

Winter 2016

# UPLAND today

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



## Inside



Spark of Love



Mountain Avenue Improvements



Upland Holiday Parade

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

Rod B. Butler, City Manager  
 Brian P. Johnson, Police Chief  
 Roberta Knighten, Community Services Director  
 Dave Corbin, Interim Fire Chief  
 Jeannette Vagnozzi, Deputy City Manager  
 Jeff Zwack, Development Services Director  
 Rosemary Hoerning,  
 Public Works Director/City Engineer  
 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  
 Community Services, (909) 931-4280  
 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 Division, (909) 931-4280

### CITY HALL HOURS

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

### UPCOMING HOLIDAY CLOSINGS

Thanksgiving, Thursday, November 26th  
 Day After Thanksgiving, Friday, November 27th  
 Christmas Eve, Thursday, December 24th  
 Christmas Day, Friday, December 25th  
 New Year's Eve, Thursday, December 31st  
 New Year's Day, Friday, January 1st  
 Martin Luther King Day, Monday, January 18th

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.

The mission of the City of Upland is to preserve and enhance our strong sense of community, history, and standards of gracious living.

In response to the historic drought throughout California, Upland is under a state-mandated 36 percent reduction in water usage from 2013 levels. This means that changing our water use patterns is no longer optional; it's everyone's responsibility.

But what can you, as an individual user, do about it?

Plenty. Did you know, for example, that as much as 70 percent of residential water usage is outside the home? By limiting the number of days you water your lawn, replacing your lawn with drought-resistant landscaping, and performing routine maintenance on your sprinkler system, you can significantly reduce your water usage.

Some other facts:

- 14 percent of indoor water use is lost to leaks.
- Showers use 35 percent less water than baths, and using a low-flow showerhead can save 15 gallons of water during a 10-minute shower.
- Toilet flushes can send nearly 20 gallons a day down the drain. Switching to a water-efficient toilet can cut usage by as much as 50 percent.

Perhaps the best fact of all, though, is that rebates are available for turf and sprinkler replacements, low-water toilets and high-efficiency washing machines. For information, please visit [socalwatersmart.com](http://socalwatersmart.com).

## SPARK OF LOVE LOOKING TO SHINE EXTRA BRIGHT



### TIP-A-COP & TIP-A-FIREFIGHTER

Thursday, November 19th  
 4:00 p.m. - 9:00 p.m.  
 Chili's, The Colonies

The Upland Fire Department and the Upland Recreation Division, in conjunction with Southern California Firefighters, are continuing their tradition of improving the lives and holidays of underserved children in our community with the annual Spark of Love Toy Drive & Distribution.

Last year, with the help and generosity of Upland businesses, residents, and charitable organizations, the Upland Fire Department was able to provide toys, sports equipment and gift cards for roughly 500 underserved elementary school aged children in the City of Upland. This year, the Upland Fire Department is looking to expand its program with the first Tip-a-Cop & Tip-a-Firefighter event on Thursday, November 19th. The goal is to raise funds to accommodate an additional 250-350 children, including "tweens" and teens that tend to be overlooked during the holidays.

This year's drive officially began with the Oldskool 66 Cruzers Spark of Love Kick Off & Car Show at Memorial Park in early November. Thanks to the generosity of Oldskool 66 Cruzers and their members, a truckload of toys was donated to Spark of Love.

In mid-December, the Upland Fire Department, Upland Police Department, and Upland Recreation Division will host their Spark of Love Toy Distribution for deserving children in the City of Upland. Children will enjoy a pancake breakfast, toy distribution, and the opportunity to meet Upland firefighters and police officers. This event is just one more example of the commitment to service embodied by our firefighters and 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.

Donate new, unwrapped toys and sports equipment for the underserved children in our community. Spark of Love boxes will be available at all Upland Fire Stations, the Upland Recreation Division, and City Hall beginning mid-November, continuing through Friday, December 18th. 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 Division at (909) 931-4280.



# UPLAND *Holiday Happenings*



Haul out the holly and hang the tinsel! It is time to celebrate the merriest season. Join your friends and neighbors for these magical Upland holiday traditions.



## **BREAKFAST WITH SANTA**

Don't miss your chance to enjoy breakfast with Santa Claus, and if need be, explain your way back onto the nice list. On December 5th, join the Upland Recreation Division, in partnership with the Upland-Foothill Kiwanis and Boy Scout Troop 601, for Santa's annual visit from the North Pole. Be sure to bring a camera to capture this magical morning, complete with a pancake breakfast and lots of holiday cheer. Breakfast will be served from 8:00 a.m. to 10:00 a.m., at the Gibson Senior Center, 250 N. Third Ave. Please register in advance; the cost is \$4 per person.



## **DEAR SANTA**

Make sure Santa knows exactly what's on your wish list this year. Write him a letter and City staff will use its elfin connections to ensure your message reaches his "reply to" bag. Be sure to include your full name, home address, and \$1 per letter. All letters must be received no later than Monday, December 7th. Mail letters to the City of Upland Recreation Division, Attn: Santa Claus, P.O. Box 460, Upland, CA 91785.

## **HOLIDAY FUN HITS THE STREETS OF UPLAND AT THE ANNUAL CHRISTMAS PARADE**

Experience the joyful pageantry of the annual Christmas parade and holiday faire on Saturday, December 12th, from 10:00 a.m. to 3:00 p.m. The Cooper Regional History Museum returns as organizer for this year's cheer-filled event. The parade will begin at 11:00 a.m. Following the parade, join your friends and neighbors in glittering downtown for shopping, eating, and merriment the whole family will enjoy. Local businesses will be open during the event for your holiday shopping pleasure. You can also visit vendors offering 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 contact Dave Stevens at (909) 838-9221, or Steve Ipson at (909) 228-5204; or visit [www.coopermuseum.org](http://www.coopermuseum.org).

## **RESIDENTS CAN FIND LOTS OF OPTIONS FOR GIFT GIVING AND SHOPPING RELIEVE**

Across Southern California, "foodie culture" has become a phenomenon. The love of food is now more than just a matter of preference; it is a way of life. Diners are spending greater amounts of time and money seeking out a variety of cooking techniques, interesting flavors, and quality ingredients. Luckily, Upland foodies will be easy to shop for this year. Consider gifting a night out at one of Upland's many restaurants. And while you are out shopping for more traditional holiday wares, stop into one of these local spots and maybe try something new:

- In Downtown: Eden Garden Fusion Grill, Molly's Souper, Daddy O's Rockin Café, Second Avenue Saloon & Sports Bar
- At The Colonies: Oggi's Pizza & Brewing Company, The Heights Restaurant, Kuma Sushi, San Biagio's
- Across Upland: Claire's Mediterranean Food & Pastry, Upland German Delicatessen, Spaggi's

## **SPREADING HOLIDAY JOY TO NEIGHBORS IN NEED**

Two important programs give to families across Upland who might otherwise go without this holiday. Children will experience the magic of toys from Santa's workshop, and entire families of deserving residents will be touched by the warmth of holiday miracles.

### **Upland Chamber Holiday Luncheon**

Thursday, December 17th, 11:30 a.m.; Sycamore Inn, 8318 Foothill Boulevard, Rancho Cucamonga

Cable Airport is proud to sponsor this wonderful tradition. Bring a new, unwrapped toy for Santa to deliver to children in the community - by airplane, of course! For more information and reservations for the luncheon, please contact the Upland Chamber of Commerce at (909) 204-4465

### **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.

## **HOLIDAY CONCERTS AT THE GROVE THEATRE**

Sleigh bells, silver bells, and all manner of holiday music will fill the air of the historic Grove Theatre once again this year. Whether you prefer rock n' roll, Broadway's best, or classic holiday carols, there is a show for you! For tickets or more information, please visit [www.grovetheatre.com](http://www.grovetheatre.com), or call (909) 920-4343.

### **Holly Daze Follies**

Opening Night, Saturday, November 28th, 7:29 p.m.

Bill & Sherry Kinison are producing their first holiday spectacular. Musical numbers, variety acts, marching soldiers, and a living nativity will get you in the holiday spirit. Professional director and choreographer, Keith Mottola, will lend his expertise to this incredible new show.

### **Christmas with the Beatles**

Sunday, December 13th, 7:00 p.m.

Join the Abbey Road Tribute Band for an evening with your four favorite blokes from Liverpool. The show will include what the band calls, "a mix of Beatlesque Christmas songs and 28 Beatles hits."

### **Dale & Bill "Home for the Holidays"**

Sunday, December 20th, 3:00 p.m.

Enjoy an evening of holiday classics at the 20th Annual Dale and Bill Christmas Concert. Get your tickets now for this heartwarming holiday tradition, starring Tony nominated singer and actor, Bill Hutton, and Broadway great, Dale Kristien. The show also features the sounds of Sherry Kinison, executive producer of At the Grove Productions, and Mary Ekler and the Merry Christmas Band.





## STAYING HEALTHY DURING THE HOLIDAYS

Being healthy is a matter of lifestyle rather than simply adopting a better diet. Diet, exercise, mental health, physical health, and injury prevention are all critical components of living healthy. During the holidays it can become difficult to manage all of these factors in the midst of errands, parties, and cleanup. The Healthy Upland program offers these 10 suggestions for staying healthy this holiday season:

- Find alternative recipes for your holiday table. Top your yams with pecans instead of marshmallows. Serve green beans sautéed with lemon and garlic in place of the traditional casserole. Consider skipping the stuffing. Even if you only change one or two dishes, the overall benefits are worth the effort.
- Balance out scheduled heavy meals with lighter options. If you will be enjoying a large holiday spread at a party or gathering, take steps to plan smaller meals with fresh, healthy ingredients for the rest of that day.
- Take steps to healthier holidays. There are lots of opportunities to take extra steps each day that can really add up. Park at the opposite end of the mall from your shopping destination. Stroll through neighborhood light displays instead of driving.
- Embrace winter weather. Southern California winters are often spiked with sunshine, which makes for great outdoor conditions. Dress in layers and head outside to enjoy our special climate! The City offers many hiking trails and paths on which to walk, run, or ride your way to a healthy holiday season.
- Stop and smell the pine boughs. In the middle of the hustle and bustle of turkeys, trees, and giftwrap, find a moment to stop and take a few deep breaths. Reflect on the year and everything that

made you smile in 2015. It can be a wonderful way to hit the mental reset button.

- Channel your seasonal energy for good. Sometimes activity can be just as effective for stress relief as meditation. Consider using your excess energy volunteering. There are many community organizations looking for willing participants to help bring the joy of the season to neighbors in need.
- Keep yourself healthy. Wash your hands, get plenty of rest, and fuel your body with nutritious foods. These simple steps are some of the strongest defenses against seasonal illness; sometimes we just need to be reminded of them. If you do find yourself under the weather, make sure to give your body plenty of time to heal before heading back to work or out into holiday shopping crowds.
- Keep the kids healthy. Remember that kids will follow your example. Take time as a family to review hand-washing techniques and how to cough and sneeze without sharing germs with friends and classmates.
- Deck the halls while avoiding falls. When installing your outdoor holiday decorations, remember to practice ladder safety. Always have a spotter, come down before answering the phone, and where possible, use bucket or shelf attachments to safely hold tools and keep them within reach.
- Spread holiday magic safely. The holiday season brings out some of our most treasured and beautiful trinkets. Be sure to keep heavier items on low shelves and smaller, swallowable items out of the reach of little ones. Breakable ornaments should also be hung up high on stable branches.

## HOSPITAL EXPANSIONS EXTEND REACH AND ADD REGIONAL DISTINCTION

San Antonio Community Hospital's history in Upland spans more than 100 years, but in recent decades the hospital has expanded into the region at large. Satellite locations in Rancho Cucamonga and Fontana added over the last 30 years have a recent addition, Eastvale San Antonio Medical Plaza. Now, patients from communities including Eastvale, Corona, Norco, and across the growing southeast Inland Empire will have access to the wide array of San Antonio health services.

This newest location is but one indicator of the hospital's expanding reach and capacity. Another is its recent name change to San Antonio Regional Hospital. The new name introduces the hospital as a care provider for people beyond its original service area, while preserving its historical connection to the Upland community.

In keeping with this momentum, San Antonio Regional Hospital recently celebrated the expansion of its flagship campus. The new Emergency Department building houses over 140 beds: 52 in the emergency department, 12 private beds in ICU, and 80 surgical unit beds. In addition to the completed tower, renovations to the main entrance and lobby, and a "shell" for an additional future expansion were included in construction as the hospital anticipates a continued trajectory of growth.



