JULY 2015

George M. Gibson Senior Center Staff

Angie Cho
Recreation Specialist

Toni Cova
Sr. Recreation Specialist

Chris Gonzalez
Recreation Specialist

Margie King
Recreation Specialist

Roberta Knighten
Community Services Director

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

Hours of Operation:

Monday-Friday:
8:30am-5:00pm

Saturday:
Closed

Sunday:
Closed

GIBSON GABBER

General Information—Phone Numbers

City Hall (General)……..931-4100
Recreation……931-4280
Fire Department (Non-Emergency)……931-4180
Human Resources Department……...931-4177
Library……...931-4200
Police Department (Non-Emergency)…931-7624
Access/Omni……...379-7100
or 800-966-6428
Home Delivered Meals……...287-7946
or 981-0377
Community Senior Services……...621-9900
Dept of Aging & Adult Services……948-6235

SENIOR FIT CORNER

Regardless of your overall health, most people can participate in some form of enjoyable physical activity. Here are just a few ways to get the exercise your body needs:

- Walk around the block or around the mall. Invite a friend for companionship and motivation. Mall walking is safe, especially in bad weather.
- Do some gardening without electric tools.
- Go swimming or try aqua exercises. These are great activities, especially if you're not steady on your feet.
- If you golf, get a caddy or pull-cart and walk the course.
- Go dancing. Even a moderate two-step is good exercise and a great social activity.
- Take a class in Tai Chi, a series of slow, controlled movements.
- Keep your arms strong by lifting "weights" like canned foods, bean bags or even one- to five-pound hand or ankle weights.
- Include stretching activities that increase the range of motion in your ankles, knees, hips, neck and back.

If you haven't been physically active, talk to your doctor before getting started. Together, plan activities and a sensible approach that's safe, effective and right for you.

GGSC Growers Club
Gardening for Senior's Health

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

Hot Pepper plants available upon request

COME JOIN US!

Join us the second Tuesday of the month, for the GGSC Grower's Club Meeting

in the Game Room to learn more about the George Gibson Senior Center Growers Club.

Walk - Ins are welcome!

"GROWING VEGETABLES FOR YOU"

Daily Activity Schedule

Mon	Tue	Wed	Thu	Fri
All Day: Billiards All Day: Puzzles 9:00 - 10:00: Seniorcise 10:00-11:00: Adv. Beg. Tap 11:15 - 12:45: Adv. Tap 1:00-2:30: Yoga Wellness 2:00-4:00: Dominos & Uno 2:30 - 4:45 Ping Pong 2:30 –4:45 Computer Lab	All Day: Billiards All Day: Puzzles 9:00-9:45: Rock the Walk 10:00-11:30: Art Class 10 :15- 11:45: Yoga 12:30 - 2:30: Knitting 1:00- 2:30: Clutter Chaos 2:00-4:00: Scrabble 2:15 - 4:45 Ping Pong 2:30 –4:45 Computer Lab	All Day: Billiards All Day: Puzzles 9:00 - 10:00: Seniorcise 10:00-11:30: Bible Study 10:00- 11:30: Beg. Harmonica 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	All Day: Billiards All Day: Puzzles 8:45-9:45: Zumba Gold 10:00 -11:00: Harmonica 10:15- 11:45: Yoga 12:00-1:00: Ballet 2:00-4:00: Phase 10/Rummikub 2:15 - 4:45 Ping Pong 2:30 –4:45 Computer Lab	All Day: Billiards All Day: Puzzles 9:00-10:00:Ballet 10:00 -11:00: Line Dance 1 11:00-12:00: Line Dance 2 2:00-4:00:Poker & Yahtzee 2:15 - 4:45 Ping Pong 8:30 –4:45 Computer Lab
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Upcoming Events

Happy Anniversary to Us!!!!

The George Gibson Senior Center is turning 18 years old!
How did that happen?

LET'S PARTY!

Beach Party Theme

Friday, July 17th 11:00—2:00pm
Please meet in the front lobby
$4.00 per person
(Last day to purchase tickets, July 10th)

Don't miss our party-hearty meal & great entertainment by Retro Station Band
Many Aloha Thanks to our generous sponsors: Richard Peterson Funeral Home & Caremore

Upcoming Events

Poetry Group
Monday, July 13th & 27th, 2015
3:00-4:00pm

This Group is specifically designed for older adults and will provide an opportunity to be creative! In this monthly session you will learn more about Creative Arts, discuss poetry with group members and have an opportunity to write and share your own poetry.

***Every Second & Forth Monday**

Pre-Registration is required!
Call 909-981-4501 or visit the front desk at The Gibson Senior Center

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Dr. Tony Ratkovic
Health Topics

12:30 -1:30 pm
Tuesday, July 21st, 2015

"Take Your Stress Test and get answers today"

Walk - Ins Welcome!

The Gibson Senior Center now has Free DVD Rentals!

Come and check out your favorite DVD at the front desk!

***Movies are property of the Gibson Senior Center and must be returned within 72 hours.**

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!

**Books must be returned by Due date (late fees apply)*

Miscellaneous/On-going

HICAP

CALIFORNIA HEALTH ADVOCATES
Medicare: Policy, Advocacy and Education

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

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Inland Counties Legal Services

Free legal consultation
for Seniors:
(909) 476-9252

July 23rd, 2015
9am—1pm
Consultations will be held at the Gibson Senior Center

Free Blood Screenings Pressure July 14th & 28th, 2015

2nd & 4th Tuesday
of each month
11:00am—1:00pm

Lobby Area
Walk - Ins Welcome!

