



FREE, INDIVIDUALIZED, TAX HELP

AARP TAX ASSISTANCE

Mondays

February 5 through April 15

Call us at (626) 914-0560 starting Monday, January 8 to book your appointment!

Please note:

- No appointments will be taken at 11:30am due to lunch.
- There will be tax preparation on Tuesday, February 20 instead of Monday, February 19 due to the Presidents' Day Holiday.

ATTENTION

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 the cancellation of your appointment.



RECREATION AND HUMAN SERVICES DEPARTMENT PRESENTS

LA FETRA TIMES

January 2024

Fun Fact: January is typically the coldest month of the year! Bundle up & stay warm!

This issue contains:

- ◆ AARP TAX ASSISTANCE REGISTRATION
- ◆ ANNUAL HEALTH & WELLNESS FAIR
- ◆ MONDAY MOVIES
- ◆ IPHONE / IPAD CLASSES
- ◆ WINTER & SPRING TRIPS

PRINTING COURTESY OF PARTNERS OF LA FETRA



LA FETRA CENTER

333 E. Foothill Blvd., Glendora, CA 91741

(626) 914-0560 / CityofGlendora.org

Monday-Friday: 8:00am-4:30pm

Mission: The City of Glendora Recreation and Human Services Department, through the efforts of the Human Services Division at the La Fetra Center, strives to maximize the quality of life for older adults by providing programs that: promote dignity and self-esteem; foster independence; facilitate social interaction; and dispel negative stereotypes about aging.

A.A.R.P.	(800) 424-3410	Glendora Public Library	(626) 852-4891
Adult Protective Services	(888) 202-4248	Glendora Welfare Association	(626) 857-1181
Animal Control – Inland Valley Humane Society	(909) 623-9777	Graffiti Hotline	(626) 963-8540
Center for Health Care Rights	(800) 824-0780	Homelessness - General Questions	(626) 852-5200
City Hall – Glendora	(626) 914-8200	In-Home Supportive Services	(909) 802-2474
Elder Abuse Hotline	(877) 477-3646	Meals on Wheels	(626) 960-2995
Foothill Presbyterian Hospital	(626) 963-8411	Medicare	(800) 633-4227
Get About Transportation	(909) 596-5964	Metro Access Services	(800) 827-0829
Glendora Historical Society	(626) 963-0419	Ombudsman (Long Term Care)	(323) 721-1343
Glendora Mini-Bus	(626) 914-8233	Post Office – Glendora	(626) 857-9127
		Social Security	(800) 772-1213
		Glendora Office	(866) 964-6045

STAFF CONTACTS - OFFICE LINE (626) 914-8235

Debbie Lopez, Human Services Superintendent — dlopez@cityofglendora.org
 Erik Deurmeier, Human Services & Outreach Coordinator (Outreach & Homeless) — edeurmeier@cityofglendora.org
 Rachel Orosz, Recreation & Human Services Coordinator (Activities & Trips) — rorosz@cityofglendora.org
 Emily Bufanda, Office Assistant (Rentals & Maintenance) — ebufanda@cityofglendora.org
 Carol Stellato, Recreation Specialist (Volunteers & Referrals) — cstellato@cityofglendora.org

PARTNERS OF LA FETRA

Partners of La Fetra is a charitable, nonprofit organization established to support the Glendora La Fetra Center in an effort to enhance the quality of life of the adult population of the City of Glendora. Your membership gift for Partners goes directly to programs, equipment, and support of the La Fetra Center. Donations are tax deductible as provided by law. Membership is open to any person: dues are \$10 per year, per person. The *La Fetra Times* is available for mailing for \$12 per year, or can be combined with the Partners Membership for \$20 per year. For further information, please contact the La Fetra Center, (626) 914-8235.

