Recreation & Human Services

# OLDER AMERICANS

**THURSDAY, MAY 23, 2024** 

11:30AM-1:30PM • \$8 PER PERSON

Enjoy lunch and entertainment as we celebrate this nationally recognized month for senior citizens! Tickets may be purchased online or in person at the La Fetra Center from January 16 - May 10.





**RECREATION AND HUMAN SERVICES DEPARTMENT PRESENTS** 

## LA FETRAJIMES

April 2024

**BINGO NEWS: SEE PAGE 4!** 

Fun Fact: Pink Moon will rise on Tuesday, April 23, reaching peak illumination at 4:49pm!

## This issue contains:

- **♦ OLDER AMERICANS LUNCHEON**
- **◆ EARTH DAY FESTIVAL**
- TRIP HIGHLIGHT: DESCANSO GARDENS
- **♦ PRESENTATIONS**
- ◆ IPHONE / IPAD CLASSES
- **♦ MONDAY MOVIES**

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

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#### **CROSSWORD SOLUTION**

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#### NUMBER FILL-IN SOLUTION

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

## DISNEY CHARACTERS WORD SEARCH SOLUTION

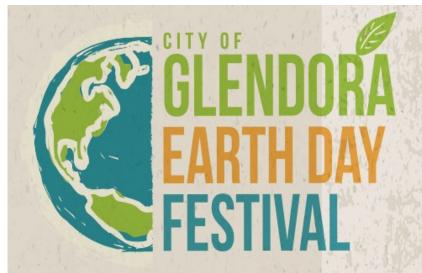


#### **SUDOKU #1 SOLUTION**

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

#### SUDOKU #2 SOLUTION

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



APRIL 20
9AM-1PM
FINKBINER
PARK
BANDSHELL

## PLANET VS PLASTICS

- COMMUNITY BIKE RIDE
- WORKSHOPS
- GIVEAWAYS
- BOY SCOUT TROOP 491 SHOE DRIVE
- CITY HALL DEPARTMENTS
   RESOURCE BOOTHS
- VENDOR BOOTHS
- NARRATED ECO-TOUR OF GLENDORA

For vendor booth information and application visit, cityofglendora,org/earthda

#### **CHILDREN'S ACTIVITIES**

- BOUNCE HOUSE
- SCAVENGER HUNT
- FACE PAINTING

FOR ADDITIONAL INFORMATION
[626] 914-8228

COMMUNITY\_SERVICES@CITYOFGLENDORA.ORG



### FEATURED COLLECTIONS





- Confidential document shredding
- Used Motor Oil & Filter Collections
- Beverage containers

Bring in your used motor oil and used filters to be recycled for free

#### Descanso Gardens

Explore the diversity of Southern California plants and examine the history of our local landscape at Descanso Gardens, a botanic garden and "museum of living collections". This urban oasis of cultivated gardens and wild landscapes tells the tale of centuries of life in the region. Lunch on your own at the Descanso Gardens café.

> Thursday, May 9 When: Time: 9:30am-3:00pm

\$30 Fee: **Active** Level:





#### **April Presentations**

#### **AUTHOR TALK Presented by Glendora Public Library**

Join the Glendora Public Library for an exploration of food history! Exchange recipes and stories that make our traditions shine. Available through the Smithsonian Institution with Curator Paula Johnson. Be sure to bring your favorite family recipe to share!

Tuesday, April 2 11:00am-12:00pm

#### TRAUMA INFORMED CARE **Presented by LA ACE**

Join an instructor from LA ACE to learn about how to provide traumainformed care to your loved ones.

Tuesday, April 16 12:30pm-1:30pm

#### **LEGAL GUIDANCE**

#### **Presented by Beacon Placement & Care**

Join Beacon Placement Care & Suzanne Gonzalez for information on legal guidance for seniors. Snacks are included!

Wednesday, April 24 12:30pm-1:30pm

#### TRANSPORTATION FOR SENIORS

#### **Presented by LA Metro**

Join Metro to learn about transportation options for seniors, including TAP cards. Also learn about the On The Move Riders Program, a peerto-peer transportation learning opportunity for seniors.

Thursday, April 11 10:30am-11:30am

#### ANDROID SMARTPHONE CLASSES **Presented by California Connect**

Learn the basics of how to use your Android Smartphone device in this new class! Students may only sign up for ONE of the classes, not both.

Thursday, April 18 & Tuesday April 23 1:00pm-2:00pm

#### HAZARD MITIGATION PLAN WORKSHOP

#### **Presented by Glendora PD**

Join Glendora PD and a City consultant at nutrition to learn about the City's Hazard Mitigation plan. Share your ideas and feedback on how the plan can cater to and help seniors!

Tuesday, April 16 12:00pm-1:00pm

#### MINDFUL ART

#### **Presented by Glendora Public Library**

Find calmness through the soothing embrace of simple abstract art.

