

Fall 2016

UPLAND *Today*

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



Inside



Veteran's Day



Homeless Action Summit



Basketball Fun

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

TABLE of Contents

City News.....	2
Hometown Upland.....	4
Pet's Corner.....	8
Library News and Events.....	10
Directory.....	12
Recreation Classes.....	13
Senior Programs.....	23
Trips and Tours.....	25
Senior Center.....	26
Upland Facilities.....	29
Registration.....	30
Community Calendar.....	31

CITY COUNCIL & ELECTED OFFICIALS

To contact the City Council or Elected Officials, email: citycouncil@ci.upland.ca.us

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

CITY DEPARTMENTS

Martin Thouvenell, Interim City Manager
 Brian P. Johnson, Police Chief
 Roberta Knighten, Community Services Director
 Paul Segalla, 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

Labor Day, Monday, September 5th
 Thanksgiving Day, Thursday, November 24th

For more information, please visit the City's website at 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.

Over the past several months, a number of cities – including Upland – received letters from a law firm alleging that the City's at-large elections violate the California Voting Rights Act. The alleged violations are said to create racially polarized voting that impairs the ability of minority citizens to elect candidates of their choice.

The Upland City Council has since entered into a settlement agreement that includes placing a measure on the November 2016 ballot that, if approved, will define and establish a district-based election system to ensure minority votes are not diluted.

Under the proposal, the City would be divided into four geographic districts – each represented by an elected Council member. The mayor's position would remain at-large.

For now, the settlement allows us to forego a costly and lengthy legal battle. If voters approve the ballot measure, the City will transition to in-district elections as the terms of current sitting Council members expire. For Upland, three Council seats are up for election in November 2018, while the fourth will come up in 2020.

More information on the ballot initiative is available on the City's website. Questions can also be sent to districtvoting@ci.upland.ca.us. We appreciate you taking the time to understand the issues. The City of Upland is committed to good governance and fair representation.

City Manager

Ceremony of Remembrance
CELEBRATE VETERAN'S DAY
WITH YOUR UPLAND
NEIGHBORS

Friday, November 11th • Parade at 11:00 a.m.
 Ceremony to Follow Immediately After
BBQ • CAR SHOW • LIVE BAND

The annual Veteran's Day celebration returns this November with lots of opportunities for fun and celebration. Enjoy the splendor as the community parade travels from the Cooper Regional History Museum located at 217 "A" Street, Upland, to the Civic Center courtyard located at 460 N. Euclid Avenue, Upland. The joyful rhythms of marching bands and dance troupes will keep your toes tapping and hands clapping. Shining hot rods and towering, graceful steeds will captivate your imagination. As the sound of joy rises from the crowds, let us be reminded that every day is a gift won by the bravery of those who protect our nation.

In keeping with tradition, the parade route will end at City Hall, followed by a ceremony of remembrance at the Veteran's Monument. Stay for a fun-filled day of visiting with friends, dancing to a live band, and savoring delicious barbeque. There will also be plenty of fun and activities for the little ones.

Join the celebration of the men and women who made the choice to serve our country. As the saying goes, "All Gave Some, Some Gave All," and Veteran's Day is our opportunity to show them all how much we appreciate their sacrifices. For more information, please contact the Upland Recreation Division at (909) 931-4280. You can also show your support by purchasing a newly added memorial tile at the monument. There are now four cubes and eight benches with tribute space available. For more information, please contact Ralph Cavallo at (951) 990-4595.



UPLAND *Community*



CAST YOUR VOTE AND MAKE YOUR VOICE HEARD

Your vote will help shape the future of our community. The City of Upland encourages all registered voters to hit the polls and vote on issues like these:

- Mayoral Election
- City Council Election
- City Treasurer Election
- Citizen Initiative on Medical Marijuana Dispensaries
- General Election

Tuesday, November 8th

Polls are Open from 7:00 a.m. to 8:00 p.m.

To find your polling place, please check your voter's guide or visit any of these resources:

California Secretary of State - www.sos.ca.gov/elections/polling-place
San Bernardino County Registrar of Voters - www.sbcounyelections.com
Call (800) 881-VOTE or (909) 387-8300

HELP GET UPLAND KIDS TO THE FAIR ON A BIG YELLOW BUS

The Los Angeles County Fair (LACF) returns to the Fairplex at Pomona this fall and with it comes the opportunity for you to help school kids of all ages experience the fair as part of their educational journey.

When you think of the fair, what memories come to mind? Perhaps the midway glittering with colored lights and the plinking, plunking, and buzzing of carnival games. Maybe it's the taste of ice-cold lemonade or hot buttery popcorn. Can you hear children giggle as a piglet slips and splashes in the mud of his pen? For some, the fair is the first place they learned about what pigs eat or who flew the first airplane. Thanks to the FairKids and Big Yellow Bus programs, the hands-on fun and interactive learning at the fair is offered to kids across our community.

The LACF is "The World's Largest Classroom," offering educational opportunities at nearly every turn of the fairgrounds. Your donation to FairKids and the Big Yellow Bus Program helps pay for Upland's kids to take field trips to the fair. Students are granted special early access to the fairgrounds for educational activities related to agriculture, art, science, literature, California heritage, and life on a real farm. All of the programs offered meet State curriculum standards and are specific to the grade level of each group.

These special experiences are offered at no charge to the teachers, students, or chaperones. Funding is generated entirely by the generous support of people like you who want to give kids a day to remember. A donation of just \$20 will help send five children to the fair. You can even designate your donation specifically for kids in Upland. All you have to do is visit www.tlcfairplex.org/bus, select a donation amount, and designate Upland in the "area of need" field.

For more information on the FairKids and Big Yellow Bus programs, please visit www.tlcfairplex.org/fair/home. For details on all of the excitement planned for Upland Day at the LACF, please visit www.lacf.com/communitydays/upland.



UPLAND HERITAGE GRANT PROGRAM

Upland Heritage is pleased to announce that a total of \$5,000 will be allocated for its 2016 Restoration Grants. Grants up to \$1,000 will be awarded to cover up to 50 percent of total restoration or repair costs of selected projects. This equates to well over \$150,000 invested back into Upland's historical structures since the program began 18 years ago.

Eligible applicants include anyone improving a structure with an Upland postal address that is listed in the Upland Historical Survey, or built prior to 1966. Applicants do not have to be members of Upland Heritage. Projects for consideration include exterior or interior restoration or repair, structural restoration, painting, or roofing. One application will be accepted per project, but more than one application per home is permitted.

Forms and guidelines will be available beginning September 1, 2016, at Upland City Hall, Upland Public Library, and on www.uplandheritage.org. Applications are due no later than October 31st to Upland Heritage, Attn: Grant Committee, P.O. Box 1828, Upland, CA 91785. For more information, please visit www.uplandheritage.org.

THE DROUGHT IS NOT OVER, PLEASE KEEP SAVING

Thanks to the concerted efforts of Upland water customers, we've made great strides toward safeguarding our water future. As you may have heard, the California Water Resources Control Board lifted conservation mandates and is now allowing local water agencies to set their own standards based on supply availability.

That said, we still are experiencing severe drought conditions throughout Southern California and here in Upland. Rainfall levels throughout our region continue to be well below average, and well below where they need to be to replenish our groundwater storage basins. We rely on our water reserves during dry climate conditions, and at this point, they remain dangerously low.

The reality is that we live in an arid region. The historic drought that we've endured is not over. Water conservation and best water use practices are essential parts of our daily lives. For this reason, the HIGH Conservation Stage implemented in 2015 will remain in effect, and we ask that you, our customers, remain vigilant in conserving water.

Over the past year, Uplanders reduced their water use by an average of 27 percent. Your continued support is important to our community's future and greatly appreciated. Thank you, again, for your ongoing efforts to preserve this most precious of natural resources.



FALL FUN IN *Upland*

The Upland Recreation Division,
Upland Fire Department and Upland CERT present

Inside Upland FAMILY PREPAREDNESS DAY & UPLAND FIRE DEPARTMENT OPEN HOUSE

Saturday, October 15th, 9:00 a.m. - 2:00 p.m.

Upland Fire Station #164, 1825 N. Campus Avenue, Upland

Join the Upland Fire Department, Upland Recreation Division, and the Community Emergency Response Team (CERT) for this community event. Learn about preparedness with informational displays and live demonstrations.

You can even get up close and learn more about fire department equipment. For more information, please contact the Upland Recreation Division at (909) 931-4280.



SPARK THE SPIRIT OF GIVING

The OldSkool 66 Cruzers are teaming up again this year with the Upland Fire Department, Upland Firefighters Association, and the Upland Recreation Division for the Annual Spark of Love Car Show & Toy Drive. The Spark of Love Car Show rolls into the parking lot of Memorial Park to kick things off on Sunday, November 6th, from 9:00 a.m. to 2:00 p.m. Classic cars, in a variety of shapes and sizes, will be on display, hoping to take home a trophy as shiny as their chrome bumpers. Vendors, raffles, and live music will be on hand to entertain your whole family. There will also be plenty of food around to help keep your tanks full and your engines revved. The entry fee is \$10, plus a \$10 unwrapped toy. All toys collected during the event will be distributed locally, with the goal of keeping all donations in the City of Upland. For more information regarding the car show, please visit www.oldschool66cruzers.org.

OFFER A SPARK OF LOVE

The Spark of Love Toy Drive collects new, unwrapped toys and sports equipment for the underserved children in the community. Last year, toys were donated to the Upland Fire Department by the truckload. Through the generosity of City of Upland businesses, residents, and charitable organizations, the Upland Fire Department was able to provide toys for roughly 750 children in the City of Upland. The collection of toys continues through the last week of December. Toys may be dropped off at any Upland Fire Station. For more information, to donate toys or to volunteer, please contact the Upland Recreation Division at (909) 931-4280.



SUPPORT THE ARTS AND UPLAND UNIFIED SCHOOL DISTRICT

Hear Ye, Hear Ye . . .

The Upland High School Choral Program presents the
30th Annual Elizabethan Dinner

Thursday, December 8th & Friday, December 9th:
Castle doors open at 6:00 p.m. Festivities begin at 6:30 p.m.

Saturday, December 10th & Sunday, December 11th:
Castle doors open at 5:00 p.m. Festivities begin at 5:30 p.m.

FEASTING PRICES

(Now Through December 1st)	(Beginning December 2nd)
Thursday: \$30 Per Person	Thursday: \$35 Per Person
Friday - Sunday: \$45 Per Person	Friday - Sunday: \$50 Per Person

Step back in time to Elizabethan England and experience the Renaissance for yourself! Dine with the Queen and her Royal Court and enjoy an evening filled with music, merriment, and marvelous food. For more information, please visit www.uplandhighschoolchoir.org

UPLAND HIGH SCHOOL THEATRE DEPARTMENT FALL PERFORMANCES

Adventure of a Lifetime Variety Show

Friday, September 30th & Saturday, October 1st, 7:00 p.m.
Pre-Sale Tickets from the Student Store: \$8
Tickets at the Door: \$10

Midi Matilda Concert

Upland High School Theatre Department Fundraiser
Saturday, October 15th, 7:00 p.m.
Stay Tuned for Pricing Information

"The Great Gatsby," by F. Scott Fitzgerald,

Adapted by Simon Levy

Fall Show & California Educational Theatre Association Entry
Thursday, November 3rd - Saturday, November 5th, 7:00 p.m.
Pre-Sale Tickets from the Student Store: \$8
Tickets at the Door: \$10

Highlander Auditorium, 850 N. San Antonio Avenue, Upland
For more information, please visit www.highlanderauditorium.com



UPLAND HOMELESS ACTION SUMMIT TO FOCUS ON ACTION AND RESULTS

A group of dedicated community leaders is planning a summit aimed at bolstering Upland's "hand up, not a hand out" approach to helping the homeless.

The issue of homelessness has been in focus across San Bernardino County in recent years. Groups like the San Bernardino County Homeless Partnership approach the subject from a more global perspective, but local efforts are the key to impacting real change from community to community.

In Upland, the Homeless Stakeholders Team works to maintain a dialog that engages citizens and executes successful initiatives. The Team is also one of the citizen organizations that contribute to Police Chief Brian Johnson's efforts to develop a five-year strategic plan for addressing homelessness in the City.

On October 6th, at St. Anthony's Catholic Church, Upland residents have an opportunity to participate in this important work by attending the Upland Homeless Action Summit. Upland City Councilmember Carol Timm will present the event in collaboration with the Upland Community Resource Officers. Timm is also a member of the Homeless Stakeholders Team and was instrumental in starting the community dialogue on homelessness.

The entire community – residents, business owners, service providers, landlords, and government employees – is welcome to participate. Ideas and participation are integral to continued progress toward getting the homeless off the streets. Keynote speakers will include Upland Police Chief Brian Johnson and Ms.

Kim Carter from the Time for Change Foundation. Ms. Carter was named one of the Top Ten CNN Heroes earlier this year for her work helping homeless women. Her organization provides housing, job training, and even helps reunite mothers with their children.

Several action sessions will give Upland's community members the opportunity to bring their concerns and ideas. One of the event's organizers, Eric Gavin, hopes the event will draw attendance from those who want to "do more than just hear about the problem." In fact, he says the entire format of the summit was carefully designed to promote participation in a solution. He describes the action sessions as "community lead," as opposed to the traditional structure in which breakout sessions are moderated by sponsors or the conference host.

