

DAILY ACTIVITIES AT THE LA FETRA CENTER

MONDAY

- 9:00am Gentle Yoga
- 9:30am "Remember The Good Old Days"
- 10:00am Journey Through Grief
- 10:00am Legal Clinic (1st week of every month)
- 11:00am Blood Sugar Screening (1st week of every month)
- 12 noon Senior Café*
- 12:30pm M-W-F Gamers
- 12:30pm Party Bridge
- 1:00pm Table Tennis
- 4:00pm Aging Well
- 6:00pm EYE-DAS (2nd week of every month)
- 7:00pm Alzheimer's Group (1st week of every month)

TUESDAY

- 8:00am Intermediate/Advanced Pool Players
- 8:30am Morning Pilates
- 8:45am Bridge Tournament
- 9:00am Tai Chi Chuan
- 10:00am Strength Training
- 12 noon Senior Café*
- 12:30pm Beading Buddies
- 12:30pm Pinochle
- 1:00pm Indoor Chair Volleyball
- 1:00pm Movie
- 4:00pm Fall-Proof Balance & Mobility
- 6:00pm Glendora Genealogy Group (4th week of every month)
- 6:30pm Beginning Line Dance
- 7:45pm Intermediate Line Dance

WEDNESDAY

- 9:00am Patch, Pin & Purl
- 9:00am After Stroke Center
- 11:00am Senior Fitness
- 12 noon Senior Café*
- 12:30pm M-W-F Gamers
- 12:45am Mah Jong
- 1:00pm Bunco (1st/3rd/5th week of every month)
- 1:00pm Canasta
- 1:00pm Computer Club (2nd/4th week of every month)
- 3:15pm Glendora Gavel Club (1st/3rd week of every month)
- 4:00pm Aging Well

THURSDAY

- 8:30am Morning Pilates
- 8:30am Party Bridge
- 10:00am Book Discussion Group (1st week of every month)
- 10:00am Meet & Greet (1st week of every month)
- 10:00am Strength Training
- 10:00am Mah Jong
- 11:00am Blood Pressure Screening (1st week of every month)
- 12 noon Senior Café*
- 1:00pm Table Tennis
- 1:15pm Current Events Discussion Group
- 4:00pm Fall-Proof Balance & Mobility
- 6:00pm Bridge Tournament

FRIDAY

- 8:00am Intermediate /Advanced Pool Players
- 8:45am Bridge Tournament
- 9:00am Gentle Yoga
- 12 noon Senior Café*
- 12:30pm M-W-F Gamers
- 12:30pm Pinochle
- 1:30pm Bingo

*Senior Café (nutrition) donation of \$3 is requested.

SATURDAY

- 8:00am Walkie-Talkies

All activities meet at the La Fetra Center, 333 E. Foothill Blvd., unless otherwise noted. For more information, call (626) 914-0560.

ALZHEIMER'S SUPPORT GROUP

Date	Age	Day	Time
Ongoing	18+	1st Mon	7:00pm - 9:00pm
Ongoing	18+	3rd Wed	11:30am - 1:30pm

Help and support for caregivers and family members of a loved one with dementia. A safe environment to share your challenges and hear how others have learned to help their loved ones have a better quality of life. Refreshments provided. Ongoing groups. Join anytime!

EYE-DAS

Date	Age	Day	Time
Ongoing	18+	2nd Mon	6:00pm - 8:30pm

EYE-DAS, the club for the visually impaired, conducts monthly meetings at the La Fetra Center. All are welcome to attend meetings which provide information, guest speakers, entertainment, and support for the visually impaired at all levels. For more information, call (626) 335-3937.

"REMEMBER THE GOOD OLD DAYS" - HOW TO WRITE YOUR MEMOIRS

Facilitator: Jan M. Woods-Trenkler

Date	Age	Day	Time
Jan 9 - Apr 10	18+	Mon	9:30am - 11:00am

Are the memories of those good old days being lost forever because your family is too busy now to listen to your stories? Come to our class and learn how to preserve them for future generations. We prepare an essay on topics weekly that will take you through your childhood to the present. No hardcore critiquing by our friendly class of both amateur and professional writers.