WORD FILL-IN SOLUTION

S	A	L	A	D		M	A	C		B	A	T	H	
E	L	I	N	O	R		A	B	O		A	I	R	Y
C	A	S	T	R	O		S	O	W		S	L	U	M
T	I	E		C	O	T	T	A		S	T	E	E	N
				N	A	T	O		R	A	K	E		
	B	O	I	S		R	A	D	I	I		E	B	B
M	U	L	E		B	A	M		K	N	A	U	E	R
E	R	I	C		R	H	I	N	E		A	L	L	Y
S	E	V	E	R	E		D	O	N		R	E	I	N
A	T	E		E	A	S	E	L		S	O	R	E	
				S	A	M	E		A	M	E	N		
C	A	P	E	R		C	A	N	I	S		H	A	P
A	L	A	N		B	E	T		N	A	T	U	R	E
R	O	S	S		A	D	O		I	M	A	G	E	N
P	E	T	E		G	E	M		E	T	H	A	N	

CROSSWORD SOLUTION

1	P	I	A	N	O		6	E	S	S		9	A	S	11	P		
12	A	R	R	O	W		13	R	O	T		14	U	S	E			
15	R	E	C	O	N		16	C	I	L	E		17	S	E	T		
				18	S	E	A	C	O	A		19	S	T				
20	L	O		22	S	E	R	S			23	M	A	R	24	25	H	
26	O	L	E	S		27	I	T	S		30	M	A	T	E			
31	N	I	L			32	N	I	P			33	L	I	E			
34	E	V	E	R		35	R		36	O	E	R		37	M	I	L	D
38	R	E	C	A	P		39		40		41	I	D	E	A	L	S	
				42	T	H	R		43	44	A	T	E	N				
45	F	B	I			47	E	C	C	E		48	49	50	T	R	I	C
51	R	E	V			52	S	H	H			53	S	A	U	N	A	
54	O	N	E			55	S	O	Y			56	E	L	E	C	T	

NUMBER FILL-IN SOLUTION

2	1	9	2	0		3	4	6	5		2	6	9	8				
3	4	0	5	3		2	2	8	6		2	7	0	4				
8	1	1	9	8		6	8	4	6		1	0	6	9				
7	1	6		1	3	7	8		7	4	5	3	5	5				
				4	7	2	8		0	1	6		7	5	4			
2	1	2	3	7	5		5	6	9	8	6							
8	3	8	2		1	3	7	1		7	2	5	4	5				
4	4	6	6		7	3	9	9	8		5	1	1	2				
9	3	6	0	5		1	5	5	5		9	6	2	2				
				9	3	7	5	1		4	3	7	0	6	9			
8	5	0		8	7	7		0	4	3	4							
5	9	8	6	3	4		9	2	9	9		8	9	0				
0	2	9	9		1	6	0	6		0	5	2	7	5				
4	8	8	1		8	0	7	6		1	2	2	5	1				
0	4	4	0		8	1	6	5		5	6	6	2	5				

**ZOO ANIMALS
WORD SEARCH SOLUTION**



SUDOKU #1 SOLUTION

5	9	6	7	2	3	8	4	1
7	8	1	5	9	4	2	6	3
3	4	2	1	6	8	9	5	7
2	3	8	9	5	1	6	7	4
6	1	9	3	4	7	5	8	2
4	5	7	2	8	6	1	3	9
8	2	3	4	1	5	7	9	6
9	6	4	8	7	2	3	1	5
1	7	5	6	3	9	4	2	8

SUDOKU #2 SOLUTION

7	3	6	8	4	5	2	9	1
8	1	5	7	9	2	3	4	6
2	4	9	1	6	3	8	7	5
5	6	3	4	7	1	9	2	8
1	8	7	2	5	9	6	3	4
4	9	2	6	3	8	1	5	7
6	2	4	3	1	7	5	8	9
3	5	1	9	8	4	7	6	2
9	7	8	5	2	6	4	1	3