Gavin attributes most of the success of the event to his co-chair, Ruby Simpson. He says her tireless efforts and determination brought his vision for the event to life. Both Gavin and Simpson urge the community to come out and be part of the solution. They also say there are lots of opportunities to volunteer at the event. Anyone interested in attending in either capacity is encouraged to contact Eric Gavin for more information at (909) 257-5208, or by email at eric@gavinarchitect.com.



A NEW PROGRAM PROTECTS THE MENTAL HEALTH OF UPLAND FAMILIES

After many months of careful planning and certification, Upland's kids have a new place to go for help. The Upland Unified School District Counseling Center gives Upland families relief from mental or emotional illness that negatively impacts daily and/or academic functions.

The District's mission is to "prepare and inspire all students to maximize their academic potential and thrive in a complex global society" and the counseling center is a valuable tool in that pursuit. Assistance offered by the highly trained staff can be used to break through external influences that hold children back. It is common for individuals to avoid seeking help for mental health concerns because they fear stigma or simply don't know where to turn. For young children, the process is often more difficult as they may not even know to recognize in themselves the signs of mental illness. Behavioral Health Program Manager, Noemi Mai, says the counseling center is an easily accessible gateway that students, teachers, and parents can use to start the conversation, and ultimately the healing process.

Any parent sensing their child is struggling is welcome to call and ask for help. No matter how new behavioral changes may be, it is

always okay to reach out. The professionals at the center will be able to tell you whether or not your child does in fact need their help. Services are available to all students in the UUSD who meet certain financial qualifications. The clinic says the following are the kinds of emotional problems that should be treated:

Depression; Anxiety; Self-injuring Behaviors; Defiance/Behavioral Problems; Grief and Loss; Hyperactivity; Low Self Esteem; Aggressive Behaviors; and Lack of Motivation.

Services are free thanks to a partnership with the San Bernardino County Department of Behavioral Health. Family counseling and group sessions are also available. Parents also have a wealth of resources available to them. Crisis intervention, parenting classes, and referrals to other community resources are also part of the clinic's services. There is no reason for you or your child to suffer in silence anymore. There are caring professionals ready and waiting to extend a healing hand.

The UUSD Counseling Center is located at 601 5th Avenue, Upland. Referrals may be made by a student's school, parent/guardian, and/or healthcare providers. For more information or to make an appointment, please call (909) 949-6526.



YOUR NEIGHBORS AND THE UPLAND POLICE DEPARTMENT NEED YOU



Most property crimes are crimes of opportunity. When opportunity is taken away, the crime is less likely to occur. Your best defense is to actively consider what you can do to take away a criminal's opportunities.

The Upland Police Department is proud to partner with residents to offer the Neighborhood Watch crime prevention program. The program is designed to enlist active participation among neighbors who can watch out for each other. At each Neighborhood

Watch meeting you will learn simple crime prevention techniques and information about what's happening in your neighborhood.

How Neighborhood Watch Works:

Residents observe and learn the activities of the neighborhood, such as who works during the day and which automobiles belong in the area.

Everyone is trained to recognize and report suspicious activity.

Neighbors pledge to support each other by keeping a watchful eye on each other's property.

Attendees also learn how to avoid becoming a victim with crime-prevention techniques such as home security, "Lock It, Hide It, Keep It," and other methods.

Stopping crime is everyone's business. As an active participant of Neighborhood Watch, you will become better acquainted with your neighbors and gain an added sense of security knowing you are looking out for one another.

The Upland Police Department believes the program is a powerful and effective way to combat all types of criminal activity. If you want to reduce the odds of becoming a victim in your own home or neighborhood, contact your neighbors and join the Upland Police Department's Neighborhood Watch Program.

For more information, or to schedule a meeting in your neighborhood, please contact the Upland Police Department Community Relations Unit at (909) 946-7624, or email Sergeant Marcelo Blanco at mblanco@uplandpd.org.

A SALUTE TO UPLAND'S POLICE AND FIRE PERSONNEL

Join us at the fair on Thursday, September 22nd and celebrate our dedicated public safety and law enforcement officers!

This year on Upland Day at the Los Angeles County Fair (LACF) we will honor the men and women of the Upland Police and Fire Departments. Their hard work keeps all of us safe and this is our chance to give them a day of fun and recognition. We look forward to this opportunity to publically thank them for their dedication to our community.

Personnel from both agencies will be celebrated throughout the day with a special reception, hero presentation, and parade. Remember to watch your water bill for \$5 admission coupons, or pick one up at the Upland Chamber of Commerce or City Hall.

Don't Wait — Check the Date!
Replace Smoke Alarms Every 10 Years

Fire Prevention Week
Oct. 9-15, 2016

Age matters when it comes to your smoke alarms.
Check the manufacture dates on your smoke alarms today!



FOLLOW UPLAND POLICE ON SOCIAL MEDIA AND STAY INFORMED

Social media is the latest tool officers in Upland use to share information with the public.

A thief stole a purse at one business and used the victim's credit cards at another business. Surveillance video caught a suspect stealing a vehicle during a residential burglary. These are just a few of the events shared by Upland Police on social media in the hope that residents could help identify the criminals.

Traditional methods like press releases and "Wanted" flyers are still effective and the public successfully uses them to identify criminals, but social media offers the power of immediacy. The sooner details of a crime are made public, the sooner a credible lead can be generated.

Besides information on crime, the Upland Police Department also shares arrest stories and news related to crime fighting and prevention efforts. Communities that share information and maintain an open dialog better equip themselves to fight crime.

Follow the Upland Police department on Facebook, Twitter (@UplandPD), Nextdoor.com, and Instagram to stay up-to-date on the latest happening in your neighborhood.

LEARN TO PROTECT YOUR COMMUNITY AT CERT TRAINING

The Community Emergency Response Team (CERT) program is an all-risk, all-hazard training designed to help you protect yourself, your family, and your neighborhood in an emergency situation. Learn to manage utilities and put out small fires, treat the three "medical killers", provide basic medical aid, conduct safe search and rescue, organize effective spontaneous volunteer teams, and collect disaster intelligence to support first responders.

This free program is offered to Upland residents age 16 and older. It consists of 24 hours of initial training administered in the evening, twice a week for three and a half weeks. The courses culminate in a Saturday afternoon disaster drill. Fall classes are scheduled for October 6th, 10th, 13th, 17th, 20th, and 24th from 5:30 p.m. to 10:00 p.m.

For more information or to sign up for an upcoming class, please visit www.UplandCERT.com.



SPOTLIGHT ON ROTARY

While most of us dedicate one lunch per week to our favorite cheeseburger, this group dedicates its weekly lunch meeting to the service of others. It is the Rotary Club of Upland.

The club has been involved in service projects in the community since 1923 and Upland's Rotarians are dedicated to Rotary International's mission of "service above self". The original Rotary Club was formed in Chicago in 1900 with a mission to bring small town neighborly care to large cities. Though our community is small comparatively speaking, the purpose behind rotary stands just as firm here as it does in Chicago.

The Rotary Club of Upland is involved in many projects. Former president Elizabeth McDonough Barry says her favorites were Just Read! and annual Christmas shopping at Target. The Just Read! program gifts books to young children. The club raises money to buy the books and members and friends of Rotary deliver them to students at school. Club members say the look on a child's face when they find out they can keep the books is priceless. Studies have shown that children with more books at home are more likely to stay in school. The Rotary Club of Upland is working to increase those odds for local kids by ensuring access to books they can call their own from a very early age.

As winter approaches and some parents worry about how they will afford to get presents under the tree, the Rotary Club is ready and waiting to help. On a magical winter morning, Rotarians escort children though the local Target with a gift card they can spend on anything they want. Each child can buy toys and electronics they may otherwise never receive, or look for perfect gifts for their family. Rotary representatives say nothing compares to the smiles on the kids' faces as they roam the isles free from the anxiety of financial stress they normally experience.

Joining Rotary is a formative decision that is sure to change you for the better. Club service projects will help you explore and develop your servant side and provide a gateway to exploring your creativity as a service-minded individual. The membership process for Rotary is unique and designed to be thoughtful and deliberate. Prospective members are selected by an existing Rotarian and invited to attend a series of club meetings, interviews, and confirmation events. Each member must hold or be retired from a "professional, proprietary, executive, or managerial position" before being considered. The projects undertaken are so important to the club members that they want to ensure everyone who comes to join them is ready to make the commitment and fully embrace the "service above self" mission.

The organization also creates opportunities for young people to get involved in service before they reach adulthood. Rotary International supports Interact Clubs on high school campuses that give young people the responsibility of creating and executing their own service projects, and taking ownership of the results.

The Rotary Club of Upland invites interested citizens to join them for lunch and learn more about becoming a part of this important community organization. Weekly meetings are held at 12:00 p.m. on Wednesdays, in the Landecena Community Center located at 1325 E. San Bernardino Road, Upland. For more information, please visit www.uplandrotary.org.

A SPECIAL THANKS

TO THE SPONSORS OF OUR 2016 FOURTH OF JULY FIREWORKS SPECTACULAR

PREMIER SPONSOR



1079 W. Foothill Blvd., Upland

SPARKLERS SPONSORS - \$1000



Colonies Crossroads



STARS SPONSORS



CITY OF UPLAND PUBLIC WORKS DIVISION



188 E. Foothill Blvd., Upland



2193 W. Foothill Blvd., Upland



857 N. Central Ave., Upland



MARCO'S PIZZA

121 W. Foothill Blvd., Upland

Upland Community Foundation

P.O. Box 794, Upland, CA 91785

PO Box 794., Upland

CP CONSTRUCTION

105 N. Loma Place, Upland

ACTIVE PHYSICAL MEDICINE

7890 Haven Avenue, Rancho Cucamonga

LEWIS MANAGEMENT CORPORATION

1156 N. Mountain Avenue, Upland

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Inland Productivity

Mayor Pro Tem Glenn Bozar

BrightView Landscape Services

Janice Elliott, Upland City Council Candidate

Your support of these sponsors is welcomed and appreciated.

The City of Upland would like to thank the Upland-Foothill Kiwanis for their generous support throughout the year.



THE DOG HOUSE WAS NEVER THIS FUN

The Upland Animal Shelter is hosting an Open House! Come explore the facility, learn more about recent changes, and see firsthand the wonderful work done for animals in need.

Any visit with the furry residents of the Upland Animal Shelter is sure to leave you with a smile. To make your visit truly memorable you can bring a friend and share the experience, or better yet, adopt a new family member. This fall you will have the chance to do both at the same time.

On Sunday, September 25th, from 3:00 p.m. to 6:00 p.m., attend the Upland Animal Shelter Open House and meet Shelter Manager, John Moreno, and Development Director, Stephanie Mann. Both are excited to be part of the new leadership team and look forward to meeting the community that supports them. You can also mingle with Friends board members, staff, and volunteers, and maybe even learn more about joining their ranks.

UPLAND'S PET CARE PARTNERS

Since opening in 2010, the Upland Animal Shelter has offered low-cost vaccinations and spay and neuter services for local cats and dogs thanks to some special partnerships. Some exciting updates are making those services more available than ever.

Western University College of Veterinary Medicine offers its students innovative education that includes clinical opportunities. During the school year, students spay and neuter homeless dogs and cats at the Friends of Upland Animal Shelter.

For more than a year Pet Crusade Animal Health, Inc. has offered low-cost animal health clinics each weekend. Hundreds of pets from our community have received the vaccinations and exams that keep them happy and healthy. We are excited to announce a brand new partnership that allows Pet Crusade to step in and offer low-cost spay and neuter services on weekends when Western University students are unavailable.

The Friends of Upland Animal Shelter encourage all pet owners to take advantage of low-cost vaccination and spay/neuter services. To request an appointment, please contact the Upland Animal Shelter. The Shelter is located at 1275 San Bernardino Road, Upland, and can be reached by phone at (909) 931-4185, or online at www.friendsofuplandanimalshelter.org.



THE COLLEGE OF
**Veterinary
Medicine**
*The discipline of learning.
The art of caring.*

Vendors will offer food and merchandise for both pets and their people. Take home a new water bowl, or maybe a leash to use at the Pet Walk in October. There will even be cool door prizes for those in attendance.

Mann says the event will be filled with fun for the whole family. Pet lovers from all over the Inland Empire are encouraged to stop by. Moreno added that he hopes people remember the most important participants at the event, the animals. He says the best possible outcome of the event would be to place as many of them in forever homes as possible.

Even if you can't make it out, the staff is always happy to answer questions about animal rescue and adoption. Please do not hesitate to stop by or call during business hours. You can reach the Upland Animal Shelter at (909) 931-4185, 1275 San Bernardino Road, Upland, or please visit www.friendsofuplandanimalshelter.org.

WALKING YOUR PETS GETS MORE MEANINGFUL

The Friends of Upland Animal Shelter invite one and all to the Upland Animal Shelter Pet Walk on Saturday, October 29th, from 9:00 a.m. to 1:00 p.m. at the Upland Animal Shelter located at 1275 San Bernardino Road, Upland.

Spend the afternoon with other Upland pets and their humans. Dress your pets in costume and let them strut their stuff. The Pet Walk is the perfect opportunity to enjoy a trek along the course that winds through Memorial Park.

When you are ready to rest your paws, make a stop at the vendor area. Local merchants will be on hand with all kinds of wares. Shop a wide variety of fun items that make great gifts for other animal lovers in your life. Once your shopping bags are full, sit and stay while you enjoy a tasty snack or a refreshing sip of something cold. You won't be able to stop smiling as you relax and watch your furry neighbors prance by.

