

MARCH & APRIL 2016



**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**

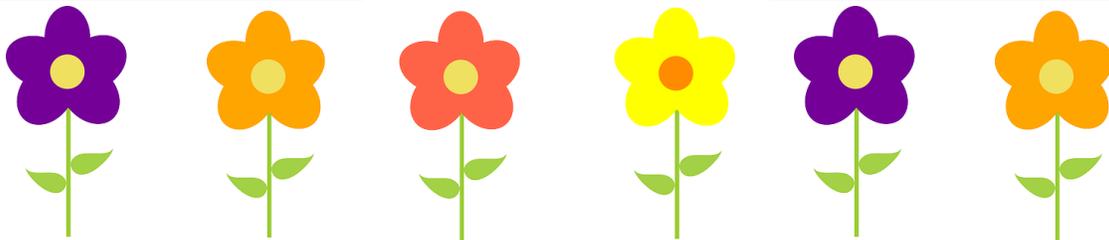
Toni Cova
Sr. Recreation Specialist

Margie King
Recreation Specialist

Christen Jennings
Recreation Specialist

Andy Carpio
Recreation Specialist

Joshua Cardenas
Recreation Specialist



GIBSON GABBER

“Like” our page on Facebook at the George M. Gibson Senior Center
and 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 many 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?
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.
Come to the Front desk and pick up a great read for FREE!

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.
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, & More **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. Come play **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, depending on what is scheduled. Check at the front office daily.

Tech Help now available!

Cost: FREE
Having trouble learning how to use your new cell phone, tablet, or laptop?
Come to the Senior Center Front Desk and ask for Andy.



March: 7th, 14th, 21st & 28th
April: 4th, 11th, 18th & 25th
1:30 p.m.—4:30 p.m.



March 2016

Mon	Tue	Wed	Thu	Fri
	<p>March 1 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 12:30 - 5:00 AARP Driving 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>March 2 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 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 3 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Holistic Health 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 4 All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 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 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>March 7 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 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 8 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 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>March 9 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 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 10 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Holistic Health 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:15 - 2:15 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 11 All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 9:30 - 10:15 Line Dancing Adv. Bg 10:00 - 11:30 SARH Cardio 10:30 - 11:15 Line Dancing Beg 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>March 14 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 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>March 15 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 10:00 - 12:00 DAAS 12:15 - 1:15 Dr. Tony 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>March 16 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 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 17 St. Patrick's Day All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 9:00 - 11:00 Legal Consult. 10:00 - 11:00 Diabetes 101 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art 2:30 - 4:30 Computer Lab 3:30 - 5:00 St. Patrick's Party</p>	<p>March 18 All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 9:00 - 11:00 UIC Vein 9:00 - 12:00 HICAP Counseling 9:30 - 10:15 Line Dancing Adv. Bg 10:30 - 11:15 Line Dancing Beg 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Bunco 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>March 21 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 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 22 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 11:00 - 1:00 Blood Pressure 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 Grub Club (Shepherd's Pie)</p>	<p>March 23 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 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 24 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:00 Bed Bug Edu. 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:15 - 2:15 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 25 All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 9:30 - 10:15 Line Dancing Adv. Bg 10:30 - 11:15 Line Dancing Beg 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>March 28 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 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>March 29 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 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>March 30 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 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>March 31 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 2:30 - 4:30 Ping Pong 3:00 - 4:30 Caregiver Support Group</p>	<p> Don't forget to "spring" forward on March 13th and set your clocks one hour ahead. </p>

