



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.

Gibson Senior Center Staff

Margie King
Recreation Specialist

Toni Cova
Sr. Recreation Specialist

Joshua Cardenas
Recreation Specialist

Christen Jennings
Recreation Specialist

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



GIBSON GABBER



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



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	(909) 891-3900	Social Security	(800) 772-1213

General Information

ALL DAY Activities

Come join forces with our amazing puzzle players to exercise your brain and learn new strategies. We have a wide selection of **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.

DVD Rentals

Come check out your favorite movie at the front desk for **FREE!** We have a wide selection of DVDs to choose from. Just ask to see our DVD list at the front desk. Movies are property of the Gibson Senior Center and must be returned within 72 hours.



Smart Cart Library Books

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

Our garden on the back patio has a great selection of fresh vegetables. **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, or to make a request, please see our Volunteer Richard, Wednesday-Friday between 11am and 1pm.





MAY 2016

Mon	Tue	Wed	Thu	Fri
<p>MAY 2 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intermediate Tap 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>MAY 3 All Day: Billiards, Puzzles, T.V. 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 2:30 - 4:30 Ping Pong</p>	<p>MAY 4 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Bible study 10:00 - 11:30 Intern. Tap II 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong</p>	<p>MAY 5 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Holistic Health 10:00 - 11:30 Harmonichoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 2:00- 4:30 Ping Pong 2:30 - 5:00 Movie & Popcorn <u>The Apartment</u></p>	<p>MAY 6 All Day: Billiards, Puzzles, T.V. 9:00 - 12:00 HICAP 9:30 - 10:15 Line Dance A. Beg. 10:00 - 1:00 Myeloma Group 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>MAY 9 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intermediate Tap 10:00 - 12:00 Computer I 11:15 - 12:45 Advanced Tap 12:30 - 2:30 Computer II 1:00 - 2:30 Yoga Wellness 2:00 Mother's Day Tea Party 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>MAY 10 All Day: Billiards, Puzzles, T.V. 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>MAY 11 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Intern. Tap II 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>MAY 12 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Harmoinchoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:15 - 2:15 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie & Popcorn <u>The Sting</u></p>	<p>MAY 13 All Day: Billiards, Puzzles, T.V. 9:30 - 10:15 Line Dance A. Beg. 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 2:30 - 4:30 Ping Pong 2:00 - 4:30 Computer Lab</p>
<p>MAY 16 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intermediate Tap 10:00 - 12:00 Computer I 11:15 - 12:45 Advanced Tap 12:30 - 2:30 Computer II 1:00 - 2:30 Yoga Wellness 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>MAY 17 All Day: Billiards, Puzzles, T.V. 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 12:30 - 2:30 Knitting 12:30 - 1:30 Dr. Tony 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Ping Pong 2:30 - 4:30 Computer Lab</p>	<p>MAY 18 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Intern. Tap II 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>MAY 19 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 9:00 - 1:00 Legal Consultations 10:00 - 11:30 Harmonichoir 10:00 - 11:30 Holistic Health 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie <u>The Bucket List</u></p>	<p>MAY 20 All Day: Billiards, Puzzles, T.V. 9:00 - 11:00 Vein Screening 9:00 - 12:00 HICAP 9:30 - 10:15 Line Dance A. Beg. 10:00 - 11:00 Psy. of Diabetes 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>MAY 23 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intermediate Tap 10:00 - 12:00 Computer 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 2:30 - 4:30 Computer Lab</p>	<p>MAY 24 All Day: Billiards, Puzzles, T.V. 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 10:00 - 12:00 DAAS 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 (Enchilada Casserole)</p>	<p>MAY 25 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Bible Study 10:00 - 11:30 Intern Tap II 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>MAY 26 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Harmonichoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:15 - 2:15 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie & Popcorn <u>Rear Window</u> 3:00 - 4:30 Caregiver Support Group</p>	<p>MAY 27 All Day: Billiards, Puzzles, T.V. 9:30 - 10:15 Line Dance A. Beg 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>MAY 30 MEMORIAL DAY</p> 	<p>MAY 31 All Day: Billiards, Puzzles, T.V. 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>			