Registration fees for the event help the Upland Animal Shelter rescue animals in need and return lost pets to their families. To start raising funds and prepare for the Pet Walk now, download the Woolfrax app and select Friends of Upland Animal Shelter as your charity. Every time you walk your dog, track your walk using Woolfrax and a donation will be made to Friends of Upland Animal Shelter. Come have a great time while making a difference in the lives of Upland's pets. For more details, or answers to your questions, please contact the Upland Animal Shelter at (909) 931-4185.



FOLLOW THE FRIENDS FOR LOTS OF BENEFITS

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

www.friendsofuplandanimalshelter.org
www.facebook.com/FriendsOfUplandAnimalShelter



DON'T MISS THESE EVENTS...



OPEN HOUSE

Sunday, September 25th
3:00 p.m. - 6:00 p.m.

PET WALK

Saturday, October 29th
9:00 a.m. - 1:00 p.m.

2ND CHANCE THRIFT SHOP

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

UPLAND'S FAVORITE FESTIVAL DRAWS MORE THAN CROWDS



When people in Upland are handed lemons, they do more than make lemonade. Crowds of fun-seekers enjoyed Upland's annual signature downtown event, the Lemon Festival, and helped raise \$46,000 for Upland community projects and programs. The April 2016 event, which celebrated the City's heritage as a top lemon-producer, offered lemon-themed foods and lots of family fun. All the fun raised money for these local charities and nonprofit causes:

- Upland Veterans Monument Project
- Upland Community Partnership for Youth Development
- Big Yellow Bus Program for Upland Schools
- The Rotary Club of Upland
- Chaffey Communities Cultural Center
- Upland Heritage
- Friends of Upland Animal Shelter

HANDS-ONLY CPR INFO

Saving a life can be as easy as two steps with the Hands-Only CPR method.

1. Call 9-1-1, or ask someone else to do it.
2. Push fast and hard in the center of the person's chest, at a rate of at least 180 beats per minute, until help arrives.

For more information, please visit the American Heart Association at www.heart.org/HandsOnlyCPR. To find an upcoming CPR class, please visit the City of Upland at www.ci.upland.ca.us.



MILITARY BANNER PROGRAM & COMMITTEE

THANK YOU: Kirk Riehl, Trader Joes, La Rocque Better Roofs Inc., Brian & Timi Johnson, Hi Brow Lounge, Steve & Deana Lambert, Round Table Pizza, John Moore & Christina Nicololoro-Moore, Main Street Signs, Tank Supply Company, Ken Graphics, Vince's Spaghetti, Last Name Brewing, Star Hardware, and Green's Auto Tech. for their sponsorship of Upland's military banners for active service people.

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

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

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

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

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



THE UPLAND VFW WANTS YOU

Veterans of Korea, Vietnam, Iraq, and Afghanistan

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



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

UPLAND CHAMBER OF COMMERCE

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

BUSINESS BOWLING LEAGUE

Tuesdays, September 6th - November 8th, 6:30 p.m.

Brunswick Upland Bowl
451 W. Foothill Boulevard, Upland

\$10 each week, includes shoe rental and three games. Teams forming now!

2016 POKER CLASSIC

Friday, October 14th, 7:00 p.m.

Carnegie Library
123 East "D" Street, Upland

\$75 buy-in includes beverages and appetizers. Sponsorship opportunities are available.

UPLAND CHAMBER TOUR DE FOOTHILLS

Saturday, November 12th, 5:30 a.m.

Start & Finish in Downtown Upland
2nd Avenue & 9th Street

Secure your spot in the ride that defines our Southern California lifestyle and celebrates our mountains. This year's Tour is a two-part event featuring a bike ride and a walk. Choose from the family ride, 31-mile, 62-mile, or 100-mile ride. The walk is open to everyone and utilizes the Pacific Electric Trail.

TOUR DE BREW OFFICIAL POST-TOUR FESTIVAL

Saturday, November 12th

12:00 p.m. - 6:00 p.m.

Cooper Regional History Museum
217 "A" Street, Upland

Sip on samples from local breweries and wineries. Shopping and fun await in the Vendor Village and music will keep you rocking all day.

WHERE IN THE WORLD IS THE UPLAND CHAMBER?

Early booking discounts are available for all trips.

Imperial Cities (Prague, Vienna & Budapest): Monday, October 3rd through Thursday, October 13th, 2016

America's Music Cities (New Orleans, Memphis, Nashville): Sunday, April 23rd through Sunday, April 30th, 2017.

SPECIAL TRAVEL PRESENTATION ON WEDNESDAY, SEPTEMBER 28th, 6:00 P.M.

CHILDREN ACTIVITIES @ the Library for children ages 1 to 12

All programs will take place in The Brodie Room unless noted otherwise. Story-Time will take place September 9th through November 15th.

ONE-DERFUL ONES STORY-TIME!

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

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

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

TODDLER TIME

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

Thursdays, 11:15 a.m. - 11:45 a.m.

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

PRESCHOOL STORY-TIME

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

This program introduces children's literature through picture books for children ages 3-5. Enjoy songs, flannel boards, puppets, finger-plays, and crafts. This is an independent story-time where children should be able to sit and listen without a parent present.

AFTERSCHOOL ADVENTURES

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

Children ages 5-9 enjoy great stories and snacks. Meet after school to read longer picture books, then make a craft.

BILINGUAL STORY-TIME

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

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

P.J. STORY-TIME

Thursdays, 6:00 p.m. - 7:00 p.m.

Put on something comfy, curl up at the library, and listen to some great bedtime stories. This story-time is for the whole family.

LEVEL UP (AGES 9 TO 12 YEARS)

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

Calling all "Tweens"... This program is just for you! Join us for games, crafts, and science. You might make a new friend, or bring them along with you. You'll definitely have a good time.



TEEN ACTIVITIES

@ the Library for teens ages 13 to 18

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

TEEN BOOK BRAWL

Every Third Tuesday, 4:00 p.m. - 5:30 p.m.

Teen Book Brawl is our very own book club just for teens. We buy the books, you read them! Our book club season begins in October and ends in May. Read one book a month with us and vote for your favorite at the end of the season! Our first meeting will take place on October 4th. Registration will begin on September 5th and continue through October 3rd. Registration is required. For more information, please call (909) 931-4328.

TEEN GAMING

First and Last Thursdays, 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 and card games available like Ultimate Werewolf and Ticket to Ride.

TEEN DIY

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 every second Thursday of the month. Stop by to make some cool gadgets with us! The September DIY day will take place in the Brodie Room.

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.

FAMILY SPECIAL EVENTS

All programs will take place at the Carnegie Library located at 123 E "D" Street, Upland unless noted otherwise.

FIRE SAFETY - IN HONOR OF FIRE SAFETY WEEK

Tuesday, October 11th, 5:30 p.m. - 6:30 p.m.

Join the Upland Public Library and the Upland Fire Department for a chance to learn a little more about fire safety for kids and the home. We'll have stories, crafts, and the chance to talk to some of our local heroes and the fire cadets.

SPOOK-TACULAR STORIES

Tuesday, October 25th, 5:30 p.m. - 7:00 p.m.

Join us for a night of great stories and costumes. We'll have some, not so spooky, spooky stories to tell and a Halloween costume parade. There will be laughs, refreshments, and fun. This is just the beginning of your spook-tacular holiday!

INTERNATIONAL GAMES DAY 2016

Saturday, November 19th, 12:00 p.m. to 2:00 p.m.

So you think you've got game? Read, learn, and play during International Games Day @ your library, sponsored by the American Library Association. Bring your family, bring your friends, and we will all celebrate our love of video and board games!



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

ADULT ACTIVITIES

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

BOOK-ENDERS BOOK CLUB

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

Book-Enders offers you a great way to meet new people and read great books. Each month members read a featured book. At each meeting, a guest speaker expands on a topic or theme of the featured book. Even if you haven't read the book, don't miss the opportunity to meet new people, and eat, drink, and be merry! Book-Enders recently celebrated their 25th anniversary. A selection of their 25 years of books is located upstairs opposite the elevator.

COOL WEATHER GARDENING

September 24th, 11:00 a.m. – Noon

Learn about plants that are ideal to plant during the fall. A speaker from the University of California Cooperative Extension (UCCE) Master Gardeners of San Bernardino County will be at the Upland Library to offer tips and answer questions.

ADULT ARTS & CRAFTS CLUB

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

This is your chance to enjoy your own arts and crafts time! We will supply the tools and materials!

CLASSIC MOVIE NIGHT FOR GROWN-UPS

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

Come and mingle with other adults in our wonderful community for a spectacular Classic Movie Night! The Library will be showing a variety of classic films and serving tasty popcorn (free of charge) to go along with the movie experience! Visit the library or website for a schedule of upcoming movies.

BASIC COMPUTER CLASSES

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

Not sure how to use a computer? These classes are for you! Learn how to use a computer on one of the Library's Chromebooks. Learn how to use the Library's resources and online databases. You just need an Upland Library Card with Internet access to attend. Please note: If there are five Mondays in a month, the last Monday will be canceled.

GET READY FOR YOUR DMV WRITTEN TEST

Join us on the 1st or 3rd Tuesdays of the month for a walk-thru class of the California Drivers Handbook, or come in and take a practice written DMV test, Monday through Friday 1:00 p.m. to 4:00 p.m. in the Carnegie Cultural Center.

CONVERSATIONS ABOUT GOD: BRIDGES OF UNDERSTANDING SERIES

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

Carnegie Library

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

NANOWRIMO COME WRITE IN (CWI)

Month of November

November is National Novel Writing Month (NaNoWriMo), a time when writers around the world challenge themselves to write an entire novel in just one month. The Upland Public Library and the NaNoWriMo Pomona Valley Region are hosting dedicated space for our local writers' efforts with Come Write In! It is a free, drop-in program for would-be writers of all ages. Bring a notebook or a laptop and join other local writers to write communally. You can also check out a Google Chromebook to use in the Library.

LIBRARY LITERACY

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

CHANGE A LIFE – BECOME AN ADULT LITERACY TUTOR!

First Saturday of the Month, 10:00 a.m. – 2:30 p.m.

The Adult Literacy program needs volunteers to make a difference by providing one-on-one tutoring to adults seeking to improve their literacy skills.

REACH AND EXCEED YOUR GOALS!

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

ENGLISH CORNER

Tuesdays, 2:00 p.m. – 3:00 p.m. & Wednesdays, 4:00 p.m. – 5:00 p.m.

Join our weekly conversation group where you can practice speaking, reading, and more.



15th Annual

Trivia Bee & Silent Auction/Raffle for Literacy

Thursday, September 29th, Games Begin at 6:00 p.m.

Carnegie Library, 123 E "D" Street

Do you know a lot of "useless" facts or shout out the answers to game show questions? Are you competitive? Do you like having fun? If you answered yes to any of these questions, then pull a team together for the 15th Annual Trivia Bee for Literacy and try to beat last year's champions, Team Rutherford. By participating, you are helping to make a difference in the lives of others by providing a \$300 team donation entry/team sponsorship, or by donating goods and/or services as prizes.

The Trivia Bee is sponsored by local business owners and community organizations. As always, all proceeds from this event will benefit the Upland Public Library Adult Literacy Program for which state funding is determined by the amount of local funds raised.

Raffle tickets will be available for purchase in the library beginning September 1st.



Friends of the Upland Public Library

Help support the Upland Public Library. Join the Friends of the Upland Public Library and help support youth service's programs, adult literacy, and new book purchases. Membership forms are available at the library and on the City's website.

CITY OF UPLAND *Directory*

CHAMBER OF COMMERCE

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

CONSERVATION HOTLINE

(909) 291-2999

GRAFFITI HOTLINE

(909) 931-4127

HOSPITALS

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

HOUSING

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

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

POST OFFICES

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

PUBLIC SCHOOLS

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

ELEMENTARY SCHOOLS

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

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

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

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

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

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

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

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

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

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

JUNIOR HIGH SCHOOLS

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

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

HIGH SCHOOLS

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

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

REFUSE COMPANY

**Burrtec Waste Industries -
for Commercial, Industrial and
Temporary Services, please call**
(909) 949-0500
(Commercial trash services are billed
through Burrtec)

TRAFFIC INFORMATION

(877) MY-IE511 or ie511.org

TRANSPORTATION

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

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

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

Dial-A-Ride
(909) 383-1680 TDD

Ontario International Airport
(909) 937-2700
(909) 937-2163 TDD

UTILITIES

**City of Upland - Residential Water,
Sewer, and Trash Service**
(909) 931-4150

Inland Empire Utilities Agency
6075 Kimball Avenue
Chino, CA 91708
(909) 993-1600

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

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

Time Warner Cable
(888) 892-2253

Verizon
(800) 483-4000



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Online Bill Pay  Easy
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Convenient
www.ci.upland.ca.us

Get City Forms Online 
www.uplandpl.lib.ca.us/asp/Site/CityHall/DocsForms/index.asp

UPLAND Recreation & Community Services



The Upland Recreation Division and OldSkool 66 Cruzers Present...

Scary-A-Faire CELEBRATION

Monday, October 31st
5:00 p.m. - 8:00 p.m.



Downtown Upland
2nd Avenue & 9th Street

Join us for a haunting experience at the Annual Scary-A-Faire Celebration...our safe alternative to trick-or-treating for children. The streets will be closed off so that the trick-or-treaters can make their way safely through fun interactive games and activities. Our costume contest will be held from 5:00 p.m. to 7:10 p.m. Dress up and be judged in the following categories: Best Character Representation, Scariest, Most Creative, Cutest, and Judges Choice for ages 0-4 years, family, and groups. The costume contest judging will end promptly at 7:10 p.m. Winners will be announced and recognized at the gazebo at approximately 7:30 p.m. Food vendors will be present. For more information, to sponsor the event, volunteer, or have a game booth, please contact Janis Rice at the Upland Recreation Division at (909) 931-4281.