## PRESERVATION WORKS

Upland Heritage has been hard at work throughout 2015. Events and outreach have helped the group educate and inform residents about preserving our community and our local history.

General meetings held in April and September were open to all residents. In May, Upland celebrated Founder's Day and the historic origins of the City. The immensely popular Restoration Workshop held in October featured expert talks on all things restoration for historic and newer homes alike.

Along with helping residents restore and maintain their historic homes, Upland Heritage is also excited to follow the preservation going on in the historic downtown district. According to new regulations, all homes built prior to 1965 are considered historic and are deserving of our protection and preservation.

Many new and exciting things are coming in 2016, including the Vintage Home Tour. Upland Heritage would like to invite everyone to become a member, whether a historic homeowner or not. Please visit the Upland Heritage website at [www.uplandheritage.org](http://www.uplandheritage.org) for more details, or please contact Duke Romo at [d.dukeromo@live.com](mailto:d.dukeromo@live.com).



## 2016 CITY OF UPLAND POINT-IN-TIME COUNT

**Thursday, January 28th, 6:00 a.m. – 10:00 a.m.**

The Point-In-Time Count is conducted on a specific date to count and survey homeless individuals living in the City of Upland. This effort will help to merit government and private grant funding, and other resources for our community, as well as to help people exit life on the streets and prevent homelessness.

The City of Upland is asking for volunteers to help organize the count, identify locations where homeless people live or spend time, and participate on Street Counter Teams. Volunteers will be trained prior to the event and all walks of life are welcome. Participants must be at least 18 years of age, and willing to be up early in the morning (rain or shine!) to actively encounter the homeless.

For more information or to sign up for a volunteer position, please visit the San Bernardino County Homeless Count website at [www.sanbernardinocountyhomelesscounts.com](http://www.sanbernardinocountyhomelesscounts.com), email Doug Story at [dstory@mdg-ldm.com](mailto:dstory@mdg-ldm.com), or email Janis Rice at [jrice@ci.upland.ca.us](mailto:jrice@ci.upland.ca.us).

## UPLAND HIGH SCHOOL PRESENTS CINDERELLA

The Upland High School Theatre Department presents Cinderella. Audiences will be enchanted by this time-honored tale of magic and belief in one's self. Cinderella will run at the Highlander Auditorium on the campus of Upland High School, 850 N. San Antonio Avenue. Show dates are: Thursday, February 4th, at 7:00 p.m., Friday, February 5th, at 7:00 p.m., Saturday, February 6th, at 2:00 p.m., and Sunday, February 7th, at 2:00 p.m. Tickets are \$8.00 pre-sale, and \$10.00 at the door. Pre-sale tickets may be purchased at the student store beginning Wednesday, January 13th. For more information, please contact Ms. Richardson at Upland High School, (909) 949-7880, ext. 138.



## HOME FOR THE HOLIDAYS

It is time again for the Annual Holiday Home Decorating Contest sponsored by the Upland Recreation Division. Upland residents are invited to pull out the stops and deck the halls, walls, rooflines, trees, and birdfeeders for this free contest. All entry forms must be received no later than December 10th, and dates for judging are to be determined. Contest categories include:

- Neighborhood (minimum of 3 houses)
- Humorous
- Lights Extravaganza
- Reason for the Season
- Originality
- Most Animated

Entry forms are available at the Upland Recreation Division located at 651 W. 15th Street, inside Magnolia Park; or on the web at [www.ci.upland.ca.us](http://www.ci.upland.ca.us). For more information, please contact the Upland Recreation Division at (909) 931-4280.

## RECYCLE YOUR CHRISTMAS TREE

Did you know approximately 33 million live Christmas trees are sold in North America every year? Have you ever wondered what would happen if all of them were kept out of landfills and reused instead? The City of Upland has, and offers residents the opportunity to help. Last year, enough trees were recycled by West Coast Arborist, the City's tree maintenance contractor, to generate 720 tons of green waste material used to produce wood products like boxes, benches, and pencils. Also, Upland yards were dressed with 140 tons of mulch generated from the trees and distributed to citizens free of charge.

The program is back this year and Burrtec Waste Industries will be collecting trees for recycling from December 26, 2015, through January 8, 2016. It is easy to participate. Remove all ornaments, lights, and other decoration 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, 1370 North Benson Avenue, 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.

## DEPUTY CITY MANAGER

Jeannette Vagnozzi became the Deputy City Manager for the City of Upland as of August 19, 2015. Vagnozzi was raised in Upland and attended local schools. She earned a Bachelor of Science degree in Business Administration and a Master of Science in Leadership and Management from the University of La Verne.

"I am very excited to be 'coming home' to Upland and joining the staff and Council as we continue to move forward in addressing the City's challenges," stated Vagnozzi.

Vagnozzi will play a key role in overseeing various Administrative Services functions including Human Resources, Risk Management, the City Clerk's Office, Information Technology, and Public Information. She will also handle a variety of special projects relating to financial management and customer service.

## ONE PROJECT, TWO PHASES, MANY BENEFITS

The City of Upland Public Works Department completed pipeline and pavement improvements on Mountain Avenue early this fall. The project, which began in early spring, was split into two phases. As many as 40,700 vehicles travel on Mountain Avenue each day - particularly on the stretch under construction between 9th Street and 16th Street - so mitigating traffic delays was a priority and the impetus for splitting up the work. The main objective was to install 8,600 lineal feet of water pipe and 11,400 tons of asphalt pavement.



In addition to these infrastructure updates, the project yielded some important ancillary benefits. The cement mortared and coated steel pipe installed beneath Mountain Avenue replaces aging water mains and brings increased potable water flow to the City. The increased flow is critical to maintaining reliability of water service.

The original surface material was replaced by an asphalt rubber hot mix (ARHM) pavement comprised of paving asphalt, asphalt modifier, crumb rubber modifier (CRM), and aggregate. This rubberized alternative is beneficial to road conditions because it has a much longer useful life. It is less susceptible to cracking and allows for safer and more travelable roads. The environmental benefits impact the ecology and livability of the community. The crumb rubber used to make the surface is derived from recycled tires generated in California, which keeps them out of landfills; and current public works standards mandated the highest CRM levels yet for this project.

The comfort and aesthetics of surrounding neighborhoods were also improved by the addition of this modern material. The surface naturally reduces road noise and has UV light inhibitors that help keep it looking newer longer. The project also included traffic improvements. Signal equipment along the affected stretch of Mountain Avenue was improved for better bicycle and vehicle detection.

For more information on Public Works Department capital improvement projects, please visit the City website, [www.ci.upland.ca.us/#Public\\_Works](http://www.ci.upland.ca.us/#Public_Works).

## CONGRATULATIONS ON WATER CONSERVATION, UPLAND!

The City of Upland is proud of the conservation efforts of its citizens. In response to a gubernatorial mandate on water usage, residents were asked to adhere to regulations per Upland Municipal Code 13.16 (see City website for code language). Residents were asked to follow these heightened restrictions:

- Irrigation of landscape with sprinklers is permitted on Wednesdays and Sundays for addresses ending with an even digit, and Tuesdays and Saturdays for addresses ending with an odd digit. No outdoor irrigation shall take place between 6:00 a.m. and one hour before sundown
- Excessive or unreasonable runoff of water or unreasonable spray is prohibited
- Leaks must be repaired within 72 hours
- Hard surface watering (washing down sidewalks, driveways, parking areas, tennis courts, patios) or other paved areas is prohibited
- Individuals may wash vehicles and equipment with a hand-held bucket or a hand-held hose equipped with a positive shutoff nozzle on designated outdoor water use days between 12:00 midnight and 12:00 noon.
- Refilling or adding water to an existing swimming pool is prohibited unless on designated outdoor water use days
- Irrigation on golf course fairways is prohibited unless recycled water is used
- Restaurants may serve water only upon request

Within one month of escalation to this "high" stage this summer, conservation rates reached the 36% target. By limiting outdoor irrigation and preventing water waste, the City continues to meet water conservation goals, but there is still more work to do. The Governor's state mandate is effective through February 2016 and citizens are asked to continue practicing sound water conservation efforts. Remember, each month that state mandated water reduction goals are met, the City avoids fines and penalties of \$10,000 per day.

Please continue your water conservation efforts! Keep up the excellent work!



## NEIGHBORHOOD WATCH

The Upland Police Department is looking to expand its Neighborhood Watch programs throughout the City. Neighborhood Watch is designed to keep people involved in their neighborhoods – to become the “eyes and ears” of the community – and hopefully foster stronger relationships among residents. The goal is community involvement and awareness in neighborhoods that prompts residents to notice when something is suspicious and notify the police department.

The Upland Police Department has been successfully working with representatives from several different neighborhoods within the City to establish Neighborhood Watch programs. Communities actively involved in the programs have experienced a reduction in crime and have felt a stronger sense of community.

Many Upland Neighborhood Watch groups have also partnered with Nextdoor.com to answer questions from residents and provide valuable information specific to each neighborhood. The Upland Police Department also monitors Nextdoor.com and regularly sends out information to residents. Nextdoor.com is a **private** social network that allows citizens to build stronger and safer communities by communicating with each other. Members can easily spread the word about Neighborhood Watch meetings, find trustworthy babysitters, keep an eye out for lost dogs, and a multitude of other things. Those interested in joining their neighborhood's Nextdoor website can visit [www.nextdoor.com](http://www.nextdoor.com) and register. For answers to questions about your Nextdoor website, please visit [help.nextdoor.com](http://help.nextdoor.com).

The Upland Police Department is looking for people willing to participate in Neighborhood Watch programs. By working together, we can make Upland a safer community and address quality of life issues for our residents. If you would like more information about Neighborhood Watch, please visit the police department website at [http://www.ci.upland.ca.us/#Neighborhood\\_Watch](http://www.ci.upland.ca.us/#Neighborhood_Watch), or contact Officer Kabayan at (909) 920-6530.

## LOCK IT, HIDE IT, KEEP IT

Preventing theft of personal belongings from automobiles should always be part of day-to-day awareness, but as the holidays approach, it becomes 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 your vehicle holds your newly purchased gifts, and they choose vehicles that appear improperly secured.

The Upland Police Department reminds citizens that more than just holiday gifts are susceptible to theft. The top items stolen from vehicles include: purses, money, tools, electronic devices (cell phones/laptops/cameras), stereos/radios, documents, mail, and checkbooks.

This holiday season and beyond, you can avoid becoming a victim of auto-related property crime in three easy steps: Lock it; Hide it; Keep it.

Always remember to 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 Upland Police Department at (909) 946-7426, ext. 6530.

## GET DOWN, DOWN, DOWN, WITH LIFE-SAVING CPR

Repurpose your penchant for disco balls and The BeeGees in a way that goes far beyond trying to fit into your bellbottoms – use it to help save a life.

The American Heart Association says songs like the BeeGees' “Stayin’ Alive” set the perfect pace for performing Hands-Only CPR. This technique is performed by pushing hard and fast in the center of the chest, without conducting mouth-to-mouth resuscitation. As you are performing the compressions, follow the beat of “Stayin’ Alive,” or another 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 plans to offer Hands-Only CPR classes every three months in 2016. Classes will start at 10:00 a.m. and are offered for free. For more information on more songs, visit the American Heart Association on the web at [www.handsonlycpr.org](http://www.handsonlycpr.org). For details on Hands-Only CPR classes in 2016, please visit the Upland Fire Department online at [www.ci.upland.ca.us/#Fire](http://www.ci.upland.ca.us/#Fire).



## WHERE THERE'S SMOKE, THERE'S FIRE – AND HOPEFULLY A SMOKE DETECTOR

Southern California fires are typically synonymous with the scorching temperatures of late summer, but the threat of fire is just as real in winter. One simple, battery-operated device can help protect your home and family.

The U.S. Fire Administration says 67% of winter fires occur in one- and two-family homes. There are many precautions you can take this holiday season to prevent becoming part of that statistic. Decorate with non-flammable or flame retardant items. Do not leave candles unattended, and keep other items at a safe distance. Fifty-six percent of home candle fires start because something is placed too close. Though holiday tree fires are not common, one out of every three is caused by electrical problems. Make sure the lights on your tree are on timers and heat sources are kept at a distance.

Unfortunately, despite our best prevention efforts, accidents can still happen. The best way to protect your home and family in these events is by installing smoke detectors. The Upland Fire Department recommends installing a smoke detector in every bedroom, outside each separate sleeping area, and on every level of your home so everyone can hear the alarm. Be sure to keep the batteries in each unit fresh, and test each one by pushing the test button at least once a month.

