

TASTE OF

Travel

FREE



SATURDAY, SEPTEMBER 7 • 1:00PM-3:00PM

Explore travel opportunities, meet with our representatives from travel companies, and preview future extended tours while enjoying tasty refreshments and lots of door prizes!

Please RSVP by calling the La Fetra Center (626) 914-0560.



RECREATION AND HUMAN SERVICES DEPARTMENT PRESENTS

LA FETRA TIMES

August

2024

Fun Fact: August sunshine provides a good dose of Vitamin D - which helps bones, teeth, and hair!

This issue contains:

- ◆ TASTE OF TRAVEL
- ◆ CITRUS COLLEGE CLASSES
- ◆ AUGUST PRESENTATIONS
- ◆ APPLE & IPHONE/ IPAD CLASSES
- ◆ VOLUNTEER HIGHLIGHT
- ◆ AUGUST 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	(800) 824-0780	In-Home Supportive Services	(909) 802-2474
Elder Abuse Hotline	(800) 824-0780	Meals on Wheels	(626) 960-2995
Foothill Presbyterian Hospital	(626) 914-8200	Medicare	(800) 633-4227
Get About Transportation	(877) 477-3646	Metro Access Services	(800) 827-0829
Glendora Historical Society	(626) 963-8411	Ombudsman (Long Term Care)	(800) 827-0829
Glendora Mini-Bus	(626) 914-8233	Post Office – Glendora	(323) 721-1343
		Social Security	(626) 857-9127
		Glendora Office	(800) 772-1213
			(866) 964-6045

STAFF CONTACTS

Debbie Lopez, Human Services Manager — dlopez@cityofglendora.org
 Erik Deurmeier, Human Services & Outreach Coordinator (Outreach & Homeless) — edeurmeier@cityofglendora.org
 Rachel Orosz, Human Services Supervisor (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, 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.

CROSSWORD SOLUTION

1	O	D	D		4	D	A	6	D	7	S		8	E	9	G	10	G	11	S
12	N	E	O		13	A	R	I	A				14	R	I	O	T			
15	A	S	S	16	E	R	T	E	D				17	A	N	N	E			
				18	N	E	S	S					19	G	E	M				
20	D	A	R	22	T	S		23	E	24	L	A	26	T	E					
27	I	C	E	R		28	A	L	A	C	A	R	29	T	E					
31	O	R	D	E	32	A	L		33	R	E	P	A	I	D					
34	R	E	C	E	S	S	E	D		36	E	L	L	E						
			37	A	S	S	O	C		38	G	R	E	E	N					
39	A	I	R					41	L	42	U	R	E							
43	P	O	P	44	E			45	C	A	N	A	46	I	A	48	N			
49	E	W	E	R				50	A	I	D	S		51	T	R	Y			
52	D	A	T	E				53	D	R	O	P		54	S	E	C			

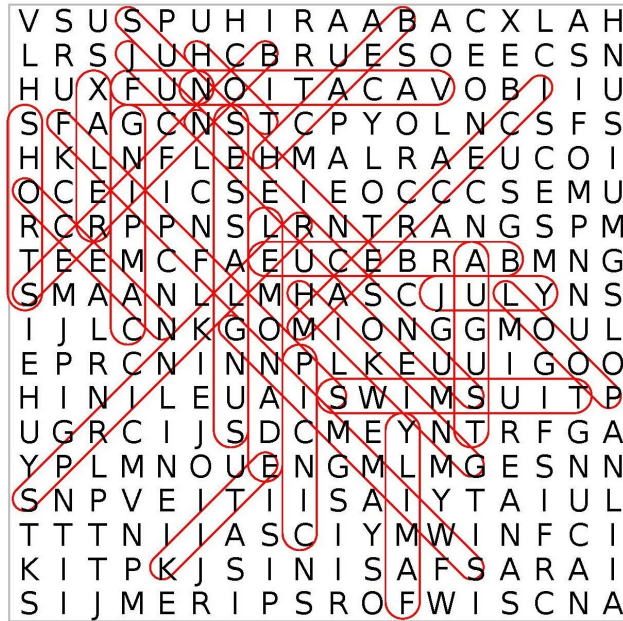
D	A	T	A		D	I	N	A		R	O	O	F							
I	M	A	M		E	V	O	K	E		I	V	O	R						
E	B	R	O		B	A	H	I	A		O	U	Z	O						
D	O	O	R	M	A	N		M	S	S		L	E	M						
			A	I	T	S		T	A	L	E	S	E							
S	V	E	L	T	E		P	A	S	T	Y									
H	I	E		C	R	E	E	D			N	U	M	B						
A	L	L	A	H		N	O	M		A	N	N	I	E						
D	E	Y	S			O	N	S	E	T		I	R	S						
		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

WORD FILL - IN SOLUTION

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

NUMBER FILL - IN SOLUTION

**SUMMER
WORD SEARCH SOLUTION**



SUDOKU #1 SOLUTION

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

SUDOKU #2 SOLUTION

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

City of Glendora Community Services Department and Citrus College Presents



FREE Older Adult Classes

NC 709: Flexibility Training for Older Adults

Fitness training will teach exercises designed to improve and maintain flexibility, strength, endurance, and cardiovascular and respiratory functions. Emphasis will be placed on motor movements, eye-hand coordination, body space awareness, balance training, reaction time, joint protection, and relaxation techniques. Registration is required with both Citrus College and the City of Glendora.

DATE	AGE	DAY	TIME	FEE
Aug 27-Oct 18	18+	T, TH, F	8:15am-9:30am	FREE

NC 711: Cardio, Strength, and Conditioning for Older Adults

Exercises begin with elementary movements and gradually increase to the individual's level of desired range of motion, flexibility, and strength. Registration is required with both Citrus College and the City of Glendora.

