

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



RECREATION AND HUMAN SERVICES DEPARTMENT PRESENTS

# LA FETRA TIMES

## February

2024

Fun Fact: A Leap year helps the calendar year catch up with Earth's orbit!

*This issue contains:*

- ◆ ANNUAL HEALTH & WELLNESS FAIR
- ◆ AARP TAX ASSISTANCE REGISTRATION
- ◆ BINGO BASH
- ◆ TRIP HIGHLIGHT
- ◆ PRESENTATIONS

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

## CROSSWORD SOLUTION

1	A	2	L	3	P	4	S	5	D	6	R	7	A	8	B	9	E	10	R	11	A
12	S	O	L	O	13	R	E	B	A	14	N	O	G								
15	S	T	A	M	16	P	E	D	E	S	17	S	E	T							
18	O	T	T	E	R	S				19	I	O	N								
21	C	O	O		22	O	S	23	C	I	L	L	A	25	T	26	E				
					27	F	E	R	N		28	E	R	O	S						
29	L	A	M	A		33	D	I	D		34	S	E	E	P						
35	A	L	A	S		36	U	S	E	R											
38	P	I	N	E	A	P	P	L	E		40	L	A	S							
				43	D	A	B			44	I	N	45	T	E	N	T				
46	S	47	E	E		48	E	49	L	50	A	B	O	R	A	T	E				
51	A	W	L			52	T	O	I	L			53	A	S	I	A				
54	T	E	A			55	S	U	R	E			56	P	E	C	K				

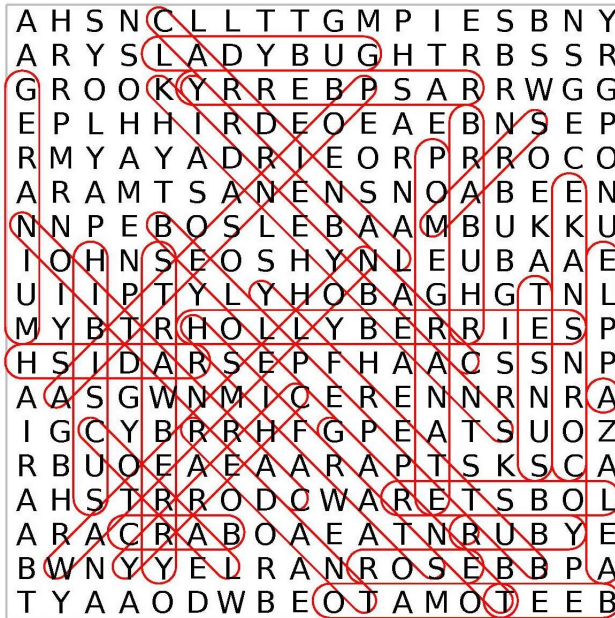
## WORD FILL-IN SOLUTION

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

## NUMBER FILL-IN SOLUTION

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

**THINGS THAT ARE RED  
WORD SEARCH SOLUTION**



**SUDOKU #1 SOLUTION**

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

**SUDOKU #2 SOLUTION**

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



**PARTNERS OF LA FETRA'S**

# Bingo Bash

JOIN US FOR A FUN AFTERNOON OF BINGO, LUNCH, PRIZES AND MORE!

Ticket cost includes a pack of 10 games of bingo, lunch, and prizes.

Additional game packs will be on sale for \$3 each, Bullets and U-pick ums for \$1 each, and 20-pack Pull tabs for \$5 each or 4-pack Pull tabs for \$1 each. The first 10 game winners will also get a free Bullet!

A 50/50 raffle will also be held.

*Saturday - February 17, 2024*

*12:00pm - 4:30pm*

**TICKETS: \$15 Partners Members  
\$20 Non-Members**

You can purchase tickets on Fridays from a Partners Board member.