2017 Basketball Fun

Elementary School Co-Ed Basketball League

All boys and girls – grades 1st through 6th – are encouraged to join the fun of our Elementary School Co-Ed Basketball League. All league games are played on Saturdays from 8:30 a.m. to 5:30 p.m. at Western Christian High School, located at 100 W. Ninth Street, Upland. Games begin Saturday, January 7th, for 8 weeks. The last games for 1st through 4th graders will be held Saturday, February 25th. The last game for 5th and 6th graders will be held Saturday, March 4th.

ONLINE REGISTRATION:

Monday, September 19th - Thursday, November 17th

FEE: \$60 Per Child. Includes team jersey and pictures.

Registration is limited.



9th Annual Upland Turkey Trot 5K Run/Walk & 1K Kiddy Trot

Thursday, November 24th

San Antonio Park—Located At Mountain Avenue & 24th Street, Upland
Start/Finish At San Antonio Park/Historical Waiting Station

5K RUN/WALK

Early Registration With T-Shirt: Through November 15th, \$25

Late Registration/Morning of Event: \$30
Check-In: 6:30 a.m. - 7:45 a.m.
Start Time: 8:00 a.m.

1K KIDDY TROT (10 years & younger):

Early Registration: Through November 15th, \$15

Late Registration/Morning of Event: \$20
Check-In: 6:30 a.m.
Start Time: 7:30 a.m.

COME OUT AND EXERCISE BEFORE THE BIG MEAL! The City of Upland Recreation Division and the Upland High School Boys and Girls Cross Country Team are proud to announce our Annual 5K Run/Walk! Funds will help the Upland High School's Boys and Girls Cross Country Team. Prizes awarded to overall finisher – male & female. Medals will be given to the 1st place finishers in each age category of the 5K Run/Walk. Online registration will be available until Sunday, November 20th.



TABLE OF CONTENTS

Youth Dance	14
Youth Gymnastics.....	14
Youth Special Interest Classes	16
Youth Sports	17
Adult Classes	18
Adult Special Interest Classes.....	20
Senior Classes.....	22
Recreation Excursions.....	25
Senior Services & Activities.....	26
Facilities Map	28
Registration Information	30
Community Calendar	31

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

UPCOMING WINTER EVENTS

- ▶ Co-Ed Youth Elementary Basketball League
- ▶ Breakfast With Santa
- ▶ Letters to Santa
- ▶ Home For The Holidays House Decorating Contest
- ▶ Upland's Biggest Loser Challenge

BASKETBALL COACHES NEEDED!

Want to help develop the physical, mental, and social skills of elementary school children? The Elementary School Co-Ed 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 3rd through March 4th 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.



YOUTH DANCE

BALLET I

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

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 109	5-7 yrs	9/12-9/26	M	4:45-5:30 p.m.	\$31.50/3
DANCE 110	5-7 yrs	10/10-10/31	M	4:45-5:30 p.m.	\$42/4
DANCE 111	5-7 yrs	11/7-11/28	M	4:45-5:30 p.m.	\$42/4

NEW BALLET II **\$42/4 SESSIONS**

Dancers will learn ballet terminology and movement with an emphasis on proper ballet technique. Leotard, tights, and ballet slippers required. No class 11/23. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time
DANCE 1209	7-10 yrs	9/7-9/28	W	1:30-2:15 p.m.
DANCE 1210	7-10 yrs	10/5-10/26	W	1:30-2:15 p.m.
DANCE 1211	7-10 yrs	11/2-11/30	W	1:30-2:15 p.m.

BALLET/TAP I

Children are introduced to tap and ballet through a series of exercises intended to cover basic dance movements and vocabulary. Leotards, tap, and ballet slippers required. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 309	5-7 yrs	9/12-9/26	M	4:00-4:45 p.m.	\$31.50/3
DANCE 310	5-7 yrs	10/10-10/31	M	4:00-4:45 p.m.	\$42/4
DANCE 311	5-7 yrs	11/7-11/28	M	4:00-4:45 p.m.	\$42/4
DANCE 409	4-6 yrs	9/6-9/27	Tu	11:30 a.m.-12:15 p.m.	\$42/4
DANCE 410	4-6 yrs	10/4-10/25	Tu	11:30 a.m.-12:15 p.m.	\$42/4
DANCE 411	4-6 yrs	11/8-11/29	Tu	11:30 a.m.-12:15 p.m.	\$42/4

DANCE WITH ME **\$35/4 SESSIONS**

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

Activity #	Ages	Dates	Day	Time
DANCE 1309	2-4 yrs	9/6-9/27	Tu	9:30-10:00 a.m.
DANCE 1310	2-4 yrs	10/4-10/25	Tu	9:30-10:00 a.m.
DANCE 1311	2-4 yrs	11/8-11/29	Tu	9:30-10:00 a.m.

HULA DANCE FOR YOUTH & TWEENS **\$105/12 SESSIONS**

Students will learn Hulas suitable for youth and tweens starting with hand motions to Hawaiian songs sung in English and progress to using implements and chants. This is a fun and popular class for students of any age. Students are to wear exercise wear (no dresses or skirts) and socks or bare feet. No class 9/20. Instructor: Aloha Hula Studio Staff Location: Aloha Hula Studio, 8637½ Baseline Road, Rancho Cucamonga

Activity #	Ages	Dates	Day	Time
DANCE 9	5-8 yrs	9/6-11/29	Tu	4:00-4:30 p.m.
DANCE 16	9-12 yrs	9/6-11/29	Tu	5:00-5:30 p.m.

TUTU CUTE! CREATIVE DANCE

Come explore movement as we play pretend! Children will be introduced to basic dance movement and vocabulary in a fun, safe, and nurturing environment. Tutus and costumes welcome. Instructor: Ms. Flower Location: Magnolia Recreation Center, North Hall

Activity #	Ages	Dates	Day	Time	Fee/Sessions
DANCE 209	3-5 yrs	9/12-9/26	M	3:30-4:00 p.m.	\$31.50/3
DANCE 210	3-5 yrs	10/10-10/31	M	3:30-4:00 p.m.	\$42/4
DANCE 211	3-5 yrs	11/7-11/28	M	3:30-4:00 p.m.	\$42/4

YOUTH GYMNASTICS

Baldy View Gym Gymnastics, 916 Monte Vista Avenue, Upland

Gymnastics is a year round, ongoing program starting at the beginner level continuing through intermediate. Students enrolled in ongoing classes must pay for the upcoming month by the 1st of each month, in order to hold their spot. After this date, open enrollment will be in effect. A separate non-refundable insurance fee of \$25 per year is payable to Baldy View Gymnastics. No class 9/5 and 11/24-11/26. 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	5 yrs +	Monthly	Tu	6:00-7:00 p.m.

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

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.)

DANCE WITH ME \$35/4 SESSIONS

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

Activity #	Ages	Dates	Day	Time
DANCE 1309	2-4 yrs	9/6-9/27	Tu	9:30-10:00 a.m.
DANCE 1310	2-4 yrs	10/4-10/25	Tu	9:30-10:00 a.m.
DANCE 1311	2-4 yrs	11/8-11/29	Tu	9:30-10:00 a.m.

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. One parent per child. No class 11/25. 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.

ICE SKATING \$53/8 SESSIONS

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

Activity #	Age	Dates	Day	Time
YSPORT 90	2-5 yrs	9/21-11/9	W	11:30 a.m.-12:00 p.m.



JUST FOR ONES \$32/4 SESSIONS

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. No class 11/23. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

Activity #	Age	Dates	Day	Time
YSI 86	12-23 mos.	9/7-9/28	W	9:00-10:00 a.m.
YSI 87	12-23 mos.	10/5-10/26	W	9:00-10:00 a.m.
YSI 88	12-23 mos.	11/2-11/30	W	9:00-10:00 a.m.

JUST FOR TWOS \$32/4 SESSIONS

Children will play with "twos" their size with the help of a parent or caregiver. Activities will include songs, finger-plays, story-time, and arts and crafts. Parents will learn to guide their child's development in language and coordination skills. A \$5 supply fee is payable to the instructor at the first class. One parent per child. No class 11/23. Instructor: Valerie Johnson Location: Tiny Tots Community Building, 1200 E. Foothill Boulevard, Upland

Activity #	Age	Dates	Day	Time
YSI 89	2-3 yrs	9/7-9/28	W	10:00-11:00 a.m.
YSI 90	2-3 yrs	10/5-10/26	W	10:00-11:00 a.m.
YSI 91	2-3 yrs	11/2-11/30	W	10:00-11:00 a.m.

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	9/6-10/25	Tu	9:30-10:20 a.m.
YSPORT 63	Bunnies, 18-24 mos	9/10-10/29	Sa	10:55-11:45 a.m.
YSPORT 96	Thumpers, 25-35 mos	9/10-10/29	Sa	10:55-11:45 a.m.
YSPORT 20	Thumpers, 25-35 mos	9/8-10/27	Th	10:30-11:20 a.m.
YSPORT 84	Cottonails, 2.5-3.5 yrs	9/8-10/27	Th	9:30-10:20 a.m.

MULTI-SPORT BY TRIFYTT \$69/6 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. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 167	1.5-2 yrs	10/8-11/12	Sa	10:30-11:00 a.m.
YSPORT 177	2-3 yrs	10/8-11/12	Sa	10:00-10:30 a.m.

PIANO FOR BEGINNERS \$60/5 SESSIONS

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

Activity #	Age	Dates	Day	Time
MUSIC 39	3-5 yrs	9/12-10/10	M	4:15-5:00 p.m.

T-BALL BY TRIFYTT \$69/6 SESSIONS

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

Activity #	Age	Dates	Day	Time
YSPORT 130	2-3 yrs	9/28-11/2	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 the ability to follow simple directions. We'll concentrate on developing these attributes to ensure effective learning in any future Tiny Tots class. The 3's will be introduced to work independently in writing, crafts, and computers. Please bring a small healthy snack and drink to each class. A \$10 supply fee is payable to the instructor at the first class. Children must turn/have turned the age of 3 in May 2016 or after. No class 9/8 and 9/10. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 309	3 yrs	9/6-9/29	T/Th	9:30 a.m.-12:00 p.m.	\$136/8
TT 310	3 yrs	10/4-10/27	T/Th	9:30 a.m.-12:00 p.m.	\$136/8
TT 311	3 yrs	11/1-11/17	T/Th	9:30 a.m.-12:00 p.m.	\$102/6

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 11/11 and 11/21-11/25. Instructor: Sandra Farley Instructor Aide: Mrs. Nancy

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 709	3 & 4 yrs	9/7-9/30	M/W/F	9:00 a.m.-12:15 p.m.	\$187/11
TT 710	3 & 4 yrs	10/3-10/28	M/W/F	9:00 a.m.-12:15 p.m.	\$204/12
TT 711	3 & 4 yrs	11/2-11/30	M/W/F	9:00 a.m.-12:15 p.m.	\$153/9

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. Instructor: Andrea Kendall Instructor Aide: Valerie Johnson

Activity #	Age	Dates	Day	Time	Fee/Sessions
TT 3109	3 & 4 yrs	9/6-9/30	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$204/12
TT 3110	3 & 4 yrs	10/4-10/27	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$187/11
TT 3111	3 & 4 yrs	11/1-11/18	Tu/Th/F	9:00 a.m.-12:00 p.m.	\$153/9



FUN WITH LEARNING

NEW

CHINESE/MANDARIN FOR YOUTH

\$100/6 SESSIONS

Our method of instruction immerses young participants in the language of Chinese/Mandarin, making learning both fast and easy. Our experienced fluent instructors use relaxed conversations along with fun and engaging activities to help the participant learn to think and communicate in their new language. A \$20/*\$10 supply fee is payable to the instructor at the first class. No class 11/26, 12/24, and 12/31. *Students must attend the full session to attend the mini session.

Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Ages	Dates	Day	Time	Fee/Sessions
YSI 76	5-12 yrs	9/17-11/19	Sa	11:00 a.m.-Noon	\$165/10
YSI 77*	5-12 yrs	12/3-1/7	Sa	11:00 a.m.-Noon	\$67/4

NEW

FUN WITH ANIMATION \$60/4 SESSIONS

Enjoy the excitement of creating your very own Stop Animation Movie! Your child will learn the basic skills needed to create a full motion animated movie using common tools found in your own home. This class is geared to make a step-by-step production, simple enough for children to understand and love! Children will enter the program to learn animation and leave with knowledge to last a life time! YSI 19 participants will create a Halloween themed animation movie. YSI 21 participants will create a winter themed animation movie. A \$5 supply fee is payable to the instructor at the first class. Students must provide one USB Flash Drive with 2 GB of free space. Animated movies will be stored on the USB Flash Drive. No class 11/26. Instructor: Mr. Jim Location: Magnolia Recreation Center, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time	Location:
YSI 19	6-12 yrs	9/24-10/15	Sa	10:00 a.m.-Noon	Mag. Rec. Center, Lounge
YSI 20	6-12 yrs	11/12-12/10	Sa	10:00 a.m.-Noon	Mag. Rec. Center, South Hall
YSI 21	6-12 yrs	12/27-12/30	Tu-F	10:00 a.m.-Noon	Mag. Rec. Center, Lounge

FUN WITH SCIENCE

"ALL ABOUT PUMPKINS"

\$11/1 SESSION

Kids, lets learn all about pumpkins with fun pumpkin themed activities. At the end of class, each student will take a pumpkin home! A \$3 material fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 100	5-11 yrs	10/18	Tu	3:30-4:30 p.m.