Thursday, April 25 11:00am-12:00pm

All presentations at the La Fetra Center are FREE! Call (626) 914-0560 to register.

#### 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													
090													
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Solution is provided in the back.



#### DISNEY CHARACTERS WORD SEARCH



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Т	С	Н	Ε	S	Н	1	R	Ε	C	Α	Т	N	Н	G	L	0	-1
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**ALADDIN** ARIEL **BAMBI CAPTAIN HOOK CHESHIRE CAT** CINDERELLA **DAISY DUCK DONALD DUCK DUMBO** 

**GEPETTO** GOOFY JIMINY CRICKET **MICKEY MOUSE** MINNIE MOUSE MOWGLI **MUFASA** PETER PAN **PINOCCHIO** 

**POCAHONTAS** PRINCE CHARMING **RAPUNZEL ROBIN HOOD SNOW WHITE** TARZAN **THUMPER TIGGER TINKER BELL** WINNIE THE POOH

# **PLUTO**

**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 class will focus on the following topic: Beyond Basic Messaging and are for participants with basic knowledge or who have taken the beginner class before.

Tuesday, April 9 11:30am-12:30pm • Beginner 1:00pm-3:00pm • Intermediate

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** 



**EEYORE** 



**NEW TIMES!** 

## BILLIGO EVERY FRIDAY!

Doors open at 12:00pm on SAGE A and at 12:45pm on SAGE B.

Bingo sales are from 12:30pm to 1:15pm. Games will start at 1:30pm.

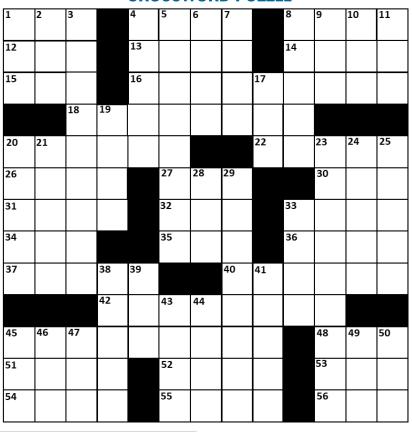
Cost is \$7 for the 1st game and \$3 for each additional pack.

Also, play the exciting POWERBALL JACKPOT for an additional \$1!

Bring your own drinks / individually wrapped snacks.



#### **CROSSWORD PUZZLE**



1. Cul-de	33. Hibernating animal
4. Mailbox opening	34. Shad eggs
8. Misplaced	35. Snaky shape
12. In the past	36. Marathon, e.g.
13. Travel	37. Auto type
14. Fairy tale starter	40. Fishing nets
15. Harden	42. Wobbled
16. Play host	45. Classical dancer
18. Small sofa	48. King Kong, e.g.
20. Panoramas	51. Korea's locale
22. Molar, e.g.	52. 15th of March
26. Poise	53. Lower limb
27. Hooting bird	54. Recipe abbr.
30. Shooter's group (abbr.)	55. Hand over

56. Jet

Across:

Dow	n:
1. Droop	24. Small amount
2. Birthday count	25. Rabbits' kin
3. Gathered	28. Existed
4. Comic Martin	29. Decreased
5. Wanting company	33. French cheese
6. Ins and	38. Map book
7. Family diagram	39. Born as
8. Game of chance	41. Rub out
9. Stop dime (2 wds.)	43. Clapton or Idle
10. Chem., e.g.	44. Ocean movement
11. Hamilton bill	45. Baseball club
17. Informer	46. Braying beast
19. Atop	47. Pitcher spout
20. Mixes	49. Pod vegetable
21. Birch bark boat	50. Quiche ingredient
23. Everybody (3 wds.)	

Solution is provided in the back.

31. Knowledgeable about

32. Hollywood's West

#### **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

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

GOOD LUCK

AND

HAVE FUN!!

8

5

#### SUDOKU #2

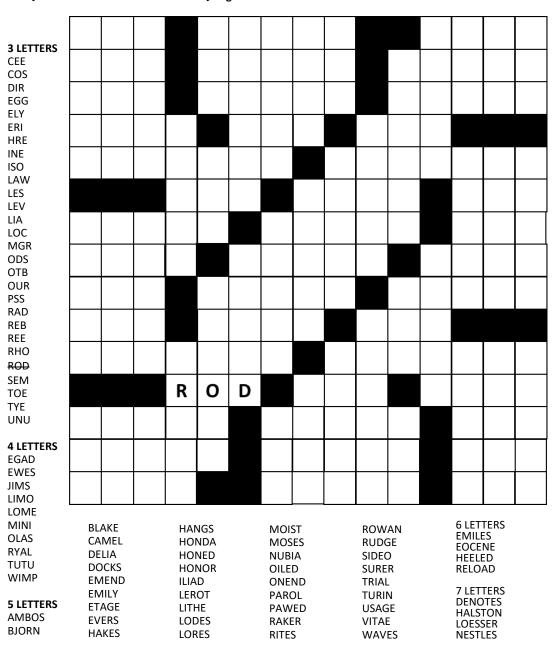


8	1					9	7	
			9	1		4		
2			7			3	5	1
7	4	1				2	8	6
3	6	5			1			4
		2		9	3			
	5	3					4	9
1	7		6	5				

