

# July & August

## Recreation & Community Services Department

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

Must be 50 years  
and older  
& fill out an emergency  
card/waiver form.



**Hours of Operation:**  
**Monday-Friday:**  
**8:30 a.m. - 5:00 p.m.**  
**Saturday & Sunday**  
**Closed**

## Gibson Senior Center Staff

**Toni Cova**  
Sr. Recreation Specialist

**Margie King**  
Recreation Specialist

**Christen Jennings**  
Recreation Specialist

**Joshua Cardenas**  
Recreation Specialist

**April Flores**  
Recreation Specialist

# GIBSON GABBER



“Like” our page on Facebook at the George M.  
Gibson Senior Center to get updates and  
reminders on upcoming activities and events!





# GENERAL INFORMATION

## Important Phone Numbers—In Case Of An Emergency, Dial 9-1-1

Gibson Senior Center	(909) 981-4501	Upland Recreation	(909) 931-4280
Upland Fire Dept.	(909) 931-4180	Upland City Hall	(909) 931-4100
Upland Police Dept. (Non-Emergency)	(909) 946-7624	Upland Public Library	(909) 931-4200
Community Senior Services	(909) 621-9900	ACCESS/Omni	(909) 379-7160
Department Of Aging & Adult Services	(800) 772-1213	Social Security	(909) 891-3900



### DVD Rentals

**Cost: FREE**



Come check out your favorite DVD at the front desk! We have a wide selection DVDs to choose from. Movies are property of the Gibson Senior Center and must be returned within 72 hours.



### Smart Cart Library Books

**Cost: FREE**



Do you enjoy reading? We have a great selection of large print books from the Upland Public Library here at the Gibson Senior Center, for you convenience. Come to the Front desk and pick up a great read TODAY!



### Vegetable Garden

**Cost: FREE**



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. **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 11:00a.m. and 1:00p.m.



### ALL DAY Activities

**Cost: FREE**



Come join forces with our amazing puzzle players to exercise your brain and learn new strategies. We have a wide selection puzzles to choose from. Enjoy a game of billiards and socialize with the fun pool players, and check out the newly re-felted tables. We also have TV, Ping Pong, Darts, and Foosball available most days. Check at the front office daily.

# FUN FACTS

- Only 2 people signed the Declaration on July 4th, most signed on August 2nd.
- Calvin Coolidge, the 30th president, was born on July 4, 1872.
- July 4th did not become a legal federal holiday until 1939, celebrations date back to the 1800s.
- Three of the first five presidents died on July 4th: John Adams, Thomas Jefferson, and James Monroe. John Adams and Thomas Jefferson both died in 1826, the 50th anniversary of our Independence.