For more information on fire safety, please visit the U.S. Fire Administration on the web at [www.usfa.fema.gov](http://www.usfa.fema.gov); or contact the Upland Fire Department at (909) 931-4180.



## PET PORTRAITS

Do you and your tabby cat stare out the window hoping for a glimpse of reindeer? Is your greyhound trained to speak at the ringing of silver bells? Do you have a special holiday bowtie for your parrot? If you said yes to any of these, chances are you and your animal buddy love the holidays as much as you do each other. What better way to share your love than helping abandoned animals find the same kind of forever home?

This year, Upland pets and their owners will have three opportunities to help raise money for shelter animals, and capture a special memory of the season. Kimberly Saxelby, owner of True Emotions Photography, will capture holiday portraits of pets and their families at the Upland Animal Shelter, located at 1275 San Bernardino Road. For a \$15 suggested donation, photos will be taken by appointment, and slots are available every fifteen minutes on the following dates: Wednesday, December 9th, 1:00 p.m. to 6:00 p.m.; Sunday, December 13th, 10:00 a.m. to 3:00 p.m.; or Friday, December 18th, 1:00 p.m. to 4:00 p.m. For an appointment, or more information, please contact Upland Animal Services at (909) 931-4185.



## THE VERY BEST OF FRIENDS



Animal rescue efforts in the City of Upland were bolstered in 2015 thanks to the hard work of the Friends of Upland Animal Shelter.

On August 15th, the shelter participated in the nationwide Clear the Shelters event, sponsored by the Friends of Upland Animal Shelter in partnership with NBC - Owned Television Stations. Adoption fees were drastically cut in shelters across the nation in an effort to make the adoption process easier for area animal lovers. Cats fees are normally \$94 and dogs are \$134 but the event lowered fees for dogs to \$35 and cats to \$25. The Friends covered the difference, which helped to cover spay and neuter costs.

In some cases the Friends went above and beyond, even coordinating a cross-country journey for one senior dog featured in a national news story about the event. A woman in South Carolina fell in love with Sherman after seeing him and the Upland shelter on television. She contacted the shelter and the Friends helped facilitate the adoption so Sherman could finally find his forever home.

Friends of Upland Animal Shelter member Andy Peterson, says these kinds of events not only help place animals, but also raise community awareness of available animal services. He says they give residents the chance to see first-hand that "a wonderful shelter animal is available."

The Friends organization does so much more than just help clear the shelter; it also helps to sustain it. Fundraising efforts for the facility are ongoing as new animals are brought in on a regular basis. In response, a brand new funding source for the shelter has opened in Upland. The 2nd Chance Thrift Shop, open daily from 10:00 a.m. to 6:00 p.m., sells gently used furniture, household goods, pet supplies, clothing, jewelry, and more; and proceeds from sales go to the animals at the shelter. A successful fundraiser preview event was held on October 3rd, and gave supporters a chance to shop early and get a sneak peek at the store. The next day, a soft opening welcomed the first community shoppers, and a grand opening celebration was held on October 31st. The festivities included the official ribbon cutting and a pet costume contest.

Peterson says today the Friends of Upland Animal Shelter is "largely focused on fundraising." Events are constantly being planned to raise money, including:

- **Yoga For the Animals** at Blue Iris Yoga; every Wednesday, from 7:30 p.m. to 8:45 p.m.

Looking forward, efforts will include offsetting the cost of shelter operations.

Partnerships with medical providers, major manufacturers, and donor groups are constantly being cultivated to help keep the facility stocked with food and supplies. Two recent donations include 1,000 calming dog bones from [entirelypetspharmacy.com](http://entirelypetspharmacy.com), and over 6,000 pounds of food from an anonymous donor.

For more information on volunteering, pet adoptions, or donating to 2nd Chance Thrift Shop, please contact Friends of Upland Animal Shelter at (800) 627-1545, or on the web at [www.friendsofuplandanimalshelter.org](http://www.friendsofuplandanimalshelter.org).

## RECENT ADOPTIONS



## MONUMENT DEDICATED WITH SPLENDID, REVERENT FANFARE

This year, Veteran's Day in Upland held special importance. Not only did the community come together to say thank you to the men and women of our armed forces, but also to dedicate an enduring remembrance to those who made the ultimate sacrifice. Festivities also included a parade and a traditional Veteran's Day ceremony.

Members of each military branch were on hand to pay respect to their brothers- and sisters-in-arms, as well as enjoy the well-earned appreciation of their friends, family, and neighbors. The parade route swelled with applause as marching bands, classic cars, and even a few two-wheeled participants rolled through Upland. The procession concluded at the Civic Center courtyard with a BBQ for all in attendance.

The Upland Veterans' Monument was dedicated in a ceremony emceed by Ken Hargrove. Upland Veterans' Monument Project Chairman Ralph Cavallo was also on hand to offer a few words. Cavallo has been instrumental in the project, serving as the first project manager. He says his passion for honoring all those who have served gave him the energy and resolve to complete the project in a record 10 months. The Upland Veterans' Monument Project thanks the following donors for their outstanding and unwavering support: San Antonio Regional Hospital, CP Construction, Ford of Upland, Mark Christopher Chevrolet, and The Colonies Crossroads.

The funding of the monument was expedited thanks to the generosity of private donors and organizations that came forward to help organize fundraising events. There are still opportunities to contribute to the monument. Tiles along the remembrance wall can be purchased for \$200, \$350, or \$500, and dedicated to a loved one who has served in the military.

The Veterans' Monument is now open to the public and all are invited to visit the site and pay homage to military personnel and veterans from Upland and all across this great nation. For more information, to donate to the 501(c)3 non-profit, or to purchase a tile, please contact the Upland Veterans' Monument Project on the web at [www.uvmp.org](http://www.uvmp.org).



## MILITARY BANNER PROGRAM & COMMITTEE

We would like to thank Kristina Montgomery, The Rodriguez Family, Craig & Rebecca Young, and the Upland Police Officer's Association 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,**

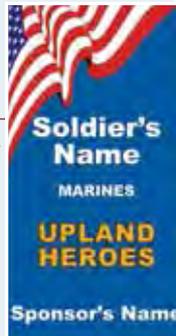
please contact Recreation and Community Services at (909) 931-4280.



**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, please contact the Upland Chamber of Commerce at (909) 204-4465 or email [realpeople@uplandchamber.org](mailto:realpeople@uplandchamber.org).

### TASTE OF THE I.E.

Friday, January 15th, 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 is proud to present the annual Taste of the I.E. This year's event will be another unique and upscale indoor experience. Take a tasting tour of the Inland Empire's local wineries and craft breweries. Area restaurants will also be on hand to enrich the evening with delicious cuisine. In between tastings, take a spin on the dance floor, place a bid at the exciting live auction, or tempt lady luck at the casino tables - all while enjoying the ambiance. Don't forget to stop at the photo booth to capture a memory of the festivities.

### UPLAND CHAMBER COMMUNITY LEADERSHIP ACADEMY

Become a part of the Upland Community Leadership program and participate in the development of community-minded business and civic leadership. 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 OF COMMERCE?

There are three opportunities to see the world with the Upland Chamber in 2016. Experience the springtime majesty of the Highlands and lochs of Scotland. Summer with 70% of Canada's population - and maybe even pick up some French, eh? - while exploring its eastern provinces. Or bundle up to visit Europe's imperial cities and wander the cobblestone streets in the crisp of fall. Choose from the following scheduled adventures:

**Scotland:** April 17th - 26th, 2016

**Best of Eastern Canada (Montreal, Quebec City, Ottawa, Niagara Falls & Toronto):** August 14th - August 21st, 2016

**Imperial Cities (Prague, Vienna & Budapest):** October 3rd - October 13th, 2016.

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

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

Pre-registration for these classes start November 17th.

### HOLIDAY ONE-DERLAND (AGES: 1 YEAR)

Wednesday, December 9th, 10:00 a.m. - 10:30 a.m. or  
Thursday, December 10th, 10:00 a.m. - 10:30 a.m.

This is a special holiday program for our wonderful one year olds! We'll read books and sing songs to celebrate the season.

### SNOWMAN SOCIAL (AGES: 2-3 YEARS)

Tuesday, December 8th, 10:15 a.m. - 11:15 a.m. or  
Thursday, December 10th, 11:15 a.m. - 12:15 p.m.

Come one and come all to a special holiday program for our toddlers. Enjoy stories, songs, snacks, and a craft.

### TOYSHOP TEA (AGES: 3-5 YEARS)

Tuesday, December 8th, 11:15 a.m. - 12:15 p.m.

Preschoolers will hear stories, sing songs, make a craft, and enjoy a snack. Be sure to bring your camera!

### HOLIDAY HAPPENING (AGES: 5-9 YEARS)

Wednesday, December 9th, 3:30 p.m. - 4:30 p.m.

Join us for a fun program of stories, snacks, crafts, and songs!

### POLAR PJ STORYTIME (ALL AGES)

Thursday, December 10th, 6:00 p.m. - 6:30 p.m.

Put on your warm comfy pj's, and curl up at the library to listen to some great winter bedtime stories. This is a storytime for the whole family.

### LEVEL UP HOLIDAY CRAFT (AGES: 9-12 YEARS)

Friday, December 11th, 3:30 p.m. - 4:30 p.m.

Let's get together to make great gifts for this holiday season.

### CONTENTO HOLIDAY (ALL AGES)

Monday, December 7th, 5:00 p.m. - 6:00 p.m.

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

### HAPPY BIRTHDAY DR. SEUSS!

Wednesday, March 2nd, 6:30 p.m. - 7:30 p.m.

Wish one of our most beloved children's book authors a very happy birthday at the Carnegie Library. Enjoy stories, a craft and of course birthday cake provided by our friends from the Soroptimists International Montclair/Inland Valley. All ages are welcome.

For more information or to view our regularly scheduled programs, please visit our website at [www.uplandpl.lib.ca.us](http://www.uplandpl.lib.ca.us) or visit us on Facebook at [www.facebook.com/UplandPublicLibrary](http://www.facebook.com/UplandPublicLibrary).

## FAMILY SPECIAL EVENTS

All programs will take place in The Brodie Room at the Upland Public Library, 450 N Euclid Ave, Upland

### Lego Family Night (All Ages)

Thursday, January 28th, 5:00 p.m. - 7:00 p.m.

Come one, come all, and join us in the celebration of International Lego Day. Watch the Lego Movie, play with Legos and enjoy an evening of fun with family and friends.

## TEEN ACTIVITIES @ the Library for teens ages 13 to 18 only.

December - January programs will be in The Brodie Room and February programs will be in the Carnegie Library unless noted otherwise

### TABLETOP TUESDAY

Every First Tuesday, 3:30 p.m. - 5:30 p.m.

Get ready to play both classic board games and indie card games at our brand new TableTop Tuesday event. Learn how to play games like Settlers of Catan, The Resistance, Splendor, Ultimate Werewolf, and so much more!

### TEEN GAMING

Every First and Last Thursday, 3:30 p.m. - 5:30 p.m.

Get your game on with our brand new Wii-U! Play games like Mario Kart 8 and Super Smash Bros.! We'll also have board games available like Apples to Apples and Monopoly. \*This program will not take place on December 31st due to the early holiday closure.

### TEEN CRAFT

Every Second Thursday, 3:30 p.m. - 5:30 p.m.

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

### TEEN AFTER SCHOOL MOVIE

Every Third Thursday, 3:30 p.m. - 5:30 p.m.

Take a break and watch a movie at the Library for a relaxing and fun afternoon. Refreshments will be provided.

### VALENTINE'S MURDER MYSTERY

Friday, February 12th, 4:00 p.m. - 6:00 p.m.

All is fair in love and war at this murder mystery dinner. Bring your friends and see if you can use the clues to solve the crime.

## WHAT'S NEW @ YOUR LIBRARY

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

### BABY & ME BOOK CLUB (Ages: 0-5 Years)

Every Third Saturday Beginning January 16th  
10:30 a.m. - 11:30 a.m.

Baby & Me Book Club will consist of books that will inspire fun and developmentally rich experiences for babies and parents to share.

### CHAPTER CHAT BOOK CLUB (Ages: 6-8 years)

Thursdays, February 4th - 25th, 4:00 p.m. - 5:00 p.m.  
Meet in Discovery Lab

In this month long book club we'll read books at your level, chat, and have a good time. Parents may register their children by calling the Children's Department at (909) 931-4213 starting on January 4th.