# Luck o' The IRISH

Join the Colorful Songs Revue at the Almansor Court for an Irish luncheon and musical revue! Enjoy songs, comedy, costumes, and dialogue from Finian's Rainbow, Brigadoon, and others, as well as classic Irish songs like Danny Boy, My Wild Irish Rose, Irish Eyes are Smiling, Molly Malone, and more! Enjoy traditional Irish fare and raffle prizes!

Day: Saturday, March 16  
 Fee: \$90  
 Activity Level: Easy

Register online at [CityOfGlendora.org/Register](http://CityOfGlendora.org/Register) or in-person at the La Fetra Center.

## February Presentations

### DEPRESSION, BI-POLAR, AND OTHER MOOD DISORDERS

Presented by LA CARE

Join LA Care for a presentation on managing depression, bi-polar disorder, and other mental health conditions. Learn how to manage these conditions in someone you are providing care for.

Tuesday, February 27  
 12:30pm-1:30pm  
 FREE

### INFORMATION ON LEGAL SERVICES

Presented by Beacon Placement & Care

Join Suzanne Gonzalez from My Attorney LA to learn about important legal information for seniors.

Wednesday, February 28  
 12:30pm-1:30pm  
 FREE

### EMOTIONAL WELLBEING AND STRESS

Presented by the YWCA of San Gabriel Valley

Join the YWCA of San Gabriel Valley to learn about maintaining emotional wellbeing and managing stress. Discover tips and strategies for you and your loved ones.

Thursday, February 29  
 10:00am-11:00am  
 FREE

## NUMBER FILL-IN PUZZLE

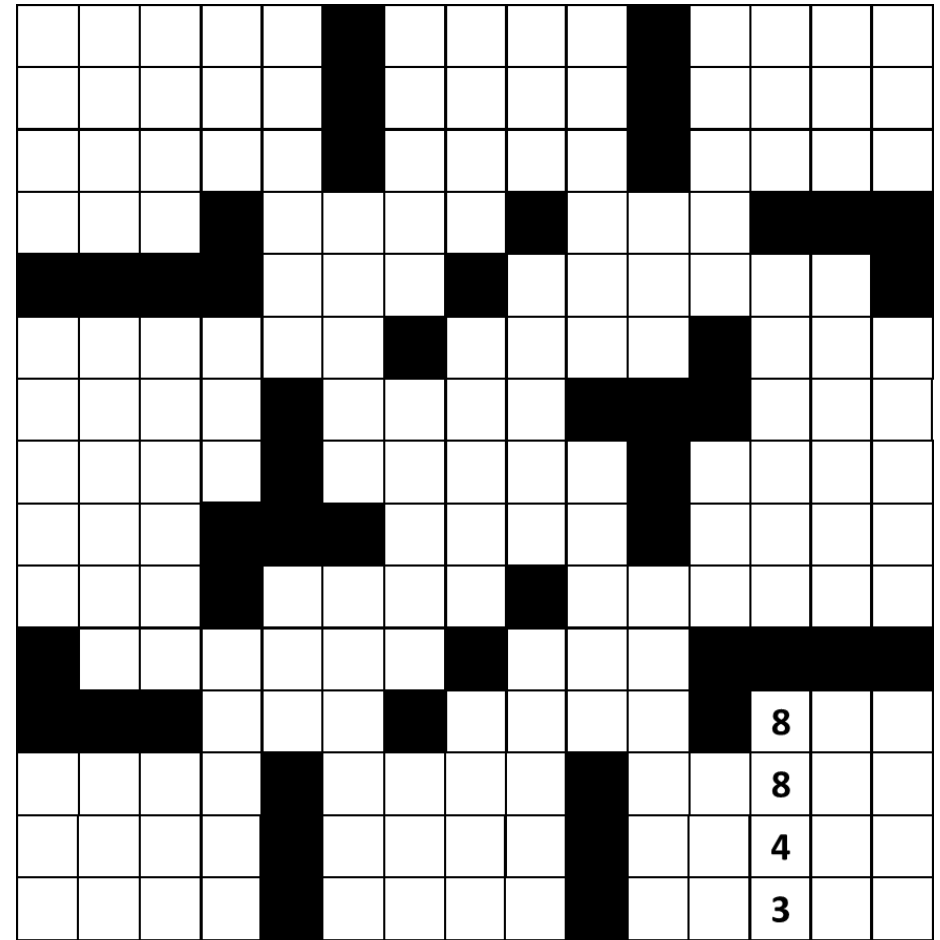
The first number in the grid has been provided to give you a head start. Fill in the numbers from the list where they will fit and check off the numbers as you go.