<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
 <p><b>It's SUMMER!</b></p>	 <p><b>HAPPY ICE CREAM MONTH</b></p>		 <p><b>NATIONAL HOT DOG MONTH</b></p>	<p><b>July 1</b>            All Day: Billiards, Puzzles, TV            9:00 - 12:00 HICAP Counseling            9:30 - 10:15 Line Dancing Adv. Bg            10:00 - 1:00 Myeloma Group            10:30 - 11:15 Line Dancing Beg            1:30 - 2:30 Yoga            1:00 - 4:00 Mex. Dominoes            2:30 - 4:30 Computer Lab</p>
<p><b>July 4 INDEPENDENCE DAY!</b></p> <p><b>CLOSED</b></p> 	<p><b>July 5</b>            All Day: Billiards, Puzzles, TV            9:00 - 9:45 Rock the Walk            9:30 - 11:30 Art For 50+            10:00 - 11:30 Yoga            12:00 - 5:00 AARP Driving Refresher Course            12:00 - 1:00 Arthritis Class            12:30 - 2:30 Knitting            1:00 - 2:30 Clutter Chaos            2:30 - 4:30 Ping Pong</p>	<p><b>July 6</b>            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            1:15 - 4:00 Bingo            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong</p>	<p><b>July 7</b>            All Day: Billiards, Puzzles, TV            8:45 - 9:45 Zumba Gold            10:00 - 11:30 Yoga            10:00 - 11:30 Harmonichoir            12:00 - 1:00 Ballet            12:30 - 2:00 Art For 50+            1:30 - 2:30 Tai Chi            2:30 - 4:30 Ping Pong            2:30 - 5:00 Movie &amp; Popcorn  <b>1776</b></p>	<p><b>July 8</b>            All Day: Billiards, Puzzles, TV            9:30 - 10:15 Line Dancing Adv. Bg            10:30 - 11:15 Line Dancing Beg            1:30 - 2:30 Yoga            1:00 - 4:00 Mex. Dominoes            2:00 - 4:30 Computer Lab</p>
<p><b>July 11</b>            All Day: Billiards, Puzzles, TV            9:00 - 10:00 Seniorcise            10:00 - 11:00 Computer I            10:00 - 11:15 Intermediate Tap I            11:15 - 12:45 Advanced Tap            11:30 - 12:30 Computer II            1:00 - 2:30 Yoga Wellness            1:00 - 4:00 Billiards Tournament            2:30 - 4:30 Ping Pong            3:00 - 4:30 Color Your Bliss</p>	<p><b>July 12</b>            All Day: Billiards, Puzzles, TV            9:00 - 9:45 Rock the Walk            9:30 - 11:30 Art For 50+            10:00 - 11:30 Yoga            11:00 - 1:00 Blood Pressure            12:00 - 1:00 Arthritis Class            12:30 - 2:30 Knitting            1:00 - 2:30 Clutter Chaos            1:30 - 4:30 Upland Travelers            2:30 - 4:30 Ping Pong            2:30 - 4:30 Computer Lab</p>	<p><b>July 13</b>            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            1:15 - 4:00 Bingo            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong</p>	<p><b>July 14</b>            All Day: Billiards, Puzzles, TV            8:45 - 9:45 Zumba Gold            9:30 - 11:30 Alzheimer Assoc.            10:00 - 11:30 Yoga            10:00 - 11:30 Harmonichoir            12:00 - 1:00 Ballet            1:00 - 2:30 Colorful Creations            12:30 - 2:00 Art For 50+            1:30 - 2:30 Tai Chi            2:30 - 5:00 Movie &amp; Popcorn  <b>The Sandlot</b></p>	<p><b>July 15</b>            All Day: Billiards, Puzzles, TV            9:00 - 12:00 HICAP Counseling            9:30 - 10:15 Line Dancing Adv. Bg            10:30 - 11:15 Line Dancing Beg            1:00 - 4:00 Mex. Dominoes            2:00 - 4:30 Computer Lab</p>
<p><b>July 18</b>            All Day: Billiards, Puzzles, TV            9:00 - 10:00 Seniorcise            10:00 - 11:00 Computer I            10:00 - 11:15 Intermediate Tap I            11:15 - 12:45 Advanced Tap            11:30 - 12:30 Computer II            1:00 - 2:30 Yoga Wellness            1:00 - 4:00 Billiards Tournament            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong</p>	<p><b>July 19</b>            All Day: Billiards, Puzzles, TV            9:00 - 9:45 Rock the Walk            9:30 - 11:30 Art For 50+            10:00 - 11:30 Yoga            10:00 - 12:00 DAAS            12:00 - 1:00 Arthritis Class            12:30 - 1:30 Dr. Tony            12:30 - 2:30 Knitting            1:00 - 2:30 Clutter Chaos            2:30 - 4:30 Ping Pong            2:30 - 4:30 Computer Lab</p>	<p><b>July 20</b>            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            1:15 - 4:00 Bingo            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong</p>	<p><b>July 21</b>            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            12:00 - 1:00 Ballet            12:30 - 2:00 Art For 50+            1:30 - 2:30 Tai Chi            2:30 - 4:30 Ping Pong            2:30 - 5:00 Movie &amp; Popcorn  <b>Best Exotic Marigold Hotel</b></p>	<p><b>July 22</b>            All Day: Billiards, Puzzles, TV            9:30 - 10:15 Line Dancing Adv. Bg            10:30 - 11:15 Line Dancing Beg  <b>1:00 - 4:00 Western Hoedown</b>  <b>Gibson Senior Center 19th Anniversary Celebration</b>            1:00 - 4:00 Mex. Dominoes            2:00 - 4:30 Computer Lab</p>
<p><b>July 25</b>            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 - 4:30 Ping Pong            3:00 - 4:30 Color Your Bliss</p>	<p><b>July 26</b>            All Day: Billiards, Puzzles, TV            9:00 - 9:45 Rock the Walk            9:30 - 11:30 Art For 50+            10:00 - 11:30 Yoga            12:00 - 1:00 Arthritis Class            12:30 - 2:30 Knitting            1:00 - 2:30 Clutter Chaos            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong            3:30 - 5:00 <b>Dessert Social</b>  <b>Peach Cobbler Confection</b></p>	<p><b>July 27</b>            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            1:15 - 4:00 Bingo            2:00 - 4:30 Computer Lab            2:30 - 4:30 Ping Pong</p>	<p><b>July 28</b>            All Day: Billiards, Puzzles, TV            8:45 - 9:45 Zumba Gold            9:30 - 11:30 Alzheimer Assoc.            10:00 - 11:30 Yoga            10:00 - 11:30 Harmonichoir            12:00 - 1:00 Ballet            12:30 - 2:00 Art For 50+            1:30 - 2:30 Tai Chi            2:30 - 4:30 Ping Pong            2:30 - 5:00 Movie &amp; Popcorn  <b>Three Men and a Baby</b>            3:00 - 4:30 Caregiver Support</p>	<p><b>July 29</b>            9:30 - 10:15 Line Dance Adv. Bg            10:30 - 11:15 Line Dance Beg.            1:00 - 4:00 Mexican Dominoes            1:30 - 2:30 Yoga            2:00 - 4:30 Computer Lab</p>