## COCO-A-GO-GO (Tweens: 9-12 years)

Friday, February 12th, 3:30 p.m. - 4:30 p.m.

Do you like chocolate? Are you a fourth through sixth grader who knows the difference between a Hershey and a Kit Kat? If so, this program is made for you. Let's celebrate Valentine's Day by eating and learning about chocolate.

## ADULT ACTIVITIES

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

### BOOK-ENDERS BOOK CLUB

December 5th, January 9th, February 6th

10:00 a.m. - 12:00 p.m.

Join the Book-Enders as they celebrate their 25th anniversary! Each month, members read a featured book. At each meeting a guest speaker expands on a topic or theme of the featured book. After a short break of coffee, tea, snacks, and visiting, members discuss the book (or topic). Even if you haven't read the book, don't miss the opportunity to meet new people, get reacquainted with old friends, and eat, drink, and be merry! Pick up the 2015-2016 Reading List today.

### A BOOK-ENDERS BONUS: BOOK-TO-MOVIE SCREENINGS

Saturday, December 19th and February 20th, 1:00 p.m. - 4:00 p.m.

A Book-Enders bonus to enhance your reading experience! A few weeks before the book-of-the month, we will screen a classic movie that was inspired by the book. December's movie will be the sprawling epic, *Giant* (January's book). The February movie will be *Far From the Madding Crowd* (March's book). See the movie, compare it to the book, and talk about it at the Book-Enders the following month. Popcorn will be served.

### CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

Every Fourth Tuesday: January 26th, February 23rd, March 22nd  
6:00 p.m. - 7:00 p.m., The Carnegie Library

The Library has partnered with the Upland Interfaith Council to bring you presentations from different faiths in and around our community. There will be speakers from differing denominations of faith. This free program runs January to October.

### MOVIE NIGHT FOR GROWN-UPS

Every Third Wednesday: December 16th, January 20th,  
February 17th, 6:00 p.m. - 8:00 p.m.

Come and mingle with other adults for a spectacular Classic Movie Night. The Library will be showing a variety of classic films and serving free popcorn. Visit the library or our website at [www.uplandpl.lib.ca.us](http://www.uplandpl.lib.ca.us) for a schedule of upcoming movies.

### BASIC COMPUTER CLASSES

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

Learn how to use a computer on one of the library's Chromebooks. The classes will cover logging on and off, connecting to the Library's wireless network, using the keyboard and touchpad, browsing the web, and using email. You will also learn how to use the Library's resources and online databases. You just need an Upland Library Card with Internet access to attend.

### BILINGUAL COMPUTER CLASSES

#### INTRODUCCIÓN A LA COMPUTADORA

Every Wednesday, 4:00 p.m. - 5:00 p.m.

The Carnegie Library Literacy Center

The same topics in the Basic Computer Classes are now being offered in Spanish in the comfort of The Literacy Center! Pass the word to friends and family for this wonderful opportunity to learn all about computers.

### GET READY FOR YOUR DMV TEST!

Every First and Third Tuesday, 3:00 p.m. - 4:00 p.m.

(Walk-thru session of the CA DMV Driver Handbook)

Monday through Thursday, 1:00 p.m. - 4:00 p.m.

(Open lab to practice DMV tests online or on paper)

The Carnegie Library Literacy Center

The library is offering two ways to help you prepare for the California DMV drivers license written test. Whether you are a new or experienced driver and need to take the written test, these sessions are for you.

### ADULT ARTS & CRAFTS CLUB

Every Second Saturday, 10:30 a.m. - 11:30 a.m.

Do you have a creative side? This is your chance to enjoy your own arts and crafts time. Each month we will feature a craft for you to work on. We will supply the tools and materials.

### MEET THE AUTHOR: BRAD WETHERN

Wednesday, December 2nd, 6:30 p.m. - 8:00 p.m.

A writer, humorist, and author of his newly-released, *Kids in the Wind*. Brad Wethern's book is a collection of short stories about a rag tag group of kids who experience adventures while roaming the North Spit of Humboldt Bay along the California coast. Don't miss this opportunity to meet and talk to Brad and find out the story behind the misadventures in *Kids in the Wind*.

### MEET THE AUTHOR: TAMARA MILLER

Saturday, January 16th, 11:00 a.m. - 12:00 p.m.

Tamara Miller is the author of the *Forever Family* series which covers five generations of a tight-knit family which speaks to the permanence and value of strong family ties. Tami was born and raised in Pomona where she sets her novels. Find out what inspired the *Family Forever* series.

### MEET THE EXPERT: GRABER OLIVE HOUSE

Wednesday, February 3rd, 6:30 p.m. - 7:30 p.m.

Founded in 1894 and one of the oldest existing businesses in the local area, the Graber Olive House is renowned for its tree-ripened olives. Robert Graber and Kelsey Cuevas will talk about olives and other products, as well as host a sample tasting event.



### LATINO AMERICANS 500 YEARS OF HISTORY

Saturday, February 27th, 1:00 p.m. - 3:00 p.m.

The Carnegie Library

There will be a screening of the episode, *Prejudice and Pride*, from the landmark documentary, *Latino Americans*. It is the first major documentary series for television to chronicle the rich and varied history and experiences of Latinos who have helped shape North America over the last 500-plus years. Film discussion by Professor Tomas Summers Sandoval, Associate Professor of History and Chicana and Latina Studies at Pomona College in Claremont.

## LIBRARY LITERACY

For more information or to register,  
please contact Literacy Services at (909) 931-4211.

### READ NOW @ UPL - ENGLISH LANGUAGE CONVERSATIONAL TUTORING

The Carnegie Library Literacy Center

The Upland Public Library can help you meet your goals; speak better, read better, and get a better job for free. Students are matched with a tutor to study basic, conversational ESL. Instruction provided by volunteer tutors. Materials provided.

### VOLUNTEER TRAINING OPPORTUNITY: BECOME AN ADULT LITERACY TUTOR

Saturday, January 23rd, 9:00 a.m. - 3:00 p.m.

The Carnegie Library Literacy Center

The Adult Literacy program provides free, private, one-on-one tutoring for low literate adults seeking assistance in improving conversational English Literacy skills. Tutor Trainings for the Conversational English program will be scheduled throughout the year. Literacy tutors are matched with students based on schedule availability. Live scan fingerprinting is required for all volunteers.

# 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 Community 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 -  
Commercial, Industrial and  
Temporary Services**  
(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



Sign Up for  
**Online Bill Pay**  Easy  
Secure  
Convenient  
[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 5th • 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 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 will include a super delicious breakfast of pancakes, sausage, juices, 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. Pictures may be taken with your camera. Tickets may be purchased at the door, but are subject to availability.

### Letter To Santa

Activity #SE28 • \$1 Per Letter  
All letters must be received no later than Monday, December 7th

When was the last time you told Santa your 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, on official Santa Claus stationery, 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:  
Upland Recreation Division, c/o Santa Claus  
P.O. Box 460, Upland, CA 91785

### 2015 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 Thursday, December 10th. The decorating categories include:

- Neighborhood (A Minimum Of Three Houses)
- Humorous
- Lights Extravaganza
- Reason For The Season
- Originality
- Most Animated

**FREE**

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

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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



### 10-WEEK CHALLENGE

- Sign Ups Taken: January 4th - January 28th, 2016
- Official Challenge Start Date: Monday, February 1st, 2016
- \$50.00 Per Team (Two People Per Team)
- Must Be 18 Years Or Older (16 & 17 years with parent permission)

Make that New Year's resolution and succeed! Join the Upland Recreation Division's Biggest Loser Challenge. The hit TV show has inspired us and is another way to GET FIT 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 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 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
- 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 57.75 pounds, a loss of 14.111% 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 a surgical weight loss procedure or participating in a medical weight loss program.\**

**Classes Begin in December Register Online**

<https://apm.activecommunities.com/Upland/>

# DANCE

## BALLET & TAP DANCE I

**\$42/MONTH**

The basics of ballet and tap begin here with our introductory class for those with no previous dance experience. The class will focus on ballet and tap movements, as well as an introduction to a class environment. Students will need dance attire, ballet slippers, and tap shoes. No class 12/26, 12/30, and 1/2. Instructor: Moultrie Academy of Music, Voice, and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland OR Moultrie Academy Of Music, Voice, And Dance, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time	Location:
DANCE 2	3-4 yrs	Monthly	W	3:45-4:30 p.m.	Mag. Rec. Center, North Hall
DANCE 10	3-4 yrs	Monthly	Sa	10:15-11:00 a.m.	Moultrie Academy Studio

## BALLET & TAP DANCE II

**\$42/MONTH**

Students will learn basic ballet and tap steps and simple routines while improving coordination, rhythm and agility. Students will need dance attire, ballet slippers, and tap shoes. No class 12/30. Instructor: Moultrie Academy of Music, Voice, and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time
DANCE 3	5-7 yrs	Monthly	W	4:30-5:15 p.m.



## BALLET/JAZZ DANCE

**\$42/MONTH**

Experience the beauty of ballet and the fun of jazz all in one class! Learn correct ballet technique which any accomplished dancer will tell is a must to becoming a great jazz dancer! No class 12/30. Instructor: Moultrie Academy of Music, Voice, and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time
DANCE 4	8-12	Monthly	W	5:15-6:00 p.m.



## HIP HOP

**\$42/MONTH**

This dynamic, upbeat class teaches hip hop technique and choreography with no suggestive music or movements. Hip hop dancers will develop rhythm, coordination, and self-expression. Please wear comfortable clothing and tennis shoes. Please no tight jeans. No class 12/29. Instructor: Moultrie Academy of Music, Voice, and Dance Staff Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Ages	Dates	Day	Time
DANCE 7	5-7 yrs	Monthly	Tu	4:00-4:45 p.m.
DANCE 8	8-13 yrs	Monthly	Tu	4:45-5:30 p.m.

## MUSIC AND DANCE MOVEMENT

**\$35/MONTH**

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 12/26 and 1/2. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice, And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 a.m.



# Spotlight Instructors Corner



## Macy Reyes

Moultrie Academy of Music, Voice, and Dance

Macy grew up in the Inland Empire, singing and dancing since the age of 3. She studied and competed in ballet, tap, jazz, and singing for 13 years with Moultrie Academy of Music, Voice, and Dance.

Through her college years, she taught part-time while attending Loyola Marymount University's Dance Program. After college, Macy continued her training in New York City, singing with Kurt Robinson and dancing at the Broadway Dance Center.

Currently, Macy teaches at the Moultrie Academy of Music, Voice, and Dance located in Claremont and at the City of Upland. Macy's specialty is teaching young children ballet, tap, and jazz dance. In the future, Macy wishes to have a studio of her own to continue sharing her love for the performing arts.

# 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 \$25 per year is payable to Baldy View Gymnastics. No class 12/24-1/3 and 2/15. Instructor: Baldy View Gymnastics Staff

### BEGINNING 1

Activity #	Age	Dates	Day	Time	Fee/Month
GYM 1	5 yrs +	Monthly	M	3:30-4:30 p.m.	\$42
GYM 2	5 yrs +	Monthly	Tu	3:00-4:00 p.m.	\$42
GYM 3	5 yrs +	Monthly	W	3:30-4:30 p.m.	\$42
GYM 4	5 yrs +	Monthly	W	6:00-7:00 p.m.	\$42
GYM 5	5 yrs +	Monthly	Th	3:00-4:00 p.m.	\$42
GYM 6	5 yrs +	Monthly	F	3:30-4:30 p.m.	\$42
GYM 8	5 yrs +	Monthly	Tu/Th	3:00-4:00 p.m.	\$58

### CHEERLEADING/TUMBLING CLASS \$44/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 \$26.

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

### CO-ED GYMNASTICS

**\$42/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	6 yrs +	Monthly	Tu	6:00-7:00 p.m.

### PARENT & ME GYMNASTICS

**\$40/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 \$40/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.

**PARENT PARTICIPATION**

(Parent Participation is required.)

