

Winter 2017

# UPLAND *Today*

The News Magazine and Recreation Guide for the City of Upland.



*Inside*



Spark of Love



CERT Classes



Holiday Pet Portraits

Upland Today is published quarterly by the City of Upland to inform residents of community news, recreation activities, and cultural events.





# City Manager's Corner

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### CITY COUNCIL & ELECTED OFFICIALS

To contact the City Council or Elected Officials, email: [citycouncil@ci.upland.ca.us](mailto:citycouncil@ci.upland.ca.us)

- Ray Musser, Mayor
- Glenn Bozar, Mayor Pro Tem
- Gino L. Filippi, Councilmember
- Debbie Stone, Councilmember
- Carol Timm, Councilmember
- Dan Morgan, City Treasurer

### CITY DEPARTMENTS

- Martin Thouvenell, Interim City Manager
- Brian P. Johnson, Police Chief
- Dave Corbin, Acting Fire Chief
- Jeannette Vagnozzi, Deputy City Manager
- Jeff Zwack, Development Services Director
- Rosemary Hoerning, Public Works Director/City Engineer
- Richard Jeganathan, Interim Recreation & Community Services Manager
- Richard Adams, City Attorney

### CONTACT NUMBERS AT CITY HALL

- Animal Services, (909) 931-4185
- City Clerk's Office, (909) 931-4120
- City Hall, (909) 931-4100
- City Manager's Office, (909) 931-4106
- Development Services, (909) 931-4130
- Finance Department, (909) 931-4150
- Fire Department, (909) 931-4180 (Non-emergency)
- Human Resources, (909) 931-4177
- Library, (909) 931-4200
- Police Department, (909) 946-7624 (Non-emergency)
- Public Works Department, (909) 291-2930
- Recreation & Community Services Division, (909) 931-4280

### CITY HALL HOURS

Monday-Thursday: 8:00 a.m. - 6:00 p.m.  
Friday: Closed

### UPCOMING HOLIDAY CLOSINGS

- December 25th, Christmas Day
- January 1st, New Year's Day
- January 16th, Martin Luther King Day
- February 20th, President's Day

In addition to the dates listed, City facilities will also be closed on December 26th and January 2nd.

For more information, please visit the City's website at [www.ci.upland.ca.us](http://www.ci.upland.ca.us).

For suggestions and comments regarding Upland Today, please contact Upland Recreation and Community Services at (909) 931-4280.

For all of the steps Upland has taken in recent years to stabilize city finances, significant challenges remain.

Part of it is the nature of the beast. The business of running a city is more complicated than ever, as traditional revenue streams have not kept pace with the cost of providing essential services. Add in the recession and the loss of redevelopment funding, and it's clear that more and more tough decisions have to be made.

While we'd like to think we could make up the difference through expense savings, that's neither practical nor possible. The deferred maintenance costs on our infrastructure alone – streets, trees, water and sewer lines – could run in the tens of millions of dollars. Just like a business, we need to be more resourceful, more innovative, and more open to different ways of thinking.

Your City Hall staff is committed to exploring every option, including new revenue streams. A number of these were identified this past year by the Fiscal Task Force and we're determined to see to it that each and every one is thoroughly vetted.

Meeting the needs of our residents and businesses well into the future is, and remains, our No. 1 priority.

**Martin Thouvenell**  
Interim City Manager

## Join LET'S MOVE UPLAND For The Inaugural HEALTHY HEART GAMES



**Saturday, February 11th, 8:00 a.m. – 12:30 p.m.**  
**Magnolia Park, 651 W. 15th Street, Upland**  
**Ages: 5 Years & Up**  
**\$10 Per Team, 3 to 5 People Per Team**  
**Pre-Registration Required by Monday, January 30th**

In honor of National Heart Month, Healthy Upland - Let's Move Upland and our premier sponsors, Kaiser Permanente and Lewis Management, Inc., are joining together for the inaugural Healthy Heart Challenge.

This fun-filled event will feature 10 family-friendly and heart-healthy activities throughout Magnolia Park. Each activity is designed to educate and entertain. Don't miss your chance to participate. All you have to do is gather a team of three to five people and register by Monday, January 30th. Your group will compete at 10 challenging stations to earn points that are accumulated along the way. Everyone is also encouraged to dress up. Each team dressed in spirit costumes will earn 50 bonus points. The winning team may not necessarily be the first back to the finish line. Teamwork and creativity will go a long way.

At the end of this fun-filled day, participants are invited to relax in the company of friends and neighbors. Refuel with a light, healthy brunch and hear a presentation from an informative speaker. Make sure to stay for the awards ceremony and see if your team wins a prize.

For more information or to register, please contact the Upland Recreation and Community Services Division at (909) 931-4280, or visit us at <https://apm.activecommunities.com/Upland/>.



# UPLAND *Community*

## SPARK OF LOVE SHINES BRIGHT THIS YEAR

A heartfelt thank you to those that attended the 2nd Annual Tip-A-Cop & Tip-A-Firefighter Spark of Love Fundraiser hosted at Oggi's Pizza & Brewing Company on Wednesday, November 9th. The Upland Fire Department, Upland Police Department, and Upland Recreation and Community Services Division host this annual event to enhance the Spark of Love Program and the gift of giving. The Fire Department gifts toys, sports equipment, and gift cards to hundreds of underserved elementary and junior high school aged children in the City of Upland each year. Funds raised at this special event are used to bolster the amount of gifts the department purchases, and ultimately, the number of children whose holidays are brightened.

In mid-December, the Upland Fire Department, Upland Police Department, and the Upland Recreation and Community Services Division will host a pancake breakfast for deserving kids in the City of Upland. The morning includes a toy distribution, replenishment of basic school supplies, and the opportunity to meet Upland firefighters and Upland police officers. Their positive interaction with the children and their families helps to build goodwill within our community and provides youth with positive role models. Events like these are shining examples of the commitment to service embodied by our firefighters and police officers.

The Oldskool 66 Cruzers set the wheels of generosity in motion with the Spark of Love Kick-Off & Car Show at Memorial Park in early November. Attendees donated enough toys to fill a few of their hot rods. Thanks to the generosity of the group and its members, the Spark of Love drive is already off to an impressive start.

You can donate new, unwrapped toys and sports equipment for the underserved children in our community all season long. Spark of Love boxes are available at all Upland Fire Stations, the Upland Recreation and Community Services Division, and City Hall from mid-November through Friday, December 16th. All gifts collected will be distributed in the City of Upland. For more information, to donate, or to request a Spark of Love box, please contact the Upland Recreation and Community Services Division at (909) 931-4289.



## SPOTLIGHT ON UPLAND HOST LIONS

In spring 2015, when Ken Myers learned of plans for a monument in Upland honoring military veterans, he was overcome with a desire to help. Luckily, Ken knew exactly what to do. On a Monday evening he stood before the Upland Host Lions and suggested the group rally around the project. Within one short month Ken and his fellow members organized a spectacular comedy night fundraiser benefiting the monument. While such quick and selfless work seems heroic in nature, the members of the Upland Host Lions will tell you it is simply what they do.

The Lion's Club International, founded in 1917, is built on Melvin Jones' vision for a "global leader in community and humanitarian service." In 1952 Helen Keller addressed the Lions at a convention. She called on members to become "knights of the blind in the crusade against darkness." Her moving speech and triumphant story overcame the audience just as the Veteran's Monument project would overcome Ken Myers decades later. Club leaders decided that no matter what community initiative they were working on, they would remain dedicated to ridding the word of blindness.

Over the years that fight has taken many forms. Lions clubs all over the country host vision screenings, fit people for glasses, and donate to other worthy organizations striving to serve those in need. Here in Upland, our Lions are no exception. The club's commitment to community is evident all over town. At the Healthy Upland event in spring 2016, dedicated members volunteered at the Sight Vision and Hearing Van - a mobile clinic made possible through a partnership with Western University. Upland's residents received eye exams and educational materials on the importance of eye health. Representatives from our local club also join Lions from all over the Inland Empire to volunteer for large-scale eye health events. At one screening this fall, 374 people were screened, 271 of them were fitted for new glasses, and 11 were diagnosed with eye conditions. This kind of hard work is exactly what Keller called the club to carry out all those years ago.

The Upland Host Lions are funded completely through contributions and memberships. Each and every dollar collected through event ticket sales, donations, and dues goes directly toward its many efforts. You likely had the pleasure of seeing the club in action at their 60th Annual Fish-Steak-Corn Festival in August. Tender fillets of salmon, juicy steaks, and rows and rows of corn on the cob sizzled on a massive grill as friends and neighbors met in Upland Memorial Park to raise funds to support organizations like Foothill Family Shelter, City of Hope, Blind Children's Institute, and many more. Events like these are critical to the mission of the club.

Current President, James Krumwiede, urges you to consider joining. Membership will give you the opportunity to make a real impact in the community, and the club's affiliation with its international parent organization can even help spread that impact across the world. The Upland Host Lions meet on the first and third Monday of every month, at 6:30 p.m. inside Maniac Mike's Cafe, located 1749 W. 13th Street, Upland. Come learn more about the incredible experience of being an Upland Host Lion.

# UPLAND *Holiday Happenings*



## BREAKFAST WITH SANTA

Gibson Senior Center  
250 N. Third Avenue, Upland  
Saturday, December 3rd, 8:00 a.m. - 10:00 a.m.  
Activity #SE 12  
\$4 Per Person, All Ages Are Welcome

Get ready for a sunrise holiday treat because it is almost time for Breakfast With Santa! The Upland Recreation and Community Services Division, the Upland-Foothill Kiwanis, and Boy Scout Troop 601 are teaming up again to escort Santa Claus down from the North Pole to spend the morning with Upland's kids. Join us for some super delicious pancakes, sausage, juice, and coffee. Breakfast will be served from 8:00 a.m. to 10:00 a.m. Children will have an opportunity to share their "wish list" with Santa before or after their breakfast. Pictures may be taken with your camera. To register in advance, please contact the Upland Recreation and Community Services Division at (909) 931-4280 or register online at <https://apm.activecommunities.com/Upland/>.

## DEAR SANTA

\$1 Per Letter

Do you remember sending Santa your holiday wishes? Would you like to share that magic with the special little ones in your life? The City of Upland has a special team of holiday helpers ready to make sure your message gets to the man in red himself. Children and those young at heart, can write to Santa Claus. He will even send you a letter in return, direct from the North Pole, before the Big Day! When writing, be sure to include your name, home address, and \$1 per letter. All letters must be received no later than Thursday, December 8th.

Please mail all letters to the following address:  
City of Upland Recreation and Community Services Division  
c/o Santa Claus  
P.O. Box 460, Upland, CA 91785



## UPLAND HIGH SCHOOL WINTER PERFORMANCES

Highlander Auditorium, Upland High School  
850 N. San Antonio Avenue, Upland

The Upland High School Theatre Department presents "Women and War" and "Adventure of a Lifetime". "Women And War" takes the audience on a journey through time, stopping in various wartime periods to meet the female characters. Each has a different story to tell and a unique voice in which to share it. Come experience the wonder of live theater punctuated by powerful storytelling based on real conflicts in our nation's history. Experience the power of this show on Thursday, December 8th at 7:00 p.m. Tickets are \$5 per person.

"Adventure of a Lifetime" will feature a variety of acts by Upland High School Theatre Department students. The audience will be delighted with songs, dances, and acting performances centered on the theme of "adventure." Performances will be presented on Friday, February 3rd and Saturday, February 4th, at 7:00 p.m. Tickets are \$8 per person at the student store and \$10 at the door.

Both presentations will run at the Highlander Auditorium on the campus of Upland High School. For more information, please contact Ms. Richardson at Upland High School at (909) 949-7880, extension 138.

## ANNUAL CHRISTMAS PARADE AND HOLIDAY FAIRE

Saturday, December 10th, 10:00 a.m. - 3:00 p.m.  
Historic Downtown Upland  
9th Street & 2nd Avenue, Upland

The Annual Christmas Parade and Holiday Faire return on Saturday, December 10th. The Cooper Regional History Museum returns as organizer to bring you all of the joy and cheer of this holiday event we have all come to love. Start your day with a prime seat for the parade, beginning at 11:00 a.m. You and your family will marvel at the beauty of friends and neighbors dressed in festive outfits, spreading the magic of the season. After the parade, head downtown. The whole family will love shopping, eating, and maybe even caroling the day away. Local businesses will be open during the event for your holiday shopping pleasure. You can also visit vendors to search for a variety of goods and unique gift ideas. Live entertainment and food vendors will also be on-hand to delight the senses. Don't forget to stop by with your camera and snap a photo with Santa's elf after the parade! For more information, please visit the Cooper Museum website at [www.coopermuseum.org](http://www.coopermuseum.org).



## HOLIDAY TREE LIGHTING CELEBRATION

Monday, December 12th, 6:30 p.m. - 7:00 p.m.

Upland Civic Center Courtyard, 460 N. Euclid Avenue, Upland

Join the City of Upland as we bring in the holidays at the Annual Holiday Tree Lighting Celebration. The sights and sounds of the New Vision Theatricals are sure to mesmerize as the City tree comes alive with the glow of the season. Sip your hot cocoa and enjoy an evening with loved ones. Please bring a new and unwrapped toy to be donated to the Upland Fire Department's Spark of Love Toy Drive. For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280.



## UPLAND CHAMBER HOLIDAY LUNCHEON

Thursday, December 15th, 11:30 a.m.  
Sycamore Inn, 8318 Foothill Boulevard,  
Rancho Cucamonga

The Chamber of Commerce is proud to present its annual holiday luncheon, sponsored by Cable Airport. Bring a new, unwrapped toy for Santa Claus to deliver to deserving children in our community. For more information and reservations for the luncheon, please contact the Upland Chamber of Commerce at (909) 204-4465.

## NEW VISION THEATRICALS "TIS THE SEASON..."

Saturday, December 17th, 7:30 p.m.

Gibson Senior Center, 250 N. Third Avenue, Upland

In partnership with the Upland Recreation and Community Services Division, the bright young talents of New Vision Theatricals will fill hearts with joy and thrill audiences with their professional excellence, delighting all ages with seasonal music. Tickets: \$12. Senior discount tickets may be purchased in advance at the Gibson Senior Center for \$5. For more information, please contact Amy Budds at (818) 835-6213.





## HOME FOR THE HOLIDAYS

The Upland Recreation and Community Services Division is sponsoring their Annual Holiday Home Decorating Contest and invites all Upland residents to enter. All entries must be received no later than 12:00 p.m., Thursday, December 15th. The decorating categories include:

- Humorous
- Lights Extravaganza
- Originality
- Neighborhood (three home minimum)

Judging date(s) to be announced. This is a FREE contest. Entry forms may be obtained at the Upland Recreation and Community Services Division Office located at 651 W. 15th Street, inside Magnolia Park or at [www.ci.upland.ca.us](http://www.ci.upland.ca.us). For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

## COLONIES HOLIDAY MIRACLES

The Colonies Partners, Pacific Development Group, Frontier Homes, and merchants of Colonies Crossroads will join with generous Inland Empire groups and businesses for their annual morning of holiday miracles. A group of deserving families and children are invited to enjoy a pancake breakfast from the Upland Professional Firefighters Association Local 3477, followed by chaperoned holiday shopping at Kohl's, Dick's Sporting Goods, and Target. Local law enforcement and fire departments, and Inland Empire athletes will be on hand to meet the families and accompany them as they shop.

## WINTER ENTERTAINMENT AT THE GROVE THEATER

The Grove Theater in downtown Upland is ready to kickoff its 2016-17 season. Don't miss the next two offerings in the lineup. Your friends and family are sure to laugh, cry, and dance and sing along at these fantastic shows. For more information and ticket sales, please contact the Grove Theater at (909) 920-4343.

### ELF THE MUSICAL JR.

**Friday, December 2nd - Sunday, December 18th**  
**Fridays & Saturdays, 7:29 p.m. - 9:29 p.m.**  
**& Sundays, 2:00 p.m. - 4:00 p.m.**

What better way to spend a winter evening than enjoying the laughter and splendor of a holiday musical? This December, join Buddy the Elf on the search for his father as he journeys from the North Pole through magical forests to reach an even more magical new land, New York City. Skeptics and believers alike will cheer on this unlikely hero as he works with his new family to help Santa save Christmas.

### ELVIS, THE BIRTHDAY BASH!

**Saturday, January 7th, 3:00 p.m. - 9:00 p.m.**

Clean up your blue suede shoes and join the Grove Theater on Saturday, January 7th, to celebrate Elvis Presley's 82nd birthday. Tribute artists, singers, and various entertainers will be on-hand to pay tribute to the King with the help of the TCB Flash Band on backup music. Even if you had a Blue Christmas, you'll find your smile again here. Whether you love Jail House Rock, Fools Rush In, or Suspicious Minds, you are sure to find your groove at this spectacular show.

## TURN YOUR BLUE CHRISTMAS GREEN AND RECYCLE YOUR TREE

Not sure what to do with your tree once the ornaments and tinsel are packed away? The City of Upland has the answer – recycle it.



Your tree is one of approximately 33 million live Christmas trees sold in North America every year. Take advantage of the City's efforts to make good use of as many of those as possible. West Coast Arborist, the City's tree maintenance contractor, recycles enough trees to generate several hundred tons of the green waste material used to produce wood products like boxes, benches, and pencils. Tree recycling efforts also yield more than 100 tons of mulch that is distributed to citizens free of charge.

Burrtec Waste Industries will collect trees for recycling from Monday, December 26th, through Friday, January 6th. Participating is easy. Remove all ornaments, lights, and other decorations from your tree and place it at the curb on your regular collection day. Just be sure trees six feet tall and over are cut in half. Non-flocked trees will be recycled and trees with flocking will be collected as trash. When you are ready to spruce up your landscaping, stop by the Upland Household Hazardous Waste Collection Center, located at 1370 North Benson Avenue, Upland, with proof of residency for free mulch generated by the program (1-32 gallon can). Mulch pickup is available on Saturdays between 9:00 a.m. and 2:00 p.m. For more information, please contact Upland Household Hazardous Waste at (909) 931-4343.

## PUBLIC WORKS ROAD IMPROVEMENTS

The City of Upland Public Works Department is pleased to report on the status of four successful road improvement projects in 2016.

At the beginning of summer 2016, work began on two significant water main and street improvement projects. The first brought updates to 14th Street, from Euclid Avenue to Campus Avenue. The second affected 22nd Street, from Mountain Avenue to Euclid Avenue. Both efforts were completed this fall thanks to the relationship between the City and its residents. Public Works staff thanks the affected neighborhoods and parents of the Upland Unified School District for their cooperation and patience during the construction process. The work was extensive and without your assistance crews could not have completed the projects as quickly.

The City also completed crack and slurry seal street maintenance on both Second Avenue and 9th Street, located in Downtown Upland, and on the east side of the Colonies development. Improvements like these extend the roadway service life and enhance street curb appeal.

Recently, a roadway rehabilitation project began on 16th Street, between Mountain Avenue and Campus Avenue. This project will complete the rehabilitation of this heavily traveled roadway and offers several benefits for the traveling public. Scheduled work includes installation of a rubberized asphalt surface overlay to minimize the emergence of subsurface pavement cracks. This type of pavement treatment generally also results in a darker surface, which improves striping visibility while also reducing vehicle road noise.





## LOCK IT, HIDE IT, KEEP IT

The Upland Police Department reminds citizens that there are three important steps you can take prior to the holidays, and beyond, to avoid becoming a victim of auto-related property crime: Lock it; Hide it; Keep it.

The top items stolen from vehicles include: purses, money, tools, electronic devices (cell phones/laptops/cameras), stereos/radios, documents, mail, and checkbooks. Keep in mind that theft of the last three items usually also results in identity theft. The repercussions of identity theft can take years to recover from and could cost you thousands of dollars.

Protecting your automobile from theft is an important part of day-to-day safety, but as the holidays approach, it becomes even more important to stay alert. Shopping centers across the Inland Empire typically experience an increase in auto related crime during the holiday shopping rush. Thieves know that shoppers sometimes store newly purchased gifts in their cars and target the ones that appear improperly secured. Always remember to employ the three principles of lock, hide, and keep.

**LOCK** your vehicle. Whether you are parked in your own driveway or a busy parking lot, a thief in search of valuables will always choose an unlocked door first. If you must leave valuables in your vehicle, make sure to **HIDE** them from plain sight. Your vehicle is less likely to be targeted if it appears there is nothing worthwhile inside. Remember, personal accountability can go a long way to help safeguard belongings and **KEEP** them from being stolen.

For more crime prevention information or to get involved in a local Neighborhood Watch, please contact the Community Resource Unit at the Upland Police Department at (909) 946-7624.

# SCHOOL DISTRICT EMPLOYEES PLAY AN ACTIVE ROLE IN KEEPING KIDS SAFE



Upland Unified School District (UUSD) employees began the school year with a “bang” by taking part in an active shooter exercise. Who knew the annual UUSD employee in-service day could be so action packed?

Rounds of “blank” ammunition cracked and popped through the air as the event began. Thunderous explosions added booming intensity. A slew of first responders from the police and fire departments stood close by. The UUSD employees braced themselves and soon came face to face with an active shooter. Thankfully,

the weapon was free of bullets and the individual was free of malice. It was all part of a simulation exercised designed to give employees a firsthand introduction to the emotional and physical reactions typical in these scenarios. Exercises like these allow participants to understand more clearly how to manage stress and fear while practicing recommended response techniques.

This live, interactive event was the second phase of a three-phase process. Phase one consisted of a PowerPoint presentation delivered to the entire staff prior to the close of the 2015-2016 school year. District employees participated in this second, and most demanding, phase on Friday, August 19th. The live exercise involved all UUSD employees, the Upland and Montclair Police Departments, the San Bernardino County Sheriff's Department, the Upland, Montclair, Chino, and San Manuel Fire Departments, and innumerable other volunteers.

