

SERVICES

LA REGIONAL FOOD BANK DISTRIBUTION PROGRAM

Date	Age	Day	Time
Monthly	60+	4th Tue	1:00pm-3:00pm

The Los Angeles Regional Food Bank invites Seniors (Ages 60+) to participate in the Commodity Supplemental Food Program at the La Fetra Center once a month. Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals and related products. Participants must meet the following income guidelines to be eligible; one person household income must not exceed \$1,640 per month, be at least 60 years of age and have a photo ID. You must provide income verification and a photo ID with birthdate at your first visit.

VOLUNTEER PROGRAM

The Center has many opportunities for volunteer service including: receptionist, nutrition assistant, clerical assistant, special events set up and more! Call Carol Stellato at (626) 914-8235 for a application!

NOTARY SERVICE

Free notary service is graciously provided to Glendora Senior Citizens by Jade Knight of Hill Top Real Estate. Appointments are available by calling the real estate office at (626) 335-8118.

LEGAL CLINIC FOR SENIORS

Date	Age	Day	Time
Ongoing	55+	1st Mon	10:00am-12:00pm

Sara Polinsky, Attorney at Law, is available to answer legal questions regarding Estate Planning and Elder Law issues free of charge. To schedule an appointment, call (626) 914-0560. Appointments with Sara Polinsky are consultations only.

BLOOD PRESSURE AND SUGAR SCREENINGS

Date	Age	Day	Time
Ongoing	18+	1st Mon	10:30am-11:30am

Sponsored by Leisure Living of Claremont

No cost and no appointment necessary.

NUTRITION PROGRAM

Date	Age	Day	Time
Ongoing	60+	Mon-Fri	11:30am-12:30pm

Lunch is served Monday through Friday at noon for Seniors 60+. A donation of \$3 for seniors is requested; cost for those under 60 years (caregiver, companion, or occasional visitor) is \$5. Menus are available at the La Fetra Center and online.

RESERVATIONS ARE REQUIRED 24 HOURS IN ADVANCE AND 48 HOURS IN ADVANCE FOR A YOUR CHOICE DAY.

Per Los Angeles County policy, intake forms are required to be completed in order to take part in the meal program. To make reservations, call (626) 914-0560. **NO LUNCH ON JAN. 21 & FEB 18.**

MOVIES

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

Movies are shown free of charge. A movie schedule is available at the La Fetra Center and online. No pre-registration required; just come and enjoy! Movie suggestions are welcomed.

CHAIR MASSAGE

Date	Age	Day	Time
Ongoing	18+	2nd Tue	11:30am-1:45pm

Fee: FREE. Inez Schaeffer, licensed massage therapist, provides 15 minutes of relaxing chair massage. Call (626) 914-0560 for your appointment as spaces are limited. No tips or donations may be accepted..

MANICURES & HAIRCUTS

Date	Age	Day	Time
Mar 19	6+	Tue	11:00am-1:30pm

Citrus College Cosmetology provides complimentary manicures and haircuts. Call (626) 914-0560 to schedule your appointment or visit the La Fetra Center. Tips are welcomed!

HELP WITH YOUR ELECTRONIC DEVICE

Date	Age	Day	Time
Ongoing	55+	3rd Sat	10:15am-12:15pm

Volunteer students will be available to help you with your iPad, Tablet or Smart Phones. Please call the La Fetra Center at (626) 914-0560 to schedule your appointment.

AARP TAX ASSISTANCE

Date	Age	Day	Time
Feb 4-Apr 15	18+	Mon	8:30 am-2:30 pm

AARP Tax Aides will provide Federal and State income tax preparation for low-moderate income individuals at the La Fetra Center. No appointments will be at 11:30am due to lunch. There will be tax preparation on Tuesday, February 19th instead of Monday, February 18th due to the holiday. All participants receiving this service must visit the La Fetra Center prior to their scheduled appointment to pick up paperwork. Failure to pick up paperwork may result in cancellation of appointment. Please call (626)914-0560 to schedule an appointment beginning January 16th.

BASIC HEARING SCREENINGS

Date	Age	Day	Time
Ongoing	18+	Last Fri	10:00am-12:30pm

Connect hearing will be offering free basic hearing screenings on the last Friday of the month. Please call the La Fetra Center at (626)914-0560 to schedule your appointment. Appointments are highly recommended as lack of appointments will result in cancellation of service.

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