### 3 DIGITS

- 027
- 056
- 165
- 172
- 182
- 194
- 199
- 333
- 414
- 429
- 516
- 593
- 635
- 715
- 717
- 744
- 782
- 796
- 808
- 924
- 938
- 950
- 952
- 967

### 4 DIGITS

- 0229
- 0566
- 0890
- 0993
- 1011
- 1711
- 1712
- 2229
- 2790
- 2947
- 3227
- 3533
- 3879
- 4730
- 4750
- 4760
- 5232
- 5570
- 6483



- |                 |                 |       |                 |        |
|-----------------|-----------------|-------|-----------------|--------|
| 6568            | 9713            | 39630 | 86800           | 561053 |
| 6693            | 9949            | 50223 | 89220           | 579484 |
| 8367            |                 | 58012 | 91309           | 656776 |
| <del>8843</del> | <b>5 DIGITS</b> | 66073 | 94367           | 657560 |
| 8860            | 00213           | 66191 |                 | 662982 |
| 8884            | 13254           | 69367 | <b>6 DIGITS</b> | 665158 |
| 9434            | 17323           | 72466 | 031142          | 744226 |
| 9527            | 21273           | 74853 | 403778          | 855759 |
| 9606            | 36302           | 80062 | 491178          | 933895 |

Solution is provided in the back.

## THINGS THAT ARE RED WORD SEARCH



**FREE, INDIVIDUALIZED, TAX HELP**

# AARP TAX ASSISTANCE

**Mondays**

**February 5 through April 15**

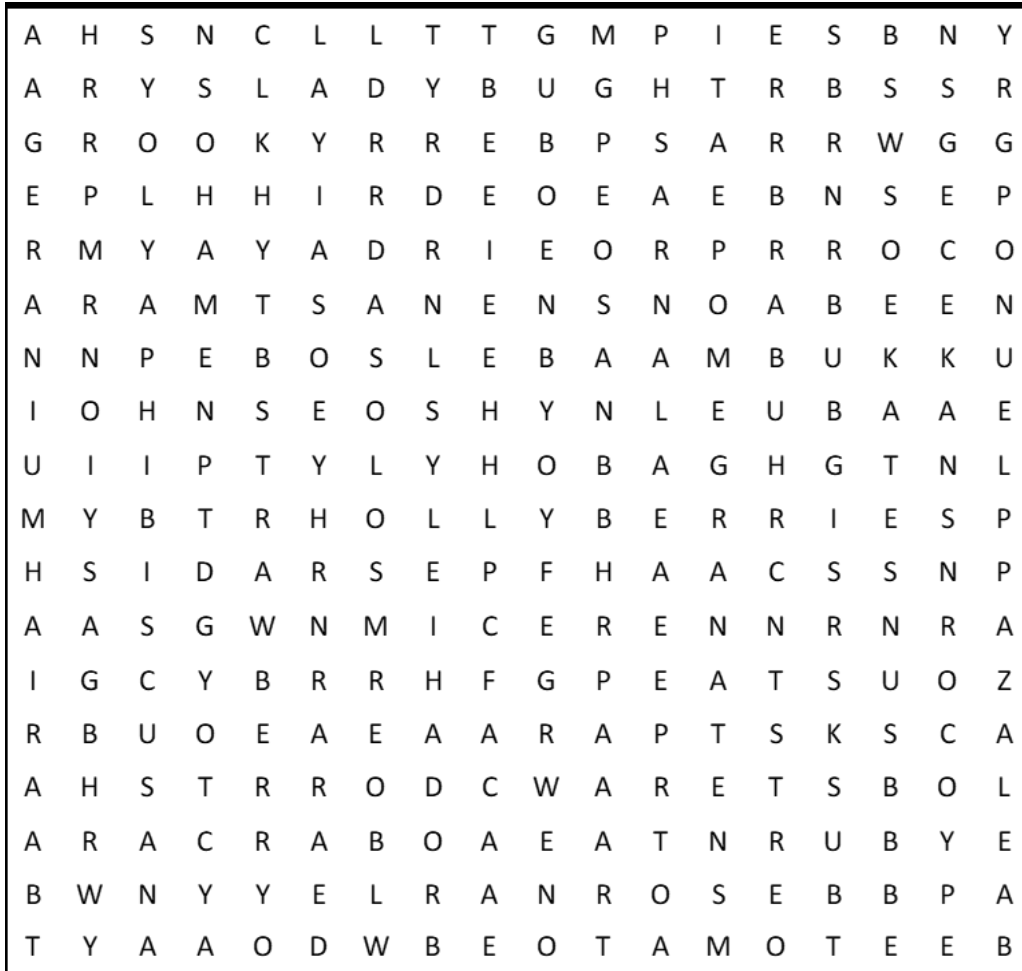
**Call us at (626) 914-0560 starting Monday, January 8 to book your appointment!**

