

THE CITY OF GLENDORA  
PRESENTS

# La Fetra Center

## PICNIC

FRIDAY JUNE 14 • 2024  
11:30AM-1:30PM • ALL AGES!

*Tickets:* \$10 PER PERSON

TICKETS ON SALE FROM MAY 6-JUNE 14

*Food:* HABIT BURGER TRUCK

GAMES • RAFFLE PRIZES • LIVE ENTERTAINMENT

Participants under 18 years of age must be accompanied by a parent or guardian.



RECREATION AND HUMAN SERVICES DEPARTMENT PRESENTS

# LA FETRA TIMES

## June

2024



Fun Fact: June is "National Dairy Month" and it is a good time where roses and peonies bloom!

## This issue contains:

- ◆ LA FETRA ANNUAL PICNIC
- ◆ MOVIES & CONCERTS  
IN THE PARK
- ◆ APPLE & IPHONE/ IPAD CLASSES
- ◆ PRESENTATIONS
- ◆ VOLUNTEER HIGHLIGHT
- ◆ NEW: THURSDAY 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.	(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

Debbie Lopez, Human Services Manager — [dlopez@cityofglendora.org](mailto:dlopez@cityofglendora.org)  
 Erik Deurmeier, Human Services & Outreach Coordinator (Outreach & Homeless) — [edeurmeier@cityofglendora.org](mailto:edeurmeier@cityofglendora.org)  
 Rachel Orosz, Human Services Supervisor (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, non-profit 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. 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.

On behalf of the City of Glendora, we would like to thank our Non-Profit, Partners of La Fetra, for donating \$30,000 to the La Fetra Center. This donation will help enhance the quality of our programs, use of equipment, and support to our community!

ILCSHI	CHILI'S
DRE BETRSLO	RED LOBSTER
IOLEV ADGNER	OLIVE GARDEN
DYNESN	DENNY'S
DLE ATCO	DEL TACO
GRBRUE IKG N	BURGER KING
JRSYEE KIESM	JERSEY MIKE'S
CATO LEBL	TACO BELL
YSUABW	SUBWAY
ASYRB	ARBY'S
DER INOBR	RED ROBIN
EPPSLAEB	APPLEBEE'S
LABKC NSAUG	BLACK ANGUS
SZIEZLR	SIZZLER
IZAZP HTU	PIZZA HUT
DAMLDCSNO	MCDONALD'S
APNDA ESXSPER	PANDA EXPRESS
ASLRC RJ	CARL'S JR.

## RESTAURANTS SCRAMBLE SOLUTION

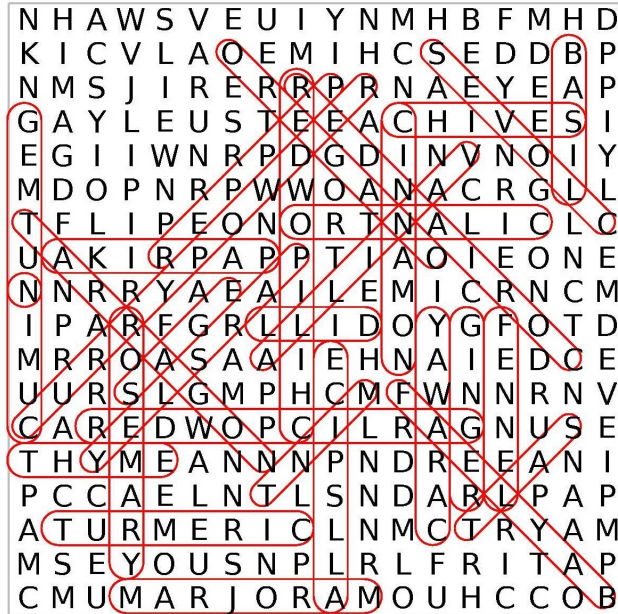
## CROSSWORD SOLUTION

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

1	A	L	P		B	E	D		S	L	A	S	H				
12	S	E	E		E	R	E		H	A	S	T	E				
15	S	I	N		A	T	R	A		E	M	C	E	E			
					S	T	A	R	T		P	E	A	L			
21	F	A	T		T	E	N	I	N		G		R	M	S		
26	E	V	E	R		D	E	T	E		S	T					
29	D	E	C	A		L					T	E	A		R	S	
					H	Y	E	N	A	S		R	I	O	T		
39	F	I	N														
43	I	R	I		S												
46	R	A	C	E	D					M	A	G	E		N	T	A
52	S	T	A	L	E					A	M	A			B	A	D
55	T	E	L	L	S					N	I	L			A	P	E