**GYMNASTICS \$40/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. No class 12/25 and 1/1. Instructor: Baldy View Gymnastics Staff Location: Baldy View Gymnastics, 916 Monte Vista Avenue, Upland

Activity #	Age	Dates	Day	Time
GYM 9	24-36 mos.	Monthly	F	9:30-10:00 a.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 #	Age	Dates	Day	Time	Fee/Sessions
YSI 86	12-23 mos.	12/2-12/16	W	9:00-10:00 a.m.	\$24/3
YSI 87	12-23 mos.	1/6-1/27	W	9:00-10:00 a.m.	\$32/4
YSI 88	12-23 mos.	2/3-2/24	W	9:00-10:00 a.m.	\$32/4

**JUST FOR TWOS**

Children will play with "twos" and "threes" 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 #	Age	Dates	Day	Time	Fee/Sessions
YSI 89	2-3 yrs	12/2-12/16	W	10:00-11:00 a.m.	\$24/3
YSI 90	2-3 yrs	1/6-1/27	W	10:00-11:00 a.m.	\$32/4
YSI 91	2-3 yrs	2/3-2/24	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	1/5-2/23	Tu	9:30-10:20 a.m.
YSPORT 18	Bunnies, 18-24 mos	1/7-2/25	Th	9:30-10:20 a.m.
YSPORT 39	Thumpers, 25-35 mos	1/5-2/23	Tu	10:30-11:20 a.m.
YSPORT 20	Thumpers, 25-35 mos	1/7-2/25	Th	10:30-11:20 a.m.
YSPORT 84	Cottontails, 2.5-3.5 yrs	1/7-2/25	Th	9:30-10:20 a.m.

**MULTI-SPORT BY TRIFYTT \$65/5 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 at the end of the session. No class 2/13. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	1/23-2/20	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	1/23-2/20	Sa	10:00-10:30 a.m.

**MUSIC AND DANCE MOVEMENT \$35/MONTH**

Join the fun and excitement as you watch your child develop skills and coordination, self-expression, rhythm, and the ability to interact with other children while experiencing dance and song. One parent per child. No class 12/26 and 1/2. Instructor: Moultrie Academy Of Music, Voice And Dance Staff Location: Moultrie Academy Of Music, Voice And Dance Studio, 405 W. Foothill Boulevard, Ste. 201, Claremont

Activity #	Ages	Dates	Day	Time
DANCE 13	18 mos-3 yrs	Monthly	Sa	9:00-9:30 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	1/11-2/8	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 at the end of the session. Instructor: TriFytt Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	1/20-2/24	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 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 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 2015 or after. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 312	3 yrs	12/1-12/17	T/Th	9:30 a.m.-12:30 p.m.	\$102/6
TT 301	3 yrs	1/5-1/28	T/Th	9:30 a.m.-12:30 p.m.	\$136/8
TT 302	3 yrs	2/2-2/25	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 1/18, 2/12, and 2/15. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 712	3 & 4 yrs	12/2-12/18	M/W/F	9:00 a.m.-12:15 p.m.	\$136/8
TT 701	3 & 4 yrs	1/4-1/29	M/W/F	9:00 a.m.-12:15 p.m.	\$187/11
TT 702	3 & 4 yrs	2/1-2/29	M/W/F	9:00 a.m.-12:15 p.m.	\$187/11

## 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 2/12. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 3101	3 & 4 yrs	1/12-1/29	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$153/9
TT 3102	3 & 4 yrs	2/2-2/26	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$187/11

# YOUTH SPECIAL INTERESTS

## CARTOONS FOR THE BEGINNER

Students will explore their creativity and learn the tricks necessary to go from idea to paper. Lessons will appropriately challenge the child, enable the utilization of imagination, and allow for the organization of thoughts. Techniques include basic shapes, perspective, shading, and foreshortening. Please bring paper, pencils and/or pens to class. No class 1/18 and 2/15. Instructor: Robert Zailo Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time	Fee/Sessions
YSI 32	7-15 yrs	12/7-12/28	M	4:30-5:30 p.m.	\$28/4
YSI 33	7-15 yrs	1/4-1/25	M	4:30-5:30 p.m.	\$21/3
YSI 36	7-15 yrs	2/1-2/29	M	4:30-5:30 p.m.	\$28/4

# 2016 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 School. Registration fee includes team jersey and pictures. Games begin January 9th for 8 weeks. 1st through 4th graders last game will be held February 27th. 5th and 6th graders last game will be held March 5th.



## Basketball Coaches Needed!

Want to help develop the physical, mental, and social skills of elementary school children? The Elementary School Basketball League is divided into three divisions: 1st & 2nd grade, 3rd & 4th grade, and 5th and 6th grade. The Upland Recreation Division is seeking interested persons who can volunteer three to five hours per week from December 5th through March 5th to coach basketball skills, design team practices, act as a role model, coach games, and to be positive and encouraging with children. For more information, please contact the Upland Recreation Division at (909) 931-4285.



**SIGN-UPS**

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

**NEW****FUN WITH SCIENCE  
"GROWING & SHRINKING" \$11/1 SESSION**

Children will experiment and learn the two different types of polymers. Create a growing alligator and shrink dink to take home. 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	5-10 yrs	12/17	Th	3:30-4:30 p.m.

**NEW****FUN WITH SCIENCE  
"PUMP IT UP" \$11/1 SESSION**

Children will learn all about the heart and it's functions. Create a heart ornament to take home. A \$2 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	5-10 yrs	12/18	F	3:30-4:30 p.m.

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

Based on the movie "Frozen", children will learn the science behind crystals, snow, and slime. Children will experiment and take home their snow, growing crystal tree, blue slime, snowman, and snowflake. 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 100	5-10 yrs	12/21	M	3:00-4:30 p.m.

**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 \$9 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	1/6-1/27	W	3:30-4:30 p.m.
YSI 7	6-10 yrs	2/3-2/24	W	3:30-4:30 p.m.

**NEW****SEWING INTRODUCTION  
FOR KIDS \$90/4 SESSIONS**

Our introductory course is designed for those with no sewing experience. Modified for the younger individual, students will learn the fundamentals of operating a sewing machine and basic stitching techniques. Students will be provided with extra safety precautions, small class sizes and extra breaks in between lessons. A list of fabric needs will be provided at the first class. A \$10 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stich, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
YSI 12	10 yrs +	1/5-1/26	Tu	4:00-5:30 p.m.
YSI 13	10 yrs +	1/7-1/28	Th	4:00-5:30 p.m.

**YOUTH FITNESS & SPORTS****BASKETBALL BY TRIFYTT****\$65/5 SESSIONS**

Here is a great chance for athletes to improve their basketball skills. Athletes will learn the benefits of sportsmanship, goal setting, teamwork, offensive moves such as the stop and pop, step back, and so much more! Every athlete will be given a TriFytt T-shirt. No class 2/15. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 46	4-6 yrs	1/25-2/29	M	3:45-4:30 p.m.
YSPORT 47	7-12 yrs	1/25-2/29	M	4:30-5:15 p.m.

**NEW****DROP 'N SHOP****\$25/1 SESSION**

The Upland Sports Arena and Lil' Kickers invite you to drop your children off for some fun while you finish up that last minute shopping or just take a bit of time for yourself. Children may join us for a fun time playing games, making crafts, bounce house fun, soccer game, pizza, movie, and popcorn. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 155	3-12 yrs	12/19	Sa	4:00-8:00 p.m.

**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 of our public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. All ice skating students will receive a certificate of completion and a photo at the end of their 8-week session. All students will also participate in a ice skating recital at the end the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 95	2-5 yrs	1/7-2/25	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	1/9-2/27	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	1/5-2/23	Tu	6:30-7:00 p.m.
YSPORT 71	6-14 yrs	1/7-2/25	Th	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	1/9-2/27	Sa	12:45-1:15 p.m.

**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	12/1-12/29	Tu	5:30-6:30 p.m.	\$42/5
YFIT 5001	6-12 yrs	1/5-1/26	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5002	6-12 yrs	2/2-2/23	Tu	5:30-6:30 p.m.	\$38/4
YFIT 7012	6-12 yrs	12/5-12/19	Sa	9:00-10:00 a.m.	\$34/3
YFIT 7001	6-12 yrs	1/9-1/30	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7002	6-12 yrs	2/6-2/27	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

**Beginner:**

Activity #	Age	Dates	Day	Time
YSPORT 19	Hoppers, 3-4 yrs	1/7-2/25	Th	11:30 a.m.-12:20 p.m.
YSPORT 21	Hoppers, 3-4 yrs	1/6-2/24	W	10:30-11:20 a.m.

**Advanced:**

Activity #	Age	Dates	Day	Time
YSPORT 83	Micro, 4-5 yrs	1/5-2/23	Tu	6:10-7:00 p.m.
YSPORT 22	Micro, 4-5 yrs	1/7-2/25	Th	6:10-7:00 p.m.
YSPORT 23	Micro, 6-7 yrs	1/5-2/23	Tu	6:10-7:00 p.m.
YSPORT 24	Micro, 6-7 yrs	1/7-2/25	Th	6:10-7:00 p.m.

## MULTI-SPORT BY TRIFYTT **\$65/5 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 at the end of the session. No class 2/13. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	1/23-2/20	Sa	9:00-9:45 a.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 at the end of the session. Instructor: TriFytt Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-5 yrs	1/20-2/24	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 12/25. 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 6712	4-6 yrs	12/1-12/29	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6701	4-6 yrs	1/5-1/26	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6702	4-6 yrs	2/2-2/23	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6912	4-6 yrs	12/4-12/18	F	5:00-5:30 p.m.	\$22/3
YFIT 6901	4-6 yrs	1/8-1/29	F	5:00-5:30 p.m.	\$26/4
YFIT 6902	4-6 yrs	2/5-2/26	F	5:00-5:30 p.m.	\$26/4
YFIT 6612	4-6 yrs	12/1-12/29	Tu/F	5:00-5:30 p.m.	\$52/8
YFIT 6601	4-6 yrs	1/5-1/29	Tu/F	5:00-5:30 p.m.	\$52/8
YFIT 6602	4-6 yrs	2/2-2/26	Tu/F	5:00-5:30 p.m.	\$52/8

## 2016 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 Recreation 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 2017.

What do you need to do to become a Volunteer? Complete the "Volunteer Interest Form" which will be available Monday, April 4th. This form MUST be completed by the candidate and returned to the Upland Recreation Division Office by Thursday, May 19th. Late requests will only be considered if there is space available in the program. Candidates will be interviewed by the Recreation Coordinator. Upon acceptance, potential Volunteers will receive instructions on how to complete a City Volunteer Application and complete final processing steps. Volunteer applicants 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. 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 when the application is turned in. Financial aid is available for qualified applicants. *Proof of income is required.*



## 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	1/13-2/10	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	1/13-2/10	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	1/11-2/8	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	1/11-2/8	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	1/11-2/8	M	5:45-6:30 p.m.

# DANCE FOR ADULTS



## 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	Dates	Day	Time	Fee/Sessions
DANCE 46	16 yrs +	1/8-1/29	F	7:00-8:00 p.m.	\$45/4
DANCE 47	16 yrs +	2/5-3/4	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	Dates	Day	Time	Fee/Sessions
DANCE 83	16 yrs +	1/8-1/29	F	8:00-9:00 p.m.	\$45/4
DANCE 84	16 yrs +	2/5-3/4	F	8:00-9:00 p.m.	\$55/5

## BELLY DANCE

**\$38/4 SESSIONS**

Belly Dancing is a great workout for the entire body. Improve your coordination and muscle tone while learning to shimmy your hips, play finger cymbals and dance with a veil. Class is available for Beginning through Intermediate students and offers basics as well as more advanced movements for returning students. A \$15 supply is payable to the instructor at the first class for finger cymbals or veil. Join us and bring out your inner Goddess! Instructor: Shahira Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
DANCE 60	14 yrs +	1/8-1/29	F	6:30-7:30 p.m.
DANCE 61	14 yrs +	2/5-2/26	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 +	1/8-1/29	F	6:00-7:00 p.m.

# Upland Sports Corner

For registration information, please view the following websites:

**American Little League:** [www.uplandamericanll.org](http://www.uplandamericanll.org)

**AYSO Soccer:** [www.ayso32.org](http://www.ayso32.org)

**Colt/Pony League:** [www.eteamz.com/uplandpony](http://www.eteamz.com/uplandpony)

**Foothill Little League:** [www.uflf.org](http://www.uflf.org)

**Hilltoppers Girls Softball:** [www.uplandhilltoppers.com](http://www.uplandhilltoppers.com)

**Upland Hurricanes Football:** [www.uplandjaaf.com](http://www.uplandjaaf.com)

**National Little League:** [www.uplandnational.com](http://www.uplandnational.com)

**Pop Warner Football:** [www.uplandpopwarner.com](http://www.uplandpopwarner.com)

A copy of the Sports Field Policy Handbook is available on the City of Upland website: [www.ci.upland.ca.us](http://www.ci.upland.ca.us)

## LATIN DANCE FOR BEGINNERS \$55/5 SESSIONS

Be competent on the dance floor by learning the basics of these Latin dances: Rumba, Cha Cha, Salsa and some Tango or Samba. Students with previous experience will learn additional fun steps, as well as some styling techniques. Instructor: Diane Carty Location: Tribal Beats, 2009 W. Porterfield Way #K, Upland

Activity #	Age	Dates	Day	Time
DANCE 58	16 yrs +	2/5-3/4	F	6:00-7:00 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 7201	16 yrs +	12/4-12/18	F	7:00-8:00 p.m.