**Please note:**

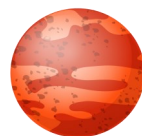
- **No appointments will be taken at 11:30am due to lunch.**
- **There will be tax preparation on Tuesday, February 20 instead of Monday, February 19 due to the Presidents' Day Holiday.**

**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.**



APPLE  
AZALEA  
BEET  
BELL PEPPER  
BUTTERFLY  
CARDINAL  
CARNATION  
CHERRY  
CORAL  
CORN SNAKE  
CRAB



CRANBERRY  
GARNET  
GERANIUM  
HIBISCUS  
HOLLY BERRIES  
KIDNEY BEANS  
LADYBUG  
LOBSTER  
MARS  
POINSETTIA  
POMEGRANATE



RADISH  
RASPBERRY  
RED ANT  
RHUBARB  
ROSE  
RUBY  
STARFISH  
STRAWBERRY  
SUNSET  
TOMATO  
WATERMELON



# BINGO

**EVERY FRIDAY!**

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!

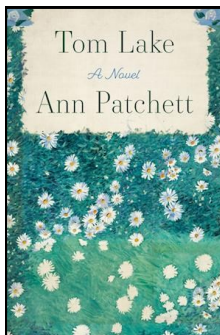
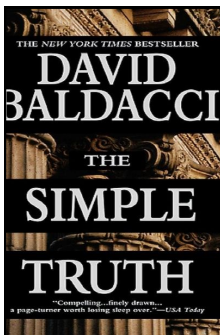
Bring your own drinks / individually wrapped snacks.

## Book Discussion Group

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

FEBRUARY 1  
 DISCUSSION

MARCH 7  
 SELECTION



## Glendora Genealogical Group

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

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

The speakers will be Pat Chavarria and Mark Cross. The topics will be "Hot to Organize Your Genealogy" and "Don't Forget Your Home Sources."

For more information, please contact Pat Chavarria at [lorman1237@gmail.com](mailto:lorman1237@gmail.com)



**TUESDAY, FEBRUARY 27 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. Heidi's mountains             | 33. Achieved             |
| 5. Dull                          | 34. Ooze                 |
| 9. Gay Nineties, e.g.            | 35. Oh, dear!            |
| 12. Fly alone                    | 36. Consumer             |
| 13. Country singer ____ McEntire | 38. Hawaiian export      |
| 14. Yule drink                   | 40. "Leaving ____ Vegas" |
| 15. Sudden rushes of cattle      | 43. Small quantity       |
| 17. Collection                   | 44. Purpose              |
| 18. Aquatic mammals              | 46. Visit                |
| 19. Electrified particle         | 48. Rich in detail       |
| 21. Dove's comment               | 51. Punching tool        |
| 22. Swing back and forth         | 52. Work                 |
| 27. Leafy plant                  | 53. India's continent    |
| 28. Greek mythology figure       | 54. Brewed drink         |
| 29. Buddhist monk                | 55. Positive             |
|                                  | 56. Quick kiss           |

