Caregiver Resource at (800)675-6694

Ongoing Enrichment

Clutter Chaos

Every Tuesday

Cost: FREE

1:00pm-2:30pm

ON-GOING



Are you a pack rat who saves everything? Are you tired of being surrounded by so much stuff?

All are welcome to join this very informative fun group

Guided Autobiography Writing Class

Wednesday, November 4th, 2015

Material Fee: \$20

2:00pm-4:00pm



Tell the story of your life! Express yourself and create a written legacy. Each week you will learn tips to develop your writing skills. Course is free and Material fee is payable to the instructor.

November 4th is the last class of the season. Back in Spring!

**Pre-Registration is Required (909)981-4501 or at Front Desk

Color Your Bliss

Monday, November 9th & 23rd, 2015

Cost: FREE

3:00pm-4:30pm

Monday, December 14th & 28th, 2015

3:00pm-4:30pm

NEW



Join us for a break from your stressful day and enjoy the benefits of creativity and social interaction! Did you know that coloring is a low-stress activity that allows an individual to unlock their creative potential. Most importantly it is considered a "Meditative Activity" that helps to relieve tension.

Every 2nd and 4th Monday

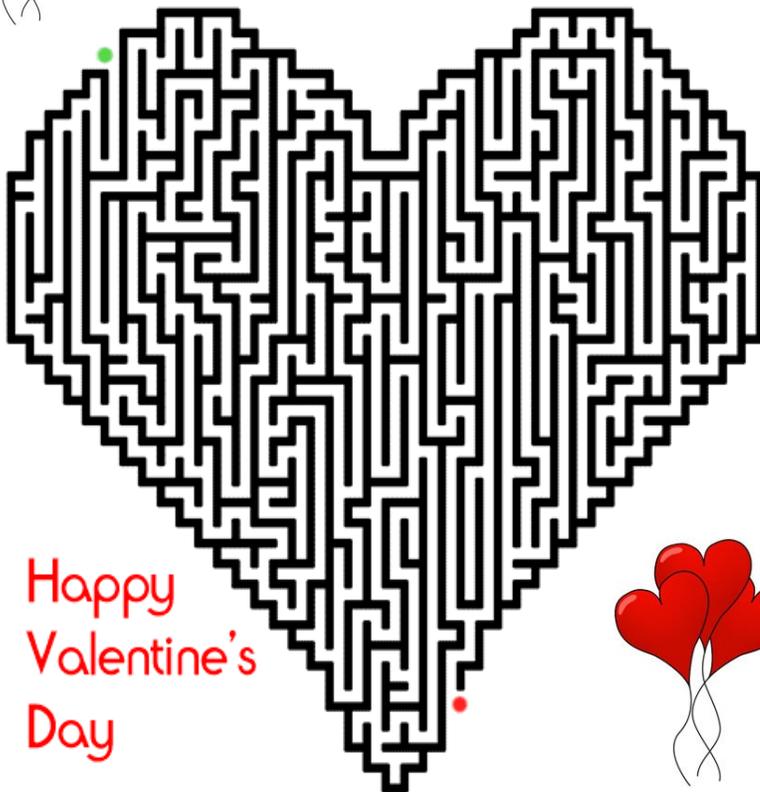
**Pre-Registration is Required (909)981-4501 or at Front Desk

BRAIN GAMES - Stimulate your Mind!

Sudoku

Each of the rows, columns and nine large blocks has to contain all the numbers 1-9 within its squares. Each number can only appear once in a row, column or box without repetition or omission. Every puzzle has just one correct solution.

2			8	4				6
		6				5		
	7	4				9	2	
3				4				7
			3		5			
4				6				9
	1	9				7	4	
		8				2		
5			6	8				1



Happy Valentine's Day



Valentine Word Scramble

Unscramble the following words

Happy Valentine's Day!

quiteuob _____	voel ngos _____
eovl dnra reshthc _____	tbes drsefni _____
veerfro _____	mecnaor _____
rhetetsawes _____	nadmodi grin _____
vode _____	foitenoaf _____
ypppu vloee _____	evlodtrbsi _____
mope _____	ynidca _____
oevl trette _____	dre sreso _____
eb neim _____	kponi trnoanacsi _____
tleavnien _____	driprhefis _____
riewsof _____	tlaccheoo trahae _____
dpiuc _____	
I vloee uoy _____	

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A P N P N W N S L Z E C P T M
 M E T R P O T A B A I L N X U
 E T T O U S T W T T R E E N B
 R A L C N Q K G I I D E I C Y
 I R K L O Z K Z N I O T D A T
 C B Q A J G E S S I E N D E R
 A E Q M N N X E K D H I A A F
 Y L E A D E R V S J L S A L G
 Y E S T F P O T U O E Q A N M
 R C T I N T A S H O F H X W U
 O F A O E T N E M N R E V O G
 T Y T N E Y R T N U O C G K J
 S D E S C A I Y V I B B R N L
 I H B E J G M Q I R N U C O H
 H G S F E B R U A R Y G Y H O



AMERICA	FEDERAL	PRESIDENT
CELEBRATE	GOVERNMENT	PROCLAMATION
CITIZEN	HISTORY	STATE
COUNTRY	HOLIDAY	UNITED STATES
ELECT	LEADER	VOTE
FEBRUARY	NATIONAL	WASHINGTON

Upcoming in March 2016

- Thursday, March 3rd — 10:00-11:30 — Hollistic Health “Healthy Peaceful Mind”
- Thursday, March 10th — 10:00-11:30 — Hollistic Health “Healthy Digestion”
- Tuesday, March 15th — 12:30-1:30 — Dr. Tony “Fixing Forward Head Posture”
- Thursday, March 17th — 10:00-11:00 — Caremore “Diabetes 101”
- Friday, March 18th — 9:00-11:00 — UiC Vein Screenings
- Friday, March 4th—Multiple Myeloma Support Group
- Thursday, March 24th — 10:00-11:30 — Innovage “Bed Bug Education”
- Every Friday in March—9:00-2:00pm—AARP Tax Preparation