FUN WITH SCIENCE

"HALLOWEEN PARTY"

\$13/1 SPOOKY SESSION

Join this Halloween science party involving potions, ghosts, skeletons, spiders and screams! Enjoy fun experiments and crafts to take home. \$7 material fee is payable to the instructor at the beginning of class. Instructor: Fun With Science Staff Location: Magnolia Recreation Center, Lounge

Activity#	Age	Dates	Day	Time
YSI 99	5-11 yrs	10/21	Tu	4:00-5:30 p.m.

LITTLE CHEFS FOR THE

HOLIDAYS WITH MS. COOPER

\$15/2 SESSIONS

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

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



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

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

Activity#	Age	Dates	Day	Time
YSI 6	6-10 yrs	9/21-10/12	W	3:30-4:30 p.m.
YSI 7	6-10 yrs	10/26-11/16	W	3:30-4:30 p.m.

SEWING INTRODUCTION FOR YOUTH \$99/4 SESSIONS

Designed for those without sewing experience. Students will learn the fundamentals of operating a sewing machine and basic stitching techniques with extra safety precautions, smaller class sizes, and extra breaks in between lessons. A \$10 supply fee is payable to the instructor at the first class. No class 11/22 and 11/24. Instructor: Cut Sew Stitch Staff Location: Cut Sew Stitch, 987 W. Foothill Boulevard, #A, Claremont

Activity #	Age	Dates	Day	Time
YSI 12	8 yrs +	9/6-9/27	Tu	4:00-5:30 p.m.
YSI 13	8 yrs +	11/1-11/29	Tu	4:00-5:30 p.m.
YSI 14	8 yrs +	10/6-10/27	Th	4:00-5:30 p.m.
YSI 15	8 yrs +	11/3-12/1	Th	4:00-5:30 p.m.

NEW SIGN LANGUAGE FOR YOUTH \$100/6 SESSIONS

The use of Sign Language has expanded beyond the deaf and hard of hearing and is the only form of non-written and non-spoken communication that millions of people in the world have. In our Sign Language For Youth course, skills learned will focus on the basic principles of phrasing, sentence patterns, manual counting, spelling, semantics, and the development of expressive and receptive abilities. A \$20/*\$10 supply fee is payable to the instructor at the first class. No class 11/26, 12/24, and 12/31. *Students must attend the full session to attend the mini session. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Age	Dates	Day	Time	Fee/Sessions
YSI 151	5-12 yrs	9/17-11/19	Sa	10:00-11:00 a.m.	\$165/10
YSI 152*	5-12 yrs	12/3-1/7	Sa	10:00-11:00 a.m.	\$67/4

NEW SPANISH FOR YOUTH \$100/6 SESSIONS

Our method of instruction immerses young participants in the language of Spanish, making learning both fast and easy. Our experienced fluent instructors use relaxed conversations along with fun and engaging activities to help the participant learn to think and communicate in their new language. A \$20/*\$10 supply fee is payable to the instructor at the first class. No class 11/26, 12/24, and 12/31. *Students must attend the full session to attend the mini session. Instructor: International Language School for Children & Adults Staff v Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Ages	Dates	Day	Time	Fee/Session
YSI 173	5-12 yrs	9/17-11/19	Sa	9:00-10:00 a.m.	\$165/10
YSI 174*	5-12 yrs	12/3-1/7	Sa	9:00-10:00 a.m.	\$67/4



BREAKFAST WITH SANTA

Saturday, December 3rd • 8:00 a.m. - 10:00 a.m.
Activity #SE 12 • All ages are welcome • \$4 per person
Gibson Senior Center, 250 N. Third Avenue, Upland

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. Please register in advance.



LETTER TO SANTA

Activity #SE 28
\$1 per letter

All letters must be received no later than Thursday, December 8th

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, 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

2016 HOME FOR THE HOLIDAYS

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

- Neighborhood (A minimum of three houses)
- Humorous
- Lights Extravaganza
- Originality

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, inside Magnolia Park or at www.ci.upland.ca.us. For more information, please contact the Upland Recreation Division at (909) 931-4280.





YOUTH SPORTS

BASEBALL INTRODUCTION BY TRIFYTT

\$69/6 SESSIONS

Our Baseball introduction will cover a wide variety of skills designed to make each athlete a better well-rounded baseball player while learning more about the sport. Fundamentals will cover properly warm up, hitting, fielding, and proper throwing mechanics. All athletes will receive a TriFytt T-shirt. Instructor: TriFytt Sports Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 156	5-8 yrs	9/28-11/2	W	4:00-4:45 p.m.

BASKETBALL SKILLZ BY TRIFYTT

\$69/6 SESSIONS

Here is a great chance for athletes to learn or improve their basketball skills. Learn offensive moves such as the stop and pop, step back, and so much more! We will also teach the athletes the benefits of sportsmanship, goal setting, and teamwork. All athletes will receive a TriFytt T-shirt. Instructor: TriFytt Sports Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 46	5-8 yrs	9/19-10/24	M	4:00-4:45 p.m.
YSPORT 47	8-12 yrs	9/19-10/24	M	5:00-5:45 p.m.



COMBINED MARTIAL ARTS

\$30/4 SESSIONS

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

Activity #	Age	Dates	Day	Time
YSPORT 6609	5-7 yrs	9/7-9/28	W	5:00-5:50 p.m.
YSPORT 6610	5-7 yrs	10/5-10/26	W	5:00-5:50 p.m.
YSPORT 6611	5-7 yrs	11/9-11/30	W	5:00-5:50 p.m.
YSPORT 6809	8-10 yrs	9/7-9/28	W	6:00-7:00 p.m.
YSPORT 6810	8-10 yrs	10/5-10/26	W	6:00-7:00 p.m.
YSPORT 6811	8-10 yrs	11/9-11/30	W	6:00-7:00 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 ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
YSPORT 95	2-5 yrs	9/22-11/10	Th	6:00-6:30 p.m.
YSPORT 92	2-5 yrs	9/24-11/12	Sa	12:45-1:15 p.m.
YSPORT 70	6-14 yrs	9/20-11/8	Tu	6:30-7:00 p.m.
YSPORT 75	6-14 yrs	9/24-11/12	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 5009	6-12 yrs	9/6-9/27	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5010	6-12 yrs	10/4-10/25	Tu	5:30-6:30 p.m.	\$38/4
YFIT 5011	6-12 yrs	11/1-11/29	Tu	5:30-6:30 p.m.	\$42/5
YFIT 7009	6-12 yrs	9/3-9/24	Sa	9:00-10:00 a.m.	\$38/4
YFIT 7010	6-12 yrs	10/1-10/29	Sa	9:00-10:00 a.m.	\$42/5
YFIT 7011	6-12 yrs	11/5-11/19	Sa	9:00-10:00 a.m.	\$28.50/3

KICK OR TREAT

\$10/1 SESSION

Join us for a spooky time full of fun including games, candy, a haunted house, bounce house, obstacle course, crafts and restaurant specials. Don't forget to wear your costume to be entered in the costume contest! Registration fee includes tickets for carnival style activities. Additional tickets may be purchased the day of the event. Please register no later than Wednesday, October 26th. Instructor: Upland Sports Arena Staff Location: Upland Sports Arena, 1721 W. 11th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 169	18 mos.-7 yrs	10/29	Sa	1:00-4:00 p.m.



2016 Aquatics Staff: Back Row: Ashley Shepherd, Ashley Dabu, Falon Hafoka, Audrey Perez Garcia, Vanessa Murray, and Jennifer Payne

Front Row: Alex Falk, Rudy Varo, Nic Martinez, Gabe Cobb, and Jacob Bubenheim

2016 Aquatics Staff

Thanks For A Great Summer!

The Upland Aquatics Staff wants to "Thank You" and hopes to see you next summer!

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 21	Hoppers, 3-4 yrs	9/7-10/26	W	10:30-11:20 a.m.
YSPORT 105	Hoppers, 3-4 yrs	9/10-10/29	Sa	10:55-11:45 a.m.

ADVANCED:

YSPORT 83	Micro, 4-5 yrs	9/6-10/25	Tu	6:10-7:00 p.m.
YSPORT 106	Micro, 4-5 yrs	9/10-10/29	Sa	11:05-11:55 a.m.
YSPORT 24	Micro, 6-7 yrs	9/8-10/27	Th	6:10-7:00 p.m.
YSPORT 23	Micro, 6-7 yrs	9/10-10/29	Sa	11:05-11:55 a.m.

MULTI-SPORT BY TRIFYTT \$69/6 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. Instructor: TriFytt Sports Academy Staff Location: McCarthy Park, San Antonio Avenue & 20th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 87	3-5 yrs	10/8-11/12	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. Instructor: TriFytt Sports Academy Staff Location: Magnolia Park, 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
YSPORT 131	3-5 yrs	9/28-11/2	W	5:00-5:45 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 11/25. 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 6709	4-6 yrs	9/6-9/27	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6710	4-6 yrs	10/4-10/25	Tu	5:00-5:30 p.m.	\$26/4
YFIT 6711	4-6 yrs	11/1-11/29	Tu	5:00-5:30 p.m.	\$32.50/5
YFIT 6909	4-6 yrs	9/2-9/30	F	5:00-5:30 p.m.	\$32.50/5
YFIT 6910	4-6 yrs	10/7-10/28	F	5:00-5:30 p.m.	\$26/4
YFIT 6911	4-6 yrs	11/4-11/18	F	5:00-5:30 p.m.	\$19.50/3
YFIT 6609	4-6 yrs	9/2-9/30	Tu/F	5:00-5:30 p.m.	\$52/9
YFIT 6610	4-6 yrs	10/4-10/28	Tu/F	5:00-5:30 p.m.	\$48/8
YFIT 6611	4-6 yrs	11/1-11/29	Tu/F	5:00-5:30 p.m.	\$48/8

YOGA FOR KIDS

Yoga For Kids is a playful and imaginative beginner Yoga class created just for children. Students will be introduced to Yoga postures, meditation, and breathing techniques in a fun and entertaining environment. Please wear comfortable clothing and bring a water bottle to class. No class 11/27. Instructor: Amy Frye Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
YFIT 1401	5-14 yrs	9/11-10/9	Su	3:00-3:45 p.m.	\$30/5
YFIT 1402	5-14 yrs	10/23-12/4	Su	3:00-3:45 p.m.	\$36/6

Upland Sports Corner

For registration information, please view the following websites:

American Little League: www.uplandamericanll.org

AYSO Soccer: www.ayso32.org

Pony League: www.eteamz.com/uplandpony

Foothill Little League: www.uflf.org

Hilltoppers Girls Softball: www.uplandhilltoppers.com

Upland Hurricanes Football: www.uplandjaaf.com

National Little League: www.uplandnational.com

Pop Warner Football: www.uplandpopwarner.com

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

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	9/14-10/12	W	4:30-5:30 p.m.
MUSIC 33	12 yrs +	9/14-10/12	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. No class 7/4. 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	9/12-10/10	M	4:15-5:00 p.m.
MUSIC 41	6-9 yrs	9/12-10/10	M	5:00-5:45 p.m.
MUSIC 42	10 yrs +	9/12-10/10	M	5:45-6:30 p.m.



ADULT DANCE

BALLROOM DANCE FOR BEGINNERS

\$65/6 SESSIONS

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
DANCE 46	16 yrs +	9/2-10/7	F	7:00-8:00 p.m.
DANCE 47	16 yrs +	10/14-11/18	F	7:00-8:00 p.m.



BALLROOM DANCE FOR INTERMEDIATES

\$65/6 SESSIONS

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
DANCE 83	16 yrs +	9/2-10/7	F	8:00-9:00 p.m.
DANCE 84	16 yrs +	10/14-11/18	F	8:00-9:00 p.m.

BELLY DANCE

\$40/4 SESSIONS

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

Activity #	Age	Dates	Day	Time
DANCE 59	14 yrs +	9/9-9/30	F	6:30-7:30 p.m.
DANCE 60	14 yrs +	10/7-10/28	F	6:30-7:30 p.m.
DANCE 61	14 yrs +	11/4-11/25	F	6:30-7:30 p.m.

DANCE LIKE STARS

AT YOUR SPECIAL EVENT

\$65/6 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 +	9/2-10/7	F	6:00-7:00 p.m.

HULA FOR ADULTS

\$105/12 SESSIONS

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

Activity #	Age	Dates	Day	Time
DANCE 17	16 yrs +	9/6-11/29	Tu	6:30-7:00 p.m.

NIGHTCLUB TWO-STEP

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	Fee/Sessions
DANCE 7210	16 yrs +	10/14-11/18	F	6:00-7:00 p.m.	\$65/6
DANCE 7212	16 yrs +	12/2-12/16	F	7:00-8:00 p.m.	\$35/3

SEPTEMBER FIESTA AT LAST NAME BREWING



**2120 Porterfield Way, Upland
Saturday, September 24th
12:00 p.m. - 10:00 p.m.**

Have fun with family and friends, while raising money for our community's children. Enjoy craft beer, Polka and Latin bands, as well as German and Mexican food. A portion of the proceeds will benefit the Upland Community Partnership's Neighborhood based after school programs. For more information, please contact the Upland Recreation Division at (909) 931-4280.