### Down:

- |                              |                                 |
|------------------------------|---------------------------------|
| 1. Civic group (abbr.)       | 26. Sixth sense (abbr.)         |
| 2. Gambling game             | 29. Drink like a dog            |
| 3. Socrates' student         | 30. Boxing great                |
| 4. Not all                   | 31. Nelson ____ of South Africa |
| 5. Formally attired (2 wds.) | 32. Not ashore                  |
| 6. Tomato color              | 37. Nevada city                 |
| 7. Pres. Lincoln             | 39. Helps a crook               |
| 8. Pesto ingredient          | 40. Rent                        |
| 9. Catch                     | 41. Caper                       |
| 10. ____ v. Wade             | 42. T-bone, e.g.                |
| 11. FBI employee (abbr.)     | 45. Capture                     |
| 16. Univ. employee           | 46. Rested                      |
| 20. Spanish cheers           | 47. Lamb's mom                  |
| 23. Crunchy                  | 49. Baseball's ____ Gehrig      |
| 24. Impossible to erase      | 50. ____ conditioner            |
| 25. Foot digit               |                                 |

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

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

*GOOD LUCK  
AND  
HAVE FUN!!*

### SUDOKU #2

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



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

### 5 LETTERS

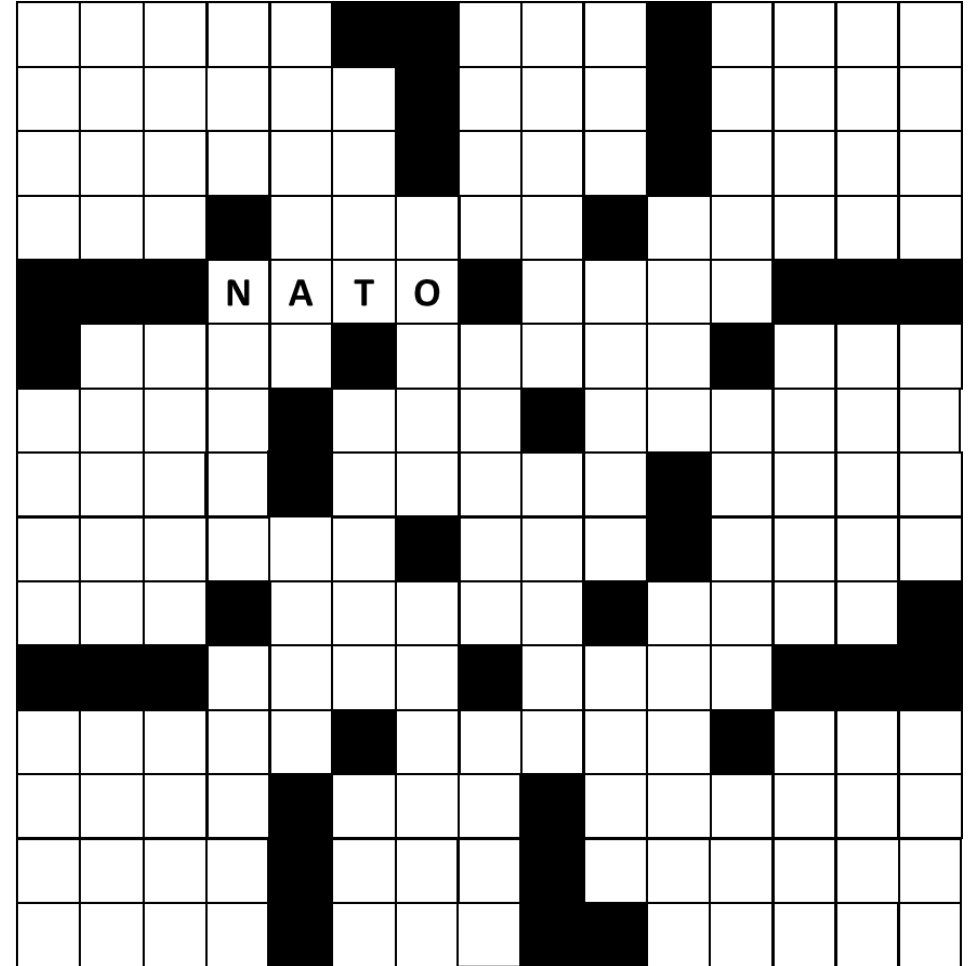
AARON  
AIKEN  
AMIDE  
BASTE

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 ends 3/7)</i> 9:00 am Sharing Memories 11:00 am Computer Adventure <i>(Sign Up Required)</i> <i>(Session ends 2/27)</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 ends 3/7)</i> 6:00 pm Country Line Dancing—Beginner <i>(Sign Up Required)</i> <i>(Session ends 3/19)</i> 7:15 pm Country Line Dancing—Intermediate <i>(Sign Up Required)</i> <i>(Session