Upland Police say this quasi-realistic scenario was a huge success, despite some understandably frazzled nerves. It provided staff invaluable information and resources on protecting themselves and their students should an active shooter incident ever occur. The training proved to them that they could take an active role in keeping their students and themselves safe. Moreover, the scenario provided the various public safety agencies with volumes of information on areas of success, as well as opportunities for improvement.

The event also tested the resiliency of the various public safety organizations. Your UUSD employees were a pivotal component in making the Upland High School Active Shooter exercise a success. As residents and parents of Upland, you can rest assured your School District, Police, and Fire Departments are prepared should the unthinkable occur.

## LEARN THE LATEST IN LIFE-SAVING CPR



Did you know your love of The BeeGees could help save a life? The American Heart Association says songs like the group's seminal classic “Stayin' Alive” set the perfect pace for performing Hands-Only CPR.

The technique is performed by pushing hard and fast in the center of the chest, without conducting mouth-to-mouth resuscitation. Perform the compressions following the beat of “Stayin' Alive,” or a similar song identified as having a compatible rhythm. If you encounter someone who has collapsed and is in need of CPR, dial 9-1-1 first, then begin compressions and keep the rhythm until help arrives.

The Upland Fire Department is offering a FREE Hands-Only CPR course at Upland Fire Department Station #164, located at 1825 N. Campus Avenue, Upland. Each participant will receive a certificate of completion. Join us for this valuable training on Saturday, December 3rd, from 10:00 a.m. to 11:00 a.m. To register online, please visit <https://apm.activecommunities.com/Upland/>.





## UPLAND'S HEROES OPEN THEIR DOORS

The City of Upland is committed to promoting cooperation and transparency between police, fire, and citizens. Our local first responders are more than simply men and women in uniform. They are community members, neighbors, parents, children, and friends. It is important to stop and take a moment to learn more about how and why they work so hard to protect us all. In a gesture of openness, both the Upland Fire Department and the Upland Police Department hosted open houses this fall.

### Upland Police Department

On Saturday, September 17th, Upland families took advantage of the opportunity to get up close and personal with officers at the Upland Police Department Fallen Officer Memorial Ceremony and Open House. Kids enjoyed activities like face painting, jumping in a bounce house, and receiving hands-on officer instruction on how to fire a paintball gun. Adults enjoyed the opportunity to tour the station, observe PepperBall and TASER demonstrations, and even experience interaction with a suspect in the Force Option Simulator. The crowd was also wowed by the skill of our police in a SWAT demonstration.

The event also gave citizens the chance to visit the recently unveiled Fallen Officer Memorial. The carefully crafted statue honors the sacrifice of Officer Earnest Ralph Dark who paid the ultimate price serving this great community. Funds for the monument are still needed and all donations, great and small, make a big impact. To contribute, please send a check or money order payable to "Upland Community Foundation" to 1499 W. 13th Street, Upland, CA 91786. Please be sure to write, "Upland Police Memorial" on the memo line.

### Upland Fire Department

In conjunction with the Upland Recreation and Community Services Division's Family Preparedness Day, the Upland Fire Department hosted its Open House on Saturday, October 15th. The event not only provided a closer look at department operations, but also promoted emergency preparedness. Several community organizations joined the Fire Department in presenting information citizens can use to make their homes and families safer. One of the themes of the day was smoke detector maintenance. Did you know you should completely replace your smoke alarms every 10 years? This is in addition to checking the batteries at least once a month. Even though most modern devices are well made and have battery alarms, one defective unit could put your home and family in serious danger should a fire occur.

Upland's firefighters conducted skillful demonstrations, and attendees had the chance to get up close to their equipment. Fire trucks were also on display for kids and parents alike to explore. There were also lots of activities and games to keep little ones entertained. The Upland Firefighters Association and the Upland Fire Explorers also hosted two delicious meals for guests. A warm sweet greeting of pancakes met morning visitors. Afternoon groups enjoyed a hotdog expertly grilled by some of Upland's finest. If you would like more information on preparedness and fire prevention, please contact the Upland Fire Department at (909) 931-4180.

## UPLAND CERT PROGRAM EDUCATES

The Upland Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area. Classes also provide basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist family members, neighbors, and coworkers in emergency situations when professional responders are not immediately available.

CERT members, in conjunction with the Upland Fire Department, play an active role in emergency preparedness projects in their community. They share a passionate commitment to education, training, and volunteering that makes the community safer and stronger. CERT team influence can help us all be better prepared to respond to threats of terrorism, public health issues, and other disasters.

The training program is provided FREE of charge within the City of Upland to anyone age 16 and older. CERT members receive 24 hours of initial training, conducted two nights a week for three-and-half weeks.

For more information, please contact CERT at [UplandCERTMF@gmail.com](mailto:UplandCERTMF@gmail.com).

### Upcoming 2017 Classes:



#### CERT 1701

6:30 p.m. - 9:30 p.m.,  
Tuesdays and Thursdays, January 5th,  
10th, 12th, 17th, 19th, 24th, and 26th

8:00 a.m. to 4:30 p.m.,  
Saturday, January 28th

#### CERT 1702

6:30 p.m. - 9:30 p.m.,  
Tuesdays and Thursdays, April 6th,  
11th, 13th, 18th, 20th, 25th, and 27th

8:00 a.m. to 4:30 p.m.,  
Saturday, April 29th



## AMAZON WISH LIST

Supporting the Friends of Upland Animal Shelter just got even easier. Chances are you already use Amazon.com for its speedy delivery options and money-saving deals. What you may not already know is that the popular online retailer has a charitable giving program built right into its system. AmazonSmile is as simple as "You Shop. Amazon Gives." You get the same exact low prices and outstanding service, and your favorite community groups get some much needed funding. All you have to do is designate an organization, purchase the items you normally would, and Amazon will donate one-half percent of eligible purchases to your chosen group.

Next time you need to shop online, click through to [www.smile.amazon.com](http://www.smile.amazon.com). Once at the site, you will be able to select Friends of Upland Animal Shelter as your charity. It is a simple and automatic way for you to support the Friends every time you shop, at no additional cost to you.

## HOLIDAY WISH LIST

Supplies are always needed and it is only through the support of the community that the Friends continue their important work helping animals in need. While you are shopping, please also consider adding items to your cart to donate to the Upland Animal Shelter. Your purchase will be even more powerful when paired with AmazonSmile. Below is just a sample of needed supplies. For a full list, please contact the Shelter at (909) 931-4185.

- Animal Care and Comfort Supplies
- Blankets (small and medium size)
- Canned and Dry Cat and Dog Food
- Cat and Dog Treats (soft – NO milk bones, please)
- Leashes of all Sizes
- Can Openers
- Unused Cat and Dog Toys suitable for sanitizing (i.e., Ping Pong Balls for Cats)
- Kennel Supplies
- Cat Litter
- Towels
- Washcloths
- Stainless Steel Cleaner
- Window Cleaner
- Laundry Detergent
- Medical Supplies
- Digital Thermometers
- Gauze (3x3 & 4x4)
- Q-Tips
- Bandaging Material
- Rubbing Alcohol
- Peroxide



## GIVE BIG

On Tuesday, November 29th, the Friends are participating in Give Big San Bernardino County, presented by the Community Foundation and the County of San Bernardino. This third year of the event is especially exciting as it coincides with Giving Tuesday, a global day of online giving supporting non-profit organizations. While you can donate to your favorite organization at any time, Give Big events are designed to encourage communities to come together and show solidarity for local causes by donating within a designated 24-hour period. The Friends are honored to be part of this day of philanthropy and encourage you to visit [www.givebigsbcounty.razoo.com/us/story/Friends-Of-Upland-Animal-Shelter](http://www.givebigsbcounty.razoo.com/us/story/Friends-Of-Upland-Animal-Shelter) in November to support homeless animals in our community.

## ADOPT-A-KENNEL

Looking for a unique gift for the animal lover in your life? Why not honor their passion and support animals at the Upland Animal Shelter at the same time by sponsoring a kennel, room, or play yard in their name? When you adopt an area of the Shelter, a "paw print" sign with the name of your loved one or business will be displayed in that area for an entire calendar year. Plus, you will receive a personalized certificate to thank you for your contribution. When you are ready to select your kennel, please contact Stephanie Mann, Development Director for the Friends of Upland Animal Shelter, at (909) 931-4330, or by email at [info@friendsofuplandanimalshelter.org](mailto:info@friendsofuplandanimalshelter.org).

### Kitten or Cat Kennel

\$300 per year for a 3"x3" sign

### Dog Kennel

\$500 per year for a 6"x6" sign

### Puppy Kennel

\$400 per year for a 4"x4" sign

### Dog Room, Cat Room, or Play Yard

\$2,500 per year for an 8"x8" sign



## HOLIDAY PET PORTRAITS

Is your pooch particularly photogenic? Does your kitty practice posing in the light of a window? Maybe you have a bird with especially impressive plumage? No matter the species,

grab your pet and head down to the Second

Chance Thrift Shop for a holiday pet portrait! On Friday, December 9th, Sunday, December 11th, and Monday, December 12th, True Emotions Photography will be at the store to capture a special memory for you and your animal family members. The fee for each portrait is a nominal donation and all proceeds go toward helping Upland's shelter animals find a forever home. While you are there, take a look around. You just may find the perfect gifts for everyone on your list!



## FOLLOW THE FRIENDS FOR LOTS OF BENEFITS

Follow Friends of Upland Animal Shelter on the web and social media to be among the first to learn about community events, surprise sales, and special promotions.

[www.friendsofuplandanimalshelter.org](http://www.friendsofuplandanimalshelter.org)  
[www.facebook.com/FriendsOfUplandAnimalShelter](http://www.facebook.com/FriendsOfUplandAnimalShelter)



## DON'T MISS THESE EVENTS...

### GIVE BIG

Tuesday, November 29th  
24-hours



### HOLIDAY PET PORTRAITS

Friday, December 9th,  
Sunday, December 11th &  
Monday, December 12th

## 2<sup>ND</sup> CHANCE THRIFT SHOP

Visit the 2nd Chance Thrift Shop, located at 1028 West 9th Street, Upland, from 10:00 a.m. to 6:00 p.m. for a new sale each Saturday. Follow the store on Facebook for the latest deals and upcoming events.



## NEED A PASSPORT?

Did you know that you could make travel planning easier by applying for your passport with the City of Upland? A Passport Book is mandatory for all international air travel from the United States. The City of Upland wants to help you save money and avoid stress by offering you an easy way to apply for or renew your passport well ahead of planned travel.

Routine service can take up to six weeks to process. Passport services offered by the City are much easier than standing in line at the post office. All you have to do is make an appointment and one of our friendly representatives will walk you through the whole process. Before you make your appointment, please be sure to complete all necessary forms and other requirements.

For more information on passport services, please visit the City website at [www.ci.upland.ca.us](http://www.ci.upland.ca.us). For an appointment, please contact the Gibson Senior Center at (909) 981-4501.

## MILITARY BANNER PROGRAM & COMMITTEE

**THANK YOU:** Paul & Sharon Christiansen, The Mitchell Family, and Industrial Storage for their sponsorship of Upland's military banners for active service people.

**TO SPONSOR A BANNER:** The cost is \$225 FOR EACH BANNER.

As a sponsor, you or your business will receive recognition in the Upland Today quarterly newsletter, acknowledgement at a City Council meeting, your name or your business name at the bottom of every banner you sponsor, a certificate of recognition and a letter stating the name of the military person you sponsored. The military family receives a letter stating that either you or your business sponsored their loved one's military banner.

Please mail your tax deductible donation check to:  
Upland Community Foundation  
P.O. Box 794, Upland, CA 91785  
Reference: Military Banner Program

**To Apply For A Military Banner For Your Loved One,** please contact Recreation and Community Services at (909) 931-4280.

**NEW BANNER COMMITTEE MEMBERS WANTED**  
Contact (909) 985-5429 for more information.



## THE UPLAND VFW WANTS YOU

**Veterans of Korea, Vietnam, Iraq, and Afghanistan**

Join Upland's VFW at the Commemorative Air Force Building, Cable Airport, 1749 W. 13th St., the second Wednesday of each month beginning at 7:00 p.m.



Share your experiences, advocate for veterans, and participate in our flag retirement program. For more information, please contact Charles Kelcher at (951) 529-6016.

## UPLAND CHAMBER OF COMMERCE

For more information on the following events, please contact the Upland Chamber of Commerce at (909) 204-4465 or email [realpeople@uplandchamber.org](mailto:realpeople@uplandchamber.org).

### HOLIDAY LUNCHEON

Thursday, December 15th, 11:30 a.m.  
Sycamore Inn, 8318 Foothill Boulevard, Rancho Cucamonga

This annual luncheon sponsored by Cable Airport is a wonderful tradition. Join the Chamber for a delicious meal and bring a new, unwrapped toy for Santa Claus to deliver to deserving children in our community.

### TASTE OF THE I.E.

Friday, January 27th, 6:00 p.m. - 10:00 p.m.  
DoubleTree by Hilton, 555 W. Foothill Boulevard, Claremont  
\$75 Per Person, Limited Ticket Sales

The Upland Chamber of Commerce is proud to present the annual Taste of the I.E. Delight your pallet with cuisine from I.E. eateries, and quench your thirst with tastings from local craft brewers and vintners. The evening will feature an upscale atmosphere with music, lighting, casino tables, dancing, raffles, and live auctions.

## UPLAND CHAMBER COMMUNITY LEADERSHIP ACADEMY

Coming February 2017

Participate in the development of community-minded business and civic leadership as part of the Upland Community Leadership program. This six-month-long interactive program provides a behind-the-scenes understanding of issues that impact regional economic prosperity. The program is limited to 20 participants each year and culminates in the completion of a community betterment project.

## WHERE IN THE WORLD IS THE UPLAND CHAMBER?

Early booking discounts are available for all trips.

**America's Music Cities (New Orleans, Memphis, Nashville):** Sunday, April 23rd - Sunday, April 30th

**Peru, Ancient Land of Mysteries:** Saturday, June 10th - Monday, June 19th \*Optional 3-night Peruvian Amazon Post Tour Extension

**Discover Croatia, Slovenia, and Adriatic Coast, featuring Lake Bled, the Dalmation Coast, and Dubrovnik:** Saturday, October 7th - Wednesday, October 18th

## CHILDREN'S ACTIVITIES @ the Library for children ages 1 to 12

All programs will take place in The Brodie Room unless noted otherwise. Programs run from January 9th through February 24th.

### ONE-DERFUL STORY-TIME!

Wednesdays, 10:00 a.m. - 10:30 a.m. &  
Thursdays, 10:00 a.m. - 10:30 a.m.

This lap-sit story-time is for one-year-olds and parents/guardians to discover the joys of books and libraries through songs, nursery rhymes, and finger-plays.

### TODDLER TIME

Tuesdays, 10:15 a.m. - 10:45 a.m. &  
Thursdays, 11:15 a.m. - 11:45 a.m.

Toddler Time is a program for children between the ages of 2 and 3. Accompanied by an adult, these little library users will enjoy stories, songs, flannel boards, puppets, and finger-plays.

### PRESCHOOL STORY-TIME

Tuesdays, 11:15 a.m. - 12:00 p.m.

For children age 3-5. This is an independent story-time where children should be able to sit and listen with a parent present.

### AFTERSCHOOL ADVENTURES

Wednesdays, 3:30 p.m. - 4:30 p.m.

Children ages 5-9 enjoy great stories and snacks. We meet after school to read longer picture books and make a craft. No registration necessary, but please be prompt.

### BILINGUAL STORY-TIME

Mondays, 5:00 p.m. - 6:00 p.m.

¡Hola! Venga (come) join us for Bilingual Storytime! Stories will be read in English and in Spanish. This story-time is for the whole family. We hope to see you there!

### LEVEL UP (AGES 9 TO 12 YEARS)

Second and Third Fridays, 3:30 p.m. - 4:30 p.m.

Calling all "Tweens"! This program is just for you! Join us for games, crafts, and snacks.

## FAMILY SPECIAL EVENTS

All programs will take place in The Brodie Room unless noted otherwise.

### FAMILY MOVIE NIGHT

Second Thursday of the Month, 5:00 p.m. - 7:00 p.m.

Once a month join us for a fun-filled evening for the entire family.

### BLACK HISTORY CELEBRATION

Tuesday, February 22nd, 5:30 p.m. - 7:30 p.m.

Please join us in a celebration of African American Culture and History for the entire family.

### HAPPY BIRTHDAY, DR. SEUSS!

Tuesday, March 7th, 6:30 p.m. - 7:30 p.m.  
Carnegie Library

Wish one of our most beloved children's authors a Happy Birthday with our friends, The Soroptimists of Montclair and the Inland Valley. Enjoy stories, treats, and a visit from Cat in the Hat! All ages welcome.



## TEEN ACTIVITIES

@ the Library for teens ages 13 to 18

All programs will take place in The Carnegie Library unless noted otherwise.

### GAME DAY

Thursdays: December 1st, January 12th, and February 2nd  
3:30 p.m. - 5:30 p.m.

Get your game on with our Wii-U! Play games like Mario Kart 8 and Super Smash Bros.! We'll also have board games and indie card games.

### TEEN DIY

Thursdays: December 8th, January 19th, and February 9th  
3:30 p.m. - 5:30 p.m.

From ideas on Pinterest to YouTube, we'll be tackling some fun DIY ideas every second Thursday of the month. Stop by to make some cool gadgets with us!

### TABLE TOP THURSDAY

Thursdays: December 15th, January 26th, and February 16th  
3:30 p.m. - 5:30 p.m.

Get ready to play both classic board games and indie card games. Learn how to play games like Exploding Kittens, The Resistance, Splendor, Ultimate Werewolf, and so much more!

### BATTLE OF THE BANDS: WINTER EDITION

Saturday, January 28th, 5:00 p.m. - 9:00 p.m.

Upland Public Library

You asked for it and we answered! Battle of the Bands is now a semi-annual event. Come cheer on the bands as they compete for a cash grand prize! There is no cover charge for this event, but donations to the Friends of the Library would be greatly appreciated to ensure that this event can carry on each year.

### LIFE HACKS

Thursday, February 23rd, 3:30 p.m. - 5:30 p.m.

Stop by our brand new monthly workshop series called Life Hacks! Each month we'll run a workshop covering topics like resume building, financial aid, cooking basics, student loans, and so much more! Consider this your introduction to "adulting". February's workshop is titled Getting Your First Job: From the Resume to You're Hired. Have a topic in mind that you'd like to see us cover? Please contact the Teen Librarian at [SUlate@uplandlibrary.org](mailto:SUlate@uplandlibrary.org).

## HOLIDAY SPECIAL EVENTS

Monday, December 12th through Friday, December 16th  
@ The Library for children, tweens, teens, and adults

### CONTENTO HOLIDAY

Monday, December 12th  
5:00 p.m. - 6:00 p.m.

### SNOWMAN SOCIAL

Tuesday, December 13th  
10:15 a.m. - 10:45 a.m.

### TOYSHOP TEA

Tuesday, December 13th  
11:15 a.m. - 12:00 p.m.

### HOLIDAY ONE-DERLAND!

Wednesday, December 14th  
10:00 a.m. - 10:30 a.m.

### HOLIDAY HAPPENING

Wednesday, December 14th  
3:30 p.m. - 5:00 p.m.

### POLAR PJ STORY-TIME

Thursday, December 15th  
5:00 p.m. - 6:00 p.m.

### LEVEL UP

HOLIDAY CRAFTS  
Friday, December 16th  
3:30 p.m. - 4:30 p.m.

For more information, please visit <https://www.facebook.com/UplandPublicLibrary/> or <https://www.uplandpl.lib.ca.us/#Library>

## ADULT ACTIVITIES

All programs will take place in The Brodie Room unless noted otherwise.

### BASIC COMPUTER CLASSES

Every Monday, 3:00 p.m. - 4:00 p.m.

\*If the month has five Mondays, then class will be cancelled on the fifth Monday.

Not sure how to use a computer? These classes are for you! Learn how to use a computer on one of the Library's Chromebooks. You just need an Upland Library Card with Internet access to attend.

### VETERANS RESOURCE CENTER

Tuesdays, 4:00 p.m. – 6:00 p.m., Fridays, 1:00 p.m. – 3:00 p.m. & 1st Thursday of the Month, 1:00 p.m. – 3:00 p.m.

Learn how to get the benefits and services you have earned. Talk to a trained volunteer at the library.

### CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

Fourth Tuesday of the Month, 6:00 p.m. - 7:00 p.m.

Carnegie Library

The Upland Public Library has partnered with the Upland Interfaith Council to bring you presentations from different faiths in and around our community. This free program begins in January.

### MOVIE NIGHT FOR GROWN-UPS

Third Wednesday of the Month, 6:00 p.m. - 8:00 p.m.

Come and mingle with other adults in our wonderful community for a spectacular Classic Movie Night!

### BOOK-ENDERS BOOK CLUB

First Saturday of the Month, 10:00 a.m. – 12:00 p.m.

Book-Enders offers you a great way to meet new people and read great books. Read the book of the month and join us for lively discussion with a guest speaker. Book-Enders recently celebrated their 25th anniversary. A selection of their 25 years of books is located upstairs opposite the elevator.

### ADULT ARTS & CRAFTS CLUB

Second Saturday of the Month, 10:30 a.m. - 11:30 a.m.

This is time for adults (18 & over) to enjoy their own arts and crafts time! All supplies are provided each month!

### BOOKS-TO-MOVIE SCREENINGS

Third Saturday of the Month, 1:00 p.m. - 3:00 p.m.