GLENDORA RECREATION & HUMAN SERVICES DEPARTMENT



THURSDAY, FEBRUARY 22 • 1PM-3PM

2024 HEALTH & WELLNESS FAIR

**HEALTH AGENCIES & REPRESENTATIVES
RAFFLE PRIZES & GIVEAWAYS
PRESENTATIONS & HEALTH SEMINARS
FREE HEALTH SCREENINGS**

**LA FETRA CENTER
333 E. FOOTHILL BLVD.,
GLENDORA CA 91741**

FOR MORE INFORMATION PLEASE CALL (626) 914-0560

MONDAY MOVIES

The La Fetra Center hosts it's free of charge, weekly movies on Mondays at 1:00pm. Flyers with movie information can be found on cityofglendora.org or located at our reception desk.

EVERY MONDAY
1:00PM-4:00PM
FREE



LEARN TO USE YOUR iPhone/iPAD & INTERMEDIATE APPLE CLASSES

Learn how to use your mobile Apple products. Participants with little or no technology knowledge can attend the beginner "Learn to Use Your iPhone/iPad" class. The intermediate classes will focus on the following topics: Tips, Tricks & Hidden Features (January 9), Calendars (February 13), and are for participants with basic knowledge or who have taken the beginner class before.

Tuesdays
January 9 and February 13
11:30am-12:30pm • Beginner
1:00pm-3:00pm • Intermediate

NUMBER FILL-IN PUZZLE

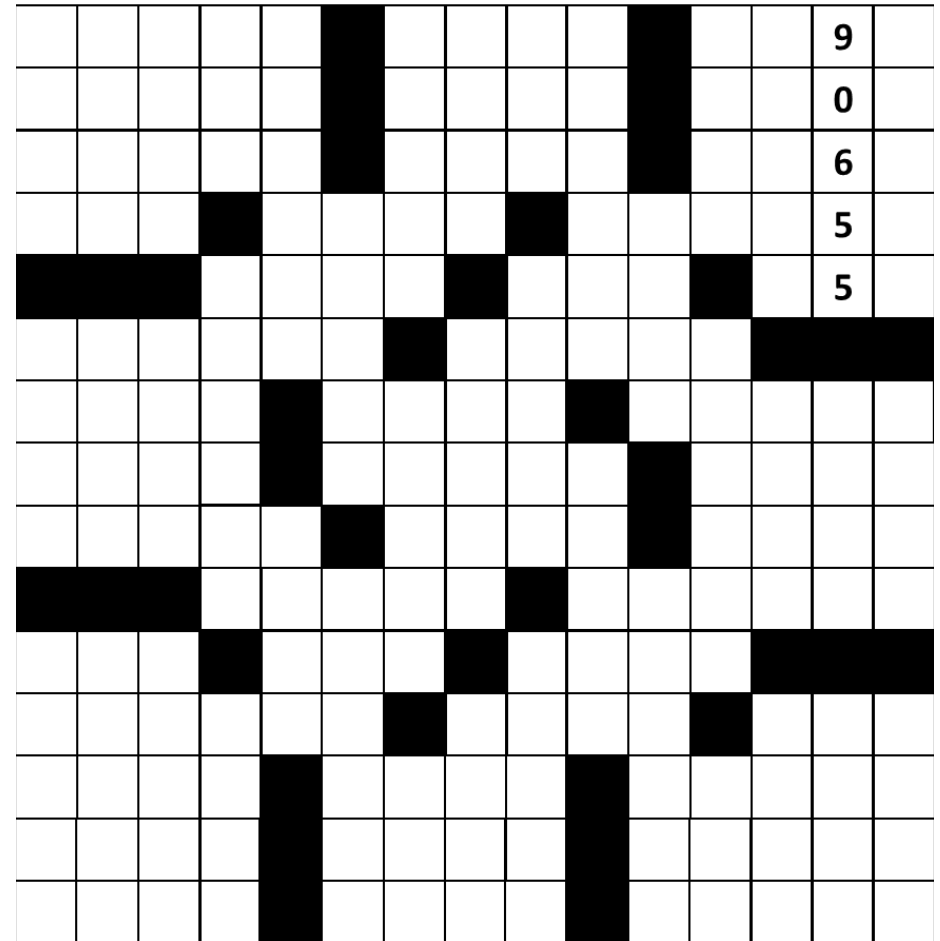
The first number in the grid has been provided to give you a head start. Fill in the numbers from the list where they will fit and check off the numbers as you go.