JOURNEY THROUGH GRIEF

Facilitator: Erica Welty, VITAS Healthcare

Date	Age	Day	Time
Ongoing	18+	Mon	10:00am - 11:30am

We offer a safe environment where everyone can share feelings, discuss fears, learn about the grief process, and gain strength for the journey. Ongoing group. Join anytime! Call Erica at (626) 974-2045 to RSVP.

TABLE TENNIS

Fee: \$4 Fall session, \$12 per year

Date	Age	Day	Time
Ongoing	18+	Mon & Thu	1:00pm - 3:00pm

Do you enjoy playing Ping Pong? Why not join friends or meet new ones! This casual group of adults meets to play together and improve their game. Ongoing group. Join anytime! Adults only please. The National Table Tennis Association guidelines are followed.

M-W-F GAMERS

Date	Age	Day	Time
Ongoing	18+	M/W/F	12:30pm - 3:30pm

Come over for a friendly tile, board, or card game. Some of the games look deceptively simple, but they can involve strategy that makes the time pass faster than you expect!

OPEN POOL PLAY

Date	Age	Day	Time
Ongoing	18+	Mon-Fri	8:00am - 5:00pm

The upstairs pool room will be CLOSED on TUESDAYS and FRIDAYS from 8:00am-12:00pm for Intermediate/Advanced pool players and on the SECOND THURSDAY of the month from 11:00am-2:00pm for Chair Massage.

PARTY BRIDGE

Date	Age	Day	Time
Ongoing	18+	Mon	12:30pm - 4:00pm
Ongoing	18+	Thu	9:00am - 12:30pm

Play bridge to keep your mind active. Ongoing group. Join anytime!

ACBL SANCTIONED BRIDGE TOURNAMENTS

Date	Age	Day	Time
Ongoing	18+	Tue & Fri	8:45am - 12:30pm
Ongoing	18+	Thu	6:00pm - 10:00pm

Players join together for friendly ACBL sanctioned tournaments. For lessons, call Roger at (626) 214-6354.

BEADING BUDDIES

Date	Age	Day	Time
Ongoing	18+	Tue	12:30pm - 3:30pm

This ongoing group meets to share ideas, aid each other in learning new projects and techniques, and just work together on individual projects. New participants and those who may want to learn are welcome!

INDOOR CHAIR VOLLEYBALL

Date	Age	Day	Time
Ongoing	18+	Tue	1:00pm - 3:00pm



This coed, physical activity is a fun way to be active and includes social interaction, healthy competition and lots of laughs! Come on in and try it! Ongoing group. Join anytime!

GLENDORA GENEALOGICAL GROUP

Date	Age	Day	Time
Ongoing	18+	4th Tue	6:00pm - 9:00pm

This group is about the search for family history and stories of our ancestors and descendants. Refresher class at 6:00pm, business meeting at 7:00pm and a guest speaker at 7:30pm. Visit their website at www.cagenweb.com/kr/Glendoragg

RACK 'EM UP INTERMEDIATE/ADVANCED POOL PLAYERS

Date	Age	Day	Time
Ongoing	18+	Tue & Fri	8:00am - 12:00pm

Room is reserved for Intermediate and Advanced pool players to come and play.

PINOCHLE

Date	Age	Day	Time
Ongoing	18+	Tue & Fri	12:30pm - 3:30pm

New participants and those who may want to learn are welcome. Ongoing group. Join anytime!

BUNCO

Date	Age	Day	Time
Ongoing	18+	1st/3rd/5th Wed	12:30pm - 3:30pm

Bunco is a dice game, rolling a certain number each round trying to get the highest score, to win prizes after 2 hours of play.

PATCH, PIN & PURL

Date	Age	Day	Time
Ongoing	18+	Wed	9:00am - 12:00pm

Needleworkers join together to work on individual projects in a social setting. Ongoing group. Join anytime!

CANASTA

Date	Age	Day	Time
Ongoing	18+	Wed	1:00pm - 3:30pm

Join fellow card players for a fun game of Canasta! Ongoing group. Join Anytime!