Book-to-Movies based on selections from the Book-Enders' "A Quarter Century of Books." Read the book from one of the past seasons and then enjoy the film.

### INTERNATIONAL HOLOCAUST REMEMBRANCE DAY MEET THE AUTHOR: DR. MONIQUE SAIGAL

Wednesday, January 25th, 6:00 p.m. – 7:00 p.m.

Carnegie Library

Monique Saigal, emerita professor of French at Pomona College will discuss her experiences as a "hidden child" of the Holocaust in France, 1942, and her book about eighteen women in the French Resistance who risked their lives engaging in clandestine activities to overcome the Nazis.

### COOL WEATHER GARDENING

Saturday, January 28th

11:00 a.m. - 12:00 p.m.

Don Delano, Horticulturist at the Fairplex, will be at the Upland Library to offer tips and answer questions.

### FEBRUARY IS NATIONAL HEART MONTH MEET THE AUTHOR: ALLEN CALLACI

Wednesday, February 16th, 6:00 p.m. – 7:00 p.m.

Carnegie Library

Allen Callaci will discuss his memoir, "HEART LIKE A STARFISH", the account of his death-defying heart transplant and the healing that follows-for both himself and those around him.

### PALLET GARDENING

Saturday, February 18th

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

Learn how to create and grow a Pallet garden.

## LIBRARY LITERACY

All programs will take place at the Carnegie Library Literacy Center unless noted otherwise. For more information, please contact (909) 931-4211.

### REACH AND EXCEED YOUR GOALS!

The Literacy Center provides FREE one-on-one tutoring for adults struggling with basic literacy concepts including reading, writing, vocabulary, and comprehension. Learners are matched with tutors, who work together to help the learner meet his or her individual goals.

### ENGLISH CORNER

Tuesdays and Thursdays, 2:00 p.m. - 3:00 p.m. &

Wednesdays, 4:00 p.m. - 5:00 p.m.

Join one of our three weekly conversational groups where you can practice your English language skills.

### READ WITH ME (Ages 0 - 5 Years)

Second & Fourth Tuesday of the Month, 10:00 a.m. - 11:00 a.m.

This is a story and craft time just for Adult Literacy and English Language Learner families. While children listen to a story, adults discuss and learn literacy skills to use with their children at home.

### BEYOND THE BOOK

Second & Fourth Thursday of the Month, 10:00 a.m. – 11:00 a.m.

This is a book club geared towards Adult Learners. A book will be given to each participant and we will get together twice monthly.

### CHANGE A LIFE – BECOME AN ADULT LITERACY TUTOR!

The Adult Literacy program needs volunteers to make a difference by providing one-on-one tutoring to adults seeking to improve their literacy skills. New Tutor Trainings are held on the first Saturday of each month, from 10:00 a.m. – 2:30 p.m. Please call the Literacy Center to sign-up as a tutor or to register for training.

### GET READY FOR YOUR DMV WRITTEN TEST

Walk Thru Class – California Driver's Handbook

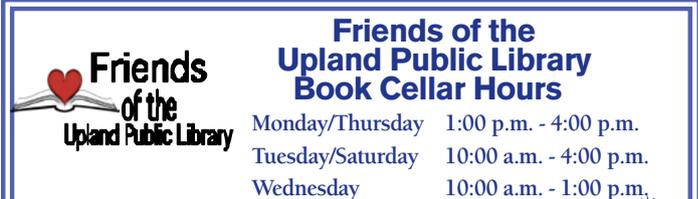
First & Third Tuesday of the Month, 3:00 p.m. – 4:00 p.m.

Self-Directed Practice Exams

Monday – Friday, 1:00 p.m. – 4:00 p.m.



**Seed Lending Library**  
Upland Public Library has a Seed Lending Library! If you need seeds for your gardening, stop by and check them out.



**Friends of the Upland Public Library**

**Friends of the Upland Public Library Book Cellar Hours**

|                  |                        |
|------------------|------------------------|
| Monday/Thursday  | 1:00 p.m. - 4:00 p.m.  |
| Tuesday/Saturday | 10:00 a.m. - 4:00 p.m. |
| Wednesday        | 10:00 a.m. - 1:00 p.m. |

# CITY OF UPLAND *Directory*

## CHAMBER OF COMMERCE

215 N. Second Avenue, Ste. D  
Upland, CA 91786  
(909) 204-4465

## CONSERVATION HOTLINE

(909) 291-2999

## GRAFFITI HOTLINE

(909) 931-4127

## HOSPITALS

**San Antonio Regional Hospital**  
999 San Bernardino Road  
Upland, CA 91786  
(909) 985-2811

## HOUSING

**Upland Housing Authority**  
1200 N. Campus Avenue  
Upland, CA 91786  
(909) 982-2649

**Inland Fair Housing and  
Mediation Board**  
(serving the City of Upland)  
10681 Foothill Blvd., Ste. 101  
Rancho Cucamonga, CA 91730  
(909) 984-2254  
(800) 321-0911

## POST OFFICES

333 E. Arrow Highway  
Upland, CA 91786  
(909) 946-8134  
560 N. Mountain Avenue  
Upland, CA 91786  
(909) 981-1109

## PUBLIC SCHOOLS

**Upland Unified School District**  
390 N. Euclid Avenue  
Upland, CA 91786  
(909) 985-1864

## ELEMENTARY SCHOOLS

**Baldy View Elementary**  
979 W. 11th Street  
Upland, CA 91786  
(909) 982-2564

**Cabrillo Elementary**  
1562 W. 11th Street  
Upland, CA 91786  
(909) 985-2619

**Citrus Elementary**  
925 W. 7th Street  
Upland, CA 91786  
(909) 949-7731

**Foothill Knolls Elementary**  
1245 Veterans Court  
Upland, CA 91786  
(909) 949-7740

## Magnolia Elementary

465 W. 15th Street  
Upland, CA 91786  
(909) 949-7750

## Pepper Tree Elementary

1045 W. 18th Street  
Upland, CA 91784  
(909) 949-9635

## Sierra Vista Elementary

253 E. 14th Street  
Upland, CA 91786  
(909) 949-7780

## Sycamore Elementary

1075 W. 13th Street  
Upland, CA 91786  
(909) 982-0347

## Upland Elementary

601 N. 5th Avenue  
Upland, CA 91786  
(909) 949-7800

## Valencia Elementary

541 W. 22nd Street  
Upland, CA 91784  
(909) 949-7830

## JUNIOR HIGH SCHOOLS

### Pioneer Junior High School

254 W. 18th Street  
Upland, CA 91784  
(909) 949-7770

### Upland Junior High School

444 E. 11th Street  
Upland, CA 91786  
(909) 949-7810

## HIGH SCHOOLS

### Hillside High School

1558 W. 9th Street  
Upland, CA 91786  
(909) 949-8400

### Upland High School

565 W. 11th Street  
Upland, CA 91786  
(909) 949-7880

## REFUSE COMPANY

**Burrtec Waste Industries -  
for Commercial, Industrial and  
Temporary Services, please call**

(909) 949-0500

(Commercial trash services are billed  
through Burrtec)

## TRAFFIC INFORMATION

(877) MY-IE511 or ie511.org

## TRANSPORTATION

### Cable Airport

1749 W. 13th Street  
Upland CA 91786  
(909) 982-6021

### Metrolink

Upland Metrolink Station  
300 East A Street  
Upland, CA 91786  
(800) 371-LINK (5465)

### Omnitrans

(800) 966-6428  
(909) 379-7100  
(909) 384-9351 TDD

### Dial-A-Ride

(909) 383-1680 TDD

### Ontario International Airport

(909) 937-2700  
(909) 937-2163 TDD

## UTILITIES

### City of Upland - Residential Water, Sewer, and Trash Service

(909) 931-4150

### Inland Empire Utilities Agency

6075 Kimball Avenue  
Chino, CA 91708  
(909) 993-1600

### Southern CA Edison

1351 E. Francis Street  
Ontario, CA 91761  
(800) 655-4555  
(909) 930-8591

### Southern CA Gas Co.

155 S. G Street  
San Bernardino, CA 92410  
(800) 427-2200  
(909) 335-7941

### Time Warner Cable

(888) 892-2253

### Verizon

(800) 483-4000



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[www.ci.upland.ca.us](http://www.ci.upland.ca.us)

Get City Forms Online   
[www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp](http://www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp)

# UPLAND Recreation & Community Services



## RECREATION Holiday Events

### Breakfast With Santa

Saturday, December 3rd • 8:00 a.m. - 10:00 a.m.  
Gibson Senior Center, 250 N. Third Avenue, Upland  
Activity #SE12 All Ages Are Welcome.  
\$4 Per Person

The Upland Recreation and Community Services Division, the Upland-Foothill Kiwanis, and Boy Scouts Troop 601 have teamed up again to bring Santa Claus down from the North Pole for our Annual Breakfast with Santa! Your visit with Santa Claus will include a super delicious breakfast of pancakes, sausage, juice, and coffee. Breakfast will be served from 8:00 a.m. to 10:00 a.m. Children will have an opportunity to share their "wish list" with Santa before or after their breakfast. Pictures may be taken with your camera. Please register in advance.

### Letter To Santa

Activity #SE28 • \$1 Per Letter  
All Letters Must Be Received No Later Than Thursday, December 8th

When was the last time you told Santa your holiday wishes??? Children and those young at heart, whether good or bad, can write to Santa Claus and receive a letter in return. Sent from the North Pole, Santa Claus will be sure to send his greetings before the Big Day! When writing, be sure to include your name, home address, and \$1 per letter.

Please mail all letters to the following address:  
City of Upland Recreation and Community Services Division  
c/o Santa Claus, P.O. Box 460, Upland, CA 91785



### 2016 Home For The Holidays

The Upland Recreation Division is sponsoring their Annual Holiday Home Decorating Contest and invites all Upland residents to enter.

All entries must be received no later than 12:00 p.m., Thursday, December 15th. The decorating categories include:

- Humorous
- Lights Extravaganza
- Originality
- Neighborhood (three house minimum)

Judging date(s) to be announced. This is a FREE contest. Entry forms may be obtained at the Upland Recreation and Community Division Office located at 651 W. 15th Street, inside Magnolia Park or at [www.ci.upland.ca.us](http://www.ci.upland.ca.us). For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

**FREE**

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*Interested in being a part of our exciting community events? Contact us at (909) 931-4280.*

### UPCOMING SPRING EVENTS

- ▶ Spring Egg Hunt
- ▶ Butterflies In May
- ▶ Volunteer Applications & Interviews
- ▶ Priority Swim Registration

## UPLAND'S BIGGEST LOSER CHALLENGE



Make that New Year's resolution and succeed! Join the Upland Recreation and Community Services Division's Biggest Loser Challenge. The hit TV show has inspired us and is another way to become a HEALTHY UPLAND! This is a fun competition to lose weight and get in shape. Team up with your spouse, friend, co-worker, or anyone who wants to shed those unwanted pounds.

We are happy to announce that the Upland Recreation and Community Services Division has once again partnered with Crunch Fitness Upland in our Healthy Upland campaign to share in the commitment in helping people live healthier lives. Every contestant will have the opportunity to work out at Crunch Fitness Upland and meet with a personal trainer. The Upland Recreation and Community Services Division also has positive and knowledgeable staff to teach a variety of classes to help you find that fun, fit activity to get you on track, lose weight, and stay on track.

Contestants will be given a calendar of events and activities. There will be

mandatory weigh-ins every other week for a total of five weigh-ins. Monthly workouts are offered to keep you going and help keep you on track.

Prizes will be awarded in the following categories: Biggest Loser Team, Biggest Loser Male Individual, and Biggest Loser Female Individual. Winners will be announced at the annual Lemon Festival held in Downtown Upland during the month of April. Last year's team winners lost a total of 55.25 pounds, a loss of 13.218% of body weight! Now is the time to lose that weight and see if you can beat last year's winners!

*\*Please note that individuals are not allowed to participate if pregnant, having or had a surgical weight loss procedure or participating in a medical weight loss program.*

### 10-WEEK CHALLENGE

- Sign Ups Taken: Tuesday, January 3rd - Tuesday, January 31st
- Official Challenge Start Date: Monday, February 6th
- \$50.00 Per Team (Two People Per Team)
- Must Be 18 Years Or Older (16 & 17 years with parent permission)

# YOUTH DANCE

## BALLET I

**\$31.50/3 SESSIONS**

Dancers will learn ballet terminology and movement with an emphasis on proper ballet technique. Leotard, tights, and ballet slippers required. No class 1/16 and 2/20. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages    | Dates      | Day | Time           |
|------------|---------|------------|-----|----------------|
| DANCE 112  | 5-7 yrs | 12/5-12/19 | M   | 4:45-5:30 p.m. |
| DANCE 101  | 5-7 yrs | 1/9-1/30   | M   | 4:45-5:30 p.m. |
| DANCE 102  | 5-7 yrs | 2/6-2/27   | M   | 4:45-5:30 p.m. |

## BALLET II

Dancers will learn ballet terminology and movement with an emphasis on proper ballet technique. Leotard, tights, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages     | Dates      | Day | Time           | Fee/Sessions |
|------------|----------|------------|-----|----------------|--------------|
| DANCE 1212 | 7-10 yrs | 12/7-12/21 | W   | 2:30-3:15 p.m. | \$31.50/3    |
| DANCE 1201 | 7-10 yrs | 1/11-1/25  | W   | 2:30-3:15 p.m. | \$31.50/3    |
| DANCE 1202 | 7-10 yrs | 2/1-2/22   | W   | 2:30-3:15 p.m. | \$42/4       |

## BALLET/TAP I

Children are introduced to tap and ballet through a series of exercises intended to cover basic dance movements and vocabulary. Leotards, tap, and ballet slippers required. No class 1/16 and 2/20. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages    | Dates      | Day | Time                  | Fee/Sessions |
|------------|---------|------------|-----|-----------------------|--------------|
| DANCE 312  | 5-7 yrs | 12/5-12/19 | M   | 4:00-4:45 p.m.        | \$31.50/3    |
| DANCE 301  | 5-7 yrs | 1/9-1/30   | M   | 4:00-4:45 p.m.        | \$31.50/3    |
| DANCE 302  | 5-7 yrs | 2/6-2/27   | M   | 4:00-4:45 p.m.        | \$31.50/3    |
| DANCE 412  | 4-6 yrs | 12/6-12/20 | Tu  | 11:30 a.m.-12:15 p.m. | \$31.50/3    |
| DANCE 401  | 4-6 yrs | 1/10-1/31  | Tu  | 11:30 a.m.-12:15 p.m. | \$42/4       |
| DANCE 402  | 4-6 yrs | 2/7-2/28   | Tu  | 11:30 a.m.-12:15 p.m. | \$42/4       |

## DANCE WITH ME

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Adult participation and full engagement required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages    | Dates      | Day | Time            | Fee/Sessions |
|------------|---------|------------|-----|-----------------|--------------|
| DANCE 1312 | 2-4 yrs | 12/6-12/20 | Tu  | 9:30-10:00 a.m. | \$26.25/3    |
| DANCE 1301 | 2-4 yrs | 1/10-1/31  | Tu  | 9:30-10:00 a.m. | \$35/4       |
| DANCE 1302 | 2-4 yrs | 2/7-2/28   | Tu  | 9:30-10:00 a.m. | \$35/4       |



## HULA DANCE FOR YOUTH & TWEENS

**\$79/9 SESSIONS**

Students will learn Hulas suitable for youth and tweens starting with hand motions to Hawaiian songs sung in English and progress to using implements and chants. This is a fun and popular class for students of any age. Students are to wear exercise wear (no dresses or skirts) and socks or bare feet. Instructor: Aloha Hula Studio Location: Aloha Hula Studio, 8637½ Baseline Road, Rancho Cucamonga

| Activity # | Ages      | Dates    | Day | Time           |
|------------|-----------|----------|-----|----------------|
| DANCE 9    | 5-9 yrs   | 1/10-3/7 | Tu  | 4:00-4:30 p.m. |
| DANCE 16   | 10-14 yrs | 1/10-3/7 | Tu  | 4:30-5:00 p.m. |

## TUTU CUTE! CREATIVE DANCE \$31.50/3 SESSIONS

Come explore movement as we play pretend! Children will be introduced to basic dance movement and vocabulary in a fun, safe, and nurturing environment. Tutus and costumes welcome. No class 1/16 and 2/20. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages    | Dates      | Day | Time           |
|------------|---------|------------|-----|----------------|
| DANCE 212  | 3-5 yrs | 12/5-12/19 | M   | 3:30-4:00 p.m. |
| DANCE 201  | 3-5 yrs | 1/9-1/30   | M   | 3:30-4:00 p.m. |
| DANCE 202  | 3-5 yrs | 2/6-2/27   | M   | 3:30-4:00 p.m. |

# YOUTH GYMNASTICS

## BALDY VIEW GYM GYMNASTICS, 916 Monte Vista Avenue, Upland

Gymnastics is a year round, ongoing program starting at the beginner level continuing through intermediate. Students enrolled in ongoing classes must pay for the upcoming month by the 1st of each month, in order to hold their spot. After this date, open enrollment will be in effect. A separate non-refundable insurance fee of \$26 per year is payable to Baldy View Gymnastics. No class 12/25-1/1 and 2/20. Instructor: Baldy View Gymnastics Staff

## BEGINNING I

| Activity # | Age     | Dates   | Day   | Time           | Fee/Month |
|------------|---------|---------|-------|----------------|-----------|
| GYM 1      | 5 yrs + | Monthly | M     | 3:30-4:30 p.m. | \$44      |
| GYM 2      | 5 yrs + | Monthly | Tu    | 3:00-4:00 p.m. | \$44      |
| GYM 3      | 5 yrs + | Monthly | W     | 3:30-4:30 p.m. | \$44      |
| GYM 4      | 5 yrs + | Monthly | W     | 6:00-7:00 p.m. | \$44      |
| GYM 5      | 5 yrs + | Monthly | Th    | 3:00-4:00 p.m. | \$44      |
| GYM 6      | 5 yrs + | Monthly | F     | 3:30-4:30 p.m. | \$44      |
| GYM 8      | 5 yrs + | Monthly | Tu/Th | 3:00-4:00 p.m. | \$60      |

## CHEERLEADING/TUMBLING CLASS \$46/MONTH

This class teaches cheer jumps, stunts, pyramids, sharp arm positions, loud voices, tumbling specifically for cheer, and above all else, SAFETY! Gymnastics skills will be taught for all levels from beginner through advanced tumbling. This class will prepare participants for competitive cheer and tryouts, as well as enhance their needed gymnastics skills for cheerleading. If taken with another gymnastics course, the fee is \$28.

| Activity # | Age     | Dates   | Day | Time           |
|------------|---------|---------|-----|----------------|
| GYM 13     | 6 yrs + | Monthly | Sa  | 1:30-2:30 p.m. |

## CO-ED GYMNASTICS \$44/MONTH

By request, we introduce Co-Ed Gymnastics!!! This class will include warm-ups, stretching and conditioning, as well as gymnastics on vault, bars, beam, floor, parallel bars, rope, and trampoline.

| Activity # | Age     | Dates   | Day | Time           |
|------------|---------|---------|-----|----------------|
| GYM 14     | 5 yrs + | Monthly | Tu  | 6:00-7:00 p.m. |

## PARENT & ME GYMNASTICS \$42/MONTH

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. Parent participation is required. One parent per child.

| Activity # | Age        | Dates   | Day | Time            |
|------------|------------|---------|-----|-----------------|
| GYM 9      | 24-36 mos. | Monthly | F   | 9:30-10:00 a.m. |

## TINY TUMBLERS GYMNASTICS \$42/MONTH

This fun gymnastics experience is designed especially for toddler boys and girls. This class will help to enhance motor skills, coordination, flexibility, and balance development. Gymnastics skills will be taught on smaller sized equipment for our Tiny Tumblers.

| Activity # | Age     | Dates   | Day | Time             |
|------------|---------|---------|-----|------------------|
| GYM 16     | 3-5 yrs | Monthly | W   | 2:00-2:45 p.m.   |
| GYM 17     | 3-5 yrs | Monthly | F   | 10:00-10:45 a.m. |
| GYM 18     | 3-5 yrs | Monthly | F   | 2:45-3:30 p.m.   |
| GYM 19     | 3-5 yrs | Monthly | F   | 10:45-11:30 a.m. |
| GYM 20     | 3-5 yrs | Monthly | W   | 6:15-7:00 p.m.   |

Save Time & Register Online!  
<https://apm.activecommunities.com/Upland/>

# PARENT PARTICIPATION

(Parent Participation is required.)