3 DIGITS

- 016
- 259
- 526
- 601
- 684
- 716
- 754
- 850
- 877
- 890

4 DIGITS

- 0299
- 0434
- 0440
- 0515
- 1069
- 1343
- 1371
- 1378
- 1411
- 1555
- 1606
- 2215
- 2286
- 2387
- 2698
- 2704
- 2849
- 2866
- 3465
- 4126
- 4288
- 4466
- 4687
- 4728
- 4881
- 5112
- 5160
- 5229
- 5383
- 6846
- 6910



- | | | | | |
|------|-----------------|-------|------------------|--------|
| 8076 | 5 DIGITS | 34053 | 84954 | 212375 |
| 8165 | 02665 | 56625 | 85040 | 339015 |
| 8226 | 05275 | 56986 | 85449 | 432609 |
| 8382 | 06195 | 57951 | 90655 | 437069 |
| 9016 | 08984 | 59284 | 93605 | 566719 |
| 5112 | 12251 | 67037 | 93751 | 598634 |
| 5160 | 21920 | | | |
| 5229 | 9299 | 32517 | | 625974 |
| 5383 | 9622 | 32678 | 6 DIGITS | 745355 |
| 6846 | 9752 | 33157 | 81198 | 038177 |
| | | | | 774188 |

Solution is provided in the back.



ZOO ANIMAL WORD SEARCH



Winter/Spring 2024 Day Trips

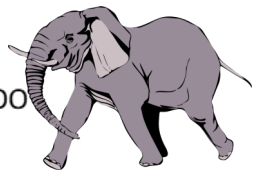
Resident registration is Tuesday, Jan. 16. Non-resident registration is Monday, Jan. 22.

E	E	P	B	A	E	L	P	O	E	N	H	E	R	O	E	D	D
O	L	G	E	E	S	Y	D	T	F	S	S	O	L	G	T	F	O
P	E	N	G	U	I	N	B	L	U	H	C	O	L	L	A	N	R
C	P	L	P	U	O	C	O	E	F	O	T	S	N	L	M	N	U
R	H	L	I	A	T	W	H	T	A	G	O	E	K	K	K	F	L
A	A	I	L	D	R	E	A	N	T	R	A	R	A	O	O	L	H
E	N	M	M	O	O	E	M	M	E	E	R	K	A	T	K	C	I
G	T	A	O	P	T	C	E	C	L	Z	R	A	U	G	A	J	R
H	E	S	U	M	A	T	O	P	O	P	P	I	H	M	N	E	L
C	N	A	T	U	G	N	A	R	O	N	E	C	E	L	G	A	E
U	T	Y	W	G	I	L	Z	R	C	L	H	L	F	I	S	H	K
A	N	E	Y	H	L	A	E	E	T	E	R	M	T	O	E	Y	I
S	O	K	R	I	L	T	F	P	E	O	G	T	H	N	Z	A	E
E	L	N	R	H	A	E	F	T	R	P	H	E	E	I	N	A	H
Z	N	O	Z	E	B	R	A	I	P	A	O	Y	E	E	R	L	I
T	G	M	T	L	O	H	R	L	E	R	G	E	E	E	N	R	R
R	O	N	T	H	E	R	I	E	R	D	T	L	N	H	L	O	M
L	A	L	R	R	P	Z	G	S	H	R	I	T	P	T	K	E	P

- ALLIGATOR
- ANTEATER
- BEAR
- CAMEL
- CHEETAH
- CHIMPANZEE
- CROCODILE
- EAGLE
- ELEPHANT
- FISH



- GIRAFFE
- GORILLA
- HIPPOPOTAMUS
- HYENA
- JAGUAR
- KANGAROO
- LEOPARD
- LION
- MEERKAT
- MONKEY



- ORANGUTAN
- OTTER
- PENGUIN
- REPTILES
- RHINOCEROS
- SLOTH
- TIGER
- TORTOISE
- WOLF
- ZEBRA



Solution is provided in the back.