Sponsored by:

Right at Home
In Home Care & Assistance

Clutter Chaos

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 group!

Tuesday's Ongoing
1:00 - 2:30 p.m.

Workshop & Weekly Support Group!

Billiards Tournament

Last Monday of the Month
July 27th, 2015

Gibson Billiards Room
1:00—4:00 p.m.
$5.00 per person (includes lunch)
For more information please contact the Gibson Front Office.

CONGRATULATIONS TO THE WINNERS FOR JUNE!
Wayne - 1st place
Rich—2nd place

Miscellaneous

American Association of Retired Persons
Meeting/Potluck will be held at the
Upland Recreation Center at 11:00 a.m.
3rd Monday of the month
July 20th, 2015

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

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

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55 Alive Driving "Refresher Course"
Tuesday, July 14th, 2015

12:00-5:00 p.m.

Classes taught by AARP instructors are offered at the Gibson Senior Center on a regular basis. The course cost is $15.00 for AARP Members, $20.00 for Non-Members (all payments must be made at the time of registration, by check, made payable to AARP). You will receive a certificate which will get you the Mature Driving Discount from your Auto Insurance.

Multiple Myeloma Support Group
No Meeting in July
Will resume in August

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 about up to date information and treatment options for Multiple Myeloma patients.

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

FUN AFTER FIFTY
Open to the Public

Bingo Every Wednesday
Bingo Packs will be sold between 10:30 a.m. & 1:00 p.m. Game starts at 1:20 p.m.

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

Fun After Fifty Special Luncheons
4th Thursday of the month
July 23rd, 2015
Magnolia Park, Upland Recreation Center,

Doors Open at 10:00 a.m.

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

Family Caregiver Support Group

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, Stroke, Traumatic Brain Injury, etc.)

Thursday, July 30th, 2015
3:00 - 4:30 p.m.

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

Get Ready for Your DMV Test

Free at the Upland Library's Literacy Center
Carnegie Hall Downstairs
123 D Street
Upland, CA 91786
Two sessions to help you prepare for the test

- **A walk thru of the California DMV Driver Handbook: On the 3rd Tuesday of the month 3:00pm**
- **Online or Hardcopy Practice Test Monday thru Friday 1:00p—4:00p**

Register now at the Literacy Center!
Or call Liz Barbee 909-931-4211

FREE
Tech Help
Thursdays
1:00 pm-4:00 pm

Having trouble using your electronic gadgets?
Need help with email and social media?
Schedule an appointment at the front desk.

FREE TAI CHI

Tai Chi Chuan is the ancient Chinese art of slow moving meditation. By using dance-like, low impact movements, this form of exercise has a long history of improving breathing, calmness, balance, coordination, strength and flexibility. Modern studies have also shown that regularly practicing Tai Chi can also reduce the pain associated with osteoarthritis as well as decrease tension, anger, depression and anxiety.

Thursday, July 9th & 23th, 2015
1:15p—2:15p

Sign up at the Gibson Front Office
Sponsored by:

CareMore
It's what we do.™

ROCK THE WALK!

Join the new Rock the Walk class and experience a fun and exciting way of getting your cardio. This class includes "Energy Bursts" which are 2-3 minute faster music intervals where we kick-up our walking pace a notch, then move it back down to a different 60's and 70's music beat. You will utilize exercise stretch bands and one pound hand weights during class. Meet new friends while you exercise!
Instructor: Ginger Dollarhide
Located at Gibson Senior Center Dance Room

Next Session: July 7th—July 28h (Tuesdays)
9:00—9:45am

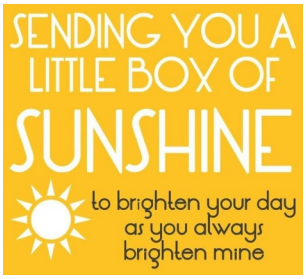
Only $20 for 4 classes
Sign up at the front desk

Community Corner

Our Neighbor & Friend Coy de Estes Apartments celebrated their 18th Anniversary with an outdoor party in their courtyard on Tuesday, June 16th, 2015. A great time was had by all who attended (105 residents to be exact) as they listened to live music and enjoyed hamburgers, hotdogs, watermelon and all the fix-ins! The weather was beautiful and the Board Members were in attendance to enjoy the festivities. Susie Sweet Spot was even on hand to make fresh donuts! We at the George Gibson Senior wish Coy de Estes Apartments a very Happy Anniversary! And thank you for being such wonderful neighbors & partners!

GIBSON CHEERY CHATTERS

The Gibson Senior Center staff and volunteers will make phone calls to brighten your 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. Come see us at the front desk to sign up or for more information.



4th of July Word Search

CONGRESS
CONNECTICUT
DELAWARE
ENGLAND
FIREWORKS
FLAG
FREEDOM
GEORGIA
JULY
KING
LIBERTY
MARYLAND
MASSACHUSETTS-BAY
NEW HAMPSHIRE
NEW JERSEY
NEW YORK
NORTH CAROLINA
PARADE
PENNSYLVANIA
RHODE ISLAND
SOUTH CAROLINA
STATES
TAXES
UNITED
VIRGINIA

P	N	A	I	N	I	G	R	I	V	D	A	M	W
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Q	L	R	D	E	L	A	W	A	R	E	M	A	J
P	E	N	N	S	Y	L	V	A	N	I	A	N	H