JUNE 2016

Mon	Tue	Wed	Thu	Fri
 <p>14 JUNE FLAG DAY</p>	 <p>HAPPY FATHER'S DAY</p>	<p>JUNE 1 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Intern. Tap II 10:00 - 11:30 Bible Study 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginner Tap 1:20 - 4:00 Bingo 2:30 - 4:30 Ping Pong</p>	<p>JUNE 2 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 9:00 - 5:00 Treasure Hunt 10:00 - 11:30 Harmonicoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art</p>	<p>JUNE 3 All Day: Billiards, Puzzles, T.V. 9:00 - 5:00 Treasure Hunt 9:00 - 12:00 HICAP 9:30 - 10:15 Line Dance A. Beg. 10:00 - 1:00 Myeloma Group 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 1:30 - 2:30 Yoga 2:30 - 4:30 Ping Pong</p>
<p>JUNE 6 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intern. Tap 11:15 - 12:45 Advanced Tap 12:00 - 5:00 AARP Driving 1:00 - 2:00 Yoga Wellness 2:30 - 4:30 Ping Pong</p>	<p>JUNE 7 All Day: Billiards, Puzzles, T.V. 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 12:00 - 5:00 AARP Driving 2:30 - 4:30 Ping Pong</p>	<p>JUNE 8 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Intern. Tap II 10:00 - 11:30 Bible Study 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>JUNE 9 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Harmoinchoir 10:00 - 11:30 Yoga 10:00 - 11:30 Alzheimer Assoc. 12:00 - 1:00 Ballet 1:00 - 2:30 Colorful Creations 1:30 - 2:30 Tai Chi 12:30 - 2:00 Art 2:30 - 5:00 Movie & Popcorn <u>The Odd Couple</u></p>	<p>JUNE 10 All Day: Billiards, Puzzles, T.V. 9:30 - 10:15 Line Dance A. Beg. 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 1:30 - 2:30 Yoga 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>JUNE 13 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intern. Tap 10:00 - 12:00 Computer I 11:15 - 12:45 Advance Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>JUNE 14 Flag Day All Day: Billiards, Puzzles, T.V. 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 Computer Lab</p>	<p>JUNE 15 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Intern. Tap II 10:00 - 11:30 Bible Study 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>JUNE 16 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 9:00 - 1:00 Legal Consultations 10:00 - 11:30 Harmonicoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:30 - 2:30 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie & Popcorn <u>Secondhand Lions</u></p>	<p>JUNE 17 All Day: Billiards, Puzzles, T.V. 9:00 - 11:00 Vein Screening 9:00 - 12:00 HICAP 9:30 - 10:15 Line Dance A. Beg. 10:30 - 11:15 Line Dance Beg. 11:00 - 12:00 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 1:30 - 2:30 Yoga 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>JUNE 20 First Day of Summer All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intern. Tap 10:00 - 12:00 Computer I 11:15 - 12:45 Advanced Tap 1:00 - 2:30 Yoga Wellness 1:00 - 4:30 Computer Lab 2:00 Father's Day Coffee & Pie 2:30 - 4:30 Ping Pong</p>	<p>JUNE 21 All Day: Billiards, Puzzles, T.V. 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 10:00 - 12:00 DAAS 12:30 - 2:30 Knitting 12:30 - 1:30 Dr. Tony 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>JUNE 22 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Intern. Tap 10:00 - 11:30 Bible Study 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>JUNE 23 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 10:00 - 11:30 Harmonicoir 10:00 - 11:30 Yoga 10:00 - 11:30 Alzheimer Assoc. 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:30 - 2:30 Tai Chi 2:30 - 4:30 Ping Pong 2:30 - 5:00 Movie & Popcorn <u>My Fair Lady</u></p>	<p>JUNE 24 All Day: Billiards, Puzzles, T.V. 9:30 - 10:15 Line Dance A. Beg. 10:30 - 11:15 Line Dance Beg. 11:30 - 12:30 Mobile Fresh 1:00 - 4:00 Mexican Dominoes 1:30 - 2:30 Yoga 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>
<p>JUNE 27 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:15 Intern. Tap 10:00 - 12:00 Computer I 11:15 - 12:45 Advance Tap 1:00 - 2:30 Yoga Wellness 2:30 - 4:30 Ping Pong 3:00 - 4:30 Color Your Bliss</p>	<p>JUNE 28 All Day: Billiards, Puzzles, T.V. 9:00 - 9:45 Rock the Walk 9:30 - 11:30 Art 10:00 - 11:30 Yoga 12:30 - 2:00 Knitting 1:00 - 2:30 Clutter Chaos 2:30 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong 3:30 - 5:00 Grub Club (Pizza)</p>	<p>JUNE 29 All Day: Billiards, Puzzles, T.V. 9:00 - 10:00 Seniorcise 10:00 - 11:30 Intern. Tap II 10:00 - 11:30 Bible Study 12:00 - 1:00 Hula 12:00 - 3:00 Pinochle 1:15 - 2:15 Beginning Tap 1:20 - 4:00 Bingo 2:00 - 4:30 Computer Lab 2:30 - 4:30 Ping Pong</p>	<p>JUNE 30 All Day: Billiards, Puzzles, T.V. 8:45 - 9:45 Zumba Gold 9:00 - 11:30 Connect Hearing 10:00 - 11:30 Harmoinchoir 10:00 - 11:30 Yoga 12:00 - 1:00 Ballet 12:30 - 2:00 Art 1:30 - 2:30 Tai Chi 2:30 - 5:00 Movie & Popcorn <u>Charade</u> 3:00 - 4:30 Caregiver Support</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">SUMMER FUN</p> 