Bowers Museum & Anaheim Packing House

Wednesday, February 7 10:30am-5:30pm \$32 Moderate

Enjoy lunch on your own at the Anaheim Packing House before heading to the Bowers Museum for a docent-led tour.

Soboba Casino

Tuesday, February 27 8:00am-4:30pm \$25 Easy

Enjoy a friendly gaming atmosphere and delicious food at Soboba.

Luck O' the Irish

Saturday, March 16 11:00am-4:00pm \$90 Easy

Join the Colorful Songs Revue at the Almansor Court for Irish songs and delicious food!

Curt Tucker's Jackie & the Dodgers

Tuesday, March 19 8:30am-4:00pm \$105 Active

Explore the life and legacy of Jackie Robinson along with a behind-the-scenes look at Dodger Stadium.

Santa Clarita Cowboy Festival

Saturday, April 20 9:00am-5:30pm \$25 Moderate

Enjoy Santa Clarita's rich western history at this annual music, arts, and food festival.

Carlsbad Flower Fields

Tuesday, April 30 8:00am-4:00pm \$51 Active

Celebrate spring at this beautiful coordinated display of 55 acres of various flowers in bloom.

Descanso Gardens

Thursday, May 9 9:30am-3:00pm \$30 Active

Explore the diversity of Southern California plants and the history of our local landscape, and enjoy lunch on your own at the Descanso Gardens café.

Funny Girl

Sunday, June 2 11:00am-5:00pm \$80 Easy

This classic musical at the Segerstrom Center for Performing arts is sure to please theater enthusiasts and novices alike!

Curt Tucker: Shrines and Finds

Wednesday, June 12 9:00am-5:00pm \$100 Active

Tour the Lincoln Memorial Shrine in Redlands before visiting the Cheech Marin Center for Chicano Arts and Culture. Enjoy lunch on your own at the Riverside Food Lab.

Full trip descriptions are available in the Recreation & Human Services Activity Guide.



BINGO

EVERY FRIDAY!

NO BINGO ON JANUARY 19

Doors open at 12:30pm. Games will start at 1:30pm.
 Cost is \$5 for the 1st game and \$3 for each additional pack.
 Special games and the exciting POWERBALL JACKPOT are available for \$1 each!

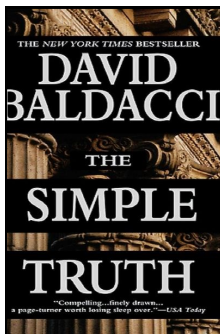
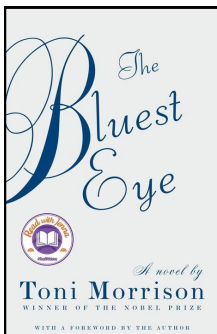
Bring your own drinks / individually wrapped snacks.

Book Discussion Group

First Thursday of every month
 10:00am-11:00am

JANUARY 4
 DISCUSSION

FEBRUARY 2
 SELECTION



Glendora Genealogical Group

If you are interested in family history, we invite you to attend the Glendora Genealogical Group.

The January meeting will be a hybrid in person/ Zoom meeting.

The speakers will be Lynn Edwards and Laurice Johnson. The topics will be "Genealogy Forms and Using FamilySearch.org" and "Using United States Census Records for Research."