## DANCE WITH ME

Create memories with your tiny dancer as you deepen your bond through dance and movement. Sweet smiles and pure joy guaranteed. Adult participation and full engagement required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

| Activity # | Ages    | Dates      | Day | Time            | Fee/Sessions |
|------------|---------|------------|-----|-----------------|--------------|
| DANCE 1312 | 2-4 yrs | 12/6-12/20 | Tu  | 9:30-10:00 a.m. | \$26.25/3    |
| DANCE 1301 | 2-4 yrs | 1/10-1/31  | Tu  | 9:30-10:00 a.m. | \$35/4       |
| DANCE 1302 | 2-4 yrs | 2/7-2/28   | Tu  | 9:30-10:00 a.m. | \$35/4       |

## GYMNASTICS

**\$42/MONTH**

Have fun introducing your child to the basics of gymnastics. Parent(s) will work with their child to increase flexibility, strengthen muscles, gain coordination and confidence, as well as developing motor and gymnastics skills. No class 12/30. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland.

| Activity # | Age     | Dates   | Day | Time            |
|------------|---------|---------|-----|-----------------|
| GYM 9      | 2-4 yrs | Monthly | F   | 9:30-10:00 a.m. |

## ICE SKATING

**\$53/8 SESSIONS**

Learning to ice skate is good for you and your tot! You'll exercise body and mind in a fun, music filled environment. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. All public sessions are offered to Upland Recreation and Community Services Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

| Activity # | Age     | Dates    | Day | Time                  |
|------------|---------|----------|-----|-----------------------|
| YSport 90  | 2-5 yrs | 1/4-2/22 | W   | 11:30 a.m.-12:00 p.m. |

## JUST FOR ONES

Child and parent will join in a variety of activities including songs, finger-plays, story-time, and arts and crafts. Children will play with "ones" their size with the help of parent or caregiver. A \$5 supply fee is payable to the instructor at the first class. One parent per child. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

| Activity # | Ages       | Dates      | Day | Time            | Fee/Sessions |
|------------|------------|------------|-----|-----------------|--------------|
| YSI 86     | 12-23 mos. | 12/7-12/14 | W   | 9:00-10:00 a.m. | \$16/2       |
| YSI 87     | 12-23 mos. | 1/11-1/25  | W   | 9:00-10:00 a.m. | \$24/3       |
| YSI 88     | 12-23 mos. | 2/1-2/22   | W   | 9:00-10:00 a.m. | \$32/4       |

## JUST FOR TWOS

Children will play with "twos" their size with the help of a parent or caregiver. Activities will include songs, finger-plays, story-time, and arts and crafts. Parents will learn to guide their child's development in language and coordination skills. A \$5 supply fee is payable to the instructor at the first class. One parent per child. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

| Activity # | Ages    | Dates      | Day | Time             | Fee/Sessions |
|------------|---------|------------|-----|------------------|--------------|
| YSI 89     | 2-3 yrs | 12/7-12/14 | W   | 10:00-11:00 a.m. | \$16/2       |
| YSI 90     | 2-3 yrs | 1/11-1/25  | W   | 10:00-11:00 a.m. | \$24/3       |
| YSI 91     | 2-3 yrs | 2/1-2/22   | W   | 10:00-11:00 a.m. | \$32/4       |

## LIL' KICKERS INDOOR SOCCER \$105/8 SESSIONS

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

| Activity # | Age                      | Dates     | Day | Time             |
|------------|--------------------------|-----------|-----|------------------|
| YSport 17  | Bunnies, 18-24 mos       | 1/10-2/28 | Tu  | 9:30-10:20 a.m.  |
| YSport 63  | Bunnies, 18-24 mos       | 1/14-3/4  | Sa  | 10:55-11:45 a.m. |
| YSport 96  | Thumpers, 25-35 mos      | 1/14-2/28 | Sa  | 10:55-11:45 a.m. |
| YSport 20  | Thumpers, 25-35 mos      | 1/12-3/2  | Th  | 10:30-11:20 a.m. |
| YSport 84  | Cottontails, 2.5-3.5 yrs | 1/12-3/2  | Th  | 9:30-10:20 a.m.  |

## MULTI-SPORT BY TRIFYTT

**\$59/5 SESSIONS**

Here is a great chance for kids to play their favorite sports...Soccer, T-Ball, and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFytt T-shirt. No class 2/18. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

| Activity # | Age       | Dates     | Day | Time             |
|------------|-----------|-----------|-----|------------------|
| YSport 167 | 1.5-2 yrs | 1/21-2/25 | Sa  | 10:30-11:00 a.m. |
| YSport 177 | 2-3 yrs   | 1/21-2/25 | Sa  | 10:00-10:30 a.m. |

## PIANO FOR BEGINNERS

**\$60/5 SESSIONS**

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

| Activity # | Age     | Dates     | Day | Time           |
|------------|---------|-----------|-----|----------------|
| MUSIC 39   | 3-5 yrs | 1/23-2/20 | M   | 4:15-5:00 p.m. |

## T-BALL BY TRIFYTT

**\$69/6 SESSIONS**

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFytt, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFytt T-shirt. Instructor: TriFytt Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

| Activity # | Age     | Dates    | Day | Time           |
|------------|---------|----------|-----|----------------|
| YSport 130 | 2-3 yrs | 1/25-3/1 | W   | 3:30-4:00 p.m. |



# TINY TOTS PLAYSCHOOL

Tiny Tots Community Building, 1200 E. Foothill Blvd., Upland

## Frequently Asked Questions About Tiny Tots

**How do I register?** New students may be enrolled at the Upland Recreation and Community Services Division Office located at 651 W. 15th Street, Upland during office hours, Monday through Thursday, 8:00 a.m. to 6:00 p.m.

**Is Tiny Tots academic?** Yes. Although Tiny Tots is a recreation based socialization program, our curriculum includes academic goals for each specific class.

**Who may attend Tiny Tots?** All children who are toilet trained and are between the ages of 3 & 5 are invited to participate.

**Can parents stay with their children in the classroom?** Tiny Tots is not a parent-participation program. Parents may be invited by the instructor to help with parties or special events.

## TINY TOTS 3'S

Tiny Tots 3's is designed to increase self-confidence, self-control, development of hand and eye coordination, and the ability to follow simple directions. We'll concentrate on developing these attributes to ensure effective learning in any future Tiny Tots class. The 3's will be introduced to work independently in writing, crafts, and computers. Please bring a small healthy snack and drink to each class. A \$10 supply fee is payable to the instructor at the first class. Children must turn/have turned the age of 3 in May 2016 or after. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

| Activity # | Ages  | Dates      | Day  | Time                 | Fee/Sessions |
|------------|-------|------------|------|----------------------|--------------|
| TT 312     | 3 yrs | 12/1-12/22 | T/Th | 9:30 a.m.-12:30 p.m. | \$119/7      |
| TT 301     | 3 yrs | 1/10-1/31  | T/Th | 9:30 a.m.-12:30 p.m. | \$119/7      |
| TT 302     | 3 yrs | 2/2-2/28   | T/Th | 9:30 a.m.-12:30 p.m. | \$136/8      |

## TINY TOTS 3'S & 4'S

Tiny Tots 3's and 4's is designed to develop your child's social, physical and kindergarten knowledge abilities. The children participate in their educational centers: writing with an emphasis on Alphabet phonics, numbers, crafts, and computers. Children will also be exposed to colors, shapes, and music. Please bring a small healthy lunch and drink to each class. A \$10 supply fee is payable to the instructor at the first class. No class 1/16, 2/17, and 2/20. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

| Activity # | Ages      | Dates      | Day   | Time                 | Fee/Sessions |
|------------|-----------|------------|-------|----------------------|--------------|
| TT 712     | 3 & 4 yrs | 12/2-12/21 | M/W/F | 9:00 a.m.-12:15 p.m. | \$153/9      |
| TT 701     | 3 & 4 yrs | 1/9-1/30   | M/W/F | 9:00 a.m.-12:15 p.m. | \$153/9      |
| TT 702     | 3 & 4 yrs | 2/1-2/27   | M/W/F | 9:00 a.m.-12:15 p.m. | \$170/10     |



## TINY TOTS 3'S & 4'S

This Kindergarten readiness program introduces numbers, colors, children's literature, alphabet recognition, and phonics. Kindergarten readiness will also be enhanced through crafts, story-telling, writing, and outdoor interaction. These activities will help to stimulate creativity, socialization, and cognitive development. Please bring a small healthy snack and drink to each class. A \$10 supply fee is payable to the instructor at the first class. No class 2/17. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

| Activity # | Ages      | Dates      | Day     | Time                 | Fee/Sessions |
|------------|-----------|------------|---------|----------------------|--------------|
| TT 3112    | 3 & 4 yrs | 12/1-12/16 | Tu/Th/F | 9:00 a.m.-12:00 p.m. | \$136/8      |
| TT 3101    | 3 & 4 yrs | 1/10-1/31  | Tu/Th/F | 9:00 a.m.-12:00 p.m. | \$170/10     |
| TT 3102    | 3 & 4 yrs | 2/2-2/28   | Tu/Th/F | 9:00 a.m.-12:00 p.m. | \$187/11     |

## FUN WITH LEARNING

### NEW ACRYLIC PAINTING FOR YOUTH \$60/4 SESSIONS

Painting is one of the most rewarding ways to artistically express yourself! In our Acrylic For Youth class, students will explore their expressive sides and talents as they learn the basic techniques and rules of painting on canvas. Each artist will chose their own landscape to create on their 12X16 canvas. A \$45 supply fee is payable to the instructor at the first class. Instructor: Dianne Seminaris Location: Magnolia Recreation Center, Lounge

| Activity # | Ages     | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| YSI 58     | 9-14 yrs | 1/12-2/2 | Th  | 4:00-5:30 p.m. |
| YSI 59     | 9-14 yrs | 2/16-3/9 | Th  | 4:00-5:30 p.m. |

## FUN WITH ANIMATION \$60/4 SESSIONS

Enjoy the excitement of creating your very own Stop Animation Movie! Your child will learn the basic skills needed to create a full motion animated movie using common tools found in your own home. This class is geared to make a step-by-step production, simple enough for children to understand and love! Children will enter the program to learn animation and leave with knowledge to last a life time! A \$5 supply fee is payable to the instructor at the first class. Students must provide one USB Flash Drive with 2 GB of free space. Animated movies will be stored on the USB Flash Drive. Instructor: Mr. Jim. Location: Magnolia Recreation Center, South Hall

| Activity # | Age      | Dates     | Day | Time                  |
|------------|----------|-----------|-----|-----------------------|
| YSI 19     | 6-12 yrs | 1/14-2/4  | Sa  | 10:00 a.m.-12:00 p.m. |
| YSI 20     | 6-12 yrs | 2/18-3/11 | Sa  | 10:00 a.m.-12:00 p.m. |
| YSI 21     | 6-12 yrs | 3/25-4/15 | Sa  | 10:00 a.m.-12:00 p.m. |

### NEW FUN WITH SCIENCE "CANDY SCIENCE" \$10/1 SESSION

Candy isn't just for eating. The young scientists will have fun with lots of hands on experiments with an assortment of candy. Test candy for density, specific gravity, gas retention, and color properties. Each scientist will also create a candy structure to take home, along with a piece of each candy experiment from class. A \$4 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Dates | Day | Time           |
|------------|----------|-------|-----|----------------|
| YSI 75     | 5-11 yrs | 2/10  | F   | 3:30-5:00 p.m. |

### NEW FUN WITH SCIENCE "FROZEN SCIENCE" \$16/1 SESSION

Based on the movie "Frozen", young scientists will learn the science behind crystals, snow, and slime. Each scientist will take home a growing crystal, blue slime, snowflakes, and Oloff created from the snow experiment from class. A \$5 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Dates | Day | Time           |
|------------|----------|-------|-----|----------------|
| YSI 99     | 5-11 yrs | 12/20 | Tu  | 2:30-4:00 p.m. |

### NEW FUN WITH SCIENCE "MAGNETIC SCIENCE" \$10/1 SESSION

Young scientists will learn have fun learning the science behind magnets. Each scientist will take home a magnetic dart game and magnetic sand. A \$4 supply fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Dates | Day | Time           |
|------------|----------|-------|-----|----------------|
| YSI 100    | 5-11 yrs | 12/6  | Tu  | 3:30-4:30 p.m. |

### NEW HOLIDAY CANDY EXPRESS \$20/1 SESSION

Let's take a trip on the Candy Express this holiday. Join us with your little one in this fun-filled class as we learn to make candy trains and gingerbread houses. Participants will also enjoy hot chocolate, holiday music, stories, and more. A \$10 supply fee is payable to the instructor at the beginning of class. Children under the age of 6 must be accompanied by a parent or adult guardian. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age      | Dates | Day | Time            |
|------------|----------|-------|-----|-----------------|
| YSI 31     | 5-10 yrs | 12/10 | Sa  | 12:00-3:00 p.m. |



**LITTLE CHEFS FOR THE HOLIDAYS WITH MS. COOPER \$15/2 SESSIONS**

Ms. Cooper's class offers "hands-on" recipes, basic food preparation skills, measuring and safety lessons in the kitchen and the opportunity to learn easy, fun and tasty treats that can be made at home. At the end of each class, the "Little Chefs" will enjoy their own tasty hand-made holiday treats. A \$5 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Dates      | Day | Time           |
|------------|----------|------------|-----|----------------|
| YSI 8      | 6-10 yrs | 12/7-12/14 | W   | 3:30-4:30 p.m. |



**2017 VOLUNTEEN PROGRAM**

**Gain Valuable Work Experience  
Fulfill Community Service Requirements  
Increase Self-Confidence**



**\$25.00 per person**  
(Includes training, training materials, and T-shirt)  
**14-17 years of age**

The Volunteer Program is a year-round program, June to June, with an emphasis on summer programming June through August. Volunteers will have the opportunity to broaden their horizons and experience what it means to help out in their community. Volunteers will assist Recreation staff with youth attending the Upland Recreation and Community Services Division's Aquatics program, day camps, sports programs, classes, and special events at our local parks and schools. After the conclusion of summer programs, other volunteer opportunities will be available such as Inside Upland Family Preparedness Day, Scary-A-Faire, and Breakfast with Santa. The Volunteer Program will culminate with a recognition event in the spring of 2018.

What do you need to do to become a Volunteer? Complete the "Volunteer Interest Form" which will be available Monday, April 3rd. This form MUST be completed by the candidate and returned to the City of Upland Recreation and Community Services Division Office by Thursday, May 18th. Late requests will only be considered if there is space available in the program. Candidates will be interviewed by the Recreation Coordinator, and when accepted, will receive instructions on how to complete a City Volunteer Application and complete final processing steps. Parent(s) and participant MUST attend one of two orientation meetings to participate in the program. Volunteers and parents are required to attend one of the orientation meetings (two dates will be available) and if accepted into the program, the Volunteer must attend a training/meeting where they will receive valuable information about the program and their assignments(s). All other training/meetings are not mandatory, but are a valuable part of the program. Trainings will include instruction in job responsibilities, ethics, customer service, time management, and First Aid/CPR certification for those that have not been certified or need to receive updated certification. Volunteers will set up their own schedule and receive their T-Shirt at the Volunteer orientation training/meeting. Dates, times, and locations for meetings and orientations will be included in the registration packet. Space is limited... Sign up early! Payment is due upon receipt of the "Volunteer Interest Form."

Financial aid is available for qualified applicants. *Proof of income is required.*

**LITTLE CHEFS W/ MS. COOPER \$25/4 SESSIONS**

Ms. Cooper's class offers "hands-on" recipes, basic food preparation skills, measuring and safety lessons in the kitchen and the opportunity to learn easy, fun and tasty treats that can be made at home. At the end of each class, the "Little Chefs" will enjoy their own tasty hand-made treats. A \$10 supply fee is payable to the instructor at the first class. Instructor: Ms. Cooper Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| YSI 6      | 6-10 yrs | 1/11-2/1 | W   | 3:30-4:30 p.m. |
| YSI 7      | 6-10 yrs | 2/8-3/1  | W   | 3:30-4:30 p.m. |



**SEWING MACHINE 101 FOR YOUTH**

**\$50/2 SESSIONS**

Sewing Machine 101 is an introductory level course geared towards learning the basic fundamentals of operating a sewing machine and beginner stitching techniques. Learn what types of needles are suitable for different fabrics and how to adjust the machine tension for different fabrics, basic maintenance, and much more. \*This course is modified for the younger students with extra safety precautions, smaller class sizes, and snack breaks as necessary. At the end of this course, students will have completed a bed pillow cover. A \$10 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill Boulevard, #A, Claremont

| Activity # | Age      | Dates       | Day     | Time                  |
|------------|----------|-------------|---------|-----------------------|
| YSI 16*    | 8-12 yrs | 1/10 & 1/12 | Tu & Th | 4:00-5:30 p.m.        |
| YSI 17*    | 8-12 yrs | 1/24 & 1/26 | Tu & Th | 4:00-5:30 p.m.        |
| YSI 18*    | 8-12 yrs | 2/7 & 2/9   | Tu & Th | 4:00-5:30 p.m.        |
| ASI 216    | 12 yrs + | 1/7 & 1/14  | Sa      | 11:00 a.m.-12:30 p.m. |
| ASI 217    | 12 yrs + | 2/4 & 2/11  | Sa      | 11:00 a.m.-12:30 p.m. |

**SIGN LANGUAGE FOR YOUTH \$235/14 SESSIONS**

The use of Sign Language has expanded beyond the deaf and hard of hearing and is the only form of non-written and non-spoken communication that millions of people in the world have. In our Sign Language For Youth course, skills learned will focus on the basic principles of phrasing, sentence patterns, manual counting, spelling, semantics, and the development of expressive and receptive abilities. A \$20 supply fee is payable to the instructor at the first class. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

| Activity # | Age      | Dates    | Day | Time             |
|------------|----------|----------|-----|------------------|
| YSI 151    | 5-12 yrs | 1/21-5/6 | Sa  | 10:00-11:00 a.m. |

**SPANISH FOR YOUTH \$235/14 SESSIONS**

Our method of instruction immerses young participants in the language of Spanish, making learning both fast and easy. Our experienced fluent instructors use relaxed conversations along with fun and engaging activities to help the participant learn to think and communicate in their new language. YSI 175 participants will learn Spanish basics with an emphasis on Middle/High school level Spanish, preparing them for school curriculum based Spanish. A \$20 supply fee is payable to the instructor at the first class. Instructor: International Language School for Children & Adults Staff v Location: Pitzer College, 1050 N. Mills Avenue, Claremont

| Activity # | Age       | Dates    | Day | Time             |
|------------|-----------|----------|-----|------------------|
| YSI 173    | 5-10 yrs  | 1/21-5/6 | Sa  | 9:00-10:00 a.m.  |
| YSI 175    | 11-15 yrs | 1/21-5/6 | Sa  | 10:00-11:00 a.m. |



**YOUTH SPORTS**

**BASKETBALL SHOOTING LAB**

**\$75/5 SESSIONS**

Want to increase your shooting percentage? TriFytt Sports Academy has made this possible by bringing science to the art of shooting. Four shooting labs are open with top of the line equipment that provides instant feedback to enhance your shot to have the perfect arc. All athletes will receive a TriFytt T-shirt at the end of the session. Instructor: TriFytt Sports Academy Staff Location: TriFytt Sports Academy, 9650 9th Street, Unit D4, Rancho Cucamonga

| Activity #  | Age       | Dates     | Day | Time           |
|-------------|-----------|-----------|-----|----------------|
| YSPORT 5001 | 7-10 yrs  | 1/27-2/24 | F   | 6:00-7:00 p.m. |
| YSPORT 5101 | 11-14 yrs | 1/27-2/24 | F   | 7:00-8:00 p.m. |

## COMBINED MARTIAL ARTS \$30/4 SESSIONS

Combined Martial Arts will include kicking, punching, blocking, ground jujitsu and Katas, effectively covering all aspects of self-defense. Just as important, children will be encouraged to believe in themselves, creating self-esteem, respect, and self-improvement. A Combined Martial Arts uniform is mandatory and may be purchased the first day of class for \$35. Instructor: Combined Martial Arts Academy Staff Location: Magnolia Recreation Center, North Hall

| Activity #  | Age      | Dates    | Day | Time           |
|-------------|----------|----------|-----|----------------|
| YSPORT 6601 | 5-8 yrs  | 1/4-1/25 | W   | 5:00-6:00 p.m. |
| YSPORT 6602 | 5-8 yrs  | 2/1-2/22 | W   | 5:00-6:00 p.m. |
| YSPORT 6801 | 9-17 yrs | 1/4-1/25 | W   | 6:00-7:00 p.m. |
| YSPORT 6802 | 9-17 yrs | 2/1-2/22 | W   | 6:00-7:00 p.m. |

## NEW E-KARATE

E-Karate is a multi-dimensional martial arts program, designed to teach children with special needs self-defense skills in a safe, inclusive setting, with an emphasis on respect, self-control, and traditional values found in traditional martial arts. Every student participates to the fullness of their ability and are recognized for their achievements. The successes of students in this program demonstrates what extraordinary things can be done when opportunities are provided. An Elite Performance Martial Arts uniform is mandatory and may be purchased the first day of class for \$25-\$35. A \$10 material fee is payable to the instructor at the first class. Instructor: Elite Performance Martial Arts Staff Location: Elite Performance Martial Arts, 957 W. Foothill Boulevard, Upland

| Activity # | Age       | Dates      | Day | Time           | Fee/Sessions |
|------------|-----------|------------|-----|----------------|--------------|
| YFIT 2112  | 6-11 yrs  | 12/6-12/20 | Tu  | 5:30-6:30 p.m. | \$37.50/3    |
| YFIT 2101  | 6-11 yrs  | 1/10-1/31  | Tu  | 5:30-6:30 p.m. | \$49/4       |
| YFIT 2102  | 6-11 yrs  | 2/7-2/28   | Tu  | 5:30-6:30 p.m. | \$49/4       |
| YFIT 2212  | 12-17 yrs | 12/6-12/20 | Tu  | 5:30-6:30 p.m. | \$37.50/3    |
| YFIT 2201  | 12-17 yrs | 1/10-1/31  | Tu  | 5:30-6:30 p.m. | \$49/4       |
| YFIT 2202  | 12-17 yrs | 2/7-2/28   | Tu  | 5:30-6:30 p.m. | \$49/4       |

## ICE SKATING FOR THE BEGINNER \$53/8 SESSIONS

No matter your age, learning to ice skate is fun and gets you into good physical condition without realizing that you're exercising. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. All public sessions are offered to Upland Recreation and Community Services Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

| Activity # | Age      | Dates    | Day | Time            |
|------------|----------|----------|-----|-----------------|
| YSPORT 95  | 2-5 yrs  | 1/5-2/25 | Th  | 6:00-6:30 p.m.  |
| YSPORT 92  | 2-5 yrs  | 1/7-2/25 | Sa  | 12:45-1:15 p.m. |
| YSPORT 70  | 6-14 yrs | 1/3-2/21 | Tu  | 6:30-7:00 p.m.  |
| YSPORT 75  | 6-14 yrs | 1/7-2/25 | Sa  | 12:45-1:15 p.m. |