#### 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.



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 (Sign Up Required) 1:00 pm Monday Movies	8:00 am Int./Adv. Pool Players 8:10 am Flexibility Training (FREE—Sign Up Required) 8:45 am Bridge Tournament 9:00 am Tai Chi Chuan (Sign Up Required) (Session starts 4/2) 9:00 am Sharing Memories 11:00 am Computer Adventure (Sign Up Required) (Session 1 ends 4/9) (Session 2 begins 4/16) 11:30 am Nutrition 12:30 pm Beading Buddies 12:30 pm Pinochle 4:00 pm Balance & Mobility (Sign Up Required) (Session starts 4/2) 6:00 pm Country Line Dancing—Beginner (Sign Up Required) (Session begins 4/2) 7:15 pm Country Line Dancing—Intermediate (Sign Up Required) (Session begins 4/2)	9:00 am 9:00 am Patch, Pin, & Purl 9:00 am 10:30 am 10:30 am 11:30 am 12:30 pm 1:00 pm 1:30 pm	8:10 am Flexibility Training (FREE—Sign Up Required)  8:30 am Party Bridge  8:30 am Quilting Therapy (2 <sup>nd</sup> /4 <sup>th</sup> week)  9:00 am Therapeutic Massage (11th & 25th) (Free—Sign Up Required)  11:30 am Nutrition  12:30 pm Canasta  1:00 pm Current Events Discussion Group  1:00 pm Ping Pong (Sign Up Required)  4:00 pm Balance & Mobility (Sign Up Required) (Session starts 4/2)	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 (NEW: Info on Page 4)

DAT TRIPS DEFART FROM THE GITT FARRING LOT AT COLLEN AND MOUNTAIN VIEW ACROSS FROM FINRDINER FARR. YOU MOST FRE-REGISTER FOR EACH TRIP. FULL DAY TRIP INFORMATION CAN BE FOUND IN THE RECREATION & HUMAN SERVICES ACTIVITY GUIDE.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	AARP Tax Assistance (FREE - Sign Up Required) Legal Clinic for Seniors (FREE - Sign Up Required)	9:30 am Glendora Neighborhood Group of the American Sewing Guild 11:00 am <b>PRESENTATION</b> : GPL Author Talk (FREE - Sign Up Required)	1:00 pm Bunco	10:00 am Book Discussion Group	5	6
	AARP Tax Assistance (FREE - Sign Up Required) Legal Clinic for Seniors (FREE - Sign Up Required)	11:30 am IPhone/IPad - Beginner (FREE - Sign Up Required) 1:00 pm IPhone/IPad - Intermediate: Beyond Basic Messaging (FREE - Sign Up Required)	10:30 am Nuts About Needlepoint 1:30 pm EYE-DAS	8:30 am Quilting Therapy 9:00am Therapeutic Massage 10:30 am <b>PRESENTATION</b> : LA Metro Workshop <i>(FREE - Sign Up Required)</i>	12	13
8:45 am	AARP Tax Assistance (FREE - Sign Up Required)	12:00 pm PRESENTATION: Hazard Mitigation Plan (FREE - Sign Up Required) 12:30 pm PRESENTATION: Trauma Informed Care (FREE - Sign Up Required) 1:30 pm EYE-DAS	17 1:00 pm Bunco	18 1:00 pm PRESENTATION: California Connect Android Smartphone Workshop (FREE - Sign Up Required)	8:00 am Pool Tournament	9:00am EVENT: Earth Day Festival at Finkbiner Park  GLENDORA FARTH DAY FESTIVAL PLANET VS PLASTICS
1:00 pm	<b>22</b> LA Regional Food Bank	1:00 pm PRESENTATION: California Connect Android Smartphone Workshop (FREE - Sign Up Required) 6:00pm Glendora Genealogical Group	10:30 am Nuts About Needlepoint 12:30 pm PRESENTATION: Legal Guidance (FREE - Sign Up Required) 1:00 pm Free Notary Service	8:30 am Quilting Therapy 9:00am Therapeutic Massage 11:00 am PRESENTATION: GPL Art (FREE - Sign Up Required)	26	27
	29	11:00 am TRIP: Carlsbad Flower Fields (Sign Up Required)			*See front page for Fun Fact about	info on April's pink moon!