April 2016

Mon	Tue	Wed	Thu	Fri
		<p>Reminder: Senior Prom is Saturday, April 16th! Get your tickets now!</p>		<p>April 1 April Fool's Day All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 9:00 - HICAP Counseling 9:30 - 10:15 Line Dancing 10:00 - 1:00 Myeloma Group 10:30 - 11:15 Line Dancing Beg. 11:00 - 12:00 - Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>April 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 1:00 - 2:30 Yoga Wellness 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 5 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Art 10:00- 11:30 Yoga 12:00 - 5:00 AARP Driving 12:30 - 2:30 Knitting 1:00- 2:30 Clutter Chaos 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 6 All Day: Billiards, Puzzles, TV 9:00 - 10:00 Seniorcise 10:00-11:30 Bible Study 10:00-11:30 Interm.Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:15 - 4:30 Ping Pong 2:30 -4:30 Computer Lab</p>	<p>April 7 All Day: Billiards, Puzzles, TV 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Yoga 10:00 - 11:30 Alzheimer Assoc. 10:00 - 11:30 Harmonichoir 12:00 - 1:00 Ballet 12:30 - 2:00 Art 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 8 All Day: Billiards, Puzzles, TV 9:00 - 1:00 AARP Taxes 9:30 - 10:15 Line Dance Adv Beg 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>April 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 1:00 - 2:30 Yoga Wellness 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>April 12 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Art 10:00- 11:30 Yoga 12:15 - 1:15 Dr. Tony 12:30 - 2:30 Knitting 1:00- 2:30 Clutter Chaos 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 13 All Day: Billiards, Puzzles, TV 9:00 - 10:30 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Interm. Tap II 12:00 - 1:00 Hula Dance 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 14 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 10:00 - 11:00 Diabetes 101 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00-1:00 Ballet 1:15 - 2:15 Tai Chi 12:30 - 2:00 Art 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 15 All Day: Billiards, Puzzles 9:00 - 11:00 UCI Vein Screening 9:00 - 12:00 HICAP Counseling 9:00 - 1:00 AARP Taxes 9:30 - 10:15 Line Dance Adv Beg 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>
<p>April 18 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 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 19 All Day: Billiards, Puzzles, TV 9:00-9:45 Rock the Walk 9:30 - 11:30 Art 10:00- 11:30 Yoga 11:00 - 12:00 DAAS 12:15 - 1:15 Dr. Tony 12:30 - 2:30 Knitting 1:00- 2:30 Clutter Chaos 1:30 - 4:30 Upland Travelers 2:15 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 20 All Day: Billiards, Puzzles, TV 9:00 - 10:30 Seniorcise 10:00 - 11:30 Interm. 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 1:20 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>April 21 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 9:00 - 1:00 Legal Consultation 10:00 - 11:30 Budget Seniors 10:00 - 11:30 Yoga 10:00 - 11:30 Harmonichoir 12:00-1:00 Ballet 12:30 - 2:00 Art 2:15 - 4:45 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>April 22 Earth Day All Day: Billiards, Puzzles 9:30 - 10:15 Line Dance Adv Beg 10:00 - 11:00 Psych of Diabetes 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Bunco 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>
<p>April 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 1:00 - 4:00 Billiards Tournament 1:00 - 2:30 Yoga Wellness 2:00 - 4:00 Autobiography 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>April 26 All Day: Billiards, Puzzles, TV 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 11:00 - 1:00 Blood Pressure 12:30 - 2:30 Knitting 1:00 - 2:30 Clutter Chaos 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 5:00 Grub Club (Chili Beans & Cornbread)</p>	<p>April 27 All Day: Billiards, Puzzles, TV 9:00 - 10:30 Seniorcise 10:00 - 11:30 Interm. 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 1:20 - 4:00 Bingo 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab</p>	<p>April 28 All Day: Billiards, Puzzles, TV 8:45-9:45 Zumba Gold 10:00 - 11:30 Alzheimer Assoc. 10:00 - 11:30 Yoga 12:00-1:00 Ballet 12:30 - 2:00 Art 1:15 - 2:15 Tai Chi 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer Lab 3:00 - 4:30 Caregiver Support</p>	<p>April 29 All Day: Billiards, Puzzles 9:30 - 10:15 Line Dance Adv Beg 10:30 - 11:30 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 2:00 Yoga 1:00 - 4:00 Mex. Dominoes 2:15 - 4:45 Ping Pong 2:30 - 4:45 Computer</p>

Upcoming Events

Grub Club

Tuesday, March 22nd - "Shepherd's Pie"

Tuesday, April 26th - "Chile Beans & Corn Bread"

Cost: \$4.00

3:30 p.m.-5:00 p.m.



Come enjoy a delicious meal and a great time!

Ticket is required for entry.

No potluck dishes in lieu of ticket.

Big Thanks to our generous sponsors!



Billiards Tournament

Monday, March 28th—1:00 p.m.-4:00 p.m.

Monday, April 25th—1:00 p.m.-4:00 p.m.

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!



Cost: \$5.00



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 to play

Bingo Packs will be sold between

10:30 a.m. & 1:00 p.m.

Game Starts promptly at 1:20 p.m.



Fitness for FREE

Tai Chi

Thursday, March 10th & 24th

Thursday, April 14th & 28th

1:15 p.m. - 2:15 p.m.

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!

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.

Fridays: 1:00 p.m. - 2:00 p.m.

Enjoy a relaxing time & strengthen your body at the same time!

Limited space available.

Sign-ups taken at the front office.

Wellness Education & Screenings

Generations Ahead Program **Cost: FREE**

"The Importance of Maintaining Healthy Blood Pressure"

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

Pre-Registration Is Required (909) 981-4501

Sponsored by San Antonio Regional Hospital

Wellness Education & Screenings

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.

Living With Alzheimer's - For Caregivers, A Three Part Series For Early Stages

Cost: FREE

Thursday, April 7th - Part I

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

Thursday, April 28th - Part II

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

Thursday, May 12th - Part III

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

Pre Registration Is Required

(909) 981-4501

Presented By: The Alzheimer's Association



alzheimer's association®

Come Learn The ABC's of Hearing!