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<p><b>August 1</b> All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 11:30 - 12:30 Computer II 12:00 - 5:00 AARP Driving Full Course 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 2</b> All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art For 50+ 10:00 - 11:30 Yoga 12:00 - 1:00 Arthritis Class 12:00 - 5:00 AARP Driving Full Course 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 3</b> 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 1:15 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 4</b> All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art For 50+ 1:30 - 2:30 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie &amp; Popcorn <b><u>Something's Gotta Give</u></b></p>	<p><b>August 5</b> All Day: Billiards, Puzzles, TV 9:00 - HICAP Counseling 10:00 - 1:00 Myeloma Group 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:00 - 4:30 Computer Lab</p>
<p><b>August 8</b> All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 11:30 - 12:30 Computer II 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p><b>August 9</b> All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art For 50+ 10:00 - 11:30 Yoga 11:00 - 1:00 Blood Pressure 12:00 - 1:00 Arthritis Class 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 10</b> 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 1:15 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 11</b> All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art For 50+ 1:00 - 2:30 Colorful Creations 1:30 - 2:30 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie &amp; Popcorn <b><u>Cool Runnings</u></b></p>	<p><b>August 12</b> All Day: Billiards, Puzzles, TV 1:30 - 2:30 Yoga 1:00 - 4:00 Mex. Dominoes 2:00 - 4:30 Computer Lab</p>
<p><b>August 15</b> All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 11:30 - 12:30 Computer II 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 16</b> All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art For 50+ 10:00 - 11:30 Yoga 10:00 - 12:00 DAAS 12:00 - 1:00 Arthritis Class 12:30 - 1:30 Dr. Tony 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p><b>August 17</b> 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 1:15 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 18</b> All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 1:00 Legal Consultation 9:30 - 11:30 Alzheimer Assoc. 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art For 50+ 1:30 - 2:30 Tai Chi 2:30 - 5:00 Movie &amp; Popcorn <b><u>It's Complicated</u></b></p>	<p><b>August 19</b> All Day: Billiards, Puzzles, TV 9:00 - 12:00 HICAP Counseling 10:00 - 11:30 Holistic Health 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Yoga 2:00 - 4:30 Computer Lab</p>
<p><b>August 22</b> All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00 - 11:00 Computer I 10:00 - 11:15 Intermediate Tap I 11:15 - 12:45 Advanced Tap 11:30 - 12:30 Computer II 1:00 - 2:30 Yoga Wellness 1:00 - 4:00 Billiards Tournament 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p><b>August 23</b> All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art For 50+ 10:00 - 11:30 Yoga 12:00 - 1:00 Arthritis Class 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab 3:30 - 5:00 <b><u>Dessert Social Ice Cream</u></b></p>	<p><b>August 24</b> 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 1:15 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 25</b> All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 11:00 Connect Hearing 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art For 50+ 1:30 - 2:30 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie &amp; Popcorn <b><u>Some Like it Hot</u></b> 3:00 - 4:30 Caregiver Support</p>	<p><b>August 26</b> All Day: Billiards, Puzzles, TV 1:00 - 4:00 Mex. Dominoes 1:30 - 2:30 Yoga 2:00 - 4:30 Computer Lab</p>
<p><b>August 29</b> 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 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p><b>August 30</b> All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art For 50+ 10:00 - 11:30 Yoga 12:00 - 1:00 Arthritis Class 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p><b>August 31</b> 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 1:15 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	 <p><b>National Senior Citizens Day</b> Sunday, August 21st</p>	