**Save Time & Register Online!**  
<https://apm.activecommunities.com/Upland/>

## KARATE FOR KIDS

Karate For Kids emphasizes the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self-defense. And of course, it's fun too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

| Activity # | Age      | Dates      | Day | Time            | Fee/Sessions |
|------------|----------|------------|-----|-----------------|--------------|
| YFIT 5012  | 6-12 yrs | 12/6-12/27 | Tu  | 5:30-6:30 p.m.  | \$38/4       |
| YFIT 5001  | 6-12 yrs | 1/3-1/31   | Tu  | 5:30-6:30 p.m.  | \$42/5       |
| YFIT 5002  | 6-12 yrs | 2/7-2/28   | Tu  | 5:30-6:30 p.m.  | \$38/4       |
| YFIT 7012  | 6-12 yrs | 12/3-12/17 | Sa  | 9:00-10:00 a.m. | \$28.50/3    |
| YFIT 7001  | 6-12 yrs | 1/7-1/28   | Sa  | 9:00-10:00 a.m. | \$38/4       |
| YFIT 7002  | 6-12 yrs | 2/4-2/25   | Sa  | 9:00-10:00 a.m. | \$38/4       |



## LIL' KICKERS INDOOR SOCCER \$105/8 SESSIONS

Lil' Kickers is a one of a kind, non-competitive soccer and movement skills program for children. Children can begin as toddlers learning how to kick and develop gross motor movements and end up as a school-aged player with a strong set of soccer skills and an understanding of the team concept. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

**Beginners:**

| Activity # | Age              | Dates    | Day | Time             |
|------------|------------------|----------|-----|------------------|
| YSPORT 105 | Hoppers, 3-4 yrs | 1/14-3/4 | Sa  | 10:55-11:45 a.m. |
| YSPORT 21  | Hoppers, 3-4 yrs | 1/11-3/1 | W   | 11:30-12:20 p.m. |

**Advanced:**

| Activity # | Age            | Dates     | Day | Time             |
|------------|----------------|-----------|-----|------------------|
| YSPORT 83  | Micro, 4-5 yrs | 1/10-2/28 | Tu  | 6:10-7:00 p.m.   |
| YSPORT 106 | Micro, 4-5 yrs | 1/14-3/4  | Sa  | 11:05-11:55 a.m. |
| YSPORT 23  | Micro, 6-7 yrs | 1/14-3/4  | Sa  | 11:05-11:55 a.m. |
| YSPORT 24  | Micro, 6-7 yrs | 1/12-3/2  | Th  | 6:10-7:00 p.m.   |

## MULTI-SPORT BY TRIFYTT \$59/5 SESSIONS

Here is a chance for kids to play their favorite sports... Soccer, T-Ball, and Basketball...all in one program. Our Multi-Sport program is designed to motivate children to be active and healthy while giving them the fundamental skills set needed to succeed and grow in whichever sport they choose. All athletes will receive a TriFytt T-shirt. No class 2/18. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

| Activity # | Age     | Dates     | Day | Time           |
|------------|---------|-----------|-----|----------------|
| YSPORT 87  | 3-5 yrs | 1/21-2/25 | Sa  | 9:00-9:45 a.m. |

## 2017 BASKETBALL FUN Elementary School Co-ed Basketball League

All boys and girls – grades 1st through 6th – are encouraged to join the fun of our Elementary School Co-ed Basketball League. All league games are played on Saturdays from 8:30 a.m. to 5:30 p.m. at Western Christian Elementary School. Games begin Saturday, January 14th for 8 weeks. The last game for 1st through 4th graders last game will be held on Saturday, March 4th. The last game for 5th through 6th graders last game will be held Saturday, March 11th.

### Basketball Coaches Needed!

The Upland Recreation & Community Services Division is seeking interested people who can volunteer three to five hours per week Friday, December 2nd through Saturday, March 11th, to coach basketball skills, design team practices, etc. For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280.



**SIGN-UPS**  
 includes team jersey  
 & pictures

Magnolia Recreation Center  
 651 W. 15th Street, Upland  
 Fee: \$60 per child, Space is limited

**T-BALL BY TRIFYTT**

**\$69/6 SESSIONS**

Our T-Ball curriculum is designed for kids to have fun with friends and coaches while fine tuning their motor and socialization skills and learning the basics of the game. At TriFyft, we soundly believe that every child's progression is aided and improved by encouragement and fundamental help. All athletes will receive a TriFyft T-shirt. Instructor: TriFyft Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

| Activity # | Age     | Dates    | Day | Time           |
|------------|---------|----------|-----|----------------|
| YSPORT 131 | 3-5 yrs | 1/25-3/1 | W   | 4:00-4:45 p.m. |

**TIGER CUB KARATE**

Taught by black belt instructors, Tiger Club Karate will emphasize the qualities that martial arts have become known for such as self-discipline, confidence, respect, improved concentration, skills learning, and self-defense. And of course, it's fun, too! An Upland Martial Arts Center uniform is mandatory and may be purchased the first day of class for \$30. No class 12/23. Instructor: Upland Martial Arts Center Staff Location: Upland Martial Arts Center, 1386 E. Foothill Boulevard, Unit L, Upland

| Activity # | Age     | Date       | Day  | Time           | Fee/Sessions |
|------------|---------|------------|------|----------------|--------------|
| YFIT 6712  | 4-6 yrs | 12/6-12/27 | Tu   | 5:00-5:30 p.m. | \$26/4       |
| YFIT 6701  | 4-6 yrs | 1/3-1/31   | Tu   | 5:00-5:30 p.m. | \$32.50/5    |
| YFIT 6702  | 4-6 yrs | 2/7-2/28   | Tu   | 5:00-5:30 p.m. | \$26/4       |
| YFIT 6912  | 4-6 yrs | 12/2-12/30 | F    | 5:00-5:30 p.m. | \$26/4       |
| YFIT 6901  | 4-6 yrs | 1/6-1/27   | F    | 5:00-5:30 p.m. | \$26/4       |
| YFIT 6902  | 4-6 yrs | 2/3-2/24   | F    | 5:00-5:30 p.m. | \$26/4       |
| YFIT 6612  | 4-6 yrs | 12/2-12/30 | Tu/F | 5:00-5:30 p.m. | \$52/8       |
| YFIT 6601  | 4-6 yrs | 1/3-1/31   | Tu/F | 5:00-5:30 p.m. | \$52/9       |
| YFIT 6602  | 4-6 yrs | 2/3-2/28   | Tu/F | 5:00-5:30 p.m. | \$52/8       |



**YOGA FOR KIDS**

**\$30/5 SESSIONS**

Yoga For Kids is a playful and imaginative beginner Yoga class created just for children. Students will be introduced to Yoga postures, meditation, and breathing techniques in a fun and entertaining environment. Please wear comfortable clothing and bring a water bottle to class. No class 1/15. Instructor: Amy Frye Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

| Activity # | Age      | Date     | Day | Time           |
|------------|----------|----------|-----|----------------|
| YFIT 1401  | 5-14 yrs | 1/8-2/12 | Su  | 3:00-3:45 p.m. |

**MUSIC FOR ALL AGES**

**GUITAR FOR BEGINNERS**

**\$60/5 SESSIONS**

What a great way to begin to learn the guitar! In this group class, you will learn simple melodies and develop basic guitar techniques. This class covers a variety of styles including Classical, Jazz, Pop, Rock, and more. At the end of the session, students will know basic chords, basic note-reading skills and be able to play a number of songs. A \$20 material fee is payable to the instructor the first class. Practice guitar provided for class. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

| Activity # | Age      | Dates     | Day | Time           |
|------------|----------|-----------|-----|----------------|
| MUSIC 32   | 6-11 yrs | 1/18-2/15 | W   | 4:30-5:30 p.m. |
| MUSIC 33   | 12 yrs + | 1/18-2/15 | W   | 5:45-6:45 p.m. |

**PIANO FOR BEGINNERS**

**\$60/5 SESSIONS**

Students will learn beginning keyboard/piano playing in a natural, enjoyable way through creative activity, note-reading, solfege singing, ear training, rhythm, finger coordination, and solo and ensemble playing. A \$25 material fee is payable to the instructor at the first class. Practice keyboard provided for class. Parent participation is required for MUSIC 39. Instructor: Upland Music School Staff Location: Upland Music School, 791 E. Foothill Boulevard, Suite H, Upland

| Activity # | Age      | Dates     | Day | Time           |
|------------|----------|-----------|-----|----------------|
| MUSIC 39   | 3-5 yrs  | 1/23-2/20 | M   | 4:15-5:00 p.m. |
| MUSIC 41   | 6-9 yrs  | 1/23-2/20 | M   | 5:00-5:45 p.m. |
| MUSIC 42   | 10 yrs + | 1/23-2/20 | M   | 5:45-6:30 p.m. |

**Upland Sports Corner**

For registration information, please view the following websites:

**American Little League:** www.uplandamericanll.org

**AYSO Soccer:** www.aysso32.org

**Pony League:** www.eteamz.com/uplandpony

**Foothill Little League:** www.uflf.org

**Hilltoppers Girls Softball:** www.uplandhilltoppers.com

**Upland Hurricanes Football:** www.uplandjaaf.com

**National Little League:** www.uplandnational.com

**Pop Warner Football:** www.uplandpopwarner.com

A copy of the Sports Field Policy Handbook is available on the City of Upland website: www.ci.upland.ca.us



**ADULT DANCE**

**BALLROOM DANCE FOR BEGINNERS**

Join us and learn the basics to dance the like the stars!!! Students will learn to lead and to follow in various dances, while adding fun and excitement to their lives with a life-long rewarding activity and stress reliever. This class will cover the basics of Fox Trot, Swing, Cha Cha, and Waltz. Singles and couples are welcome. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Date     | Day | Time           | Fee/Sessions |
|------------|----------|----------|-----|----------------|--------------|
| DANCE 46   | 16 yrs + | 1/6-1/27 | F   | 7:00-8:00 p.m. | \$45/4       |
| DANCE 47   | 16 yrs + | 2/3-3/3  | F   | 7:00-8:00 p.m. | \$55/5       |

**BALLROOM DANCE FOR INTERMEDIATES**

Are you ready for the next step in Ballroom Dance? Enjoy our continuation of Ballroom Dance For The Beginner. Additional steps will be added and another Latin dance (Rumba, Samba, Tango or Salsa) will be introduced with each new session. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Date     | Day | Time           | Fee/Sessions |
|------------|----------|----------|-----|----------------|--------------|
| DANCE 83   | 16 yrs + | 1/6-1/27 | F   | 8:00-9:00 p.m. | \$45/4       |
| DANCE 84   | 16 yrs + | 2/3-3/3  | F   | 8:00-9:00 p.m. | \$55/5       |

**BELLY DANCE**

**\$40/4 SESSIONS**

Belly Dance is a great way to tone and shape your body, while improving coordination and posture. This class is for beginner to intermediate students who want to try something different or improve what they have previously learned. Basics will be taught, as well as more advanced movements. Students will learn to play finger cymbals, dance with a veil, and learn choreography. Occasional performance opportunities throughout the year. Hip scarves and finger cymbals are available for purchase from instructor. Instructor: Shahira Location: Magnolia Recreation Center, North Hall

| Activity # | Age      | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| DANCE 60   | 14 yrs + | 1/6-1/27 | F   | 6:30-7:30 p.m. |
| DANCE 61   | 14 yrs + | 2/3-2/24 | F   | 6:30-7:30 p.m. |

**DANCE LIKE STARS AT YOUR SPECIAL EVENT**

**\$45/4 SESSIONS**

Shine like stars at parties, weddings, anniversaries, reunions, etc. This class is for couples celebrating a special event, for members of a wedding party or anyone desiring a more personal dance experience. Students will learn some easy and elegant steps suitable for the music they provide. Please bring your own music (CD or MP3) to the first class. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| DANCE 85   | 16 yrs + | 1/6-1/27 | F   | 6:00-7:00 p.m. |

**Save Time & Register Online!**  
<https://apm.activecommunities.com/Upland/>

## EAST COAST SWING FOR BEGINNERS

**\$55/5 SESSIONS**

Dance to the music of big band sounds. Burn some calories in this energetic class and have fun, too! Learn the basic single and triple rhythms with turns, kicks and hand changes. Leading and following will be emphasized. Intermediate students will learn timing changes and more intricate steps. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Dates   | Day | Time           |
|------------|----------|---------|-----|----------------|
| DANCE 22   | 16 yrs + | 2/3-3/3 | F   | 6:00-7:00 p.m. |

## HULA DANCE FOR ADULTS

**\$75/9 SESSIONS**

Learn hand motions, body movements, and foot-steps associated with graceful art of Hawaiian dance. Start with some of the most popular Hulas and progress from there. It's never too late to learn the Hula! This is a fun and popular class for adults of any age. Students are to wear exercise wear (no dresses or skirts) and socks or bare feet. No class 9/20. Instructor: Aloha Hula Studio Staff Location: Aloha Hula Studio, 8637½ Baseline Road, Rancho Cucamonga

| Activity # | Age      | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| DANCE 17   | 15 yrs + | 1/10-3/7 | Tu  | 7:00-7:30 p.m. |

## NIGHTCLUB TWO-STEP

**\$35/3 SESSIONS**

Learn to dance to the slower tempo love songs and ballads of today. This smooth and easy flowing dance is perfect for a romantic night out. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age     | Dates      | Day | Time           |
|------------|---------|------------|-----|----------------|
| DANCE 7212 | 16 yrs+ | 12/2-12/16 | F   | 7:00-8:00 p.m. |

## SACRED FEMININE DANCE

Come express yourself through movement in this class intended to open and clear your energetic channels and to allow for your fullest expression. Breath work, gentle yoga poses, belly dance, mantras, and affirmations will be explored in class. No previous dance experience necessary. Instructor: Florencia Abergel Location: Magnolia Recreation Center, North Hall

| Activity # | Age   | Date       | Day | Time             | Fee/Sessions |
|------------|-------|------------|-----|------------------|--------------|
| DANCE 2412 | Adult | 12/6-12/20 | Tu  | 10:00-11:00 a.m. | \$36/3       |
| DANCE 2401 | Adult | 1/10-1/31  | Tu  | 10:00-11:00 a.m. | \$48/4       |
| DANCE 2402 | Adult | 2/7-2/28   | Tu  | 10:00-11:00 a.m. | \$48/4       |

## TANGO FOR BEGINNERS

**\$35/3 SESSIONS**

Don't stay seated when you hear Tango music! This class will show you some basic moves and some styling, too! Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Dates      | Day | Time           |
|------------|----------|------------|-----|----------------|
| DANCE 82   | 16 yrs + | 12/2-12/16 | F   | 8:00-9:00 p.m. |

## WALTZ & FOXTROT

**\$35/3 SESSIONS**

Here's a good chance to concentrate on two dances that share many of the same steps. Enjoy the fun and elegance of the Waltz and Foxtrot in preparation for your holiday dancing. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

| Activity # | Age      | Dates      | Day | Time           |
|------------|----------|------------|-----|----------------|
| DANCE 65   | 16 yrs + | 12/2-12/16 | F   | 6:00-7:00 p.m. |

# HEALTHY Upland ADULT HEALTH AND FITNESS

## BODY CONDITIONING

**\$37.50/15 SESSIONS**

Body Conditioning is an exercise program for men and women, structured to allow a "work at your own pace" routine. This 1-hour session includes warm-up, stretches, calisthenics, low to high impact aerobics, and cool down exercises done to "easy listening" music. Please wear comfortable clothing and tennis shoes and bring a mat or towel for floor workout, water bottle, and your own 1/2-3 pound weights (optional) to each class. No class 2/14. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

| Activity # | Age   | Dates    | Day  | Time           |
|------------|-------|----------|------|----------------|
| FIT 1      | Adult | 1/10-3/2 | T/Th | 6:00-7:00 p.m. |

## CROSSFIT KINNICK BOOTCAMP

Come join the fun and see what CrossFit is all about! This CrossFit inspired bootcamp will help you take your fitness to the next level! Certified trainers will use functional movements, including kettlebells, to help you get in the best shape of your life. All fitness levels are welcome. Please wear comfortable clothing and bring a water bottle to each class. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

| Activity # | Age   | Date       | Day  | Time           | Fee/Sessions |
|------------|-------|------------|------|----------------|--------------|
| FIT 69     | Adult | 12/6-12/22 | T/Th | 6:00-7:00 p.m. | \$75/6       |
| FIT 70     | Adult | 1/3-1/31   | T/Th | 6:00-7:00 p.m. | \$110/9      |
| FIT 71     | Adult | 2/2-2/28   | T/Th | 6:00-7:00 p.m. | \$100/8      |

## ICE SKATING FOR THE BEGINNER

**\$53/8 SESSIONS**

No matter your age, learning to ice skate is fun and gets you into good physical condition without realizing that you're exercising. All ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. All public sessions are offered to Upland Recreation and Community Services Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

| Activity # | Age      | Dates    | Day | Time           |
|------------|----------|----------|-----|----------------|
| ASPORT 18  | 15 yrs + | 1/5-2/25 | Th  | 6:30-7:00 p.m. |

## LET'S RELAX YOGA

**\$80/8 SESSIONS**

Enjoy your Sunday evening with easy Yoga postures to help you relax and prepare for the week ahead. Class will include simple stretches done on the floor with provided mats, breathing techniques, and guided meditation. Please wear comfortable clothing and bring a blanket and water bottle to class. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

| Activity # | Age   | Dates    | Day | Time           |
|------------|-------|----------|-----|----------------|
| FIT 10     | Adult | 1/8-2/26 | Su  | 6:00-7:15 p.m. |

## MIX IT UP YOGA

**\$80/8 SESSIONS**

Be bold and adventurous with this low impact, high intensity body transformation class using Pilates and Yoga-inspired moves set to a fast pace to burn fat while you stabilize, stretch, strengthen, and lose inches. Celebrate health, fitness, and your life! Please wear comfortable clothing and bring a water bottle to class. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

| Activity # | Age   | Dates     | Day | Time           |
|------------|-------|-----------|-----|----------------|
| FIT 22     | Adult | 1/10-2/28 | Tu  | 7:30-8:30 p.m. |



## PILATES

**\$57/6 SESSIONS**

Pilates is a gentle, yet powerful method of full body and mind conditioning, focusing on increased strength and flexibility, abdominal and limb toning and neurological stimulation. Pilates provides a well-rounded and low chance of injury method, due to slow and precise movement. With consistency, results can become apparent very quickly. For some students, improvement and progress is often times immediate. Classes take place in a relaxed and intimate environment. Modifications providing alternate levels of difficulty make this class possible for all fitness levels to participate. Please wear comfortable clothing and bring an exercise mat or towel and water bottle to each class. No class 2/20. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

| Activity # | Age   | Dates     | Day | Time            |
|------------|-------|-----------|-----|-----------------|
| FIT 42     | Adult | 1/2-2/6   | M   | 9:00-10:00 a.m. |
| FIT 43     | Adult | 2/13-3/27 | M   | 9:00-10:00 a.m. |

**PILATES FUSION**

**\$57/6 SESSIONS**

Challenge your body, mind, and spirit as you experience the advantages of Yoga and Pilates in one class. Strengthen and tone your body and mind with articulate Pilates movements, as empowering Yoga poses are added to the mix. This fusion of methods creates positive muscle development, neurological stimulation, core strength, enhanced spinal health, and fortified well-being, all while having fun. Please wear comfortable clothing and bring a Pilates stability ball and water bottle to each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

| Activity # | Age   | Dates     | Day | Time            |
|------------|-------|-----------|-----|-----------------|
| FIT 44     | Adult | 1/4-2/8   | W   | 9:00-10:00 a.m. |
| FIT 45     | Adult | 2/15-3/22 | W   | 9:00-10:00 a.m. |

**TAI CHI/CHI GONG**

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Chi Gong is the development of internal energy (chi). Improve breathing, calmness, balance and coordination, while increasing strength and flexibility gradually. Yang style Tai Chi uses slow rhythmic movements to achieve greater health. Please wear comfortable clothing and bring a water bottle to class. No class 1/2 and 2/20. Instructor: Robert Zailo Location: Magnolia Recreation Center, 651 W. 15th Street or Elements of Change Dojo, 2440 W. Arrow Highway Route #4C, Upland

| Activity # | Age   | Dates     | Day | Time           | Location                     | Fee/Sessions |
|------------|-------|-----------|-----|----------------|------------------------------|--------------|
| FIT 29     | Adult | 12/5-1/9  | M   | 8:00-9:00 a.m. | Elements of Change Dojo      | \$35/5       |
| FIT 39     | Adult | 1/23-2/27 | M   | 8:00-9:00 a.m. | Elements of Change Dojo      | \$35/5       |
| FIT 37     | Adult | 12/7-1/11 | W   | 8:00-9:00 a.m. | Elements of Change Dojo      | \$42/6       |
| FIT 38     | Adult | 1/18-2/22 | W   | 6:00-7:00 p.m. | Elements of Change Dojo      | \$42/6       |
| FIT 11     | Adult | 12/5-1/9  | M   | 6:00-7:00 p.m. | Mag. Rec. Center, North Hall | \$35/5       |
| FIT 12     | Adult | 1/23-2/27 | M   | 6:00-7:00 p.m. | Mag. Rec. Center, North Hall | \$35/5       |

**YOGA THURSDAYS** NEW LOCATION **\$70/7 SESSIONS**

The Hatha Yoga system of fitness benefits the entire body. The physical body is completely exercised, using relaxed, yet specific movements. Special deep breathing techniques are taught, assisting in one's focus, mental clarity, and relaxation. Celebrate health, fitness, and your life! Please wear comfortable clothing and bring a water bottle to class. Instructor: Sandy Jones Location: Blue Iris, 322 N. Mountain Avenue, Upland

| Activity # | Age   | Dates     | Day | Time           |
|------------|-------|-----------|-----|----------------|
| FIT 59     | Adult | 1/12-2/23 | Th  | 7:30-8:30 p.m. |

**ADULT SPECIAL INTERESTS**

NEW **COOKIES, COOKIES, AND MORE COOKIES** **\$25/1 SESSION**

Who doesn't love cookies? No one cookie is the same. Come explore the techniques of preparing various types of cookies from drops, fortune, gingerbread, and more. At the end of class, enjoy your cookie creation with a delicious cup of coffee or glass of milk. A \$10 supply fee is payable to the instructor at the beginning class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age   | Dates | Day | Time            |
|------------|-------|-------|-----|-----------------|
| ASI 53     | Adult | 2/11  | Sa  | 12:00-3:00 p.m. |

**Do you have a special skill, hobby, or trade and would like to teach a class or workshop?**

Please contact the Upland Recreation Division at (909) 931-4280.