Monthly Activities

Grub Club

Cost: \$4.00

**Tuesday, May 24th
3:30p.m. - 5:00p.m.**
ENCHILADA CASSEROLE

**Tuesday, June 28th
3:30p.m. - 5:00p.m.**

PIZZA

Come and enjoy a delicious meal and a great time!
Don't forget that we now play BINGO!



Movies in the Afternoon

Cost: FREE

**Every Thursday at
2:30p.m. - 5:00p.m.**
Come and enjoy a relaxing movie and popcorn!

Each week will be a new movie!
Make requests for your favorite movies at the front desk!
at the front desk.



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 anyone over 18.

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

Game Starts promptly at 1:20 p.m.

For questions contact
Sandy Wightman
(909) 621-0195



Billiards Tournament

Cost: \$5.00

**Monday, May 23rd &
Monday, June 27th
1:00 p.m.-4:00 p.m.**

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



Tai Chi

**Thursday, May 12th &
Thursday, May 26th
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.

Walk-Ins are Welcome!

***Will continue in June, but will
No longer be offered for Free.**

**You must register at
the front desk.**



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

Limited space available.

Sign-ups taken at the front office.

Call
(909) 981-4501
or come to the
front office to
reserve your
spot!

Wellness Education & Screenings

Join us for some
very educational
presentations to help
you live your best
life!

Alzheimer's Association

Workshops

Cost: FREE

"Partnering With Your Doctor"

Thursday, June 9th 10:00a.m. – 11:30a.m.

Learn how to prepare and become an active partner in the healthcare of someone with dementia.

"Brain Fitness"

Thursday, June 23rd 10:00a.m. – 11:30a.m.

Come learn the Ten Habits of a highly affected brain.

Registration is required.



Dr. Tony

Cost: FREE

"Neck & Shoulder Pain: Fixing it"

Tuesday, May 17th
12:30p.m. – 1:30p.m.

"Resolving Lower Back Pain"

Tuesday, June 21st
12:30p.m. – 1:30p.m.

Walk Ins Welcome!