## NUMBER FILL-IN SOLUTION

## HERBS AND SPICES WORD SEARCH SOLUTION



## SUDOKU #1 SOLUTION

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

## SUDOKU #2 SOLUTION

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

# MOVIES IN THE PARK

CO-SPONSORED BY THE GLENDORA ROTARY CLUB

Thanks to the Glendora Rotary Club we are pleased to announce something special for our families! Join us for a fun-filled evening and watch kid-friendly films with your family. Come early and bring a picnic dinner! Seating is on the grass, so bring a blanket or beach chair. Movie showings will begin Friday evenings at sundown in the Larry R. Glenn Bandshell at Finkbiner Park in the West Oak Grove area. For more information, call (626) 914-8228.

**FRIDAYS AT SUNDOWN**

JULY 5 - TOP GUN (1986) @ GLADSTONE PARK  
 JULY 12 - SANDLOT @ FINKBINER PARK  
 JULY 19 - TROLLS @ FINKBINER PARK  
 JULY 26 - LITTLE GIANTS @ FINKBINER PARK  
 AUGUST 2 - MIGRATION @ FINKBINER PARK  
 AUGUST 9 - PAW PATROL - POLICE NIGHT OUT @ FINKBINER PARK

CHILDREN'S ACTIVITIES BEFORE THE MOVIE!




---



# CONCERTS IN THE PARK

CO-SPONSORED BY THE GLENDORA KIWANIS CLUB & GLENDORA TRANSPORTATION

JUNE 23 THE ANSWER - CLASSIC ROCK  
 JUNE 30 4 LADS FROM LIVERPOOL - BEATLES TRIBUTE BAND  
 JULY 7 LA COUNTY SHERIFFS CONCERT BAND - PATRIOTIC CONCERT  
 JULY 14 KINGS OF 88 - PIANO ROCK  
 JULY 21 SMOKIN' COBRAS - ROCKIN' OLDIES ROAD SHOW  
 JULY 28 A TRIBUTE TO TAYLOR SWIFT  
 AUGUST 4 THE DREAMBOATS - OLD FASHION ROCK N' ROLL

**6:00PM ON SUNDAYS**  
 AT THE LARRY R. GLENN BANDSHELL  
 AT FINKBINER PARK IN THE WEST OAK GROVE AREA  
 FOR MORE INFORMATION, CALL (626) 914-8228

# JUNE presentations

## Doc Talk—Depression in Seniors

Presented by TMB Insurance and Dr. Christopher Kassar

Depression is a treatable condition, and it doesn't have to be a normal part of growing older. Join Dr. Kassar in learning about depression that many seniors face, and how to combat it. Snacks will be provided!

Monday, June 3 | 12:30pm-1:30pm

## Exercise & Movement

Presented by Optum

Join Optum for this special presentation on exercise and movement for seniors. Learn about the importance of staying active as you age, and learn strategies to keep moving!

Thursday, June 20 | 12:30pm-1:30pm

## Home Health 101

Presented by Tea Home Health

Learn about the ins and outs of home health, the benefits, what Medicare covers, and who qualifies.

Monday, June 24 | 1:00pm-3:00pm

## Home Care Guidance

Presented by Beacon Placement & Care

Join Beacon Placement & Care for this special presentation on home care guidance for seniors. Learn about how you might qualify, and what it includes.

Wednesday, June 26 | 12:30pm-1:30pm

## Mindful Art—Abstract Lines and Shapes

Presented by Glendora Public Library

Join the Glendora Public Library for the June installment of the Mindful Art series. In this class, embrace the meditative quality of abstract lines and shapes, creating a sense of inner calm.