SACRED FEMININE DANCE

\$48/4 SESSIONS

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

Activity #	Age	Dates	Day	Time
DANCE 2409	Adult	9/6-9/27	Tu	10:00-11:00 a.m.
DANCE 2410	Adult	10/4-10/25	Tu	10:00-11:00 a.m.
DANCE 2411	Adult	11/8-11/29	Tu	10:00-11:00 a.m.

TANGO FOR BEGINNERS

\$35/3 SESSIONS

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

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

WALTZ & FOXTROT

\$35/3 SESSIONS

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

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



ADULT HEALTH AND FITNESS

BODY CONDITIONING

\$55/21 SESSIONS

Body Conditioning is an exercise program for men and women, structured to allow a "work at your own pace" routine. This 1-hour session includes warm-up, stretches, calisthenics, low to high impact aerobics, and cool down exercises done to "easy listening" music. Please wear comfortable clothing and tennis shoes and bring a mat or towel for floor workout, water bottle, and your own 1/2-3 pound weights (optional) to each class. No class 10/13, 11/3, and 11/24. Instructor: Virginia Aguilar-Riley Location: Magnolia Recreation Center, North Hall

Activity #	Age	Dates	Day	Time
FIT 1	Adult	9/13-12/1	T/Th	6:00-7:00 p.m.

CROSSFIT KINNICK BOOTCAMP

\$100/8 SESSIONS

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. No class 11/24. Instructor: CrossFit Kinnick Staff Location: CrossFit Kinnick, 166 S. 2nd Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 69	Adult	9/6-9/29	T/Th	6:00-7:00 p.m.
FIT 70	Adult	10/4-10/27	T/Th	6:00-7:00 p.m.
FIT 71	Adult	11/1-11/29	T/Th	6:00-7:00 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 ice skating students will receive a certificate of completion, a photo, and the opportunity to participate in an ice skating recital at the end of the 8-week session. All public sessions are offered to Upland Recreation Division participants free seven days a week while registered in classes. Skate rental is \$3 per day. Instructor: Ontario Ice Arena Staff Location: Ontario Ice Arena, 1225 W. Holt Boulevard, Ontario.

Activity #	Age	Dates	Day	Time
ASPORT 18	15 yrs +	9/22-11/10	Th	6:30-7:00 p.m.



LET'S RELAX YOGA

Enjoy your Sunday evening with easy Yoga postures to help you relax and prepare for the week ahead. Class will include simple stretches done on the floor with provided mats, breathing techniques, and guided meditation. Please wear comfortable clothing and bring a blanket and water bottle to class. No class 11/27. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 10	Adult	9/11-10/9	Su	6:00-7:15 p.m.	\$50/5
FIT 48	Adult	10/23-12/4	Su	6:00-7:15 p.m.	\$60/6



MIX IT UP 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, strengthen, and lose inches. Celebrate health, fitness, and your life! Please wear comfortable clothing and bring a water bottle to class. Instructor: Sandy Jones Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 22	Adult	9/13-10/11	Tu	7:30-8:30 p.m.	\$50/5
FIT 52	Adult	10/25-12/6	Tu	7:30-8:30 p.m.	\$60/6

PILATES

\$57/6 SESSIONS

Pilates is a gentle, yet powerful method of full body and mind conditioning, focusing on increased strength and flexibility, abdominal and limb toning and neurological stimulation. Pilates provides a well-rounded and low chance of injury method, due to slow and precise movement. With consistency, results can become apparent very quickly. For some students, improvement and progress is often times immediate. Classes take place in a relaxed and intimate environment. Modifications providing alternate levels of difficulty make this class possible for all fitness levels to participate. Please wear comfortable clothing and bring an exercise mat or towel and water bottle to each class. Instructor: Linda Hardison Location: Blue Iris Studio, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time
FIT 42	Adult	9/30-11/4	F	9:00-10:00 a.m.
FIT 43	Adult	11/11-12/16	F	9:00-10:00 a.m.

PILATES FUSION

\$57/6 SESSIONS

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

Activity #	Age	Dates	Day	Time
FIT 44	Adult	9/28-11/2	W	9:00-10:00 a.m.
FIT 45	Adult	11/9-12/14	W	9:00-10:00 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. 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	9/12-10/17	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 39	Adult	10/24-11/28	M	8:00-9:00 a.m.	Elements of Change Dojo
FIT 37	Adult	9/7-10/12	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 38	Adult	10/19-11/23	W	8:00-9:00 a.m.	Elements of Change Dojo
FIT 11	Adult	9/12-10/17	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall
FIT 12	Adult	10/24-11/28	M	6:00-7:00 p.m.	Mag. Rec. Center, North Hall

YOGA THURSDAYS

The Hatha Yoga system of fitness benefits the entire body. The physical body is completely exercised, using relaxed, yet specific movements. Special deep breathing techniques are taught, assisting in one's focus, mental clarity, and relaxation. Celebrate health, fitness, and your life! Please wear comfortable clothing and bring a water bottle to class. No class 11/24. Instructor: Sandy Jones Location: Blue Iris, 322 N. Mountain Avenue, Upland

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 59	Adult	9/15-10/13	Th	7:30-8:30 p.m.	\$50/5
FIT 60	Adult	10/27-12/8	Th	7:30-8:30 p.m.	\$60/6

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 \$25 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge.

Activity #	Age	Date	Day	Time
ASI 168	16 yrs +	1/18	W	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. A two-year certification will be provided upon completion of this course. A \$25 supply fee is payable to the instructor at the beginning of class. Instructor: Deborah Parsons, Certified with American Heart Association and American Health and Safety Institute. Location: Magnolia Recreation Center, Lounge

Activity #	Age	Date	Day	Time
ASI 169	16 yrs +	11/5	Sa	9:00 a.m.-5:00 p.m.

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

DOG OBEDIENCE— BEGINNER NOVICE

\$125/6 SESSIONS

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

Activity #	Age	Dates	Day	Time	Location
ASI 110	14 yrs +	8/25-9/29	Th	6:30-7:30 p.m.	Magnolia Park
ASI 5	14 yrs +	9/10-10/15	Sa	10:00-11:00 a.m.	Baldy View Park
ASI 4*	14 yrs +	10/13-11/17	Th	6:30-7:30 p.m.	Magnolia Park
ASI 3	14 yrs +	12/3-1/21	Sa	10:00-11:00 a.m.	Baldy View Park

DOG OBEDIENCE/ PUPPY PRE-SCHOOL

\$125/6 SESSIONS

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

Activity #	Age	Dates	Day	Time
ASI 107	14 yrs +	8/25-9/29	Th	7:30-8:30 p.m.
ASI 86	14 yrs +	10/13-11/17	Th	7:30-8:30 p.m.

Upland Community Partnership For Youth Development

Annual Fundraising Dinner

Join us for our 20th Annual
Spaghetti Dinner Fundraiser

Saturday, November 5th
5:30 p.m. - 8:00 p.m.

Gibson Senior Center, 250 N. Third Ave., Upland

All proceeds support three neighborhood based after-school programs for Upland children. Enjoy the fun...dinner, door prizes, silent auction items, entertainment, and a grand raffle prize.

Tickets:
\$20.00/Adults, \$10.00/Children

Sponsored by the Upland
Community Partnership for
Youth Development.



For more information on purchasing tickets or to be a sponsor, please contact the Upland Recreation Division at (909) 931-4280.

FAUX PINE CONE CHRISTMAS ORNAMENTS

\$15/1 SESSION

'Tis the season for stitching up some holiday pine cone ornaments to decorate your tree or give as gifts to friends and family to enjoy year after year. Supplies needed for class: 2 Styrofoam eggs, 1 fat quarter of holiday material, flat head straight pins, rotary cutter & mat or scissors, ruler, ribbon, and other garnish for the ornaments. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 195	Adult	11/7	M	6:00-8:00 p.m.

NEW

LET'S COOK! INTERNATIONAL CUISINE 80/4 SESSIONS

We may not all speak the same language throughout the world, but we all have one thing in common—food! It's the one thing that connects people globally. Come with us as we explore the ingredients, cooking methods, and cultural influence of various cuisines around the world. In this hands-on class, students will work cooperatively to prepare recipes, practice new techniques, and gain experience in the kitchen while learning from one-another. Production will include French, Italian, Asian, and African cuisine, as well as other ethnic and regional cuisines. Instructor: Larien Clark Location: Foothill Kitchen, 360 W. Foothill Blvd., Upland

Activity #	Age	Dates	Day	Time
ASI 222	16 yrs +	9/3-9/24	Sa	12:00-3:00 p.m.
ASI 226	16 yrs +	10/1-10/22	Sa	12:00-3:00 p.m.
ASI 227	16 yrs +	11/5-11/26	Sa	12:00-3:00 p.m.

NO-SEW QUILTED CHRISTMAS TREE

\$15/1 SESSIONS

Looking for something crafty, super easy, and super cute to add a special touch to your Christmas décor? The no-sew quilted Christmas tree is perfect for decoration, keepsakes, or gifts. Supplies needed for class: 12 inch Styrofoam cone, ¼ yard main color of fabric, four 1/8 yard contrasting pieces of fabric, flat head straight pins (at least 270), rotary cutter & mat or scissors, ruler, and other garnish for a tree topper. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 196	Adult	10/17	M	6:00-8:00 p.m.

RAG QUILT CHRISTMAS STOCKING

\$25/2 SESSIONS

Just in time for the holidays... Take the best of rag quilting and Christmas stocking making and what have you got? A beautiful holiday creation to give as a gift to someone special or for you to keep for yourself and hang on the mantle. Supplies needed for class: five or six coordinating flannel fat quarters, one yard of batting, scissors, ruler, straight pins, chalk, thread, and sewing machine. Instructor: Sue Currie Location: Magnolia Recreation Center, Lounge

Activity #	Age	Dates	Day	Time
ASI 190	Adult	9/26 & 10/3	M	6:00-8:00 p.m.

NEW

SEWING INTRODUCTION FOR ADULTS \$99/4 SESSIONS

Our introductory course is designed for those with no sewing experience or 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, 987 W. Foothill Boulevard #A, Claremont

Activity #	Age	Date	Day	Time
ASI 205	14 yrs +	9/3-9/24	Sa	11:00 a.m.-1:00 p.m.
ASI 206	14 yrs +	10/1-10/22	Sa	11:00 a.m.-1:00 p.m.
ASI 207	14 yrs +	11/5-11/26	Sa	11:00 a.m.-1:00 p.m.

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

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

NEW SPANISH FOR ADULTS \$100/6 SESSIONS

An introductory course for students who have either never studied the language before or for those in search of a refresher course from a high school Spanish course. In a relaxed atmosphere, empathetic teachers will create effective practice activities and present new information slowly and clearly in an organized manner that is repeated and practiced often, helping to learn practical language skills. A \$20/*\$10 supply fee is payable to the instructor at the first class. No class 11/26, 12/24, and 12/31. *Students must attend the full session to attend the mini session. Instructor: International Language School for Children & Adults Staff Location: Pitzer College, 1050 N. Mills Avenue, Claremont

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 56	16 yrs +	9/17-11/19	Sa	10:00-11:00 a.m.	\$165/10
ASI 57*	16 yrs +	12/3-1/7	Sa	10:00-11:00 a.m.	\$67/4

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	9/7-9/28	W	5:00-6:00 p.m.
ASI 24	Adult	10/5-10/26	W	5:00-6:00 p.m.
ASI 65	Adult	11/2-11/23	W	5:00-6:00 p.m.

HEALTHY Upland SENIOR DANCE AND FITNESS

NEW ARTHRITIS EXERCISE

Although it may initially seem hard to start or maintain an exercise program when you are tired or your joints ache, this may be just what you need to ease pain and improve your energy level, as exercise plays an important role in managing arthritis symptoms. With music and guidance, students will learn effective chair and standing exercises created for strength, mobility, and balance, in a fun, social, and supportive atmosphere. No class 7/19. Instructor: Joanne Dinsmore Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 1509	50 yrs +	9/6-9/27	Tu	12:30-1:30 p.m.	\$12/4
FIT 1510	50 yrs +	10/4-10/25	Tu	12:30-1:30 p.m.	\$12/4
FIT 1511	50 yrs +	11/1-11/29	Tu	12:30-1:30 p.m.	\$15/5

BALLET FOR BEGINNERS

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 9609	50 yrs +	9/9-9/30	F	10:00-11:00 a.m.	\$12/4
DANCE 9610	50 yrs +	10/7-10/28	F	10:00-11:00 a.m.	\$12/4
DANCE 9611	50 yrs +	11/4-11/18	F	10:00-11:00 a.m.	\$9/3

NEW BALLET FOR INTERMEDIATES

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 9509	50 yrs +	9/8-9/29	Th	12:00-1:00 p.m.	\$12/4
DANCE 9510	50 yrs +	10/6-10/27	Th	12:00-1:00 p.m.	\$12/4
DANCE 9511	50 yrs +	11/3-11/17	Th	12:00-1:00 p.m.	\$9/3

EASY YOGA

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 6509	50 yrs +	9/2-9/30	F	1:30-2:30 p.m.	\$25/5
FIT 6510	50 yrs +	10/7-10/28	F	1:30-2:30 p.m.	\$20/4
FIT 6511	50 yrs +	11/4-11/25	F	1:30-2:30 p.m.	\$20/4

HULA DANCE \$12/4 SESSIONS

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

Activity #	Age	Dates	Day	Time
DANCE 4909	50 yrs +	9/7-9/28	W	12:00-1:00 p.m.
DANCE 4910	50 yrs +	10/5-10/26	W	12:00-1:00 p.m.
DANCE 4911	50 yrs +	11/2-11/30	W	12:00-1:00 p.m.