For more information, please contact Pat Chavarria at lorman1237@gmail.com



TUESDAY, JANUARY 23 AT 6:00PM

CROSSWORD PUZZLE

1	2	3	4	5		6	7	8		9	10	11
12						13				14		
15						16				17		
			18						19			
20	21	22						23			24	25
26						27	28	29		30		
31						32				33		
34			35			36				37		
38				39			40	41				
			42			43	44					
45	46			47						48	49	50
51				52				53				
54				55				56				

Across:

- | | |
|------------------------|------------------------|
| 1. Musical instrument | 33. Recline |
| 6. Snaky curve | 34. At all times |
| 9. Nile viper | 36. Above, in verse |
| 12. Directional symbol | 37. Moderate |
| 13. Disintegrate | 38. Brief summary |
| 14. Consume | 40. Guiding principles |
| 15. Make up | 42. Endanger |
| 17. Immovable | 45. "X-Files" org. |
| 18. Ocean beach | 47. Oddball |
| 20. Defeated ones | 51. Race an engine |
| 23. Bog | 52. Quiet! |
| 26. Bullring cheers | 53. Finnish bath |
| 27. That thing's | 54. Dollar bill |
| 30. Counterpart | 55. Tofu ingredient |
| 31. Zero | 56. Choose by vote |
| 32. Small bite | |

Down:

- | | |
|-----------------------------|----------------------|
| 1. Average | 24. Calm |
| 2. Rage | 25. Listens |
| 3. ___ de Triomphe | 28. Even score |
| 4. Lasso ends | 29. Elf |
| 5. Proprietor | 35. Cheer sound |
| 6. Musician ___ Clapton | 37. Of the mind |
| 7. Perform alone | 39. Printing machine |
| 8. Water vapor | 41. Compact |
| 9. Down Under | 43. Canyon effect |
| 10. Compass reading (abbr.) | 44. Sore |
| 11. Family animal | 45. To's partner |
| 16. Gambling site | 46. London's Big ___ |
| 19. Yosemite ___ | 48. Feel regret |
| 20. Recluse | 49. "Murder, ___" |
| 21. Martini garnish | 50. Jaguar, e.g. |
| 22. Picky | |

Solution is provided in the back.

SUDOKU

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares.” Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Each Sudoku grid comes with a few spaces already filled in.

SUDOKU #1

5	9			2	3	8	4	1
7			5		4	2	6	3
		2	1		8		5	
2		8				6		
			3		7			
		7				1		9
	2		4		5	7		
9	6	4	8		2			5
1	7	5	6	3			2	8

*GOOD LUCK
AND
HAVE FUN!!*

SUDOKU #2

7	3	6	8	4	5			1
8					2		4	6
2	4		1			8	7	
					1		2	
	8	7	2		9	6	3	
	9		6					
	2	4			7		8	9
3	5		9					2
9			5	2	6	4	1	3



Solution is provided in the back.

WORD FILL-IN PUZZLE

The first word in the grid has been provided to give you a head start. Fill in the words from the list where they will fit and check off the words as you go.

3 LETTERS

ABO
ADO
ANT
ATE
BAG
BAM
BET
COW
DON
EBB
GEM
HAP
MAC
SOW
TAT
TIE

4 LETTERS

AILE
AIRY
ALAI
ALAN
ALLY
ALOE
AMEN
AREA
ATOM
BATH
BOIS
BRYN
CARP
ERIC
HUGH
HYMN
LISE
MAST
MESA
MINI
MULE
NATO
PAST
PENN



PETE
RAKE
REAR
REIN
ROOT
ROSS
SAME
SECT
SKIN

SLUM
SORE
TRUE

5 LETTERS

AARON
AIKEN
AMIDE
BASTE

BELIE
BREAM
BURET
CANIS
CAPER
COTTA
EASEL
ETHAN
EULER

NIECE
NOLAN
OLIVE
RADII
RHINE
SALAD
SENSE
STEEN
TORAH

6 LETTERS

ABOARD
CASTRO
DORCAS
ELINOR
IMAGEN
KNAUER
NATURE
SECEDE
SESAME
SEVERE

Solution is provided in the back.