Thursday, June 27 at 11:00am-12:00pm

ALL presentations are free!  
CALL (626) 914-0560 TO REGISTER

## LEARN TO USE YOUR IPHONE/IPAD & SPECIAL PHOTO 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: Delving in to Apple ID Settings and are for participants with basic knowledge or who have taken the beginner class before. For more dates, check out our Summer brochure!

**Tuesday, June 11**  
11:30am-12:30pm • Beginner  
1:00pm-3:00pm • Intermediate

In these special classes, learn how to take and edit photos on your iPhone/iPad. Sign ups must be for both class sessions.

**Tue June 18** 1:00pm-3:00pm • Taking Photos  
**Thu June 20** 1:00pm-3:00pm • Editing Photos

Call (626) 914-0560 to register!

## VOLUNTEER HIGHLIGHT

Anna Calvin



Anna has been a volunteer since 2014. She charms the room with her bubbly personality and football knowledge. She is an essential member to our front desk crew!

INTERESTED IN VOLUNTEERING?  
LA FETRA HAS OPPORTUNITIES IN DIFFERENT AREAS:  
RECEPTION DESK, TRIP ESCORTS,  
LUNCH PROGRAM, CLASS INSTRUCTORS  
CALL 626-914-8235 TO GET STARTED!

## NUMBER FILL-IN PUZZLE

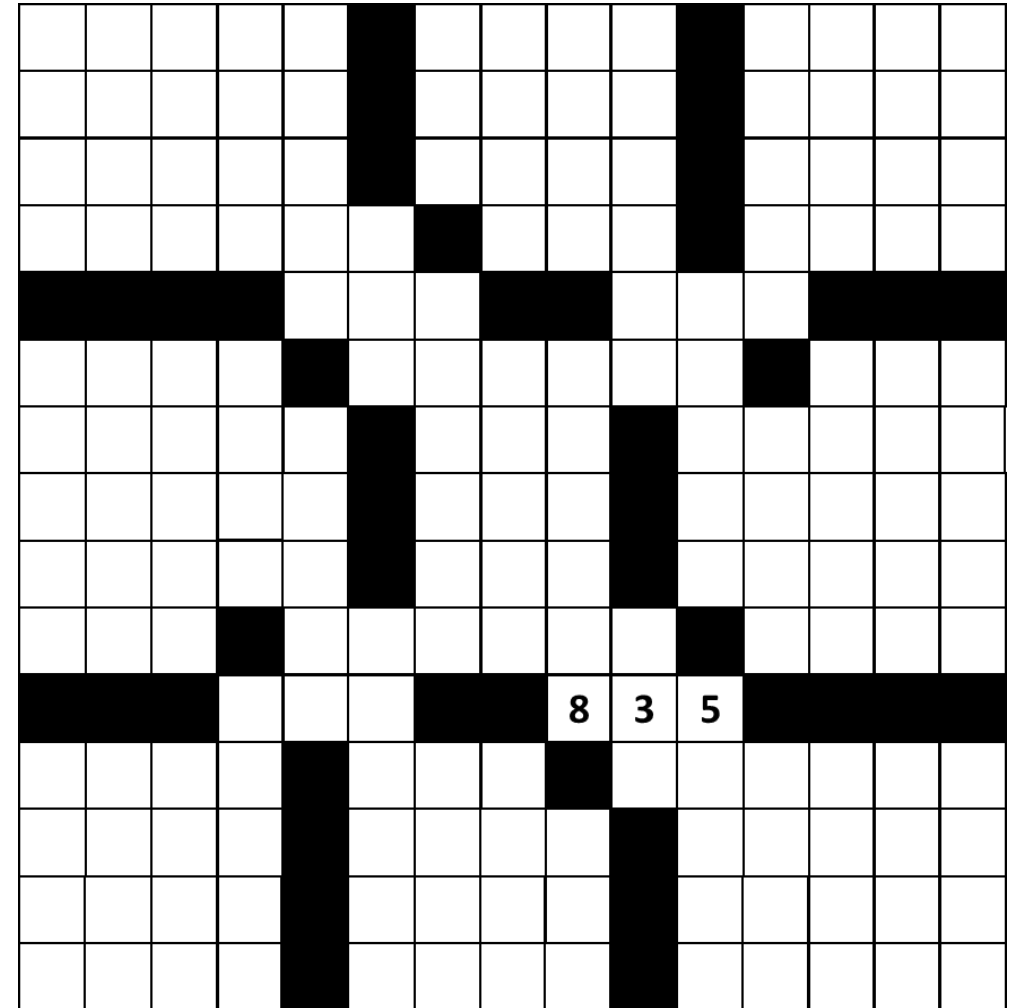
The first number in the grid has been provided to give you a head start. Fill in the numbers from the list where they will fit and check off the numbers as you go.