LINE DANCE FOR THE ADVANCED BEGINNER

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 4009	50 yrs +	9/9-9/30	F	11:30 a.m.-12:30 p.m.	\$12/4
DANCE 4010	50 yrs +	10/7-10/28	F	11:30 a.m.-12:30 p.m.	\$12/4
DANCE 4011	50 yrs +	11/4-11/18	F	11:30 a.m.-12:30 p.m.	\$9/3

LINE DANCE FOR THE BEGINNER

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 7009	50 yrs +	9/9-9/30	F	12:30-1:30 p.m.	\$12/4
DANCE 7010	50 yrs +	10/7-10/28	F	12:30-1:30 p.m.	\$12/4
DANCE 7011	50 yrs +	11/4-11/18	F	12:30-1:30 p.m.	\$9/3

ROCK THE WALK \$20/4 SESSIONS

Experience a fun and exciting way of getting your cardio while indoors in a safe and temperature controlled environment. This class includes "Energy Bursts" which are 2-3 minute faster music intervals where we kick-up our walking pace a notch, then move it back down to a different 60's and 70's music beat. You will utilize exercise stretch bands and one-pound hand weights during class. Please wear comfortable clothing and tennis shoes and bring a stretch band, one pound hand weights and water bottle to each class. No class 11/22. Instructor: Ginger Dollarhide Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 121	50 yrs +	9/6-9/27	Tu	9:00-9:45 a.m.
FIT 122	50 yrs +	10/4-10/25	Tu	9:00-9:45 a.m.
FIT 123	50 yrs +	11/1-11/29	Tu	9:00-9:45 a.m.



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



SENIORCISE

\$22/MONTH

Designed for those looking to have fun in a social atmosphere, while getting fit by exercise and dance. Build upper and lower body strength, increase flexibility, and energize your body through mat work, weights, and simple choreographed dance/exercise routines featuring good music sounds from Broadway Musicals and the Big Band Era. Please wear comfortable clothing and bring two pound weight and water bottle to each class. Students may register for Monday & Wednesday for \$33 per month. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
FIT 5509	50 yrs +	9/12-9/26	M	9:00-10:00 a.m.
FIT 5510	50 yrs +	10/3-10/31	M	9:00-10:00 a.m.
FIT 5511	50 yrs +	11/7-11/28	M	9:00-10:00 a.m.
FIT 6409	50 yrs +	9/7-9/28	W	9:00-10:00 a.m.
FIT 6410	50 yrs +	10/5-10/26	W	9:00-10:00 a.m.
FIT 6411	50 yrs +	11/9-11/30	W	9:00-10:00 a.m.

SENIOR TAP FOR ADVANCED

\$28/MONTH

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. Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 3209	50 yrs +	9/12-9/26	M	11:15 a.m.-12:45 p.m.
DANCE 3210	50 yrs +	10/3-10/31	M	11:15 a.m.-12:45 p.m.
DANCE 3211	50 yrs +	11/7-11/28	M	11:15 a.m.-12:45 p.m.



SENIOR TAP FOR BEGINNERS

\$24/MONTH

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

Activity #	Age	Dates	Day	Time
DANCE 3709	50 yrs +	9/7-9/28	W	1:15-2:15 p.m.
DANCE 3710	50 yrs +	10/5-10/26	W	1:15-2:15 p.m.
DANCE 3711	50 yrs +	11/9-11/30	W	1:15-2:15 p.m.

SENIOR TAP FOR INTERMEDIATES I

\$26/MONTH

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! Instructor: Suellen Lassetter Location: Gibson Senior Center, Dance Room

Activity #	Age	Dates	Day	Time
DANCE 8609	50 yrs +	9/12-9/26	M	10:00-11:15 a.m.
DANCE 8610	50 yrs +	10/3-10/31	M	10:00-11:15 a.m.
DANCE 8611	50 yrs +	11/7-11/28	M	10:00-11:15 a.m.

SENIOR TAP FOR INTERMEDIATES II

\$28/MONTH

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

Activity #	Age	Dates	Day	Time
DANCE 2909	50 yrs +	9/7-9/28	W	10:00-11:30 a.m.
DANCE 2910	50 yrs +	10/5-10/26	W	10:00-11:30 a.m.
DANCE 2911	50 yrs +	11/9-11/30	W	10:00-11:30 a.m.

TAI CHI/CHI GONG

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
FIT 1409	50 yrs +	9/8-9/29	Th	1:30-2:30 p.m.	\$24/4
FIT 1410	50 yrs +	10/6-10/27	Th	1:30-2:30 p.m.	\$24/4
FIT 1411	50 yrs +	11/3-11/17	Th	1:30-2:30 p.m.	\$18/3

ZUMBA GOLD

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
DANCE 3609	50 yrs +	9/8-9/29	Th	8:45-9:45 a.m.	\$28/4
DANCE 3610	50 yrs +	10/6-10/27	Th	8:45-9:45 a.m.	\$28/4
DANCE 3611	50 yrs +	11/3-11/17	Th	8:45-9:45 a.m.	\$21/3

SENIOR SPECIAL INTERESTS

ART FOR 50+ BEGINNERS

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 48	50 yrs +	9/8-9/29	Th	12:30-2:00 p.m.	\$28/4
ASI 49	50 yrs +	10/6-10/27	Th	12:30-2:00 p.m.	\$28/4
ASI 50	50 yrs +	11/3-11/17	Th	12:30-2:00 p.m.	\$21/3

ART FOR 50+ INTERMEDIATES

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

Activity #	Age	Dates	Day	Time	Fee/Sessions
ASI 19	50 yrs +	9/6-9/27	Tu	9:30-11:30 a.m.	\$32/4
ASI 39	50 yrs +	10/4-10/25	Tu	9:30-11:30 a.m.	\$32/4
ASI 40	50 yrs +	11/1-11/29	Tu	9:30-11:30 a.m.	\$40/5

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

COMPUTER I

\$35/4 SESSIONS

Designed for seniors with no computer experience. Computer I will introduce basic computer skills, basic internet skills, and document creation, advancing forward building on these skills. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 27	50 yrs +	9/12-10/3	M	10:00 a.m.-11:30 p.m.
ASI 25	50 yrs +	10/17-11/14	M	10:00 a.m.-11:30 p.m.

COMPUTER II

\$35/4 SESSIONS

Computer II will continue to move forward from Computer I, learning more advanced computer, internet skills and document creation. Must have taken Computer I first. Instructor: Neal O' Neal Location: Gibson Senior Center, Computer Room

Activity #	Age	Dates	Day	Time
ASI 31	50 yrs +	10/17-11/14	M	11:30 a.m.-12:30 p.m.

LEARNING TO SAY IT YOUR WAY—

THE ART OF AUTOBIOGRAPHY FREE/8 SESSIONS

Tell the story of your life as you create a lasting legacy for your family and friends. Our writing exercises will help you to tell your story and develop your writing skills in a fun and non-judgmental environment. Topics to be covered include childhood, school, faith/spirituality, travel, love, career, and so much more. Please join us for a journey into your past. A \$35 supply fee is payable to the instructor at the first class. Instructors: Ann & Lucerne Hamer Location: Gibson Senior Center, Game Room

Activity #	Age	Dates	Day	Time
ASI 234	50 yrs +	9/26-11/14	M	2:00-4:00 p.m.

NEW

WRITER'S SUPPORT GROUP

FREE/3 SESSIONS

Every writer needs a group of other writers to provide support, encouragement, and critique. Whether you are an amateur or a professional, a writer of fiction, non-fiction, or poetry, if you need a place to share, this is for you. Please come to the first meeting prepared to share something you have written. A \$6 supply fee is payable to the instructor at the first class. Instructors: Ann & Lucerne Hamer Location: Magnolia Recreation Center, Lounge - 651 W. 15th Street, Upland

Activity #	Age	Dates	Day	Time
ASI 236	Adult	9/17 & 10/15 & 11/19	Sa	11:00 a.m.-2:00 p.m.

AARP DRIVER SAFETY PROGRAM

\$15/Members & \$20/Non-Members
Gibson Arts & Crafts Room

REFRESHER COURSE:

Tues., September 6th
12:00 p.m. - 5:00 p.m.

FULL COURSE:

Monday, November 7th &
Tuesday, November 8th
12:00 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 pre-payment required. Checks are to be made payable to AARP. No cash please. All registration MUST be completed at the Gibson Senior Center.



TRIPS & TOURS

DANISH DAYS IN SOLVANG

\$46 PER PERSON

Spend your day just north of Santa Barbara, at the Danish Capital of America. This quaint town of Solvang blends Old World Architectural styles with both Old and New World tastes, along flower-lined streets, which create a walk-able village. Enjoy the showcase of unusual quality imports and collectibles from over 200 merchants, Danish folk dancing, parades, the aroma of chocolate, coffee and beer gardens, and bakeries-a-plenty as you travel the streets of Solvang. Spend time on your own or with friends where the good life and simple pleasures are remembered.

Activity	Age	Date	Depart	Return
#41	7 yrs +	Sa, Sept 17th	7:30 a.m.	8:00 p.m.

APPLE DAYS IN JULIAN

\$37 PER PERSON

Julian is a historic gold mining town located approximately an hour east of San Diego. It is the premier mountain retreat in the county and is unique in that it has four seasons. Although famous for apples and their superb apple pie, one can enjoy all year round. Specialty shops line the streets with several choices for lunch on your own today. Then, stop in at one of the local wineries, take a horse-drawn carriage through town or just sit and relax. We will also stop in at the famous Dudley's Bakery in Santa Isabel before arriving into Julian. The day is yours...enjoy!

Activity	Age	Date	Depart	Return
#42	7 yrs +	Th, Oct 20th	8:00 a.m.	6:00 p.m.

RONALD REAGAN LIBRARY "CHRISTMAS AROUND THE WORLD"

\$82 PER PERSON

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

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

HOLIDAYS ALONG THE HARBOR \$59 PER PERSON

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

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

MISSION MEMORIES

\$62 PER PERSON

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

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

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

George M. Gibson Senior Center

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

Lectures are held in the Gibson Arts & Crafts Room

GIBSON LECTURE SERIES *Pre-registration required.*

HEALTHY GUT

Friday, September 9th, 10:00 a.m. - 11:30 a.m.

Ayurvedic medicine teaches how to avoid halitosis, abdominal bloating, reflux, constipation, and diarrhea. Learn home remedies for normal digestion from the stomach, to the colon, the liver, pancreas, and gallbladder. Presented by Yael Steinfeld, RNP, MSN Certified Ayurvedic Practitioner.

LUNGS 101

Thursday, September 15th, 10:00 a.m. - 11:00 a.m.

Learn basic information regarding asthma, COPD, lung cancer, and tuberculosis. Presented by the American Lung Association.

SELF CARE

Friday, September 23rd, 10:00 a.m. - 11:00 a.m.

Learn how to create your own self-care plan, use aromatherapy, and how to assess your own self-care. Presented by Innovage.

LOW VISION WELLNESS

Monday, September 26th, 10:30 a.m. - 11:30 a.m.

Learn about the wide variety of available equipment and adaptive devices to help maximize remaining vision. Presented by the Braille Institute & West End Family Counseling Services.

SENIOR SAFETY & SELF DEFENSE

Monday, October 3rd, 10:00 a.m. - 11:00 a.m.

Learn about personal safety and steps you can take to decrease susceptibility to sexual assault, robbery, burglary, and exploitation. Presented by Project Sister Family Services & West End Family Counseling.

MEDICARE 101

Thursday, October 20th, 10:00 a.m. - 11:00 a.m.

Learn more about Open Enrollment, Medicare Part A, Part B, and Park D, hospital insurance, Medi-Cal insurance, and prescription drug plans. Presented by HICAP. HICAP offers free Medicare information.

HEALTHY EYES

Friday, October 28th, 10:00 a.m. - 11:00 a.m.

Ayurveda offers many home remedies for healthy vision and good sight. Presented by Yael Steinfeld, RNP, MSN Certified Ayurvedic Practitioner.

LEARN THE ABC'S OF HEARING

Thursday, November 3rd, 9:00 a.m. - 11:30 a.m.

Understand the different types of hearing loss and potential side effects, treatments, treatment outcomes, and receive information regarding hearing aids or other hearing related topics. Hearing screenings will also be available. Presented by Connect Hearing.

HICAP ENROLLMENT COUNSELING

Friday, November 18th & Monday, November 28th, 10:00 a.m. - 2:00 p.m.

Confused? Have questions? Learn about supplemental insurance, Part D prescription coverage, Medi-Care/Medi-Cal Dual Eligibility, Medi-Cal Private Health Plans, and much more. Presented by HICAP. HICAP offers free Medicare information.

Special events are held in the Gibson Dining Room

GIBSON SPECIAL EVENTS

HEALTH FAIR & FLU SHOT CLINIC

Monday, October 10th, 8:00 a.m. - Noon

FREE

For those 50 years or older, join us for this very informative Health Fair. The regular seasonal flu vaccine will be administered for free on a first-come, first-serve basis and will be available until either noon or until the vaccine runs out. Free screenings will also be offered, as well as give-a-ways! For more information, please contact the Gibson Senior Center at (909) 981-4501.

HALLOWEEN CARNIVAL & COSTUME CONTEST

Monday, October 31st, 2:30 p.m. - 5:00 p.m.

FREE

Let's have a Spook-tacular afternoon celebrating Halloween, complete with games, snacks, prizes, and a costume contest. The winners of the costume contest will be announced at 4:30 p.m. For those interested, enjoy the movie *Hocus Pocus* in the Arts & Crafts Room at 3:00 p.m.

