



SERVICES

NUTRITION PROGRAM

Lunch is currently a hybrid model. On Wednesdays, Glendora seniors can come by the center for a curbside pickup service where they will receive boxed and frozen meals. On Mondays, Tuesdays, Thursdays and Fridays, Glendora seniors can come to the La Fetra Center for an in-person hot lunch on a first come, first served basis. A donation of \$3 per meal is suggested. To make reservations, or for the most up-to-date information on changes to the lunch program, call (626) 914-8235.

Date	Age	Day	Time
Ongoing	60+	Wed	10:00am-11:00am
Ongoing	60+	M, T, TR, F	11:30am-12:30pm

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

YWCA CASE MANAGEMENT

For Glendora Residents age 55+, or Glendora residents age 18+ who are frail or disabled. Assistance is available in English, Spanish, Chinese, Mandarin, and Cantonese. Case Management Services include assistance in linking and helping you apply to programs such as: advocacy, housing, home-delivered meals, homemaking & personal care, medical equipment, Social Security, SSI, CalFresh, transportation, and utility payment assistance.

Date	Age	Day	Time	Fee
Ongoing	55+	Mon	10:00am-2:00pm	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.

NOTARY SERVICE

Free notary service is graciously provided by Hill Top Real Estate. Please note that this service does not include notarization of immigration documents, as those must be notarized by bonded immigration consultants.

Date	Age	Day	Time	Fee
Ongoing	18+	4th Wed.	11:00am-1:00pm	FREE