### 3 DIGITS

021  
026  
189  
296  
334  
435  
437  
548  
572  
655  
725  
818  
832  
835  
870

### 4 DIGITS

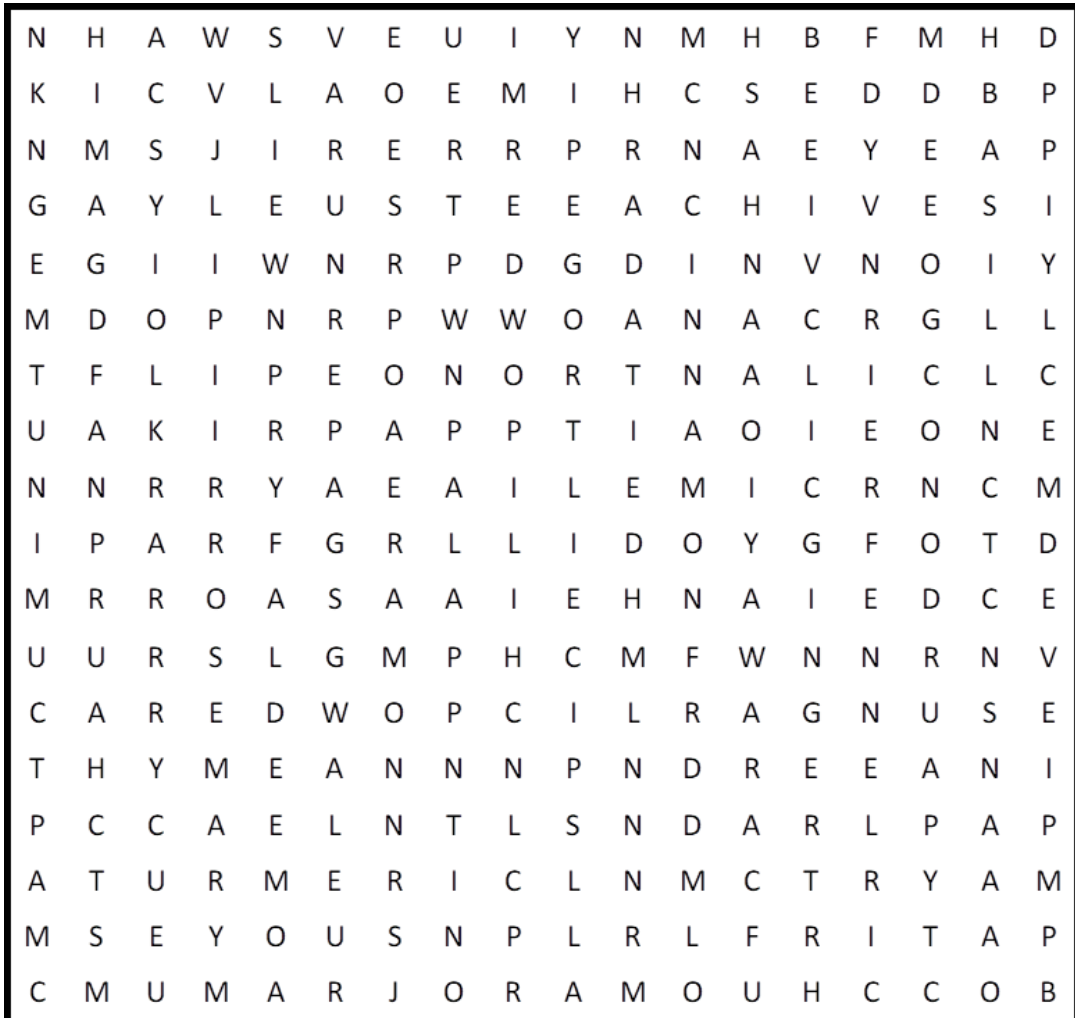
0473  
0759  
0907  
1238  
2082  
2767  
3024  
3081  
3231  
3507  
3645  
4276  
4283  
4769  
5259  
5265  
6453  
6590  
6633  
7332  
7415  
7628  
7756  
7837