## TANGO FOR BEGINNERS \$35/3 SESSIONS

Don't stay seating 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 +	12/4-12/18	F	8:00-9:00 p.m.

## WALTZ AND 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 +	12/4-12/18	F	6:00-7:00 p.m.



# HEALTH AND FITNESS

## BODY CONDITIONING \$38/15 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, stretching, 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 lb. weights (optional) to each class. No class 2/11. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	1/5-2/25	T/Th	6:00-7:00 p.m.

## CHALLENGE YOU YOGA

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 and strengthen inches off the body. Celebrate health, fitness and your life! Please wear comfortable clothing and bring a water bottle to each class. Instructor: Sandy Jones Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 22	Adult	1/5-2/16	Tu	7:30-8:30 p.m.	\$67/7
FIT 52	Adult	3/1-4/5	Tu	7:30-8:30 p.m.	\$57/6

## CROSSFIT KINNICK FITNESS 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	Dates	Day	Time	Fee/Sessions
FIT 69	Adult	12/8-12/22	T/Th	6:00-7:00 p.m.	\$61/5
FIT 70	Adult	1/5-1/28	T/Th	6:00-7:00 p.m.	\$100/8
FIT 71	Adult	2/2-2/25	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 of our public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. All ice skating students will receive a certificate of completion and a photo at the end of their 8-week session. All students will also participate in a ice skating recital at the end the end of the 8-week session. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

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

## LET'S RELAX YOGA NEW LOCATION

Enjoy your Sunday evening doing 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 each class. No class 3/27. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Session
FIT 10	Adult	1/10-2/14	Su	6:00-7:30 p.m.	\$57/6
FIT 48	Adult	2/28-4/3	Su	6:00-7:30 p.m.	\$48/5

# SAVE TIME and REGISTER ONLINE

with our new online registration software!

<https://apm.activecommunities.com/Upland/>



Benefits of our new system:

- Everyone can register online.
- Enter your family members once. The registration process will be as simple as point and click.
- Robust activity search – Search by age, day, time, location and/or instructor.
- Keep track of your family's activity schedule in one place.
- Mobile friendly registration – Easily access your account on your mobile device.
- Shopping cart allows multiple transactions all at once. You can even securely store your billing information.
- Wish Lists let you save your classes before registration begins. Once registration opens, you can simply add your wish list items to your cart.

For questions or assistance, we are happy to help you during our regular business hours: Monday - Thursday, 8:00 a.m. - 6:00 p.m.



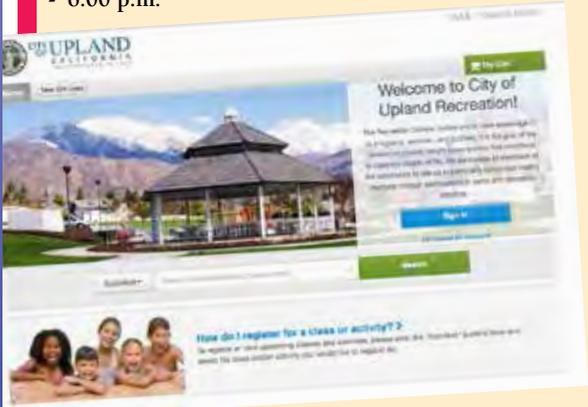
## PILATES NEW LOCATION

**\$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. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 42	Adult	1/8-2/12	F	9:00-10:15 a.m.
FIT 43	Adult	2/19-3/25	F	9:00-10:15 a.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.



**PILATES FUSION** NEW LOCATION **\$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	1/6-2/10	W	9:00-10:15 a.m.
FIT 45	Adult	2/17-3/23	W	9:00-10:15 a.m.

**TAI CHI/CHI GONG** **\$42/6 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 each class. No class 2/15. 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:
FIT 29	Adult	12/7-1/11	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 39	Adult	1/25-3/7	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 37	Adult	12/9-1/13	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 38	Adult	1/20-2/24	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 11	Adult	12/7-1/11	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall
FIT 12	Adult	1/25-3/7	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall

**YOGA THURSDAYS** NEW LOCATION

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 each class. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 59	Adult	1/7-2/18	Th	7:30-9:00 p.m.	\$67/7
FIT 60	Adult	3/3-4/7	Th	7:30-9:00 p.m.	\$57/6

**ADULT SPECIAL INTERESTS**

**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 \$20 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	13 yrs +	1/26	Tu	6:00-9:30 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. Topics covered in this course will include emergency response, shock, bleeding, soft tissue injuries, bone and joint injuries, sudden illness, and heat and cold related illness and injury. A two-year certification will be provided upon completion of this course. A \$20 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-Adult	3/19	Sa	9:00 a.m.-5:00 p.m.



**CHRISTMAS ORNAMENT CREATIONS**

**\$25/1 SESSION**

Explore your holiday creativity! A variety of holiday fabrics, notions, and patterns will be available to make festive holiday ornaments to keep, sell, or gift. Make as many as you like during class. This class is for students who know how to thread a sewing machine and can sew straight lines. A \$5 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 61	16 yrs +	12/1	Tu	3:00-6:00 p.m.
ASI 62	16 yrs +	12/3	Th	3:00-6:00 p.m.
ASI 63	16 yrs +	12/4	F	3:00-6:00 p.m.
ASI 64	16 yrs+	12/5	Sa	11:00 a.m.-1:00 p.m.



**Thank You! Thank You! Thank You!**  
*Thank You!* **Thank You!**

**Inside Upland Family Preparedness Day**

The Upland Recreation Division and the Upland Fire Department would like to thank our Premier Sponsor, Upland Water Conservation and Drought Preparedness for their generous donation. Thank you, also, to Upland C.E.R.T and participating businesses that helped to make this event so successful!

**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 2105 Annual Scary-A-Faire was greatly appreciated. Congratulations to those who were recognized winners of the costume contest and booth decorating contest. You all did a SPOOK-TACULAR job!

## DOG OBEDIENCE – BEGINNER NOVICE

**\$125/7 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 12/26, 1/2, and 2/13. Instructor: Live Oak Dog Obedience Staff Baldy View Dog Park Location: 11th Street between Mountain Avenue & San Antonio Avenue, Upland OR Magnolia Park Location: 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location
ASI 5	12 yrs +	12/5-1/30	Sa	10:00-11:00 a.m.	Baldy View Dog Park
ASI 104	12 yrs +	2/6-3/26	Sa	10:00-11:00 a.m.	Baldy View Dog Park
ASI 110	12 yrs +	2/11-3/24	Th	6:30-7:30 p.m.	Magnolia 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 107	12 yrs +	2/11-3/17	Th	7:30-8:30 p.m.



## HEALTHY ALTERNATIVES PANTRY MAKEOVER

**\$35/1 SESSION**

This workshop provides a fun, interactive way to help you identify which foods you may want to find healthier alternatives for. You will learn a simple way to categorize foods based on quality, not just quantity, find what's most important to look for on food labels, what ingredients to avoid, and how to become aware of label loopholes that might surprise you. You'll also receive additional materials and helpful handouts to take home. This workshop is presented by a Certified Health Coach from the Dr. Sears Wellness Institute. Please bring three to five food items from your pantry for a fun label reading activity. Bring items you have questions about. A healthy snack will also be provided. A \$5 supply fee is payable to the instructor at the beginning of class. Instructor: April Shawver Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 152	Adult	1/16	Sa	10:00 a.m.-12:00 p.m.
ASI 153	Adult	3/26	Sa	10:00 a.m.-12:00 p.m.

## NOTARY PUBLIC

**\$95/1 SESSION**

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 and safekeeping of the journal and seal. 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	2/20	Sa	8:30 a.m.-5:30 p.m.



## PILLOWCASE CREATIONS

**\$15/1 SESSION**

Novelty pillow cases can cost a small fortune! Sew your own and have control over fabric, quality, and design. Add your special touch, and what a great addition for your favorite chair or a gift for someone special. Supplies needed for class: 1 yard of base fabric, 12 inches of contrasting fabric for top band, 4-5 inches in length of trim, scissors, coordinating thread, and sewing machine. We'll make French seams to create a nice finish on the pillowcases. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 221	Adult	12/8	Tu	6:00-8:00 p.m.



## T-SHIRT QUILT

**\$65/4 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 T-shirts (preferably all with the same theme), pre-washed twice and ironed 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. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 275	Adult	3/8-3/29	Tu	6:00-8:00 p.m.



## SEWING INTRODUCTION FOR ADULTS

**\$90/4 SESSIONS**

Our introductory course is designed for those with no sewing experience or for those who haven't sewn since an introductory level home economics course. Learn the fundamentals of operating a sewing machine, basic stitching techniques, what types of needs are suitable for different fabrics, how to adjust the machine tension for different fabrics, and so much more. A \$10 supply fee is payable to the instructor at the first class. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 687 E. Foothill Boulevard, Pomona

Activity #	Age	Date	Day	Time
ASI 206	16 yrs +	1/9-1/30	Sa	11:00 a.m.-1:00 p.m.
ASI 207	16 yrs +	1/8-1/29	F	5:00-6:30 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	12/9-12/30	W	5:00-6:00 p.m.
ASI 24	Adult	1/6-1/27	W	5:00-6:00 p.m.
ASI 65	Adult	2/3-2/24	W	5:00-6:00 p.m.

# SENIOR CENTER



## DANCE AND FITNESS

### BALLET FOR BEGINNERS

Ballet For Beginners will 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 9512	50 yrs +	12/3-12/17	Th	12:00-1:00 p.m.	\$9/3
DANCE 9501	50 yrs +	1/7-1/28	Th	12:00-1:00 p.m.	\$12/4
DANCE 9502	50 yrs +	2/4-2/25	Th	12:00-1:00 p.m.	\$12/4

### HULA DANCE

Come 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 +	12/2-12/16	W	12:00-1:00 p.m.	\$9/3
DANCE 4901	50 yrs +	1/6-1/27	W	12:00-1:00 p.m.	\$12/4
DANCE 4902	50 yrs +	2/3-2/24	W	12:00-1:00 p.m.	\$12/4

### COUNTRY WESTERN

#### LINE DANCE FOR THE BEGINNER \$5/4 SESSIONS

Country Western Line Dance is for active adults seeking a social atmosphere in which to pursue a healthy physical activity. It allows you to interact with others while exercising your body and mind. Standard line dances known around the world will be taught, as well as more contemporary dances. Rhythmic styles include Swing, Two-Step, Cha Cha, Waltz, and Square. The Beginner class is an introductory class for those with little or no dance experience. This class will teach fundamental steps such as Brush, Fan, Splits, Struts, Hip Bumps, Hitch, Jazz Box, Pivot, Slides, Sailor Step, Vine, and Weave. Standard dances learned include Swingin' Thing, Candida, Cab Driver, Electric Slide, I Feel Lucky, and Rita's Waltz. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 7001	50 yrs +	1/8-1/29	F	11:30 a.m.-12:30 p.m.
DANCE 7002	50 yrs +	2/5-2/26	F	11:30 a.m.-12:30 p.m.

#### COUNTRY WESTERN LINE DANCE

#### FOR THE ADVANCED BEGINNER \$5/4 SESSIONS

For those line dancers with previous line dance experience and are comfortable with the level of dances including Cut A Rug, Cowgirl's Twist, All My Ex's Live In Texas, Boot Scootin' Boogie, Juke Joint Jumpin, Rio, and Kansas City. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 4001	50 yrs +	1/8-1/29	F	9:30-10:30 a.m.
DANCE 4002	50 yrs +	2/5-2/26	F	9:30-10:30 a.m.