**CPR/AED**

**\$25/1 SESSION**

This course will teach lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for the adult, child and infant victim. Participants will learn to recognize the signs of sudden cardiac arrest, heart attack, and stroke, relieve foreign body airway obstruction, perform cardiopulmonary resuscitation, and use of an automated external defibrillator. A two-year certification will be provided upon completion of this course. A \$25 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge.

| Activity # | Age      | Date | Day | Time           |
|------------|----------|------|-----|----------------|
| ASI 168    | 16 yrs + | 2/1  | W   | 6:15-9:30 p.m. |

**CPR/AED/FIRST AID**

**\$45/1 SESSION**

The CPR/AED portion of this course is a basic life support program for laypersons who want to or are required to have CPR & AED knowledge and skills. Participants will learn to recognize the signs of sudden cardiac arrest, heart attack and stroke, relieve foreign body airway obstruction, perform cardiopulmonary resuscitation, and use of an automated external defibrillator. The First Aid portion of this course will cover elementary First Aid knowledge and skills with a focus on both adults and children. A two-year certification will be provided upon completion of this course. A \$25 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge

| Activity # | Age      | Date | Day | Time                |
|------------|----------|------|-----|---------------------|
| ASI 169    | 16 yrs + | 3/18 | Sa  | 9:00 a.m.-5:00 p.m. |

**DISCOVERING YOUR WRITING & STORYTELLING SKILLS** **FREE/4 SESSIONS**

Learn how to write and tell the stories of your life. An experienced writing instructor will guide you as you learn to effectively record your memories. Then, learn how to turn your written stories into an effective and moving oral presentation. A \$35 supply fee is payable to the instructor at the first class. Instructors: Ann Upland Location: Magnolia Recreation Center, Lounge – 651 W. 15th Street, Upland

| Activity # | Age   | Dates     | Day | Time                  |
|------------|-------|-----------|-----|-----------------------|
| ASI 236    | Adult | 1/25-2/15 | W   | 10:00 a.m.-12:00 p.m. |

**DOG OBEDIENCE – BEGINNER NOVICE**

**\$125/6 SESSIONS**

This class is designed for all dogs 4 months or older. All basic obedience exercises will be taught, such as heeling (walking on the leash without pulling or tugging), automatic sit when you come to a stop, the “come” command, sit and down stays up to a leash length away, and the “sit for examination”. Behavioral problems such as jumping, digging, barking, chewing, house breaking, and dashing from doors or gates will be addressed. Please bring proof of vaccination to the first class. Please do not bring your dog to the first class. No class 12/24 and 12/31. Instructor: Live Oak Dog Obedience Staff Location: Baldy View Park, 11th Street between Mountain Avenue & San Antonio Avenue, Upland OR Magnolia Park, 651 W. 15th Street, Upland

| Activity # | Age      | Dates     | Day | Time             | Location        |
|------------|----------|-----------|-----|------------------|-----------------|
| ASI 3      | 14 yrs + | 12/3-1/21 | Sa  | 10:00-11:00 a.m. | Baldy View Park |
| ASI 110    | 14 yrs + | 2/2-3/9   | Th  | 6:30-7:30 p.m.   | Magnolia Park   |
| ASI 5      | 14 yrs + | 2/4-3/18  | Sa  | 10:00-11:00 a.m. | Baldy View Park |

**DOG OBEDIENCE/ PUPPY PRE-SCHOOL**

**\$125/6 SESSIONS**

Puppy Pre-School & Socialization is for puppies 8 – 24 weeks. This course is a great beginner course for puppies and their owners to get a great start. Puppy Pre-School is invaluable in avoiding future behavior problems, and in building a relationship with the other members of the family. Training and various types of socialization result in a confident, well-adjusted adult dog. All puppies MUST be current on all vaccinations and have a completed health check up from a licensed veterinarian before entering the class. First meeting is held without the puppies. Instructor: Live Oak Dog Obedience Staff Location: Magnolia Recreation Center, South Hall

| Activity # | Age      | Dates   | Day | Time           |
|------------|----------|---------|-----|----------------|
| ASI 86     | 14 yrs + | 2/2-3/9 | Th  | 7:30-8:30 p.m. |

**NEW** **ESSENTIAL OILS 101** **\$32/4 SESSIONS**

Learn how beneficial essential oils are to your everyday health and wellness with an in-depth look at how essential oils work and how to use them effectively. In addition, learn which essential oils support and empower bodily systems such as the immune system, digestive system, and the respiratory system and discover how to support restful sleep, calm emotions, reduce tension and stress, and how to reduce toxins in the body. Each week, students will be able to create their own blend to take home and being using right away! A \$20 supply fee is payable to the instructor at the first class. Instructor: Genevieve Isidro Location: Magnolia Recreation Center, Lounge

| Activity # | Age   | Dates    | Day | Time           |
|------------|-------|----------|-----|----------------|
| ASI 13     | Adult | 1/17-2/7 | Tu  | 6:30-7:30 p.m. |

**NEW** **ESSENTIAL OILS: HEALTHY MOM & HEALTHY KIDS** **\$32/4 SESSIONS**

Every mom desires healthy children! Learn how to keep your baby, toddler, preschooler, and child healthy and focused during the school year with the use of essential oils. In addition, learn what essential oils are, how to safely use them yourself, how to safely use them with your children, and learn which support and empower bodily systems such as the immune system, digestive system, and the respiratory system. Each week, students will be able to create their own blend to take home and being using right away! A \$20 supply fee is payable to the instructor at the first class. No class 3/13. Instructor: Genevieve Isidro Location: Magnolia Recreation Center, Lounge

| Activity # | Age   | Dates     | Day | Time           |
|------------|-------|-----------|-----|----------------|
| ASI 14     | Adult | 2/27-3/27 | M   | 6:30-7:30 p.m. |

**NEW** **FAMILY MEAL PREP PARTY** **\$40/1 SESSION**

In our Family Meal Prep Party class, participants will learn how to plan for the week ahead, learn menu planning and budgeting while learning to prepare and properly package meals to take home to the family. A \$20 supply fee is payable to the instructor at the beginning of class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age   | Dates | Day | Time            |
|------------|-------|-------|-----|-----------------|
| ASI 52     | Adult | 1/21  | Sa  | 12:00-3:00 p.m. |

**HANDS-ONLY CPR** **FREE/1 SESSION**

Hands-Only CPR has been recommended as an appropriate response to cardiac arrest victims when lay persons are unable or unwilling to provide rescue breaths and as an option for emergency medical dispatchers giving CPR instructions to a caller at the scene of an adult cardiac arrest that was not likely caused by asphyxia. Hands-Only CPR is CPR without mouth-to-mouth rescue breaths. It is recommended for use on teens or adults (anyone over the age of 8 years old) whom you witness suddenly collapse. Please register no later than Tuesday, November 29th. Instructor: Upland Fire Department Staff Location Fire Station 164, 1825 N. Campus Ave. Upland

| Activity # | Age   | Dates | Day | Time             |
|------------|-------|-------|-----|------------------|
| ASI 143    | Adult | 12/3  | Sa  | 10:00-11:00 a.m. |

**NEW** **LEARN TO SEW WITH KNITS** **\$95/4 SESSIONS**

Knit fabric and clothing are extremely popular due to comfort and ease of wear. In this intermediate level course, students will work with cotton blend knit fabric to master the skill sets necessary to work with stretch fabric. Students will be primarily working with Serger/Overlock sewing machines to learn to make their own customized tee shirts. The skill sets learned in this course will be transferrable towards making swimwear and athletic wear. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill Boulevard, #A, Claremont

| Activity # | Age      | Dates     | Day     | Time           |
|------------|----------|-----------|---------|----------------|
| ASI 186    | 12 yrs + | 1/3-1/12  | Tu & Th | 6:00-7:30 p.m. |
| ASI 187    | 12 yrs + | 1/17-1/26 | Tu & Th | 6:00-7:30 p.m. |

**Do you have a special skill, hobby, or trade and would like to teach a class or workshop?**

Please contact the Upland Recreation and Community Services Division at (909) 931-4280.

**NOTARY PUBLIC** **\$79/1 SESSION**

This intensive one-day seminar is designed to prepare you to become a knowledgeable Notary Public. Students will learn the procedures for proper notarization, information on how to start a Notary career, understanding the law and how it affects the way you notarize, how to perform five different notarial acts, must-follow rules, the four essential ID features, seven entries in your journal that are required by law, when to refuse to notarize, how to pass the test, safekeeping of the journal and seal, and notarizing out of state documents. For participants wishing to take the State Exam, please bring a check made payable to the Secretary of State for \$40, a proper photo ID and a 2"x2" passport photo. A \$45 material fee is payable to the instructor at the beginning of class. All participants must register no later than 24 days prior to the course start date. Instructor: Marylyn Jones – Certified Notary Public Instructor Location: DeAnza Center, 1405 S. Fern Street, Ontario

| Activity # | Age   | Date | Day | Time                |
|------------|-------|------|-----|---------------------|
| ASI 22     | Adult | 3/11 | Sa  | 8:00 a.m.-5:30 p.m. |

**NEW** **PASTA CREATIONS** **\$35/1 SESSION**

Did someone say pasta? Join us as we learn to knead, roll, and cut pasta into fettuccini and fill perfectly delicious raviolis. And, what would a pasta dish be without a delicious homemade sauce? Finish the evening with a sampling of Italian wines that pair perfectly with a few simple preparation of your fresh pasta and sauces. A \$15 supply fee is payable to the instructor at the beginning of class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age   | Dates | Day | Time            |
|------------|-------|-------|-----|-----------------|
| ASI 51     | Adult | 1/14  | Sa  | 12:00-3:00 p.m. |

**NEW** **PIES, COBBLERS, & TARTS** **\$25/1 SESSION**

Explore the techniques involved in preparing tarts, pies, and cobblers. Give something sweet this holiday or just spruce up on your dessert skills while satisfying that sweet tooth. A \$10 supply fee is payable to the instructor at the beginning of class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age   | Dates | Day | Time            |
|------------|-------|-------|-----|-----------------|
| ASI 66     | Adult | 12/17 | Sa  | 12:00-3:00 p.m. |

**NEW** **SEWING MACHINE 101 FOR ADULTS** **\$50/2 SESSIONS**

Sewing Machine 101 is an introductory level course geared towards learning the basic fundamentals of operating a sewing machine and beginner stitching techniques. Learn what types of needles are suitable for different fabrics and how to adjust the machine tension for different fabrics, basic maintenance, and much more. At the end of this course, students will have completed a bed pillow cover. A \$10 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill Boulevard, #A, Claremont

| Activity # | Age      | Dates      | Day | Time                  |
|------------|----------|------------|-----|-----------------------|
| ASI 216    | 12 yrs + | 1/7 & 1/14 | Sa  | 11:00 a.m.-12:30 p.m. |
| ASI 217    | 12 yrs + | 2/4 & 2/11 | Sa  | 11:00 a.m.-12:30 p.m. |



## SPANISH FOR ADULTS - BEGINNER

**\$235/14 SESSIONS**

An introductory course for students who have either never studied the language before or for those in search of a refresher course from a high school Spanish course. In a relaxed atmosphere, empathetic teachers will create effective practice activities and present new information slowly and clearly in an organized manner that is repeated and practiced often, helping to learn practical language skills. A \$20 supply fee is payable to the instructor at the first class. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

| Activity # | Age      | Dates    | Day | Time                  |
|------------|----------|----------|-----|-----------------------|
| ASI 56     | 16 yrs + | 1/21-5/6 | Sa  | 11:00 a.m.-12:00 p.m. |

**NEW**

## SPANISH FOR ADULTS - INTERMEDIATE

**\$235/14 SESSIONS**

The Spanish for Adults Intermediate class is designed for those students who have previously taken a Spanish course. This course will focus on verb conjugation and beginner conversation. A \$20 supply fee is payable to the instructor at the first class. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

| Activity # | Age      | Dates    | Day | Time            |
|------------|----------|----------|-----|-----------------|
| ASI 71     | 16 yrs + | 1/21-5/6 | Sa  | 12:00-1:00 p.m. |

## T-SHIRT QUILT

**\$40/4 SESSIONS**

This winter, curl up in a quilt made of your favorite T-shirts. Whether it's from sports, concerts, school, children's events, or travel, chances are you've got T-shirts you're not quite ready to throw away. Recycle these T-shirts by turning them into a keepsake T-shirt quilt. Please bring 12 pre-washed and ironed T-shirts (preferably all with the same theme) and two yards or one package of non-knit interfacing to the first class. During the first class, students will concentrate on the size, layout and will discuss further supplies needed for class. A \$5 supply fee for patterns and template is payable to the instructor at the first class. No class 1/16. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

| Activity # | Age   | Date    | Day | Time           |
|------------|-------|---------|-----|----------------|
| ASI 275    | Adult | 1/9-2/6 | Tu  | 6:00-8:00 p.m. |

## VALENTINE'S DAY

### PIZZA FOR TWO

**\$60 PER COUPLE/1 SESSION**

Spend this Valentine's Day getting closer to the one you love. Join us for this special Valentine's Day pizza party workshop. In this unique class, you and your sweetie will knead dough, press pasta, and sip some wine while indulging in a delicious menu consisting of heart shaped pizza, arugula salad, spinach ricotta lemon herb ravioli, and cannoli's. A \$20 supply fee is payable to the instructor at the beginning of class. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

| Activity # | Age   | Dates | Day | Time           |
|------------|-------|-------|-----|----------------|
| ASI 67     | Adult | 2/14  | Tu  | 7:30-9:30 p.m. |

## WATERCOLOR

**\$32/4 SESSIONS**

Discover your inner artist and expand your creativity while producing your own colorful paintings. Have fun while you learn the theory and techniques of watercolor in this easy to understand class. Students will leave class with completed projects. Basic supplies provided. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

| Activity # | Age   | Date       | Day | Time           |
|------------|-------|------------|-----|----------------|
| ASI 23     | Adult | 12/7-12/28 | W   | 5:00-6:00 p.m. |
| ASI 24     | Adult | 1/4-1/25   | W   | 5:00-6:00 p.m. |
| ASI 65     | Adult | 2/1-2/22   | W   | 5:00-6:00 p.m. |



# SENIOR DANCE AND FITNESS

**NEW**

## ARTHRITIS EXERCISE

Although it may initially seem hard to start or maintain an exercise program when you are tired or your joints ache, this may be just what you need to ease pain and improve your energy level, as exercise plays an important role in managing arthritis symptoms. With music and guidance, students will learn effective chair and standing exercises created for strength, mobility, and balance, in a fun, social, and supportive atmosphere. Instructor: Joanne Dinsmore Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time            | Fee/Sessions |
|------------|----------|------------|-----|-----------------|--------------|
| FIT 1512   | 50 yrs + | 12/6-12/20 | Tu  | 12:30-1:30 p.m. | \$9/3        |
| FIT 1501   | 50 yrs + | 1/3-1/31   | Tu  | 12:30-1:30 p.m. | \$15/5       |
| FIT 1502   | 50 yrs + | 2/7-2/28   | Tu  | 12:30-1:30 p.m. | \$12/4       |

## BALLET FOR BEGINNERS

Focus on core training as well as classical ballet movements. The ballet barre will be used for every class but most predominately in the early classes where the students will work on carriage, balance, and core strengthening. All courses will focus on the needs and abilities of the student. Instructor: Carolina Goss Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time             | Fee/Sessions |
|------------|----------|------------|-----|------------------|--------------|
| DANCE 9612 | 50 yrs + | 12/2-12/16 | F   | 10:00-11:00 a.m. | \$9/3        |
| DANCE 9601 | 50 yrs + | 1/6-1/27   | F   | 10:00-11:00 a.m. | \$12/4       |
| DANCE 9602 | 50 yrs + | 2/3-2/24   | F   | 10:00-11:00 a.m. | \$12/4       |

**NEW**

## BALLET FOR INTERMEDIATES

Focus on barre work to floor work combinations. All courses will focus on the needs and abilities of the student. Students should have previous ballet experience. Instructor: Carolina Goss Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time            | Fee/Sessions |
|------------|----------|------------|-----|-----------------|--------------|
| DANCE 9512 | 50 yrs + | 12/1-12/15 | Th  | 12:00-1:00 p.m. | \$9/3        |
| DANCE 9501 | 50 yrs + | 1/5-1/26   | Th  | 12:00-1:00 p.m. | \$12/4       |
| DANCE 9502 | 50 yrs + | 2/2-2/23   | Th  | 12:00-1:00 p.m. | \$12/4       |

## HATHA YOGA

**\$20/4 SESSIONS**

Great stretches for the body, focus for the mind, and peace for the spirit. Instructor: Joanne Dinsmore Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time           |
|------------|----------|------------|-----|----------------|
| FIT 6512   | 50 yrs + | 12/2-12/23 | F   | 1:30-2:30 p.m. |
| FIT 6501   | 50 yrs + | 1/6-1/27   | F   | 1:30-2:30 p.m. |
| FIT 6502   | 50 yrs + | 2/3-2/24   | F   | 1:30-2:30 p.m. |

## HULA DANCE

Have fun while learning the fundamentals of Hula. Participants will learn basic hand, body, and foot motions related to graceful Hawaiian dancing. Exercise both mind and body while learning choreographed routines. Instructor: Donna Tovar Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates        | Day | Time            | Fee/Sessions |
|------------|----------|--------------|-----|-----------------|--------------|
| DANCE 4912 | 50 yrs + | 12/7 & 12/14 | W   | 12:00-1:00 p.m. | \$6/2        |
| DANCE 4901 | 50 yrs + | 1/4-1/25     | W   | 12:00-1:00 p.m. | \$12/4       |
| DANCE 4902 | 50 yrs + | 2/1-2/22     | W   | 12:00-1:00 p.m. | \$12/4       |

## LINE DANCE FOR THE ADVANCED BEGINNER

For line dancers with previous line dance experience and for those comfortable with an advanced level of line dance. Instructor: Deborah Lynnmoore Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time                  | Fee/Sessions |
|------------|----------|------------|-----|-----------------------|--------------|
| DANCE 4012 | 50 yrs + | 12/2-12/16 | F   | 11:30 a.m.-12:30 p.m. | \$9/3        |
| DANCE 4001 | 50 yrs + | 1/6-1/27   | F   | 11:30 a.m.-12:30 p.m. | \$12/4       |
| DANCE 4002 | 50 yrs + | 2/3-2/24   | F   | 11:30 a.m.-12:30 p.m. | \$12/4       |

## Scary-A-Faire Thank You! *Thank You!*

A very special "Thank You" goes out to all businesses, service groups, non-profit organizations, residents of Upland, and surrounding communities. Your participation and/or donation to the 2106 Annual Scary-A-Faire was greatly appreciated. We also want to extend a big "thank you" to the Upland Public Works Department Water Conservation Grant for their generous donation, which helped to make this event a "frightening" success. Congratulations to those who were recognized winners of the costume contest and booth decorating contest. You all did a SPOOK-TACULAR job!