ends 3/19)</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 <sup>nd</sup> /4 <sup>th</sup> week) 11:30 am Nutrition 12:30 pm M-W-F Gamers 1:00 pm Bunco (1 <sup>st</sup> /3 <sup>rd</sup> /5 <sup>th</sup> week) 1:30 pm International Community Club	8:30 am Party Bridge 8:30 am Quilting Therapy (2 <sup>nd</sup> /4 <sup>th</sup> 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 ends 3/7)</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 10:00 am Book Discussion Group	2	3
5 8:45 am AARP Tax Assistance <i>(FREE - Sign Up Required)</i> 10:00 am Legal Clinic for Seniors <i>(FREE - Sign Up Required)</i>	6 9:30 am Glendora Neighborhood Group of the American Sewing Guild	7 10:30am TRIP: Bowers Museum & Anaheim Packing House <i>(Sign Up Required)</i> 1:00 pm Bunco	8 8:30 am Quilting Therapy	9 <i>February</i>	10
12 8:45 am AARP Tax Assistance <i>(FREE - Sign Up Required)</i>	13 11:30am iPhone/iPad - Beginner <i>(FREE - Sign Up Required)</i> 1:00 pm Apple - Calendars <i>(FREE - Sign Up Required)</i> 1:00 pm Mended Hearts of the San Gabriel Valley	14 10:30 am Nuts About Needlepoint 1:30 pm EYE-DAS	15	16 8:00 am Pool Tournament	17 12:30p Bingo Bash <i>(Page 2 for more info)</i> 
19 FACILITY CLOSED - PRESIDENTS DAY 	20 8:45 am AARP Tax Assistance <i>(FREE - Sign Up Required)</i>	21 1:00 pm Bunco	22 NO PING PONG 8:30 am Quilting Therapy 1:00 pm Health & Wellness Fair <i>(Back page for more info)</i> 	23	24
26 8:45 am AARP Tax Assistance <i>(FREE - Sign Up Required)</i> 1:00 pm LA Regional Food Bank	27 8:00 am TRIP: SOBOBA CASINO <i>(Sign Up Required)</i> 12:30 pm PRESENTATION: Depression, Bi-Polar, and Other Mood Disorders <i>(FREE - Sign Up Required)</i> 6:00pm Glendora Genealogical Group	28 10:30 am Nuts About Needlepoint 12:30 pm PRESENTATION: Legal Services <i>(FREE - Sign Up Required)</i>	29 10:00 am PRESENTATION: YWCA - Emotional Wellbeing and Stress <i>(FREE - Sign Up Required)</i>		

\*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.