#### COUNTRY WESTERN LINE DANCE

#### FOR THE INTERMEDIATE \$5/4 SESSIONS

For those line dancers who have a considerable background, experience, and are comfortable with the levels of dances including Tush-Push, Dizzy, Dreams Of Martina, Cruisin', Waltz Across Texas, and Down Louisiana Way. Instructor: Marsha Wolfersberger Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 4101	50 yrs +	1/8-1/29	F	10:30-11:30 a.m.
DANCE 4102	50 yrs +	2/5-2/26	F	10:30-11:30 a.m.

### ROCK THE WALK

Join Rock The Walk and experience a fun and exciting way of getting your cardio. This class includes "Energy Bursts" which are 2-3 minute faster music intervals where we kick-up our walking pace a notch, then move it back down to a different 60's and 70's music beat. You will utilize exercise stretch bands and one-pound hand weights during class. Meet new friends and be healthy all while you are indoors in a safe and temperature controlled environment. 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 +	12/1-12/15	Tu	9:00-9:45 a.m.	\$15/3
FIT 122	50 yrs +	1/5-1/26	Tu	9:00-9:45 a.m.	\$20/4
FIT 123	50 yrs +	2/2-2/23	Tu	9:00-9:45 a.m.	\$20/4

### SENIORCISE

Seniorcise is designed for those with Seniorcise experience and 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 Senior Tap classes paying 1/2 the fee for the entire extra class with Seniorcise registration. No class 1/18 and 2/15. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 2612	50 yrs +	12/2-12/14	M/W	9:00-10:00 a.m.	\$16.50/Mo.
FIT 2601	50 yrs +	1/4-1/27	M/W	9:00-10:00 a.m.	\$33/Mo.
FIT 2602	50 yrs +	2/1-2/29	M/W	9:00-10:00 a.m.	\$33/Mo.
FIT 5512	50 yrs +	12/7-12/14	M	9:00-10:00 a.m.	\$11/Mo.
FIT 5501	50 yrs +	1/4-1/25	M	9:00-10:00 a.m.	\$22/Mo.
FIT 5502	50 yrs +	2/1-2/29	M	9:00-10:00 a.m.	\$22/Mo.
FIT 6412	50 yrs +	12/2-12/9	W	9:00-10:00 a.m.	\$11/Mo.
FIT 6401	50 yrs +	1/6-1/27	W	9:00-10:00 a.m.	\$22/Mo.
FIT 6402	50 yrs +	2/3-2/24	W	9:00-10:00 a.m.	\$22/Mo.



### SENIOR TAP FOR BEGINNERS

Beginner Tap is 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. Students may register for additional Senior Tap classes paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3712	50 yrs +	12/2-12/9	W	1:15-2:15 p.m.	\$12/Mo.
DANCE 3701	50 yrs +	1/6-1/27	W	1:15-2:15 p.m.	\$24/Mo.
DANCE 3702	50 yrs +	2/3-2/24	W	1:15-2:15 p.m.	\$24/Mo.



## SENIOR TAP FOR INTERMEDIATES I

Intermediate Tap I is 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! Students may register for additional Senior Tap classes paying 1/2 the fee for the entire extra class. No class 1/18 and 2/15. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 8612	50 yrs +	12/7-12/14	M	10:00-11:15 a.m.	\$13/Mo.
DANCE 8601	50 yrs +	1/4-1/25	M	10:00-11:15 a.m.	\$26/Mo.
DANCE 8602	50 yrs +	2/1-2/29	M	10:00-11:15 a.m.	\$26/Mo.

## SENIOR TAP FOR INTERMEDIATES II

Intermediate Tap II is 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! Students may register for additional Senior Tap classes paying 1/2 the fee for the entire extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 2912	50 yrs +	12/2-12/9	W	10:00-11:30 a.m.	\$14/Mo.
DANCE 2901	50 yrs +	1/6-1/27	W	10:00-11:30 a.m.	\$28/Mo.
DANCE 2902	50 yrs +	2/3-2/24	W	10:00-11:30 a.m.	\$28/Mo.

## SENIOR TAP FOR ADVANCED

Advanced Tap is 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. Students may register for additional Senior Tap classes paying 1/2 the fee for the full extra class. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3212	50 yrs +	12/7-12/14	M	11:15 a.m.-12:45 p.m.	\$14/Mo.
DANCE 3201	50 yrs +	1/4-1/25	M	11:15 a.m.-12:45 p.m.	\$28/Mo.
DANCE 3202	50 yrs +	2/1-2/29	M	11:15 a.m.-12:45 p.m.	\$28/Mo.



## 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 each class. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3612	50 yrs +	12/3-12/17	Th	8:45-9:45 a.m.	\$21/3
DANCE 3601	50 yrs +	1/7-1/28	Th	8:45-9:45 a.m.	\$28/4
DANCE 3602	50 yrs +	2/4-2/25	Th	8:45-9:45 a.m.	\$28/4

**Save Time & Register Online!**

<https://apm.activecommunities.com/Upland/>



## SPECIAL INTERESTS

### ART FOR 50+ BEGINNERS

**\$32/4 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. No class 12/22. Instructor: Marion Steese Location: Gibson Senior Center, Arts & Crafts Room

Activity #	Age	Dates	Day	Time
ASI 19	50 yrs +	12/1-12/29	Tu	9:30-11:30 a.m.
ASI 39	50 yrs +	1/5-1/26	Tu	9:30-11:30 a.m.
ASI 40	50 yrs +	2/2-2/23	Tu	9:30-11:30 a.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 48	50 yrs +	12/3-12/17	Th	12:30-2:00 p.m.	\$21/3
ASI 49	50 yrs +	1/7-1/28	Th	12:30-2:00 p.m.	\$28/4
ASI 50	50 yrs +	2/4-2/25	Th	12:30-2:00 p.m.	\$28/4

### COMPUTER I

**\$35/3 SESSIONS**

Computer I is 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 1/18 and 2/15. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	12/7-12/21	M	10:00 a.m.-12:00 p.m.
ASI 25	50 yrs +	1/4-1/25	M	10:00 a.m.-12:00 p.m.
ASI 26	50 yrs +	2/8-2/29	M	10:00 a.m.-12:00 p.m.



## COMPUTER II

**\$35/3 SESSIONS**

Must have taken Computer I first. Computer II will continue to move forward from Computer I, learning more advanced computer, internet skills and document creation. No class 1/18. Instructor: Neal O' Neal  
Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 31	50 yrs +	1/4-1/25	M	12:30-2:30 p.m.

## TRIPS AND TOURS

### HOLIDAYS AT THE HOTEL DEL CORONADO

**\$88/PER PERSON**

Upon our 11:45 a.m. arrival, enjoy lunch (included) along the marina at Tom Ham's Lighthouse located in San Diego. Lunch choices include: Chicken Caesar salad with Spanish anchovies, pecorino cheese and croutons; Fish & chips; crab BLT; lobster roll prepared with water cress, tomato, and chives; or a 1/2 lb. burger with grilled onions, feta cheese, and roasted tomato. All meals come with coffee, iced tea or water. After our tasty lunch, we'll head across the Coronado Bridge to the Hotel Del Coronado at Coronado Island. This historic treasure along the San Diego Bay is decorated for the holiday season. Your historian will take you on a guided walking tour of the past and present of the "Del". Enjoy the beauty of the Hotel Del Coronado and learn the story of how it came to be built in 1887 on what was then a barren island. Time for shopping and browsing on own before our return trip home.

Activity	Age	Date	Depart	Return
#83	5 yrs +	Th, Dec. 3rd	9:15 a.m.	7:00 p.m.

### LIGHTING UP THE HOLIDAYS

**\$28/PER PERSON**

The evening is yours to relish in the holiday splendor that comes alive in downtown Riverside. Explore the Mission Inn, novelty stores and several nice restaurants to choose from for dinner on your own. Then, at 7:45 p.m., we'll depart Riverside and head over to Alta Loma for a drive through the festive Thoroughbred community to view their holiday lights and décor. This is definitely a trip not to be missed and a great way to continue your holiday celebrations.

Activity	Age	Date	Depart	Return
#173	5 yrs +	Tu, Dec. 15th	2:00 p.m.	9:00 p.m.

## AARP DRIVER SAFETY PROGRAM

**\$15/Members & \$20/Non-Members**  
Gibson Senior Center • Arts & Crafts Room

### REFRESHER COURSE:

Tuesdays, December 1st, January 5th, and March 1st  
12:00 p.m. - 5:00 p.m.

### FULL COURSE:

Monday, February 1st & Tuesday, February 2nd  
12:30 p.m. - 5:00 p.m.

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 prepayment required. Checks are to be made payable to AARP. No cash please. All registration MUST be completed at the Gibson Senior Center.

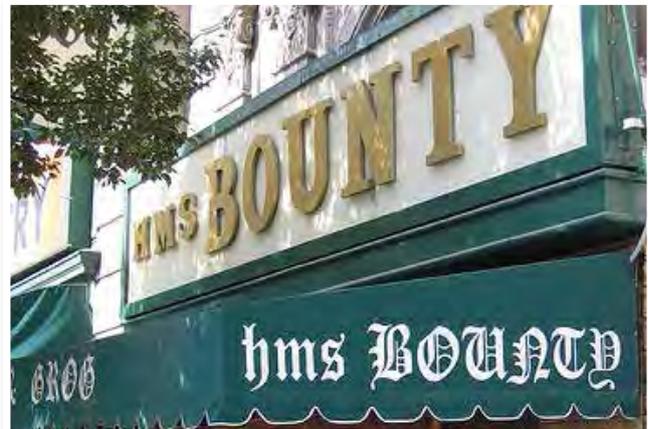


### L.A.'S GUILTY PLEASURES

**\$60/PER PERSON**

We'll arrive for lunch at the HMS Bounty located right along Wilshire Blvd., located inside the historic Gaylord Apartments. HMS is one of the last true "old Hollywood" restaurants and is a classic Los Angeles Treasure. Lunches choices include: Freshly prepared salmon, petite NY steak, roasted chicken, or pork chops. All meals are served with mashed potatoes, fresh vegetables, rolls, a non-alcoholic beverage, and ice cream for dessert. Our next stop for the quest of flavor is in Glendale at the famous Cuban Portos Bakery & Cafe, sharing a family tradition full of rich culture and flavor, and known for savory treats, desserts, fresh bread, and seasonal items. We'll have approximately 1.5 hour to shop before getting back on our journey. Our next stop is at Galco's Soda Pop Stop. The store and its owner have been featured on Huell Hower's "California Gold", and the Cooking Network, along with Sunset Magazine. This hidden treasure is a must stop! Family owned since 1897 this fantastic once know Italian Grocery Store features over 400+ flavored fizzy beverages. You can even create your own soda flavor and bottle it yourself to take home (included). Also, enjoy a short talk with one of the ancestors about the history of the family owned company. After such a great day, we'll head home.

Activity	Age	Date	Depart	Return
#31	7 yrs +	Tu, Feb. 9th	10:45 a.m.	5:30 p.m.



### HUELL HOWSER TRIBUTE

**\$32/PER PERSON**

We'll start our day off with a stop into Old Towne Orange for lunch and antique browsing and shopping. Next, we'll stop around the corner at Chapman University for the Huell Howser Exhibit. The joy that the late TV legend Huell Howser shared with generations of Californians infuses a new permanent exhibit, sponsored by the Automobile Club or Southern California, housed in Chapman University's Leatherby Libraries. The exhibit includes images, text, and artifacts, which outline Howser's career and legacy in California, along with an archive of all of the episodes of his California's Gold TV show. A donation will be made on behalf of this group tour to the Huell Howser California's Gold Scholarship Endowment. Today's tours are self-guided.

Activity	Age	Date	Depart	Return
#162	7 yrs +	Th Apr. 7th	10:30 a.m.	4:30 p.m.

# 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.*

### THE ABC'S OF HEARING

Thursday, January 14th

9:00 a.m. - 11:30 a.m.

This educational hearing health talk will give you a more thorough understanding of the different types of hearing loss, potential side effects, treatments, and treatment outcomes. Receive information regarding hearing aids or other related topics. Hearing screenings will also be available. Presented by Connect Hearing!

### UIC VEIN SCREENINGS

Friday, January 15th, February 19th, and March 18th

9:00 a.m. - 11:00 a.m.

Do you experience leg discomfort, leg pain, varicose veins, restless leg syndrome, and/or skin discolorations? You may be experiencing common symptoms of Chronic Venous Insufficiency Disease. Attend a free vein screening and receive answers to your questions with experts from UIC Vein Center. Walk-Ins are welcome.

### UPLAND CA MULTIPLE MYELOMA SUPPORT GROUP

First Friday of the month

10:00 a.m. - 1:00 p.m.

