

CLASSES

THE STORY TELLERS NEW NAME

Facilitator: Jan Woods Trenkler

Fee: Free

Date	Age	Day	Time
Feb 4-Apr 29	18+	Mon	9:30am-11:00am

Are the stories of your childhood being lost forever because your family is too busy to listen to them? Come to our class of friendly writers to learn how to present them for future generations. Suggested topics are presented weekly as a guide that will take you through your childhood to the present. No hardcore critiquing by our groups of both amateur and professional writers. We laugh and learn together!

SING FOR HEALTH, SING FOR JOY

Facilitator: Kim Holland

Fee: Free*

Date	Age	Day	Time
Jan 28 -May 20	18+	Mon	9:00am-10:00am

Singing is good for your health, it is good for your soul, and you do not have to sing well to get all of the benefits! New members can join at any time. Make new friends and start your week with a smile. *\$12.00 is payable to the facilitator for printed materials.

CLASSIC CINEMA III

Instructor: Don Fiorio

Date	Age	Day	Time
Feb 18-May 20	18+	Mon	1:00pm-4:00pm

Movies for movie lovers! Relive Hollywood's Golden Age. In Classic Cinema III, participants will learn about actors and the making of famous movies. Additionally, screen tests and deleted scenes will be shown during the class. Following the movie a discussion of the film will take place. Pre-register by calling the La Fetra Center (626)914-0560.

SETTING HEALTHY BOUNDARIES NEW

Instructor: Barbara Stevens

Fee: Free*

Date	Age	Day	Time
Mar 5-19	18+	Tue	6:30pm-8:30pm

This three week course aims to teach participants about healthy boundaries and how to deal with four behavior styles: passive, aggressive, assertive and passive-aggressive. Overcoming low self-esteem and passivity are imperative for creating healthy boundaries. Our boundaries and those of others must be understood to appreciate the importance of respecting and honoring them. Join us for three weeks and become armed with understanding what it means to set and respect boundaries. Pre-register by calling the La Fetra Center (626)914-0560. *\$12.00 is payable to the instructor for printed materials.

MUSIC APPRECIATION FOR LOVERS OF CLASSICAL MUSIC: GREAT CONDUCTORS IN ACTION

Instructor: David Housh

Fee: Free*

Date	Age	Day	Time
Feb 7-May 23	18+	Thu	12:30pm-3:00pm

Come learn about the world's great conductors. See them in action conducting the world's finest orchestras with other music lovers like yourself. This set of sessions will feature a review of our favorite conductors from past sessions. You will enjoy a day with Carlos Kleiber, Leonard Bernstein, Herbert von Karajan, Zubin Mehta, Gustavo Dudamel, and many more; sixteen conductors in all. If you love fine music, you don't want to miss this class. *\$5.00 is payable to the instructor for printed materials.

GLENDORA AFTER STROKE CENTER

Date	Age	Day	Time
Ongoing	18+	Wed	8:00am-12:30pm

A non-fee program for stroke survivors and their families. This supportive program offers relearning (reading, writing, and speech), caregiver support, current events, card games, snacks, resocialization, exercise, music, speakers, day field trips, and stroke support.



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SENIOR FITNESS

Instructor: Telma Rees

Fee: \$3 Insurance

Date	Age	Day	Time
Feb 4 - May 24	55+	M/W/F	10:45am - 11:30am

Join the La Fetra Center for low impact chair exercise. Senior fitness assists individuals to stay active and improve their coordination and balance. Movement works to lubricate joints and keep flexible, strengthen and stabilize individual muscles and increase blood circulation. Register in person at the La Fetra Center or online. **NO CLASSES WILL BE HELD APRIL 1 - APRIL 5.**

LEARN TO USE APPLE PRODUCTS

Instructor: Robin Schary

Fee: Free

Date	Age	Day
Feb 5	18+	Tue
Mar 5	18+	Tue
Apr 2	18+	Tue

Time

Beginners Classes 11:30am - 1:30pm
Intermediate Classes 2:00pm - 4:00pm

Join this fun group of adults as the instructor teaches participants on how to best use Apple Products. Participants with no basic technology knowledge can attend the beginner classes where they will learn how to input contacts, events and use the basic function of their devices. The intermediate classes are for participants with basic knowledge or have taken Robin Schary's classes previously. **Sign ups are required! Please call the La Fetra Center (626)914-0560 to sign up!**

APPLE PHOTO CLASS NEW

Instructor: Robin Schary

Fee: Free

Date	Age	Day	Time
Jan 8	18+	Tue	12:30pm - 3:00pm

Join Robin Schary for this one time Apple photo session! This class will focus on utilizing the basic photo editing tools on your Apple phone or ipad. No experience needed. Sign ups are required! Please call the La Fetra Center (626) 914-0560!

WINDOWS 10 FOR BEGINNERS

Instructor: Glendora Seniors Computer Club

Fee: \$45

Date	Age	Day	Time
Feb 7 - Mar 28	18+	Thu	1:00pm - 3:00pm
May 9 - Jun 27	18+	Thu	1:00pm - 3:00pm

Do you want to know about the charms, tiles, where the "on" button is, how to shut down your computer properly? If yes, then Windows 10 for Beginners is just for you! You will learn to become comfortable and enjoy your computer and be able to navigate Windows 10. Class is limited to 10 students who must each have their own PC or laptop running Windows 10 and an Internet connection. Classroom PCs and other learning materials are provided. Register online or in person at the La Fetra Center.

DRIVER SAFETY PROGRAM

Instructor: AARP Representative

Fee: \$15 AARP Member
\$20 for Non- AARP Member

Date	Age	Day	Time
Jan 17 & 18	55+	Thu-Fri	1:00pm-5:00pm
Mar 1	55+	Fri	12:30pm-5:30pm
May 2 & 3	55+	Thu-Fri	1:00pm-5:00pm

Two classes are offered. The 8-hour, 2-day class is open to anyone and the half-day, renewal program is for participants who have completed the 8-hour course within the past three years and just need to renew their certificate. Both classes are geared to the needs of older (ages 55+) motorists. Auto insurance companies are required by California Law, AB 2610, to offer a discount on premiums to qualified graduates of this course. Participants must attend both days of the 8-hour session. Participants for the renewal class must bring proof of 2-day class completion within the past three years. Registration is not available online and payment is required at the time of sign-up.

SPRING FLORAL ARRANGEMENT NEW

Instructor: Beverly Leon

Fee: Free*

Date	Age	Day	Time
Apr 22	18+	Mon	1:00pm - 3:30pm

Get ready for the spring bloom and learn how to create your own floral arrangement. Beverly Leon, an experienced florist, will teach the class tricks and tips on what it takes to create a unique and beautiful arrangement. Each participant will create their own arrangement to take home. At the time of sign ups, a materials list of extra items needed will be given. *\$12.00 material fee due to the instructor at the start of the class. Sign up at the La Fetra Center by calling 626-914-0560.