**Save Time & Register Online!**  
<https://apm.activecommunities.com/Upland/>

## LINE DANCE FOR THE BEGINNER

A fun and easy way to exercise. Come on out and make new friends and learn to line dance at the same time. Best of all, this class does not require a partner. Instructor: Deborah Lynnmoore Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time            | Fee/Sessions |
|------------|----------|------------|-----|-----------------|--------------|
| DANCE 7012 | 50 yrs + | 12/2-12/16 | F   | 12:30-1:30 p.m. | \$9/3        |
| DANCE 7001 | 50 yrs + | 1/6-1/27   | F   | 12:30-1:30 p.m. | \$12/4       |
| DANCE 7002 | 50 yrs + | 2/3-2/24   | F   | 12:30-1:30 p.m. | \$12/4       |

## ROCK THE WALK

Experience a fun and exciting way of getting your cardio while indoors in a safe and temperature controlled environment. 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. Please wear comfortable clothing and tennis shoes and bring a stretch band, one pound hand weights and water bottle to each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates        | Day | Time           | Fee/Sessions |
|------------|----------|--------------|-----|----------------|--------------|
| FIT 121    | 50 yrs + | 12/6 & 12/13 | Tu  | 9:00-9:45 a.m. | \$10/2       |
| FIT 122    | 50 yrs + | 1/10-1/31    | Tu  | 9:00-9:45 a.m. | \$20/4       |
| FIT 123    | 50 yrs + | 2/7-2/28     | Tu  | 9:00-9:45 a.m. | \$20/4       |

## SENIORCISE

Designed for those looking to have fun in a social atmosphere, while getting fit by exercise and dance. Build upper and lower body strength, increase flexibility, and energize your body through mat work, weights and simple choreographed dance/exercise routines featuring good music sounds from Broadway Musicals and the Big Band Era. Please wear comfortable clothing and bring two pound weight and water bottle to each class. \*Students may register for Monday & Wednesday for \$17 per month for the month of December and \$33 per month for January and February. No class 1/16 and 2/20. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time            | Fee/Month |
|------------|----------|------------|-----|-----------------|-----------|
| FIT 5512*  | 50 yrs + | 12/5-12/12 | M   | 9:00-10:00 a.m. | \$11      |
| FIT 5501   | 50 yrs + | 1/9-1/30   | M   | 9:00-10:00 a.m. | \$22      |
| FIT 5502   | 50 yrs + | 2/6-2/27   | M   | 9:00-10:00 a.m. | \$22      |
| FIT 6412*  | 50 yrs + | 12/7-12/14 | W   | 9:00-10:00 a.m. | \$11      |
| FIT 6401   | 50 yrs + | 1/4-1/25   | W   | 9:00-10:00 a.m. | \$22      |
| FIT 6402   | 50 yrs + | 2/1-2/22   | W   | 9:00-10:00 a.m. | \$22      |

## SENIOR TAP FOR ADVANCED

Designed for those that have completed the Intermediate course and are ready to move on to the Advanced level. Get your tap shoes ready, as we're headed for a lot of fun! Students should have permission from the instructor to enroll for this level of senior tap. No class 1/16 and 2/20. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time                  | Fee/Month |
|------------|----------|------------|-----|-----------------------|-----------|
| DANCE 3212 | 50 yrs + | 12/5-12/12 | M   | 11:15 a.m.-12:45 p.m. | \$14      |
| DANCE 3201 | 50 yrs + | 1/9-1/30   | M   | 11:15 a.m.-12:45 p.m. | \$28      |
| DANCE 3202 | 50 yrs + | 2/6-2/27   | M   | 11:15 a.m.-12:45 p.m. | \$28      |

## SENIOR TAP FOR BEGINNERS

An introductory course for those with little or no tap experience. This course is designed to teach the fundamentals of tap through floor technique and choreographed routines with music geared to make you want to tap your feet! Definitely a fun way to build coordination and rhythm, while relieving stress and staying shape. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time           | Fee/Month |
|------------|----------|------------|-----|----------------|-----------|
| DANCE 3712 | 50 yrs + | 12/7-12/14 | W   | 1:15-2:15 p.m. | \$12      |
| DANCE 3701 | 50 yrs + | 1/4-1/25   | W   | 1:15-2:15 p.m. | \$24      |
| DANCE 3702 | 50 yrs + | 2/1-2/22   | W   | 1:15-2:15 p.m. | \$24      |

**Students may register for additional Senior Tap classes or one day Seniorcise offered by Suellen Lassetter, paying 1/2 the fee for the entire extra class.**

## SENIOR TAP FOR INTERMEDIATES I

A slower paced tap course designed for those with some previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized, and learn something new to get your feet tappin! No class 1/16 and 2/20. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time             | Fee/Month |
|------------|----------|------------|-----|------------------|-----------|
| DANCE 8612 | 50 yrs + | 12/5-12/12 | M   | 10:00-11:15 a.m. | \$13      |
| DANCE 8601 | 50 yrs + | 1/9-1/30   | M   | 10:00-11:15 a.m. | \$26      |
| DANCE 8602 | 50 yrs + | 2/6-2/27   | M   | 10:00-11:15 a.m. | \$26      |

## SENIOR TAP FOR INTERMEDIATES II

A faster paced tap course designed for those with several years of previous tap experience, as this class will go above and beyond the basics. Pick up where you left off, stay energized and learn something new to get your feet tappin! Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time             | Fee/Month |
|------------|----------|------------|-----|------------------|-----------|
| DANCE 2912 | 50 yrs + | 12/7-12/14 | W   | 10:00-11:30 a.m. | \$14      |
| DANCE 2901 | 50 yrs + | 1/4-1/25   | W   | 10:00-11:30 a.m. | \$28      |
| DANCE 2902 | 50 yrs + | 2/1-2/22   | W   | 10:00-11:30 a.m. | \$28      |

## TAI CHI/CHI GONG

**\$24/4 SESSIONS**

Tai Chi is the Chinese art of slow-moving meditation using dance-like, low-impact movements. Chi Gong is the development of internal energy (chi). Improve breathing, calmness, balance and coordination, while increasing strength and flexibility gradually. Yang style Tai Chi uses slow rhythmic movements to achieve greater health. Please wear comfortable clothing and bring a water bottle to class. Instructor: Robert Zailo Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time           |
|------------|----------|------------|-----|----------------|
| FIT 1412   | 50 yrs + | 12/8-12/29 | Th  | 1:30-2:30 p.m. |
| FIT 1401   | 50 yrs + | 1/5-1/26   | Th  | 1:30-2:30 p.m. |
| FIT 1402   | 50 yrs + | 2/2-2/23   | Th  | 1:30-2:30 p.m. |

## ZUMBA GOLD

Join the Zumba Gold Program designed mainly for the 50+ age group. Our choreography is for the active older or de-conditioned adult and easy to learn which ensures your success. The benefits are body strengthening, loosening of joints, range of motion, balance and alertness, allowing for a healthier mind and body. Please wear comfortable clothing and bring a water bottle to class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

| Activity # | Age      | Dates      | Day | Time           | Fee/Sessions |
|------------|----------|------------|-----|----------------|--------------|
| DANCE 3612 | 50 yrs + | 12/1-12/15 | Th  | 8:45-9:45 a.m. | \$21/3       |
| DANCE 3601 | 50 yrs + | 1/12-1/26  | Th  | 8:45-9:45 a.m. | \$21/3       |
| DANCE 3602 | 50 yrs + | 2/2-2/23   | Th  | 8:45-9:45 a.m. | \$28/4       |

## SENIOR SPECIAL INTERESTS

### ART FOR 50+ BEGINNERS

**\$28/4 SESSIONS**

Think you're not an artist? Relax! Come and join us for some creative fun and find your hidden talent. We will work in several mediums: acrylics, pastels and mixed mediums, including collage. This class is open to beginners through intermediates. Please bring preferred supplies to each class. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

| Activity # | Age      | Dates      | Day | Time            |
|------------|----------|------------|-----|-----------------|
| ASI 48     | 50 yrs + | 12/8-12/29 | Th  | 12:30-2:00 p.m. |
| ASI 49     | 50 yrs + | 1/5-1/26   | Th  | 12:30-2:00 p.m. |
| ASI 50     | 50 yrs + | 2/2-2/23   | Th  | 12:30-2:00 p.m. |

### ART FOR 50+ INTERMEDIATES

If your eyes light up when you see a box of paints or a sketch pad and you remember the class you took in high school or as an adult, then we invite you to join us! Together, we can build on the foundation of your beginner art experience. Please bring preferred supplies to each class. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

| Activity # | Age      | Dates      | Day | Time            | Fee/Sessions |
|------------|----------|------------|-----|-----------------|--------------|
| ASI 19     | 50 yrs + | 12/6-12/27 | Tu  | 9:30-11:30 a.m. | \$32/4       |
| ASI 39     | 50 yrs + | 1/3-1/31   | Tu  | 9:30-11:30 a.m. | \$40/5       |
| ASI 40     | 50 yrs + | 2/7-2/28   | Tu  | 9:30-11:30 a.m. | \$32/4       |

## COMPUTER I

**\$35/3 SESSIONS**

Designed for seniors with no computer experience. Computer I will introduce basic computer skills, basic internet skills and document creation, advancing forward building on these skills. No class 1/16, 2/20, and 3/6. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

| Activity # | Age      | Dates      | Day | Time                  |
|------------|----------|------------|-----|-----------------------|
| ASI 27     | 50 yrs + | 12/5-12/19 | M   | 10:00 a.m.-11:30 a.m. |
| ASI 25     | 50 yrs + | 1/9-1/30   | M   | 10:00 a.m.-11:30 a.m. |
| ASI 26     | 50 yrs + | 2/13-3/13  | M   | 10:00 a.m.-11:30 a.m. |

## COMPUTER II

**\$35/3 SESSIONS**

Computer II will continue to move forward from Computer I, learning more advanced computer, internet skills and document creation. Must have taken Computer I first. No class 2/20 and 3/6. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

| Activity # | Age      | Dates      | Day | Time            |
|------------|----------|------------|-----|-----------------|
| ASI 31     | 50 yrs + | 12/5-12/19 | M   | 12:30-2:00 p.m. |
| ASI 33     | 50 yrs + | 2/13-3/13  | M   | 12:30-2:00 p.m. |

## DISCOVERING YOUR WRITING & STORYTELLING SKILLS

**FREE/4 SESSIONS**

**NEW** Learn how to write and tell the stories of your life. An experienced writing instructor will guide you as you learn to effectively record your memories. Then, learn how to turn your written stories into an effective and moving oral presentation. A \$35 supply fee is payable to the instructor at the first class. Instructors: Ann Location: Magnolia Recreation Center, Lounge – 651 W. 15th Street, Upland

| Activity # | Age   | Dates     | Day | Time                  |
|------------|-------|-----------|-----|-----------------------|
| ASI 236    | Adult | 1/25-2/15 | W   | 10:00 a.m.-12:00 p.m. |

## NEW PAPER CRAFTING

**\$5/2 SESSIONS**

Learn to create charming keepsakes and seasonal cards to share with friends and family. Whether you are a novice or expert crafter, you will be amazed by the beautiful projects you create. Explore the world of scrap-booking, stamping, art journaling, and card making with different techniques and mediums as you tap into your creative side and accentuate your treasured memories. Pre-registration is required. Instructor: Gibson Senior Center Staff Location: Gibson Senior Center, Arts & Crafts Room

| Activity # | Age      | Dates         | Day | Time           |
|------------|----------|---------------|-----|----------------|
| ASI 28     | 50 yrs + | 12/14 & 12/28 | W   | 2:00-3:30 p.m. |
| ASI 29     | 50 yrs + | 1/11 & 1/25   | W   | 2:00-3:30 p.m. |
| ASI 30     | 50 yrs + | 2/8 & 2/22    | W   | 2:00-3:30 p.m. |

## TRIPS AND TOURS

### RONALD REAGAN LIBRARY "CHRISTMAS AROUND THE WORLD"

**\$82/PER PERSON**

This Spanish-Mission style structure is set up on a beautiful hilltop where the former President and First Lady now rest. The library's museum has photographs and memorabilia of his life, gifts of state during his administration, Air Force One, and a full-scale replica of the Oval Office. During the Christmas season, the museum features "Christmas Around The World" with trees on exhibit that are beautifully decorated to represent the different countries President Reagan visited. Your admission is included today for a self-guided tour. A lunch buffet is included today in the Air Force One Pavilion with lemon-herb chicken, mashed potatoes, macaroni & cheese, vegetables, water, tea, or coffee, and chocolate chip cookies for dessert. Time for browsing the grounds and gift shop after lunch.

| Activity | Age     | Date        | Depart    | Return    |
|----------|---------|-------------|-----------|-----------|
| #9       | 7 yrs + | M, Dec. 5th | 9:00 a.m. | 4:30 p.m. |



## HOLIDAYS ALONG THE HARBOR \$59 PER PERSON

What a great way to bring in the holidays – a harbor cruise to view the many decorated homes and yachts along Newport Harbor! We'll start the evening off with dinner on your own and browsing prior to our 6:00 p.m. cruise (included). Don't forget your warm winter clothes and something hot to drink to keep you warm. Our harbor cruise should last approximately 1.5 hours.

| Activity | Age     | Date         | Depart    | Return    |
|----------|---------|--------------|-----------|-----------|
| #13      | 7 yrs + | W, Dec. 14th | 2:30 p.m. | 9:00 p.m. |

## MISSION MEMORIES

**\$62 PER PERSON**

We'll arrive at the Mission San Luis Rey in Oceanside for a self-guided audio tour, admission included. Your docent will take you on a behind the scenes tour of the facility that includes the historic church, the remnants of the ruined barracks, the dormitories, special workshop areas, the lavanderia, and much more. Next, we'll drive into San Juan Capistrano for lunch on your own at one of the many restaurants available. At 2:00 p.m., we'll arrive at the Mission San Juan Capistrano, admission included, for a 75-minute self-guided audio tour. During the tour, you will see artifacts, working buildings, the padres' living quarters, the soldiers' barracks, and an American Indian cemetery, kitchen, gardens, and more. Be sure to wear your walking shoes today.

| Activity | Age     | Date         | Depart    | Return    |
|----------|---------|--------------|-----------|-----------|
| #22      | 5 yrs + | Th, Feb. 9th | 8:00 a.m. | 5:30 p.m. |

## SPRING AT THE GARDENS

**\$59 PER PERSON**

Let's welcome the warmer days of spring with a trip to Roger's Garden's and lunch at the Harborside Restaurant at the Balboa Pavilion. Roger's Gardens is a premier destination located in Orange County for gardening items, floral and living arrangements, home and Christmas décor, and holiday collections. Today's lunch at the Harborside Restaurant will include your choice of Yankee Pot Roast, Chicken Penne Pasta, or Mahi Fish Tacos. All entrees are served with fresh bread, coffee, tea, or soda with dessert. We will return home after our tasty lunch.

| Activity | Age     | Date          | Depart     | Return    |
|----------|---------|---------------|------------|-----------|
| #137     | 5 yrs + | Tu, Mar. 14th | 10:00 a.m. | 4:00 p.m. |

## LITTLE ITALY

**\$100 PER PERSON**

Experience the story of Little Italy, San Diego – a neighborhood with an Italian presence since 1871, as we recreate the world that was and showcase the hip and stylish neighborhood Little Italy has become with an amazing behind the scenes sightseeing experience. Our lunch stop today will be at xx and will include lasagna, family style antipasto platters, imported Italian cold cuts and cheeses, garlic bread, and a non-alcoholic beverage. Then, we're off to enjoy a docent led guided tour of Little Italy and a stop for one of many flavors of Gelato offered at Café Zucchero. Next, take a trip on the Coronado Ferry to/from the Broadway Pier to the Ferry Marketplace in beautiful Coronado, home to 25 unique shops and spectacular views of the San Diego skyline. After our fun-filled day, we'll head home.

| Activity | Age     | Date          | Depart    | Return    |
|----------|---------|---------------|-----------|-----------|
| #28      | 5 yrs + | Th, Apr. 14th | 8:30 a.m. | 7:30 p.m. |

## HUNTINGTON LIBRARY & BOTANICAL GARDENS

**\$66 PER PERSON**

We'll arrive into Pasadena at 11:30 a.m. for lunch at Souplantation (included) where you will enjoy an all-you-can-eat meal that includes a non-alcoholic beverage and dessert. After lunch, we'll head on over to the Huntington Library and Botanical Gardens. Your admission is included today and tours are self-guided. The library houses one of the world's great collections of rare books and manuscripts. The gardens cover over 120 acres and feature 14,000 different plants, shrubs, and trees. These gardens are very well known for their variety of roses in the gardens. Don't forget your walking shoes for today.

| Activity | Age     | Date        | Depart     | Return    |
|----------|---------|-------------|------------|-----------|
| #20      | 5 yrs + | W, May 17th | 10:30 a.m. | 5:30 p.m. |

**Save Time & Register Online!**  
<https://apm.activecommunities.com/Upland/>

# George M. Gibson Senior Center

250 N. 3rd Ave., Upland · (909) 981-4501

Lectures are held in the Arts & Crafts Room

## GIBSON LECTURE SERIES *Pre-registration required.*

### BRINGING IN THE HOLIDAY SPIRIT

Thursday, December 8th

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

Presented by Innovage

### ANTI-AGING

Friday, January 27th

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

Learn how to create a healthy and balanced life, and learn how Ayurvedic Medicine can teach you how to apply it to your own life. Presented by: Yael Steinfeld, RNP, MSN Certified Ayurvedic Practitioner

### HIGH BLOOD PRESSURE

Thursday, February 9th

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

High blood pressure is not safe. This session will help you take a look at how Ayurvedic Medicine and home remedies can balance your blood pressure, help prevent strokes, heart attacks, and kidney disease. Presented by: Yael Steinfeld, RNP, MSN Certified Ayurvedic Practitioner

### HEALTHY NERVOUS SYSTEM

Thursday, February 23rd

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

From numbness to neuropathy, we'll look at the causes and suggestions for a healthy nervous system with Ayurvedic Medicine. Presented by: Yael Steinfeld, RNP, MSN Certified Ayurvedic Practitioner

## GIBSON GRUB CLUB

Thanks to our generous sponsors and wonderful volunteers, the Gibson Senior Center is able to provide the main dishes for each "Grub Club" event.

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

Meet in the Senior Center lobby

\$5 Per Person (except when otherwise noted)

Please remember that tickets are always required for entry. The deadline for purchasing tickets is the Thursday prior to the event - no exceptions.

### COME IN FROM THE COLD

Tuesday, December 27th

It's the perfect time for something warm and toasty! December Grub Club will feature Parmesan Meatloaf and a yummy dessert. While staying in from the cold, how about a game of Bingo?



### HAPPY NEW YEAR!

Tuesday, January 24th

Wow...what a treat! Our January Grub Club will feature Beef Burgundy. Then, how about a great game of Bingo?

### LOVE IS IN THE AIR

Tuesday, February 28th

February is the month of love and you are going to love our February Grub Club, with chicken bundles filled with spinach and a chocolate Valentine's Day dessert. Continue warming your hearts with a game of Bingo!

## AARP DRIVER SAFETY PROGRAM

\$15/Members & \$20/Non-Members

Gibson Arts & Crafts Room

### REFRESHER COURSE:

Monday, January 9th or  
Monday, March 6th  
12:00 p.m. - 5:00 p.m.

### FULL COURSE:

Monday, February 6th &  
Tuesday, February 7th  
12:00 p.m. - 5:00 p.m.  
Must attend both days.

This defensive driving course is designed for persons 55 and older who are seeking to sharpen their driving skills, prevent accidents, and to keep older drivers on the road safely. Participants will receive a DMV certificate entitling them to a discount on their auto insurance. Reservations and pre-payment required. Checks are to be made payable to AARP. No cash please. All registration MUST be completed at the Gibson Senior Center.





## Holiday Events

**The Upland-Foothill Kiwanis  
56th Annual  
Senior Holiday Party**  
Sunday, December 4th  
1:00 p.m. - 3:00 p.m. **Free**

Upland Highlanders School Auditorium  
850 N. San Antonio Avenue, Upland

For more information, please contact  
Upland-Foothill Kiwanis Chairman, Lauren Vanlul at  
LaurenVanlul@gmail.com or (909) 931-9192.



## Gibson Senior Center Holiday Breakfast

Friday, December 9th  
9:00 a.m. - 11:00 a.m.  
\$5 Per Person  
Gibson Dining Room

Santa Claus is coming to town and he's bringing an awesome holiday breakfast with him! Complete with holiday décor, music by DJ Connection, and photos with Mr. Claus, this is a great way to continue your holiday celebrations!

**Hours: Monday – Friday, 8:30 a.m. – 5:00 p.m. • Closed Saturdays and Sundays**

The Gibson Senior Center will be closed on December 26th, January 2nd, January 16th, and February 20th



## AARP TAX PREPARATION

Thursdays, February 2nd through April 13th  
12:00 p.m. – 4:00 p.m.  
Upland Public Library  
450 N. Euclid Avenue, Upland

Fridays, February 3rd through April 14th  
9:00 a.m. – 1:00 p.m. (By Appointment Only)  
Gibson Senior Center

Federal and State Income Tax assistance is being offered by the AARP Foundation for seniors and low income residents.

## ALZHEIMER'S ASSOCIATION LECTURES

*Pre-registration required.*

Lectures are held in the Gibson Arts & Crafts Room  
10:00 a.m. - 11:30 a.m.

**BASIC MEMORY LOSS**  
Thursday, January 5th



**COMMUNICATION – ARE THEY DOING THIS TO ANNOY US?**  
Thursday, January 19th

**BRAIN HEALTH**  
Thursday, February 2nd

**PARTNERING WITH YOUR DOCTOR**  
Thursday, February 16th

## DR. RATKOVIC'S WELLNESS LECTURES

*Pre-registration required.*

Lectures are held in the Conference Room  
12:30 p.m. - 1:30 p.m.  
Seating begins at 12:15 p.m.

**NEUROPATHY: NON-SURGICAL TREATMENTS**  
Tuesday, January 17th

**JOINT MOTION FOR BRAIN HEALTH**  
Tuesday, February 21st

**REGAINING YOUR BALANCE**  
Tuesday, March 21st

## THE SUNSHINE CONNECTION

Let Us Fill Your Day With A Little Sunshine!

### BIRTHDAY CELEBRATIONS

Third Friday of the Month  
11:30 a.m. – 12:30 p.m.

Let's celebrate our monthly birthdays with cake and ice cream! If you would like to celebrate with us and receive a fun gift, please register your birthday at the Gibson during your birthday month!

### FROM OUR LIBRARY TO YOU

The Upland Public Library will deliver library materials to homebound residents. This program is available to all Upland residents who cannot get to the Library because of illness, age, infirmity or disability.

## COMMUNITY CONNECTIONS TRANSPORTATION SERVICES

Community Connections is a Transportation Mileage Reimbursement Program available for seniors and individuals with disabilities who no longer drive. To qualify you must have your own volunteer driver. We serve 16 cities including Upland. For information, please contact (909) 621-9900.