# MONTHLY ACTIVITIES

## Fun After Fifty - Bingo Every Wednesday!

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 any over 18. Bingo Packs will be sold between 10:30 a.m. & 1:00 p.m.

**Game Starts promptly at 1:20p.m.**



For questions contact Sandy Wightman at (909) 624-0195



## Dessert Social **Cost: \$2.00**



Come enjoy a scrumptious dessert and a great time hanging out with friends! Don't forget that we also play BINGO!

**Tuesday, July 26th**  
3:30p.m. - 5:00p.m.  
**Peach Cobbler Confection**  
**Tuesday, August 23rd**  
3:30p.m. - 5:00p.m.  
**We all Scream for Ice Cream**



## Movies in the Afternoon **Cost: FREE**



Come and enjoy a relaxing movie and popcorn! Each week will be a new movie! Every Thursday at 2:30p.m. In the arts and crafts room. Make movie requests at the front desk with Christen on Monday & Thursday.

- July 7th - 1776
- July 14th - The Sandlot
- July 21st - Best Exotic Marigold Hotel
- July 28th - Three Men and a Baby
- August 4th - Something's Gotta Give
- August 11th - Cool Runnings
- August 18th - It's Complicated
- August 25th - Some Like it Hot



## Inland Valley Senior Billiards 8 Week Tournament

**Cost: \$5.00 per person**



Every Monday,  
July 11th - August 29th  
Final's on Monday, September 12th  
Sign ups begin at noon, play begins promptly at 1:00p.m. Each week the top three players will split The Pot. Top player from each week will be entered into the finals. Participants from all 8 tournaments will be entered in a drawing for one of the other 8 spots in the final!

**Prizes for Final:**

- 1st - \$250
- 2nd - \$150
- 3rd - \$100
- 4th - \$50



# FITNESS FOR FREE

## Yoga

**Mondays: Yoga Wellness 1:00 p.m. - 2:30 p.m.**  
**Tuesdays: 10:00 a.m. - 11:30 a.m.**  
**Thursdays: 10:00 a.m. - 11:30 a.m.**



Enjoy some relaxation & strengthen your body at the same time!  
Limited space available.  
Sign-ups taken at the front office.





# WELLNESS EDUCATION & SCREENINGS

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

## Come Learn The ABC's of Hearing!

Cost: FREE



Thursday, August 25th  
9:00 a.m.-11:30 a.m.



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

## Holistic Health "Pain"

Cost: FREE

Friday, August 19th  
10:00a.m. - 11:30a.m.

Learn how home remedies can help your joints, knees, back & neuropathy, and muscle pain with the wisdom of Ayurvedic Medicine.

## Alzheimer's Association "Savvy Caregiver" A Six Part Series

Cost: FREE

Thursday, July 14th & 28th & Thursday, August 4th & 18th  
9:30a.m. - 11:30a.m.

A six part program that provides caregivers the basic knowledge, skills, and attitudes needed to care for a family member who has been diagnosed with Alzheimer's disease, or another dementia.

Registration required for each session.



## Blood Pressure Screening

Cost: FREE

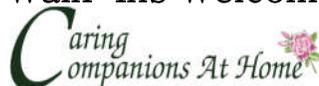


Tuesday, July 12th  
Tuesday, August 9th  
11:00a.m. - 1:00p.m.