Have you or someone you love been diagnosed with Multiple Myeloma? This support group offers interaction with other Multiple Myeloma patients, families and caregivers who are going through the same experience. Learn about new up to date information and treatment options. For more information, please contact Carlene Pratt, Chairperson at [Carlene\\_Pratt@yahoo.com](mailto:Carlene_Pratt@yahoo.com).

## GIBSON SPECIAL EVENTS

### GIBSON HOLIDAY

#### BREAKFAST

Friday, December 11th

9:00 a.m. - 11:00 a.m.

Gibson Dining Room

\$5 Per Person

Santa Claus is coming to town! And, he's bringing an awesome holiday breakfast with him! Complete with holiday decorations, music and photos with Mr. Claus; this is a great way to continue your holiday celebrations! Don't miss out on this special event. Tickets are required.



## 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

\$4 Per Person

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

### SPAGHETTI ITALIANO

Tuesday, January 26th

Come one and come all for a great spaghetti dinner with garlic bread, green salad, and beverage. Also enjoy some great fun with Bingo! Tickets go on sale Monday, December 28th.

### BRING ON THE COMFORT FOOD

Tuesday, February 23rd

Come and get it! Enjoy a nice warm bowl of beef stew served with corn bread, dessert, and hot coffee. Tickets go on sale Monday, January 25th.



## 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.

## Holiday Parties

The Upland-Foothill Kiwanis  
55th Annual

Senior Holiday Party

Sunday, December 6th  
2:00 p.m. - 4:00 p.m.

Free

Upland Highlanders School Auditorium  
565 W. 11th Street, Upland

For more information, please contact  
Upland-Foothill Kiwanis Chairman, Lauren Vanlul at  
[LaurenVanlul@gmail.com](mailto:LaurenVanlul@gmail.com) or contact Committee Member  
Karen Angona at (909) 985-5592.

Gibson Senior Center  
Holiday Dance  
Thursday December 17th  
3:00 p.m. - 6:00 p.m.

(Doors open at 2:45 p.m.)  
\$5 Per Person

Tickets may be purchased in advance or at the door.

Join us for an evening of holiday cheer with friends, DJ, raffle prizes, holiday desserts, and refreshments. Wear your favorite holiday attire and get ready to have a great night with dancing and holiday memories!

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

The Gibson Senior Center will be closed on December 24th, 25th, 31st, January 1st, 18th and February 15th.

## GIBSON WORKSHOPS

Workshops are held in the Arts & Crafts Room

### CLUTTER CHAOS

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

Are you a pack rat who saves everything because somebody might need it someday? Join Christine Kobayashi to discuss the reasons people hold onto stuff and what to do about it.

## ALZHEIMER'S ASSOCIATION LECTURES

Pre-registration required.

Lectures are held in the Arts & Crafts Room

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

THE BASICS –  
MEMORY LOSS, DEMENTIA  
AND ALZHEIMER'S  
Thursday, January 7th

EFFECTIVE COMMUNICATION  
STRATEGIES PART I  
Thursday, January 21st

EFFECTIVE COMMUNICATION  
STRATEGIES PART II  
Thursday, February 11th

SAFETY IN THE HOME  
Thursday, February 25th



## 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.

HOW TO FORM GOOD HEALTH HABITS  
Tuesday, January 19th

WORKING ON GAIT  
AND BALANCE – PART II  
Tuesday, February 16th

FIXING FORWARD HEAD POSTURE  
Tuesday, March 15th



## FREE TECH HELP

Every Thursday  
1:00 p.m. - 4:00 p.m.  
By appointment only.

Having trouble using your electronic gadget? Learn how to use that new laptop, computer, tablet, cell phone or digital camera. Each appointment is 30 minutes.

## THE SUNSHINE CONNECTION

Let Us Fill Your Day  
With A Little Sunshine!

### GIBSON'S CHEERY CHATTERS

Gibson Senior Center staff and volunteers will make phone calls to brighten the day and "keep in touch" with seniors who would like to receive a friendly call a few times a month. Also, let us know your birth date and any special dates so we may send you a card.

### 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.

## TRANSPORTATION SERVICES

A program of Community Connections serving the residents of Upland. Door-to-door assisted transportation is available for seniors and individuals with disabilities who cannot easily use other transportation services. Mileage reimbursement for volunteers who provide transportation. For information, please call (909) 621-9900.

## WINTER FUN

### COLOR YOUR BLISS

Arts & Crafts Room  
Every 2nd & 4th Monday  
3:00 p.m. - 4:30 p.m.

Join millions of adults all around the world who are rediscovering the simple relaxation and joy of coloring. Adult coloring provides hours of stress relief, and calm and creative expression. Pre-registration is required.

### DVD RENTAL

Looking to sit back and relax in your favorite chair with a good movie? You've come to the right place! All DVD rentals are checked out at the front desk and are to be returned within three days.

### PUZZLES

Located in the Dining Room Lobby

Grab a chair and enjoy a wide range of themed jigsaw puzzles with various skill levels. Create a masterpiece alone or share with friends.



## 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.)

Tai Chi - FIT 14 NEW!!!  
2nd & 4th Thursdays, 1:15 p.m. - 2:15 p.m.

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.

### GAMES

Billiards  
Center's Operating Hours

Bingo  
Wednesdays, 1:30 p.m. - 4:15 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. Walk-ins welcomed.

Inland County Legal Services  
Call (909) 980-0982 Ext: 4735 for an appointment.

HICAP Counseling  
1st & 3rd Friday of each month  
9:00 a.m. - 12:00 p.m. Call (800) 434-0222 for 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)  
Bob Endicott, (909) 985-0353

Fun After 50  
Annette Wiese, (909) 949-9777

### 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.

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

To register, please contact the Gibson Senior Center at (909) 981-4501.

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 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 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 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. Kerckoff. For more information or to check availability and pricing, please contact the Upland Upland Recreation Division at (909) 931-4280.

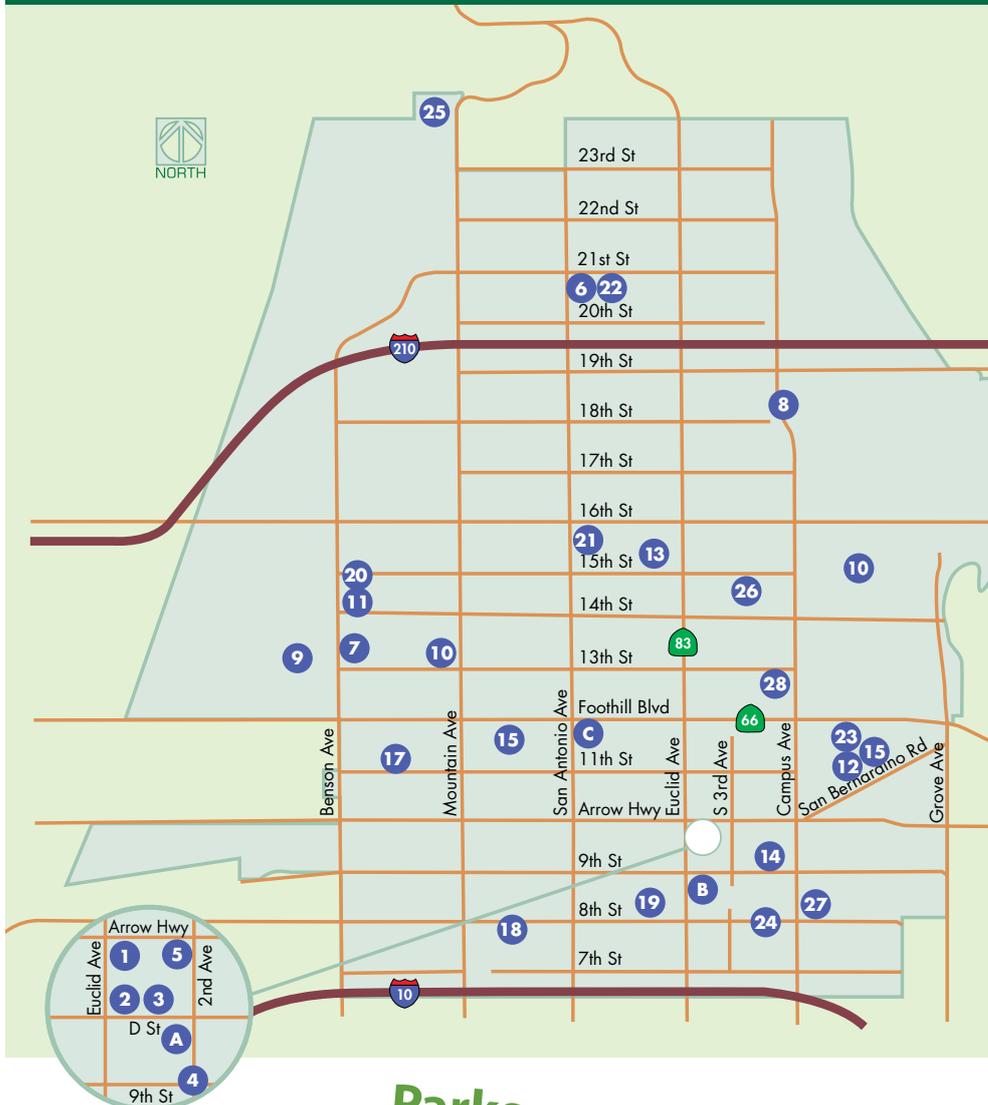
### **Historic Downtown Upland Gazebo**

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 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 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 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 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 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 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 26th , 8:00 a.m.  
San Antonio Park, Upland

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

## **DECEMBER**

### **BREAKFAST WITH SANTA**

Saturday, December 5th , 8:00 a.m. - 10:00 a.m.  
Gibson Senior Center, 250 N. Third Ave., Upland

Get your wish list ready and join us for our Annual Breakfast with Santa. For more information, please contact the Upland Recreation Division or see page 13 of this newsletter.

### **SHOP 'TIL YOU DROP**

Sunday, December 6th, 12:00 p.m. - 5:00 p.m.  
Downtown Upland, 2nd Avenue & 9th Street, Upland

Join us for food, shopping, kids' activities, give-a-ways, a window decorating contest, holiday cheer and more! Bring a toy to be donated to Spark of Love and receive a photo with Santa Claus. Bring your pet to Pet Food Emporium for a photo with Santa Paws (for a \$5 suggested donation) and a complimentary 4-pound bag of dry dog food. For more information, please visit [www.historicdowntownupland.org](http://www.historicdowntownupland.org). For deals and discounts in the City of Upland, check out the only local digital coupon website at [www.InlandDeals.com](http://www.InlandDeals.com). Show your coupon on your mobile phone to start saving!

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

Saturday, December 12th, 10:00 a.m. - 3:00 p.m.  
Downtown Upland, 2nd Avenue & 9th Street, Upland

Parade will begin at 11:00 a.m. In addition to the arts and crafts vendors and local businesses showing a variety of special ideas and gifts for the holidays, there will be live holiday entertainment and food vendors. Following the parade, Santa's elf will be available for free photo opportunities. Many downtown businesses will also be open for your shopping convenience. For more information, please contact [www.coopermuseum.org](http://www.coopermuseum.org).

### **UPLAND CHAMBER OF COMMERCE HOLIDAY LUNCHEON**

Thursday, December 17th, 11:30 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 and reservations for the luncheon, please contact the Upland Chamber of Commerce at (909) 204-4465



## **JANUARY**

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

Registration: January 4th – January 28th  
Official Challenge Start Date: February 1st  
Registration Location: Upland Recreation Division, 651 W. 15th Street, Upland

For more information, please contact the Upland Recreation Division at (909) 931-4280 or see page 13 of this newsletter.

### **UPLAND CHAMBER COMMUNITY LEADERSHIP ACADEMY**

Begins in January

The Upland Chamber Community Leadership Academy is a program which helps in the development of community-minded business and civic leadership. It is a six-month long interactive program, limited to 20 participants each year, which provides a behind the scenes understanding of issues that impact the region's economic prosperity, quality of life, and culminates in the completion of a community betterment project. For more information, please contact the Upland Chamber of Commerce at (909) 204-4465 or email [realpeople@uplandchamber.org](mailto:realpeople@uplandchamber.org)

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

Friday, January 15th, 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., an upscale event with music, lighting, casino tables, dancing, raffles, and live auctions, along with a photo booth to record your memories. We will have tastings from local area craft brewers and vintners with cuisine from 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)



## **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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## SAVE THE *Date*

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