## MOBILE FRESH

Every Tuesday  
12:00 p.m. - 12:30 p.m.  
Gibson Senior  
Center Parking Lot



Aiming to promote healthy eating habits and ease of access to quality produce, we are rolling out MOBILE FRESH, our new grocery store on wheels. This innovative program aims to combine the convenience of a corner store with the selection and freshness of a farmers market.

Cash, Debit/Credit and EBT Accepted

## MONTHLY POOL TOURNAMENTS

Held the last Monday of each month  
1:00 p.m. to 4:00 p.m.

\$5 Per Person  
(Lunch ticket included for day of tournament only)

Sign-ups are taken at the front desk. Please arrive no later than 11:30 a.m. so you may enjoy lunch before the tournament. Great prizes for 1st and 2nd place. Open to men and women.

## ONGOING SERVICES & ACTIVITIES

The following senior services and activities are offered free of charge unless otherwise indicated.

### CRAFTS

**Knitting & Crocheting**  
Tuesdays, 12:30 p.m. - 2:30 p.m.

### DANCE & EXERCISE

(Please register in advance.)

**Yoga - FIT 61 (Sign-ups are limited)**  
Tuesdays & Thursdays  
10:00 a.m. - 11:45 a.m.

**Yoga Wellness Class - FIT 62**  
Mondays, 1:00 p.m. - 2:30 p.m.

### FUN & GAMES

**Billiards**

Center's Operating Hours

**Bingo**

Wednesdays, 1:30 p.m. - 4:15 p.m.

**DVD Rental**

On-Going

**Movies In The Afternoon**

Thursdays, 2:30 p.m. - 4:30 p.m.

**Ping Pong**

Monday-Friday, 2:45 p.m. - 4:45 p.m.

**Pinochle**

Wednesdays, 12:00 p.m. - 3:00 p.m.

**Puzzles**

Center's Operating Hours

### SENIOR PROGRAMS

**Blood Pressure**

2nd & 4th Tuesday of each month 11:00 a.m. - 1:00 p.m. Please call regarding availability. Schedule subject to change.

**Clutter Chaos**

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

**HICAP Counseling**

1st & 3rd Friday of each month  
9:00 a.m. - 12:00 p.m. Call (909) 981-4501 for an appointment.

**Inland County Legal Services**

Call (909) 980-0982 Ext: 4735 for an appointment.

**Nutrition Program**

Monday - Friday, 11:30 a.m. - 12:30 p.m. \$3 suggested donation. \$6 for non-seniors, accompanied by a senior.

### SENIOR CLUBS

**AARP** (Only calls about the Club)  
Patty Scammacca, (909) 985-5888

**Fun After 50**

Frieda Shipman (909) 986-5258

### SPECIAL INTEREST GROUPS

**Bible Study**

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

**Harmonichoir**

1st & 2nd Thursdays  
10:00 a.m. - 11:30 a.m.

*The Gibson Senior Center only accepts checks, VISA, MasterCard and American Express. Thank you.*

# UPLAND FACILITY Rentals

## PARK RESERVATIONS

Many of the City's parks are available to rent for your next get together. Because dates fill up quickly, reservations are a must. All parks that can be reserved offer restrooms, outdoor BBQs, picnic areas, and playgrounds. Those parks that can't be reserved are limited to a first come, first served basis.

Upland residents may make reservations up to 12 months in advance. Non-residents may reserve parks up to 6 months in advance.

Parks can not be reserved on the following holidays and holiday weekends: Easter, Memorial Day, 4th of July, Labor Day, Halloween, Thanksgiving, Christmas Eve, Christmas Day, New Year's Eve, and New Year's Day.

For more information or to reserve, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

## FIELD RESERVATIONS

Lighted fields are available at Memorial Park and Greenbelt Park only. Fields are available on a limited basis and must be reserved in advance. Please contact the Upland Recreation and Community Services Division at (909) 931-4280 to reserve.



## OTHER AVAILABLE LOCATIONS

Looking for the perfect place to hold your next party, family reunion, wedding reception or meeting without spending a bundle? Look no further than the City of Upland. The City offers a variety of rooms at six different facilities. Each facility includes the use of tables and chairs. For more information or to check availability, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

### **Magnolia Recreation Center, 651 W. 15th Street North Hall**

This spacious room includes a warming kitchen perfect for caterers. Dining capacity: Up to 150 people.

#### **Lounge**

Ideal for meetings, classes or baby showers. Accommodates up to 25 people.

### **George M. Gibson Senior Center, 250 N. 3rd Avenue**

Please note that the Senior Center is available on a limited basis.

#### **Dining Room**

Can accommodate up to 150 people.

#### **Arts and Crafts Room**

Can accommodate up to 30 people.

#### **Game Room**

Can accommodate up to 25 people.

### **Carnegie Library, 123 E. D Street**

#### **Great Room**

Charmingly elegant, this room is perfect for a wedding reception or party. Can accommodate table seating for up to 80 people and a seated audience of up to 90 people.

### **Landecena Community Building 1325 San Bernardino Road**

Perfect for banquets, weddings or meetings. Can accommodate up to 125 people.

### **San Antonio Heights**

#### **Railroad Company Waiting Station**

Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque mural reflecting the legacy of William G. Kerckhoff. For more information or to check availability and pricing, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

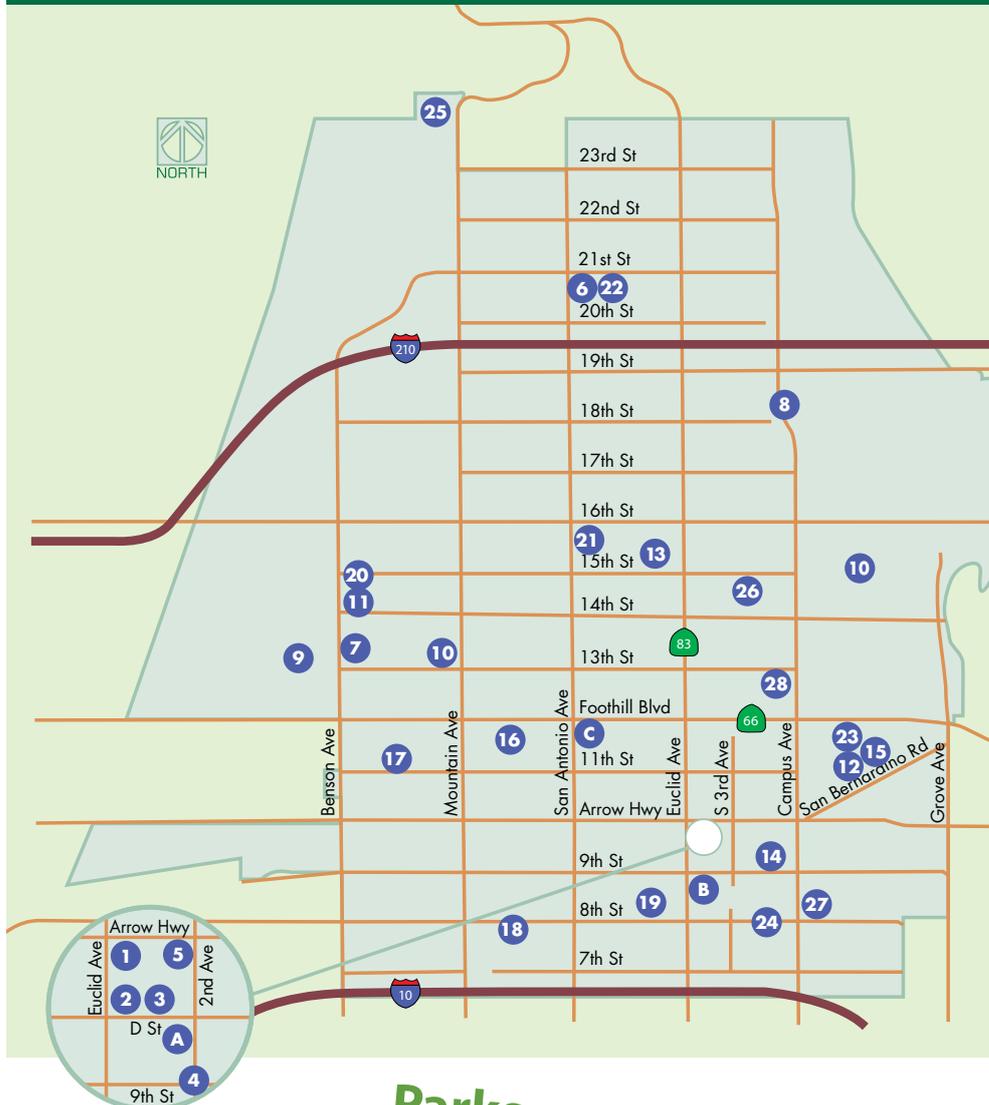
### **Historic Downtown Upland Gazebo**

The Gazebo, centrally located at 2nd Avenue and 9th Street at the heart of Historic Downtown Upland, is available for community performances and events. A fee of \$25/hour with a minimum 3-hour reservation and facility deposit of \$50 is required. Please be advised that all reservations are reviewed by the Upland Police Department to determine if security services are required. If so,

a fee will be quoted by the Police Department. For more information or to check availability, please contact the Upland Recreation and Community Services Division at (909) 931-4280.



# UPLAND Facilities



- 1 City Hall**  
460 N. Euclid Ave.
- 2 Upland Library**  
450 N. Euclid Ave.  
Sun., Fri., 1:00 p.m. - 5:00 p.m.  
Mon., Thurs., 10:00 a.m. - 7:00 p.m.  
Tues., Wed., 10:00 a.m. - 8:00 p.m.  
Sat., 10:00 a.m. - 5:00 p.m.
- 3 Carnegie Building**  
123 E. D St.
- 4 Historic Downtown Upland Gazebo**  
2nd Ave. & 9th St.
- 5 Fire Department-Station 1**  
475 N. 2nd Ave.
- 6 Fire Department-Station 2**  
2046 N. San Antonio Ave.
- 7 Fire Department-Station 3**  
1350 N. Benson Ave.
- 8 Fire Department-Station 4**  
1825 N. Campus Ave.
- 9 Fire Department-Station 5**  
1275 N. Airport Dr.
- 10 Police Department**  
1499 W. 13th St.
- 11 City Yard**  
1370 N. Benson Ave.
- 12 Animal Services**  
1275 San Bernardino Rd.  
(inside Memorial Park)  
Mon., Tues., Fri., 12:00 p.m. - 5:30 p.m.  
Wed., Thurs., 12:00 p.m. - 7:00 p.m.  
Sat., 10:00 a.m. - 3:30 p.m.  
Sun., 10:00 a.m. - 3:30 p.m.
- 13 Magnolia Recreation Center/Recreation Office**  
651 W. 15th St.  
(inside Magnolia Park)
- 14 George M. Gibson Senior Center**  
250 N. 3rd Ave.
- 15 Landecena Community Building**  
1325 San Bernardino Rd.

**Parks  
Make  
Life  
Better!**

## Park Amenities

|           | Reservable Areas  | Amphitheater | Ballfields | Basketball | BBQ | Dog Park | Fitness Trail | Horseshoes | Open Grass Field | Picnic Tables | Picnic Shelters | Playground | Restrooms | Snack Bar | Soccer Field | Skate Park | Volleyball |
|-----------|---|--------------|------------|------------|-----|----------|---------------|------------|------------------|---------------|-----------------|------------|-----------|-----------|--------------|------------|------------|
| <b>16</b> | Baldy View Park—11th St. between Mountain and San Antonio Ave.  | 0            |            |            | •   | •        |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>17</b> | Cabrillo Park—11th St. between Benson and Mountain Ave.         | 3            |            | •          | •   |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>18</b> | Citrus Park—8th St. between Mountain and San Antonio Ave.       | 1            | •          | •          |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>19</b> | Fern Reservoir Park—8th St. between Euclid and San Antonio Ave. | 0            |            |            |     |          |               |            | •                | •             | •               | •          | •         | •         |              |            |            |
| <b>20</b> | Greenbelt Park—15th St. between Mountain and Benson Ave.        | 0            | •          | •          |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>21</b> | Magnolia Park—15th St. between San Antonio and Euclid Ave.      | 2            |            |            |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>22</b> | McCarthy Park—20th St. and San Antonio Ave.                     | 1            |            | •          | •   | •        | •             |            |                  | •             | •               | •          | •         | •         |              |            | •          |
| <b>23</b> | Memorial Park—Foothill Blvd. between Campus and Grove Ave.      | 3            | •          | •          | •   |          |               |            |                  | •             | •               | •          | •         | •         |              |            | •          |
| <b>24</b> | Olivedale Park—8th St. between Campus and Sultana Ave.          | 2            |            |            |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>25</b> | San Antonio Park—24th St. and Mountain Ave.                     | 1            | •          | •          |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>26</b> | Sierra Vista Park—15th St. between Campus and Euclid Ave.       | 2            |            | •          |     |          |               |            |                  | •             | •               | •          | •         | •         |              |            |            |
| <b>27</b> | 8th Street Reservoir Park—8th St. and Campus Ave.               | 0            | •          |            |     |          |               |            |                  |               |                 |            |           | •         |              |            |            |
| <b>28</b> | 13th Street Reservoir Park—13th St. and Campus Ave.             | 0            |            | •          |     |          |               |            |                  | •             | •               |            |           |           |              |            |            |

### Other Destinations

**A** Chamber of Commerce  
215 N. Second Ave., Ste. D  
(909) 204-4465

**B** Metrolink Station  
300 E. "A" St.

**C** Upland High School  
565 W. 11th St.  
(909) 949-7880



## HOW TO REGISTER ■ GENERAL REGISTRATION

### 1. MAIL IT IN...



To Upland Recreation and Community Services Division, PO Box 460, Upland, CA 91785. Make checks payable to City of Upland. Please do not send cash.

### 2. WALK IT IN...



To the Upland Recreation and Community Services Division Office located inside Magnolia Park, 651 W. 15th Street, Upland. Monday through Thursday, 8:00 a.m. - 6:00 p.m.

### 3. PHONE IT IN...



Using your VISA, MasterCard or American Express, Monday through Thursday, 8:00 a.m. - 6:00 p.m. (909) 931-4280

### 4. ONLINE...



At our website using your VISA, MasterCard or American Express at <https://apm.activecommunities.com/Upland/>  
Note: Not all classes may be registered online.

### 5. FAX IT IN...



If paying with a VISA, MasterCard or American Express to (909) 931-4283.

Classes begin in **DECEMBER**. See specific dates under class description. Open enrollment will be in effect for all classes and activities throughout each quarter. All registration is done on a first come, first served basis. Classes may fill prior to the first meeting or may be canceled if minimum enrollment is not met. Therefore, pre-registration is vital.

Potential customers who have a disability are invited to contact the City of Upland Recreation and Community Services Division to discuss any special accommodations or adaptations which are necessary for participation in our programs. Requests need to be made a minimum of 30 days prior for trips and 14 days prior for all other activities by contacting the Upland Recreation and Community Services Division Office at (909) 931-4280, Monday - Thursday, 8:00 a.m. - 6:00 p.m.

### FEES

While every attempt is made to adhere to the dates, times and locations listed in our brochure, all classes are subject to change and cancellation.

### CONFIRMATIONS AND RECEIPTS

You must enclose a self-addressed stamped envelope to receive confirmation on your registration.

### PHOTO RELEASE

By participating in these programs, you are giving permission to the City of Upland to photograph you or your child(ren) for use in future City publications and you or your child(ren) will not receive compensation for such use.

### PRORATES, REFUNDS AND MAKE-UPS

- Fees are not prorated.
- No make-ups for missed classes unless class is not held due to fault of instructor or the Upland Recreation and Community Services Division.
- Refunds must be requested before second class meeting.
- A partial refund will be given for refunds requested prior to the second class. After the second class, no refunds will be given under any circumstances.

### TRIPS & TOURS

- Registration: First registered, first boarded will be in effect.
- Departure/Return: Magnolia Park, 651 W. 15th Street, Upland. Please be in the parking lot 15 minutes prior to departure time. All return times are approximate.
- Multi-Sponsored Trips: Some of our trips and tours are co-sponsored with other cities. First registered, first boarded is not in effect with multi-sponsored trips.
- Refund Policy: Refunds for trips will be made only if there is a waiting list and your reservation can be resold. All trips go rain or shine.
- Traveler's Insurance: Cancellation insurance is available that will protect your sizable investment for any extended trip costing \$100 or more. It is the participant's responsibility to purchase the insurance.

**CLASSES BEGIN  
IN DECEMBER**



# COMMUNITY *Calendar*

## **NOVEMBER**

### **UPLAND TURKEY TROT 5K RUN/WALK & 1K KIDDY TROT**

Thursday, November 24th, 8:00 a.m.

San Antonio Park, 24th Street and Mountain Avenue, Upland

Come out and exercise before the big meal! For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280.

## **DECEMBER**

### **BREAKFAST WITH SANTA**

Saturday, December 3rd, 8:00 a.m. - 10:00 a.m.

Gibson Senior Center, 250 N. Third Avenue

Get your wish list ready and join us for our Annual Breakfast with Santa. For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280 or visit page 4.

### **HOLIDAY PET PORTRAITS**

Friday, December 9th

Sunday, December 11th

Monday, December 12th

2nd Chance Thrift Shop, 1028 W. 9th Street, Upland

Head down to the 2nd Chance Thrift Shop for a holiday pet portrait. For more information, please see page 8.

### **ANNUAL CHRISTMAS PARADE & HOLIDAY AFFAIRE**

Saturday, December 10th, 10:00 a.m. - 3:00 p.m.

Historic Downtown Upland, 9th Street & 2nd Avenue, Upland

Visit with friends and neighbors, browse through unique craft and gift ideas, dine on fun holiday foods, and enjoy a wonderful parade at 11:00 a.m. Following the parade, Santa's Elf will be available for free photo opportunities. For more information, please visit [www.coopermuseum.org](http://www.coopermuseum.org) or see page 4.

### **HOLIDAY TREE LIGHTING CELEBRATION**

Monday, December 12th, 6:30 p.m. - 7:00 p.m.

Upland Civic Center Courtyard, 460 N. Euclid Avenue, Upland

Join us as we bring in the holidays at the City of Upland's Annual Tree Lighting Ceremony. For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280 or see page 4.

### **UPLAND CHAMBER OF COMMERCE**

#### **HOLIDAY LUNCHEON**

Thursday, December 15th, 11:00 a.m.

Sycamore Inn, 8318 Foothill Boulevard, Rancho Cucamonga

Sponsored by Cable Airport, this annual luncheon has become a wonderful tradition. Bring a new, unwrapped toy for Santa Claus to deliver to deserving children in our community. For more information, please contact the Upland Chamber of Commerce at (909) 204-4465 or email [realpeople@uplandchamber.org](mailto:realpeople@uplandchamber.org).

### **NEW VISION THEATRICALS "TIS THE SEASON..."**

Saturday, December 17th, 7:30 p.m.

Gibson Senior Center, 250 N. Third Avenue, Upland

In partnership with the Upland Recreation and Community Services Division, the bright young talents of New Vision Theatricals will touch hearts with joy and thrill the participants with their professional excellence, delighting all ages with their seasonal music. Tickets: \$12. Senior discount tickets may be purchased in advance at the Gibson Senior Center for \$5. For more information, please contact Amy Budds at (818) 835-6213.

## **UPLAND'S BIGGEST LOSER CHALLENGE**

## **JANUARY**

### **UPLAND'S BIGGEST LOSER CHALLENGE**

Registration: Tuesday, January 3rd - Tuesday, January 31st

Official Challenge Start Date: Monday, February 6th

Registration Location: Upland Recreation and Community Services Division, 651 W. 15th Street, Upland

For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280 or see page 13.

### **TASTE OF THE I.E.**

Friday, January 27th, 6:00 p.m. - 10:00 p.m.

DoubleTree by Hilton, 555 W. Foothill Boulevard, Claremont

\$75 Per Person - Limited Ticket Sales

The Upland Chamber of Commerce is proud to present their Annual Taste of the I.E. For more information, please contact the Upland Chamber of Commerce at (909) 204-4465 or email [realpeople@uplandchamber.org](mailto:realpeople@uplandchamber.org).

## **FEBRUARY**

### **NEW VISION THEATRICALS "A FINE ROMANCE"**

Saturday, February 4th, 2:00 p.m. & 7:30 p.m.

Gibson Senior Center, 250 N. Third Avenue, Upland

In partnership with the Upland Recreation and Community Services Division, the bright young talents of New Vision Theatricals will touch hearts with joy and thrill the participants with their professional excellence, delighting all ages with their seasonal music. Tickets: \$12. Senior discount tickets may be purchased in advance at the Gibson Senior Center for \$5. For more information, please contact Amy Budds at (818) 835-6213.

### **LET'S MOVE UPLAND - HEALTHY HEART GAMES**

Saturday, February 11th, 8:00 a.m. - 12:30 p.m.

Magnolia Park, 651 W. 15th Street, Upland

Grab a team of three to five participants and get ready to complete ten fun, family friendly, and heart healthy activities throughout Magnolia Park. For more information, please contact the Upland Recreation and Community Services Division at (909) 931-4280 or see page 2.

## **ONGOING EVENTS**

### **HISTORIC UPLAND WALKING TOURS**

2nd Saturday of each month, 10:00 a.m.

Meets on steps of The Cooper Regional History Museum,

217 "A" Street, Upland

Join us for an in-depth look at Upland's history, downtown businesses, and people that define the City of Gracious Living. Tours are approximately two hours and one mile in length over flat surfaces. The tour is free. There is a \$5 suggested donation for The Cooper Regional History Museum. For more information or to confirm walking tour date, please contact (909) 982-8010 or visit [www.coopermuseum.org](http://www.coopermuseum.org).

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INCORPORATED IN 1906

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# SAVE THE *Date*

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