Come in and get your blood pressure checked for free. An easy, convenient way to keep your health in check!

**Walk-Ins Welcome!**



## Dr. Tony

Cost: FREE

### "Leg Strength & Balance Testing"

Tuesday, July 19th  
12:30p.m.-1:30p.m.

### "Solutions for Leg Neuropathy &

### Restless Leg Syndrome"

Tuesday, August 16th  
12:30p.m. - 1:30p.m.

**Walk Ins Welcome!**





# SERVICES



## AARP- Mature Driving

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

### **"Refresher"**

Tuesday, July 5th  
12:00 p.m.-5:00 p.m.

### **"Full Course"**

Monday, August 1st &  
Tuesday, August 2nd  
12:00 p.m.-5:00 p.m.



The Course is \$15 for AARP Members or \$20 for non-members. Registration is required and must be made at the Senior Center. **Phone registration is not available.** 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.



## Inland Counties Legal Services

**Cost: FREE**

**Thursday, & Thursday,  
9:00 a.m.-1:00 p.m.**



Consultations will be held at the Gibson Senior Center. You must call (909) 476-9252 to make and appointment and do a phone interview prior to coming in.

**CANNOT ACCEPT WALK-INS!**

Legal Services Provided by: Inland Counties Legal Services



## HICAP Counseling

**Cost: FREE**

**Friday**

**9:00 a.m.-12:00 p.m.**



CALIFORNIA HEALTH ADVOCATES  
Medicare: Policy, Advocacy and Education

Do you need help paying for prescriptions, utilities, food or Medicare Premiums? **Call (909) 981 - 4501 for an appointment** with a trained HICAP Counselor. "We can help!" Confidential and FREE of charge.

# SENIOR GROUPS

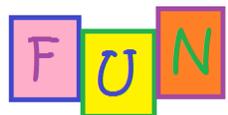
## Fun After Fifty

For information concerning club activities please call

**Sandy Wightman  
(909)624-0195**

For Casino Trips offered by Fun after Fifty, call

**Lisa Short  
(909)982-8754**



## AARP

For Club information please contact

**Patty Scammacca  
(909) 985-5888**

For other information regarding AARP

**Please call: (800) 424-3410**

Visit our website at [join.aarp.org](http://join.aarp.org)





# SUPPORT GROUPS

## Family Care Giver Support Group

**Cost: FREE**

Thursday, July 28th & Thursday, August 25th  
3:00 p.m.-4:30 p.m.

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. Held the last Thursday of every month. For more information, please call Inland Caregiver Resource at (800)675-6694



## Multiple Myeloma Support Group

**Cost: FREE**

Friday, July 1st & Friday, August 5th  
10:00 a.m.-1:00 p.m.

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](mailto:carlene_pratt@yahoo.com)



# ONGOING ENRICHMENT



West End Family Counseling Services  
Serving Our Community Since 1982

## Color Your Bliss

**Cost: FREE**



Monday, March 14, 28th & April 11th & 25th  
3:00 p.m.-4:30 p.m.

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. **Pre-registration is required.**

Sponsored By: West End Family Counseling

## Clutter Chaos

**Cost: FREE**

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

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.



## Scavenger Hunt

**Cost: FREE**

Monday,  
August 15th  
All Day starting at  
9:00a.m.

Follow the clues around the senior center. Win a prize if you find all the clues! Work alone or with a friend!



## NEW! Colorful Creations

**Cost: \$5 materials fee/per class**

Once a month we will get together and exercise our creative side. Every month we will create something new, and different!

### "Lighthouse"

Thursday, July 14, 2016  
1:00pm - 2:30pm



Build a lighthouse out of terra cotta pots.

### "Vase Painting & Floral Arrangements"

Thursday, August 11, 2016  
1:00pm - 2:30pm



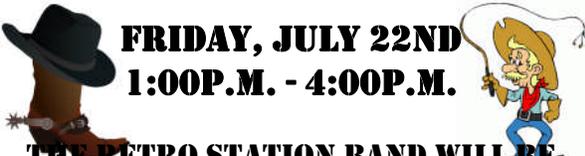
Come learn marbled art on vases, and then create a Beautiful flower arrangement to display in your home.