GLENDORA SENIORS COMPUTER CLUB

Date	Age	Day	Time
Ongoing	55+	2nd & 4th Wed	1:00pm - 3:00pm

For all seniors interested in computers. Visit their website at www.gsclub.org

GLENDORA GAVEL CLUB @ LA FETRA

Date	Age	Day	Time
Ongoing	18+	1st & 3rd Wed	3:15pm - 4:30pm

Toastmasters Gavel Clubs provide a supportive and positive learning experience in which members are empowered to develop communication and leadership skills, resulting in greater self-confidence and personal growth. Glendora Gavel Club meets to share ideas, and aid each other in learning new projects and techniques. Members enjoy giving speeches, telling stories, gaining feedback, guiding others and building lasting friendships in a supportive atmosphere. Join us in becoming a part of the first Toastmasters Gavel Club in the City of Glendora.

BOOK DISCUSSION GROUP

Date	Age	Day	Time
Ongoing	18+	1st Thu	10:00am - 11:00am

Join friends who share the love of reading. This casual group will meet to discuss a wide genre of novels, from thought provoking to suspense and humor. All group members will have the opportunity to select books to read and discuss. Ongoing group. Join anytime!

MAH JONG

Date	Age	Day	Time
Ongoing	18+	Wed	12:45 - 2:45pm
Ongoing	18+	Thu	10:00am - 3:00pm

Join others for a friendly game of Mah Jong. Ongoing groups. Join anytime!

CURRENT EVENTS DISCUSSION GROUP

Facilitator:	Corinne Pierson		
Date	Age	Day	Time
Ongoing	18+	Thu	1:00pm - 3:00pm

This group meets to discuss current topics and events that are of interest to adults in an active community. Ongoing group. Join anytime!

MEET & GREET GROUP

Date	Age	Day	Time
Ongoing	18+	1st Thu	10:00am - 11:00am

Plan to come to our next gathering and meet new people to communicate and enjoy each other's company.

BINGO

Date	Age	Day	Time
Ongoing	18+	Fri	1:30pm - 3:30pm

Doors open at 12:30pm. Cost is \$5 for the 1st game and \$2 for each additional pack. Also, 3 special games and the exciting Powerball Jackpot. Come join in the fun!

ON THE MOVE RIDERS CLUB

Date	Age	Day	Time
Ongoing	62+	Varies	Varies

Glendora's "On the Move Riders Club" caters to older adults who are interested in learning about how to use public transit.

Members can learn from their peers also known as "Travel Buddies" who have been trained to travel our transit systems. Club activities are decided by members of the group and can range from architecture and art tours to one-on-one training for everyday outings like grocery shopping.

Please check the Transportation Division webpage for trip dates and times. For more information on how to join the Glendora chapter as a participant or Travel Buddy contact the Transportation Division at (626) 852-4814 or email transportation@cityofglendora.org.

Come ride with us!

SETTING HEALTHY BOUNDARIES: UNDERSTANDING AND DEALING WITH FOUR BEHAVIORAL STYLES: PASSIVE, AGGRESSIVE, PASSIVE-AGGRESSIVE, AND ASSERTIVE



Instructor:	Barbara Stevens		
Fee:	Free*		
Date	Age	Day	Time
Mar 6 - 27	18+	Mon	6:30pm - 8:30pm

Those of us who grew up in dysfunctional families may have never learned to communicate effectively in personal and professional relationships. We may be passive and not advocate for ourselves, aggressive and attempt to run roughshod over others, or passive-aggressive and smile while sabotaging others behind their backs. No wonder we have so many problematic relationships and feel so isolated! In order to build healthy relationships, we must learn to be assertive – that is, to be clear, direct, and respectful in how we communicate. We will learn how to set healthy boundaries in relationships and gain back our power to "Say what we mean, mean what we say, but don't say it mean". *\$5.00 is payable to instructor for printed materials. Pre-register at the La Fetra Center.

TED TALKS & DISCUSSION

Instructor:	Luis Martinez		
Fee:	Free		
Date	Age	Day	Time
Apr 3 - May 8	18+	Mon	6:00pm - 7:30pm

This class will watch TED Talks and discuss the current research on the brain and mind. Join anytime!



Community Care Hospice of Glendora

SERVING THE COMMUNITY SINCE 2003

Accredited by The Joint Commission

A commitment in providing hospice and palliative care, assistance and education on advance directive and end-of-life care to members of our community.

**Available
24 hours a day
7 days a week**

**FOR INFORMATION
(626) 335-9759**

...back to the basics of quality care...