8188	9878	43673	80945	<b>6 DIGITS</b>
8210	9937	45363	82657	295158
8253		48525	83068	472597
8275	<b>5 DIGITS</b>	55353	83748	493382
8551	08968	59396	83888	519050
8613	09340	61747	87300	531605
8694	11784	65453	90457	545553
8840	20752	68317	93096	634203
9293	32567	71873	94315	959250
9485	38880	78596		

Solution is provided in the back.

## HERBS & SPICES WORD SEARCH



ALLSPICE

BASIL

BAY LEAF

CARAWAY

CHILI POWDER

CHIVES

CILANTRO

CINNAMON

CLOVES

CORIANDER



CUMIN

CURRY POWDER

DILL

FENNEL

GARLIC POWDER

GINGER

MARJORAM

MINT

NUTMEG

OREGANO



PAPRIKA

PARSLEY

PEPPER

ROSEMARY

SAGE

SALT

TARRAGON

THYME

TURMERIC

VANILLA



Solution is provided in the back.

# MONDAY & THURSDAY MOVIES

IN ADDITION TO MONDAY MOVIES, THURSDAYS WILL NOW BE SHOWING MOVIES!



EVERY THURSDAY | 1:00PM | FREE

LA FETRA MOVIES WILL BE EXTENDED TO THURSDAYS  
STARTING IN JUNE! FLYERS WITH MOVIE INFORMATION  
WILL BE AVAILABLE AT OUR FRONT DESK.



PRESENTED BY PARTNERS OF LA FETRA

**NO BINGO  
JUNE 14!**

# BINGO

**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.**

## Book Discussion Group

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

**JUNE 6 DISCUSSION**      **JULY 11 SELECTION**

GERALDINE BROOKS  
AUTHOR OF PEOPLE OF THE BOOK AND MARCH  
 WINNER OF THE PULITZER PRIZE  
*a novel*  
**HORSE**

New York Times bestselling author of  
 RESISTANCE WOMEN and MRS. LINCOLN'S DRESSMAKER  
**JENNIFER CHIAVERINI**  
*Mrs.*  
**LINCOLN'S SISTERS**  
A NOVEL

*Meeting will be held on 2nd Thursday in July due to Independence Day*

## GLENDDORA GENEALOGICAL GROUP

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

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

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

### TUESDAY JUNE 25 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				57	

- Across:**
1. Mont Blanc, e.g.
  4. Sleeping place
  7. Long cut
  12. Watch
  13. Lyrical "before"
  14. Speed
  15. Singer Frank \_\_\_\_
  17. Roast host
  18. Commence
  20. Resound
  21. Full of calories
  25. Chambers (abbr.)
  26. Continually
  27. Despise
  29. Sticker
  31. Pulls apart
  34. Doglike scavengers
  38. Mob scene
  39. Fish feature
  41. Designer Oscar \_\_\_\_ (3 wds.)
  43. Spring bloom
  45. Actress \_\_\_\_ Barkin
  46. Rushed
  48. Purplish red
  52. Not fresh
  53. Medical org.
  54. Wicked
  55. Narrates
  56. Naught
  57. Chimpanzee, e.g.

- Down:**
1. Braying beast
  2. Luau souvenir
  3. Farm enclosure
  4. Actress \_\_\_\_ Davis
  5. Trip to the post office, e.g.
  6. Honey
  7. That woman
  8. Desk light
  9. Determine for sure
  10. Water vapor
  11. Shoe parts
  16. Off course
  19. Explosive initials
  21. Nourished
  22. Blvd.
  23. \_\_\_\_ difficulties
  24. Obtain
  28. Tranquil
  30. Guided
  32. Go bad
  33. Bus depot (abbr.)
  35. Once called
  36. Rock's \_\_\_\_ Brothers
  37. Deli sausage
  39. Earliest
  40. Wrathful
  42. Princely
  44. Auction off
  47. \_\_\_\_ Moines
  49. Bulls' league (abbr.)
  50. Faucet
  51. Fruit beverage