# DON'T MISS EVENTS

**WESTERN HOEDOWN CELEBRATION**  
**COST: \$5.00 PER PERSON**

**JOIN US FOR SOME GREAT FUN TO CELEBRATE 19 YEARS OF THE GEORGE M. GIBSON SENIOR CENTER!**

 **FRIDAY, JULY 22ND**  
**1:00P.M. - 4:00P.M.**

**THE RETRO STATION BAND WILL BE PERFORMING. A WESTERN LUNCH INCLUDES CHICKEN, BAKED BEANS, POTATO SALAD, ICE COLD WATERMELON, AND SCRUMPTIOUS PEACHES AND ICE CREAM FOR \ DESSERT! YEE HAW!**

**TICKETS AVAILABLE FOR PURCHASE AT THE GIBSON FRONT OFFICE. ON SALE NOW!**

**PUT ON YOUR DANCING SHOES, AND BRING YOUR APPETITE FOR A REAL GOOD TIME!**

**FOR ADDITIONAL INFORMATION CALL:**  
**(909) 981 - 4501**

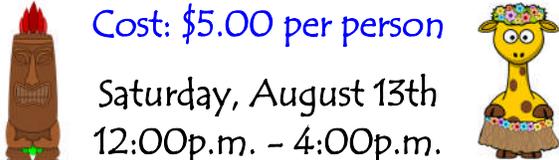
**The Wonderful World of Walt Cabaret Event**  
**Cost: \$5.00 per person**

**Join us to hear the musical sensation of New Vision Theatrics performing**  
 **songs!**

**Tickets available for purchase at the Gibson Front Desk!**  
**Don't miss this must see event!**

**For additional information call:**  
**(909) 981-4501**

**Aloha Summer Luau and Dance**

 **Cost: \$5.00 per person**

**Saturday, August 13th**  
**12:00p.m. - 4:00p.m.**

Dress in your favorite Hawaiian attire and join us for an afternoon of dancing, island-style entertainment, lunch, and fun!

Tickets available for purchase at the Gibson front Desk starting Friday, July 15th!

For Additional Information Call:  
 (909) 981 - 4501

**Art Exhibit**  
**Cost: FREE**

 **Friday, July 15th**  
**6:00p.m. - 8:00p.m.**

All are invited to attend this Free Art Exhibit Event showcasing the art students who attend the "Art For 50 Plus" class.  
 Instructed by: Marion Steese.

Various mediums will be displayed for viewing in acrylic, pastels, and mixed mediums. Marion Steese and her students will be available to answer any questions.

**Some artwork will be available for purchase.**

Refreshments will be provided.  
 For additional information call:  
 (909) 981 - 4501



## IN THE SPOLIGHT



### **HILDA MILAGRO FRIED**

**Hilda is a frequent participant at the Gibson Senior Center. She was born on November 27th. She has 3 children, 2 boys and 1 girl; 6 grandchildren, and 2 great-granddaughters.**

**Originally from New York Hilda moved to the Los Angeles area of California in 1954 with her husband and first born son.**

**Without any college education Hilda worked in a hospital for about 40 years, greeting people, and helping them with their medical finances. Being bilingual in Spanish, her first language is English helped in her career.**

**Hilda loves to sing, dance, sketch animals, and is very proud of the plants she decorates her apartment with. She sings in her church choir. She enjoys playing BINGO on Wednesdays, and joins us for lunch everyday, she loves the food that is served, and the price.**

**Hilda is always such a happy person, and is kind and friendly to everyone. We are so glad that she is in our community.**

## DID YOU KNOW?

### **The Gibson Center has a beautiful garden on the back patio?**

**Our garden offers a wide selection of fresh vegetables, and some fruit to everyone! Our volunteer Richard comes in daily to pick some of the fresh produce and places it in the lobby. He also waters and maintains the quality of the produce.**

**Everyone is welcome to pick the produce they like right from the garden! This garden is a wonderful part of our center and should be taken advantage of. Why pay for lower quality vegetables in the store when we offer a variety of lettuce, tomatoes, and more right here for free!**

**Not only is this garden wonderful for the produce, but the patio area is a great place to just sit and relax. We hope to see all of you enjoying our garden and all it has to offer!**

