



# SERVICES

## NUTRITION PROGRAM

Lunch is temporarily provided on WEDNESDAYS ONLY. Glendora seniors can come by the center for a curbside pickup service where they will receive boxed and frozen meals. A donation of \$3 per meal is suggested. To make reservations, call (626) 914-8235.

Date	Age	Day	Time
Ongoing	60+	Wed	10:00am-11:00am

## LA REGIONAL FOOD BANK DISTRIBUTION PROGRAM

The LA Regional Food Bank invites Seniors (ages 60+) to participate in the Commodity Supplemental Food Program 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 guidelines to be eligible: one person household income must not exceed \$1,383 per month, be at least 60 years of age and have a photo ID. You must provide income verification and photo ID with birth date at your first visit. Please call (323) 234-3030 ext. 170 or ext. 196 to sign up and receive your box.

Date	Age	Day	Time
Ongoing	60+	4th Mon	1:00pm-2:30pm

## LEGAL CLINIC FOR SENIORS

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.

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

## AARP TAX ASSISTANCE

AARP Tax Aides will provide Federal and State income tax preparation for individuals at the La Fetra Center. No appointments will be taken at 11:30am due to lunch. There will be tax preparation on Tuesday, February 21 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 an appointment. Beginning January 9, please call (626) 914-0560 to schedule an appointment.

Date	Age	Day	Time	Fee
Feb 6-Apr 10	18+	Mon	8:30am-2:30pm	FREE

## VOLUNTEER AT LA FETRA

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 an application.

## LA FETRA TIMES

For the most up-to-date information on activities at the La Fetra Center, please see the La Fetra Times. It is a monthly publication with information on essential resources and virtual events, as well as puzzles and games. The Times is available on the La Fetra tab of the City's website, CityOfGlendora.org, for those who do not receive a paper copy.

## PARTNERS OF LA FETRA BINGO BASH

Tickets include a pack of 10 games of bingo and lunch. Additional game packs will be on sale for \$3 each. Enjoy other games and a 50/50 raffle!

Date	Age	Day	Time	Fee
Feb 11	18+	Sat	12:00pm-4:30pm	\$15 Partners Members \$18 Non-Members