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

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

*GOOD LUCK  
AND  
HAVE FUN!!*

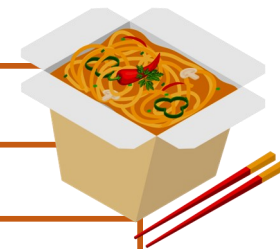
### SUDOKU #2

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

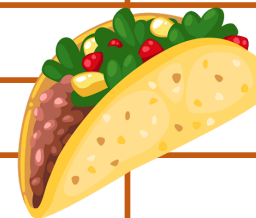


Solution is provided in the back.

## RESTAURANTS WORD SCRAMBLE




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



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 8:10 am Flexibility Training <i>(FREE—Sign Up Required)</i> <i>(Session ends 6/13)</i> 8:45 am Bridge Tournament 9:00 am Tai Chi Chuan <i>(Sign Up Required)</i> <i>(Session starts 6/11)</i> 9:00 am Sharing Memories 11:00 am Computer Adventure <i>(Sign Up Required)</i> <i>(Session starts 6/11)</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 6/11)</i> 6:00 pm Country Line Dancing—Beginner <i>(Sign Up Required)</i> <i>(Session starts 6/4)</i> 7:15 pm Country Line Dancing—Intermediate <i>(Sign Up Required)</i> <i>(Session starts 6/4)</i>	9:00 am Glendora After Stroke Center 9:00 am Patch, Pin, & Purl 9:00 am Intermediate 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) 1:00 pm <b>NEW:</b> Chair Yoga <i>(Sign Up Required)</i> <i>(Session starts 6/12)</i> 1:30 pm International Community Club 1:30pm Beginner Bridge Class	8:10 am Flexibility Training <i>(FREE—Sign Up Required)</i> 8:30 am Party Bridge 8:30 am Quilting Therapy (2 <sup>nd</sup> /4 <sup>th</sup> week) 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> 1:00 pm <b>NEW:</b> Thursday Movies 4:00 pm Balance & Mobility <i>(Sign Up Required)</i> <i>(Session starts 6/11)</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
3 10:00 am Legal Clinic for Seniors <i>(FREE - Sign Up Required)</i> 10:00 am <b>PRESENTATION:</b> TMB Insurance—Doc Talk <i>(FREE - Sign Up Required)</i>	4 9:30 am Glendora Neighborhood Group of the American Sewing Guild	5 1:00 pm Bunco	6 10:00 am Book Discussion Group	7	8
10	11 11:30 am iPhone/iPad Beginner Class <i>(FREE - Sign Up Required)</i> 1:00 pm iPhone/iPad Intermediate: Delving in to Apple ID Settings <i>(FREE - Sign Up Required)</i>	12 9:00 am <b>TRIP:</b> Curt Tucker-Shrines and Finds <i>(Sign Up Required)</i> 10:30 am Nuts About Needlepoint	13 8:30 am Quilting Therapy	14 <b>NO DAILY ACTIVITIES</b> 11:30 am <b>EVENT:</b> La Fetra Picnic <i>(For more info, see back of booklet)</i> 	15
17	18 1:00 pm Apple Photo Taking Class <i>(FREE - Sign Up Required)</i>	19 1:00 pm Bunco	20 10:30 am <b>PRESENTATION:</b> Exercise & Movement <i>(FREE - Sign Up Required)</i> 1:00 pm Apple Photo Editing Class <i>(FREE - Sign Up Required)</i>	21	22
24 10:30 am <b>PRESENTATION:</b> Home Health 101 <i>(FREE - Sign Up Required)</i> 1:00 pm LA Regional Food Bank	25 6:00 pm Glendora Genealogical Group	26 10:30 am Nuts About Needlepoint 11:00 am Free Notary Service 11:00 am <b>PRESENTATION:</b> Home Care Guidance <i>(FREE - Sign Up Required)</i>	27 8:30 am Quilting Therapy 11:00 am <b>PRESENTATION:</b> GPL Art <i>(FREE - Sign Up Required)</i>	28	29

\*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.