A DAY OF THANKS TO OUR VETERANS

Friday, November 11th, 9:00 a.m. - 10:30 a.m.

FREE

Come give thanks to our veterans and enjoy a donut, coffee, and some great conversation.

GIBSON HOLIDAY BREAKFAST

Friday, December 9th, 9:00 a.m. - 11:00 a.m.

\$5 Per Person

Santa Claus is coming to town and he's bringing an awesome holiday breakfast with him! Complete with holiday décor, music by DJ Connection, and photos with Mr. Claus, this is a great way to continue your holiday celebrations! Tickets go on sale Friday, November 18th.

GIBSON DESSERT SOCIAL

Thanks to our generous sponsors and wonderful volunteers, the Gibson Senior Center is able to provide the main dishes for each Gibson Dessert Social.

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

Meet in the Senior Center lobby

\$2 Per Person (Except when noted otherwise)

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

WELCOME FALL!

Tuesday, September 27th

Fall is here! Let's celebrate with apple pie and hot coffee! Then, let's enjoy a great game of Bingo!

IT'S THE GREAT PUMPKIN!

Tuesday, October 25th

Wow! What a treat...pumpkin bread with hot coffee or hot tea and a game of Bingo!

LET'S GIVE THANKS!

Tuesday, November 22nd

Let's celebrate the upcoming holiday with a slice of pumpkin pie with yummy whipped cream and hot coffee. Don't forget to stay for a game of Bingo!



Hours: Monday – Friday, 8:30 a.m. - 5:00 p.m. • Closed Saturdays and Sundays
The Gibson Senior Center will be closed on September 5th, November 24th, and November 25th



56th Annual Upland-Foothill Kiwanis Senior Holiday Party

FREE Sunday, December 4th
1:00 p.m. – 3:00 p.m.

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

For more information,
please contact Lauren Van Lul at (909) 931-9192.

GIBSON WORKSHOPS

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

SAVY CAREGIVER –
A SIX PART SERIES
Thursday, September 8th & Thursday,
September 22nd



The last two lectures of a series of six that provides caregivers with the basic knowledge, skills, and attitudes needed to care for a family member who has been diagnosed with Alzheimer's disease or another form of dementia.

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.

SHOULDERS: STRENGTH BUILDING &
THEIR EFFECT ON POSTURE
Tuesday, September 20th

UNDERSTANDING THE SOURCE OF
NECK PAIN & HEADACHES

Tuesday, October 18th

HOW TO KEEP YOUR BACK FROM
HUNCHING FORWARD

Tuesday, November 15th

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.

COMMUNITY CONNECTIONS TRANSPORTATION SERVICES

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

FALL FUN

MONTHLY POOL TOURNAMENTS

Held the last Monday of each month
1:00 p.m. - 4:00 p.m. • \$5 per person

Sign-ups are taken at the front desk. Great prizes for 1st, 2nd, and 3rd place. Open to men and women.

MOBILE FRESH



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

Promoting Healthy Lifestyles...a program of Family Service Association. Cash, Debit/Credit and EBT accepted.

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.)

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. Please call regarding availability. Schedule subject to change.

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

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 (909) 981-4501 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)
Patty Scammacca, (909) 985-5888

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.

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.

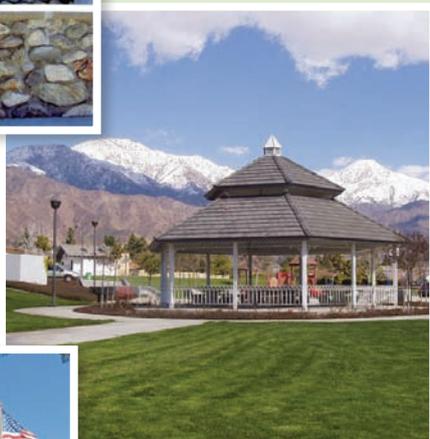
Upland residents may make reservations up to 12 months in advance. Non-residents may reserve parks up to 6 months in advance.

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

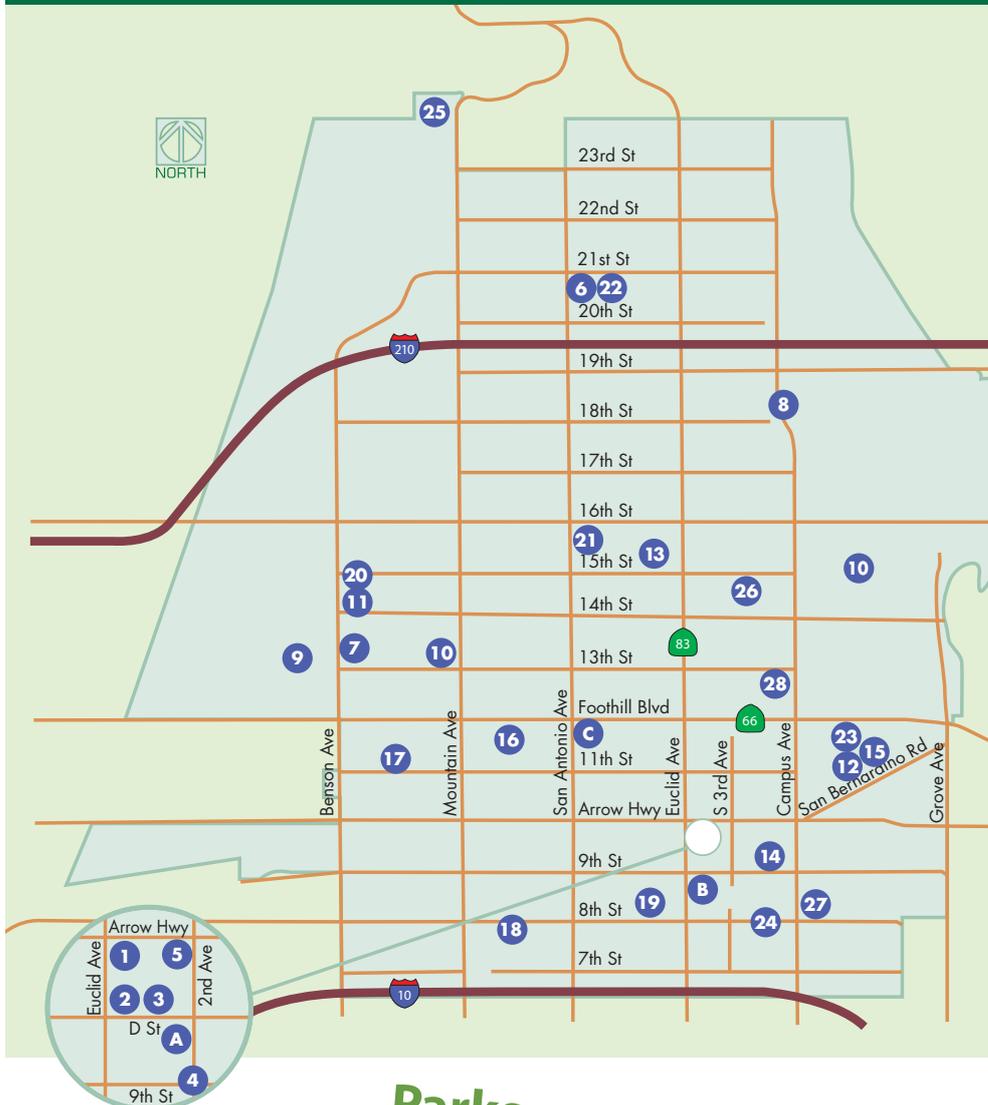
Celebrate the community and where it comes from at San Antonio Park. San Antonio Park, located at Mountain Avenue and 24th Street, is home to the historic stone and mortar Waiting Station of the old Ontario & San Antonio Heights Railroad Company. The Waiting Station hosts a mini museum and picturesque mural reflecting the legacy of William G. Kerckhoff. For more information or to check availability and pricing, please contact the 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
16 Baldy View Park—11th St. between Mountain and San Antonio Ave.	0				•	•				•	•	•	•	•			
17 Cabrillo Park—11th St. between Benson and Mountain Ave.	3		•	•						•	•	•	•	•			
18 Citrus Park—8th St. between Mountain and San Antonio Ave.	1	•		•						•	•	•	•	•			
19 Fern Reservoir Park—8th St. between Euclid and San Antonio Ave.	0								•	•	•	•	•	•			
20 Greenbelt Park—15th St. between Mountain and Benson Ave.	0	•								•	•	•	•	•			
21 Magnolia Park—15th St. between San Antonio and Euclid Ave.	2			•						•	•	•	•	•			
22 McCarthy Park—20th St. and San Antonio Ave.	1		•	•		•	•			•	•	•	•	•			•
23 Memorial Park—Foothill Blvd. between Campus and Grove Ave.	3	•	•	•						•	•	•	•	•			•
24 Olivedale Park—8th St. between Campus and Sultana Ave.	2									•	•	•	•	•			
25 San Antonio Park—24th St. and Mountain Ave.	1	•		•						•	•	•	•	•			
26 Sierra Vista Park—15th St. between Campus and Euclid Ave.	2			•						•	•	•	•	•			
27 8th Street Reservoir Park—8th St. and Campus Ave.	0	•												•			
28 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 **SEPTEMBER**. 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 SEPTEMBER**



COMMUNITY *Calendar*

SEPTEMBER

UPLAND DAY AT THE L.A. COUNTY FAIR

Thursday, September 22nd
12:00 p.m. - 10:00 p.m.

Los Angeles County Fairgrounds, 1011 W. McKinley Avenue,
Pomona

Join us at the LA County Fair and celebrate our dedicated public safety and law enforcement officers. For more information, please visit page 6 of this newsletter.

SEPTEMBER FIESTA AT LAST NAME BREWERY

Saturday, September 24th
12:00 p.m. - 10:00 p.m.

Last Name Brewery, 2120 Porterfield Way, Upland

Have fun with family and friends, while raising money for our community's children. For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 20 of this newsletter.

OCTOBER

OKTOBERFEST/AUTUMN FAIRE

Saturday, October 1st
10:00 a.m. - 10:00 p.m.

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

Celebrate autumn with fun for the whole family! Enjoy live entertainment, carnival foods, craft vendors, food trucks, kiddie zone, raffles, and more! For more information, please visit www.coopermuseum.org.

UPLAND FIRE DEPARTMENT OPEN HOUSE & INSIDE UPLAND FAMILY PREPAREDNESS DAY

Saturday, October 15th
9:00 a.m. - 2:00 p.m.

Upland Fire Station #164, 1825 N. Campus Avenue, Upland

Join the Upland Fire Department, Upland Recreation Division, and CERT for this community event full of demonstrations and displays of preparedness and fire department equipment. For more information, please contact the Upland Fire Department at (909) 931-4180, the Upland Recreation Division at (909) 931-4280, or visit page 4 of this newsletter.

NEW VISION THEATRICALS

“THINGS THAT GO BUMP IN THE NIGHT”

Sunday, October 23rd
5:00 p.m.

Gibson Senior Center, 250 N. Third Avenue, Upland

In partnership with the Upland Recreation Division, the bright young talent of New Vision Theatricals will introduce you to the “spooktacular” delights of Halloween through music and dance. Fun for all ages. Tickets \$12. Senior discount tickets may be purchased in advance at the Gibson Senior Center for \$5. For more information, please contact Amy Budds at (818) 835-6213.

SCARY-A-FAIRE CELEBRATION

Monday, October 31st
5:00 p.m. - 8:00 p.m.

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

Join us for our Annual Scary-A-Faire Celebration in Historic Downtown Upland. For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 13 of this newsletter.

NOVEMBER

UPLAND COMMUNITY PARTNERSHIP FOR YOUTH DEVELOPMENT ANNUAL SPAGHETTI DINNER FUNDRAISER

Saturday, November 5th
5:30 p.m. - 8:00 p.m.

Gibson Senior Center, 250 N. Third Avenue, Upland

Join us for our 10th Annual Spaghetti Dinner Fundraiser supporting neighborhood based programs for Upland children. For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 22 of this newsletter.

SPARK OF LOVE CAR SHOW & TOY DRIVE KICK-OFF

Sunday, November 6th
9:00 a.m. - 2:00 p.m.

Memorial Park – Atwood Kitchen, Upland

The OldSkool 66 Cruzers are teaming up again this year with the Upland Fire Department, Upland Firefighters Association, and the Upland Recreation Division for the Annual Spark of Love Car Show & Toy Drive Kick-Off. For more information, please visit www.oldschool66cruzers.org or view page 4 of this newsletter.

VETERAN'S DAY CELEBRATION

Friday, November 11th
11:00 a.m. Parade

Upland City Courtyard, 460 N. Euclid Avenue, Upland

The annual Veteran's Day celebration returns this November with lots of opportunities for fun and celebration. For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 2 of this newsletter.

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

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

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

Come out and exercise before the big meal! For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 13 of this newsletter.

DECEMBER

BREAKFAST WITH SANTA

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

Gibson Senior Center, 250 N. Third Avenue, Upland

Get your wish list ready and join us for our Annual Breakfast with Santa. For more information, please contact the Upland Recreation Division at (909) 931-4280 or visit page 17 of this newsletter.

ANNUAL CHRISTMAS PARADE & HOLIDAY AFFAIRE

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

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

Join us for some old-fashioned fun! Visit with friends and neighbors, browse through unique craft and gift ideas, dine on fun holiday foods, and enjoy a wonderful parade at 11:00 a.m. Following the parade, Santa Claus will be available for free photo opportunities. For more information, please visit www.coopermuseum.org.





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