Holistic Health

Cost: FREE

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

"Healthy Immune System –
Ayurvedic insight to prevent and ease off RA,
Lupus, Thyroid Disease, etc"

Thursday, May 5th
10:00a.m. – 11:30a.m.

"Cancer & Beyond – Ayurvedic insight into
Causes and Prevention."

Thursday, May 19th
10:00a.m. – 11:30am

Registration Is Required.

Diabetes Series

Cost: FREE

Psychology of Diabetes

Friday, May 20th
10:00a.m. – 11:00a.m.

Come learn how to cope with the stress related to managing Diabetes; and interacting with the type 3 diabetic!



Living With Alzheimer's
For Caregivers,

Cost: FREE

Last of a Three Part Series
Thursday, May 12th - Part III
10:00a.m.-11:30a.m.

Pre-Registration is required
Call (909) 981-4501 or stop by the
front office to reserve your spot!



Wellness
Education &
Screenings

Come Learn The
ABC's of Hearing!

Cost: FREE

Thursday, June 30th 9:00a.m.-11:30a.m.
This 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.

Registration is required.



UiC Vein Screenings

Cost: FREE

Friday, May 20th & Friday, June 17th
9:00a.m.-1:00p.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!



Blood Pressure Screening

Cost: FREE

2nd Tuesday of every month.
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!



Services

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.



AARP- Mature Driving "Refresher"

Tuesday, May 3rd
12:00p.m.-5:00p.m.

"Full Course"

Mon. June 6th & Tues June 7th
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.



HICAP Counseling

Cost: FREE

Friday, May 6th & 20th &
Friday, June 3rd & 17th
9:00 a.m.-12:00 p.m.

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!" Completely confidential.

Walk-ins are welcome



Inland County Legal Services

Cost: FREE

Thursday, May 19th &
Thursday, June 16th
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.



Support Group

Multiple Myeloma Support Group

Cost: FREE

Friday, May 6th & Friday, June 3rd
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 triple Myeloma patients, family members, and caregivers. Learn more about up to date information and treatment options for Multiple Myeloma patients. For more information, contact Charlene Pratt at carlene_pratt@yahoo.com

Family Care

Giver Support Group

Cost: FREE

Thursday, May 26th &
Thursday, June 30th
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. For more information, please call Inland Caregiver Resource at (800)675-6694

Ongoing Enrichment

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!

"USA Sign"

Thursday, June 9th

1:00p.m. – 2:30p.m.

We will be painting, and or put paper mache on a wood USA sign to hang in your home.



Scavenger Hunt

Cost: FREE

**Wednesday May 18th,
9:00a.m.**

Search for clues and win a prize if you can find all the clues! Work alone or in a group. Have fun! The Hunt will start at the front desk, where you will be given your frist clue.



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.



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.



Mother's Day Tea Party

Come celebrate Mother's Day at a fancy tea party!

*Tea time is at 2:00p.m.
Monday, May 9th*

To make the event extra special please bring your own tea cup to show off, and use. Coffee and Tea will be provided as well as some delicious snacks! Wear a fancy hat!

This is a FREE event, sign up at the front office.



Upcoming Events

Father's Day Coffee & Pie

Enjoy a slice on us.

**Monday, June 20, 2016
2:00p.m.**

We will be celebrating Father's Day with Coffee and Pie! Please sign-up at the front desk to let us know that you will be coming!

This is a FREE event!



CarFit

Safety Check-up

Come on down and get your car checked out for free!

**Saturday, June 25th
9:00a.m. - 12:00p.m.**

Be sure that you are using everything in your car correctly.

If you have a question regarding your car this is the place to ask!



Lunch Time Treats!

Come and enjoy a delicious treat with your lunch!

**Tuesday, May 3rd &
Tuesday, June 7th**

11:30a.m. - 12:30p.m.

Root Beer Floats

**Wednesday, May 25th &
Wednesday, June 29th**

11:30a.m. - 12:30p.m.

Ice Cream Sundaes!



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, Contact

Lisa Short
(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