Monday	Tuesday	Wednesday	Thursday	Friday
8:45 am Sing for Joy 10:00 am YWCA Case Management 10:00 am Journey Through Grief Group 11:30 am Nutrition 12:30 pm Canasta 12:30 pm M-W-F Gamers 1:00 pm Ping Pong <i>(Sign Up Required)</i> 1:00 pm Monday Movies	8:00 am Int./Adv. Pool Players 8:45 am Bridge Tournament 9:00 am Tai Chi Chuan <i>(Sign Up Required)</i> <i>(Session starts 1/30)</i> 9:00 am Sharing Memories 11:00 am Computer Adventure <i>(Sign Up Required)</i> <i>(Session starts 1/23)</i> 11:30 am Nutrition 12:30 pm Beading Buddies 12:30 pm Pinochle 4:00 pm Balance & Mobility <i>(Sign Up Required)</i> <i>(Session starts 1/23)</i> 6:00 pm Country Line Dancing—Beginner <i>(Sign Up Required) (Session starts 1/23)</i> 7:15 pm Country Line Dancing—Intermediate <i>(Sign Up Required) (Session starts 1/23)</i>	9:00 am Glendora After Stroke Center 9:00 am Patch, Pin, & Purl 9:00 am Bridge Class 10:30 am Nuts About Needlepoint (2 nd /4 th week) 11:30 am Nutrition 12:30 pm M-W-F Gamers 1:00 pm Bunco (1 st /3 rd /5 th week) 1:30 pm International Community Club	8:30 am Party Bridge 8:30 am Quilting Therapy (2 nd /4 th week) 9:00 am Therapeutic Massage <i>(Free—Sign Up Required)</i> 11:30 am Nutrition 12:30 pm Canasta 1:00 pm Current Events Discussion Group 1:00 pm Ping Pong <i>(Sign Up Required)</i> 4:00 pm Balance & Mobility <i>(Sign Up Required)</i> <i>(Session starts 1/23)</i>	8:00 am Int./Adv. Pool Players 8:45 am Bridge Tournament 11:30 am Nutrition 12:30 pm M-W-F Gamers 12:30 pm Pinochle 1:30 pm Bingo

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 FACILITY CLOSED 	2 FACILITY CLOSED	3 1:00 pm Bunco	4 10:00 am Book Discussion Group	5 	6
8 10:00 am Legal Clinic for Seniors <i>(FREE - Sign Up Required)</i>	9 9:30 am Glendora Neighborhood Group of the American Sewing Guild 11:30 am Learn to Use Your iPhone/iPad - Beginner <i>(FREE - Sign Up Required)</i> 1:00 pm Mended Hearts of the San Gabriel Valley 1:00 pm Apple - Tips, Tricks, & Hidden Features <i>(FREE - Sign Up Required)</i>	10 10:30 am Nuts About Needlepoint 1:30 pm EYE-DAS	11 8:30 am Quilting Therapy	12 13	13
15 FACILITY CLOSED 	16	17 1:00 pm Bunco	18	19 NO BINGO 8:00 am Pool Tournament	20
22 1:00 pm LA Regional Food Bank	23 6:00pm Glendora Genealogical Group	24 10:30 am Nuts About Needlepoint 11:00 am Free Notary Service 12:30 pm PRESENTATION: Legal Services <i>(FREE - Sign Up Required)</i>	25 8:30 am Quilting Therapy	26 27 	27
29	30	31 1:00 pm Bunco			30

*DAY TRIPS DEPART FROM THE CITY PARKING LOT AT CULLEN AND MOUNTAIN VIEW ACROSS FROM FINKBINER PARK. YOU MUST PRE-REGISTER FOR EACH TRIP. FULL DAY TRIP INFORMATION CAN BE FOUND IN THE RECREATION & HUMAN SERVICES ACTIVITY GUIDE.