Cost: FREE

Thursday, March 31st 9:00 a.m.-11:30 a.m.

This Educational Hearing Health Talk will give you a more thorough understanding of the different types of hearing loss and potential side effects, treatments and treatment outcomes. Get information regarding hearing aids or other hearing related topics. Hearing Screenings Will Also Be Available.

Registration is required.

Presented By:



UIC Vein Screenings **Cost: FREE**

Friday, March 18th &

Friday, April 15th

9:00 a.m.-1:00 p.m.

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!  UIC VEIN CENTER

Blood Pressure Screening **Cost: FREE**

Tuesday, March 22nd &

Tuesday, April 26th

11:00 a.m.-1:00 p.m.

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

Walk-Ins Welcome!

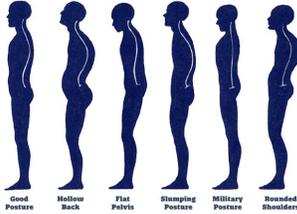


Wellness Education & Screenings

-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.

Dr. Tony

Cost: FREE



“Fixing Forward Head Posture”

Tuesday, March 15th 12:30 p.m.-1:30 p.m.

“Low Back Exercises”

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

Walk Ins Welcome!

InnovAge Presentations

Cost: FREE



“Bed Bug Education”

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

“Budgeting For Seniors”

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



Presented By: **innovAge**
Life on Your Terms

Preregistration is Required
(909) 981 - 4501

Diabetes Series

Cost: FREE



“Diabetes 101”

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

“Psychology of Diabetes”

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

Presented By:



Holistic Health

Cost: FREE

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



“Healthy, Peaceful Mind, An Ayurvedic Look At Depression, Anxiety, And Phobias?”

Thursday, March 3rd 10:00 a.m.-11:30 a.m.

“Healthy Digestion - Abdominal Pains, GERD, Halitosis & IBS.”

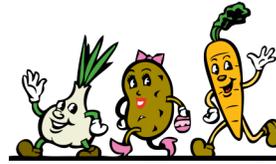
Thursday, March 10th 10:00 a.m.-11:30 a.m.

Pre-Registration Is Required: (909) 981-4501

Senior Services - Save the Date!

Mobile Fresh

A program of The Family Services Association
Every Friday 11:00 a.m.-12:00 p.m.



Aiming to promote healthy eating habits, and ease of access to quality produce.

The mobile Fresh new grocery store on wheels program combines the convenience of a corner store with the selection and freshness of a farmers market.



Cash, Debit/Credit & EBT accepted.



AARP- Mature Driving

Cost: \$15/\$20

“Refresher” Tuesday, March 1st

12:00 p.m.-5:00 p.m.

“Full Course” Mon. & Tues. April 4 & 5th

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.



The power to make it better.

HICAP Counseling

Cost: FREE

Friday, March 4th & 18th & Friday, April 1st & 15th

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

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.

Walk-ins are welcome based on availability.



HICAP

Inland County Legal Services

Cost: FREE

Thursday, March 17th & Thursday, April 21st

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 an appointment and do a phone interview prior to coming in. Cannot accept walk-ins. Legal Services Provided by: Inland Counties Legal Services

Income Tax Service

Every Friday from now until April 15th.
 By Appointment Only! (909) 981-4501



Cost: FREE

9:00 a.m.-1:00 p.m.

Offered By:



Support Groups

Multiple Myeloma Support Group

Cost: FREE

Friday, March 4th & Friday, April 1st

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

Family Care Giver Support Group

Cost: FREE

Thursday, March 31st & Thursday, April 28th

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

Ongoing Enrichment

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.



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



Miscellaneous

Fun After Fifty

For information concerning club activities please call Sandy Wightman (909)624-0195
For Casino Trips offered by Fun after Fifty, Contact Lisa Short at (909)982-8754

AARP

For Club information please contact Patty Scammacca at (909) 985-5888
For other information regarding AARP please call: (800) 424-3410

Special Events



St. Patrick's Day Event!

Thursday, March 17th

3:30 p.m.—4:30 p.m.

Come join us for a very exciting event!

The Iris Dimensions Dance Team will Perform Refreshments will be provided.



Ticket required for entry. **FREE**



Sign up at the front office while supplies last!

Thank you to our generous sponsors!

Senior Prom Disco Night

Saturday, April 16th

6:30 p.m. - 10:00 p.m.
Dinner & Dance
Tickets: \$10 per person
On sale Friday,
March 18th!

Sponsored in part, by: Kaiser Permanente
 Barbara Salazar-Garcia Sales Executive
 Senior Advantage Barbara.L.Salazar-Garcis@kp.org
 (760)218-0484 cell (800)921-2900 (619)641-4352 fax
 17284 Slover Ave. Suite #111
 Fontana, CA 92337