DATE	AGE	DAY	TIME	FEE
Oct 22-Dec 13	18+	T, TH, F	8:15am-9:30am	FREE

New students must fill out the *NEW STUDENT* application form. Returning students must fill out the *RETURNING STUDENT* registration form. Forms can be obtained from La Fetra staff. Ask the reception desk to call staff to provide a registration form. Once the form is complete, return it to the La Fetra Center and upstairs office staff will send the registration form to Citrus College.

AUGUST presentations

Heart Health & Heart Disease Presented by Optum

Join Optum for this special presentation on maintaining heart health and managing heart disease.

Thursday, August 15 | 12:30pm-1:30pm

Downsizing On Your Own Terms Presented by Beacon Placement & Care

Join Beacon Placement & Care and Lucy DeTeresa for a special presentation on downsizing and decluttering. Learn tips, tricks, and strategies to successfully downsize your home and belongings.

Wednesday, August 28 | 12:30pm-1:30pm

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

*REMINDER CALLS WILL BE GIVEN
one week in advance!

LEARN TO USE YOUR IPHONE/IPAD BEGINNER & INTERMEDIATE

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: *Keyboard Tips & Tricks* and are for participants with basic knowledge or who have taken the beginner class before. For more dates, check out our Summer brochure!

Tuesday, August 13 | FREE

11:30am-12:30pm • Beginner
1:00pm-3:00pm • Intermediate

Call (626) 914-0560 to register!

VOLUNTEER HIGHLIGHT

Tom Roach



Tom has been a volunteer since 2018. His groovy personality is a delight to all participants and staff. A fun fact about him is he cooks all sorts of food! He is an essential member to our nutrition 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

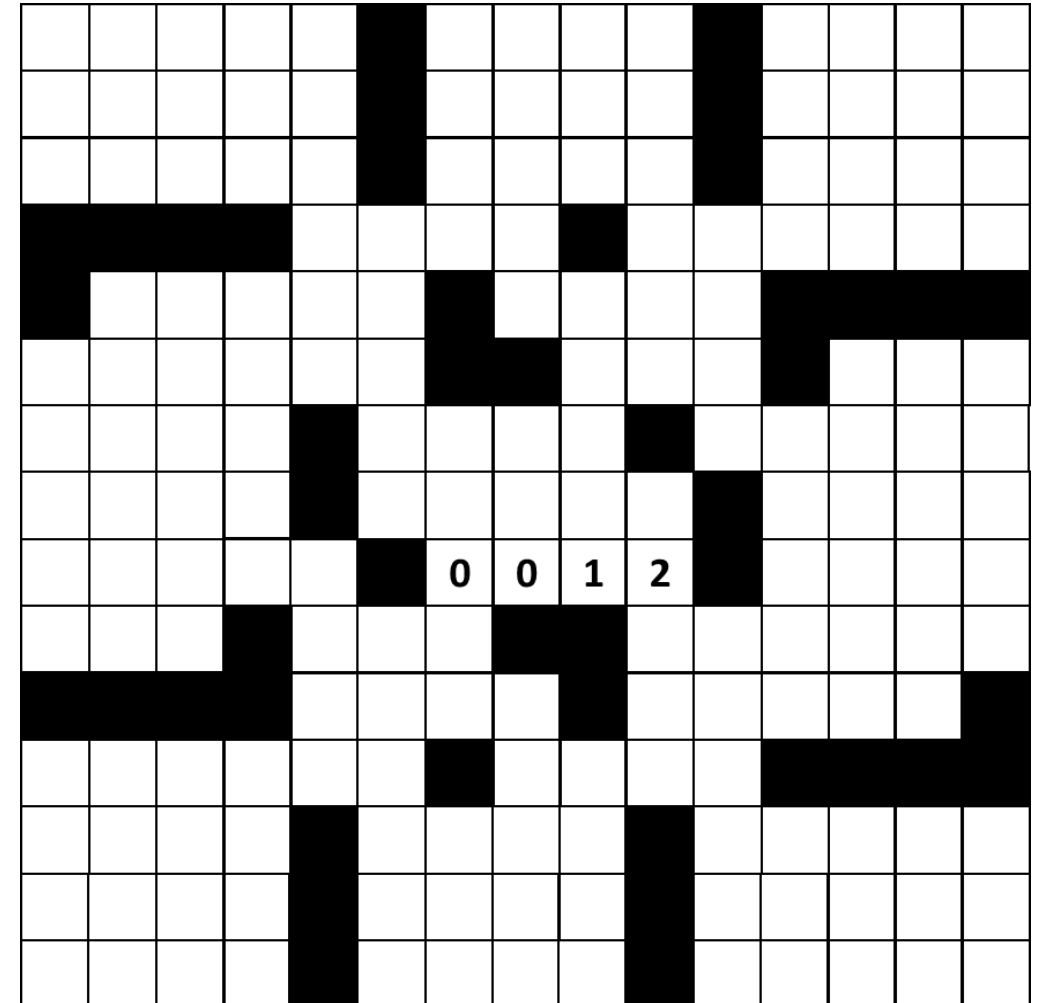
The first number in the grid has been provided to give you a head start. Fill in the numbers from the list where they will fit and check off the numbers as you go.

3 DIGITS

096
163
172
307
310
315
373
420
590
664
741
798
841
851
909

4 DIGITS

0012
0721
0772
1198
1868
1909
1965
2217
2542
2785
2979
3831
4194
4287
4554
4897
5262
5288
5332
5414
6114
6769
6893
7210
7381



8144

5 DIGITS

8597
8664
8859
9094
9102
9448
9578
9947

30035

38763
43156
52372
60003
60102
68377
69093
77201

80451

89080
89223
91351

6 DIGITS

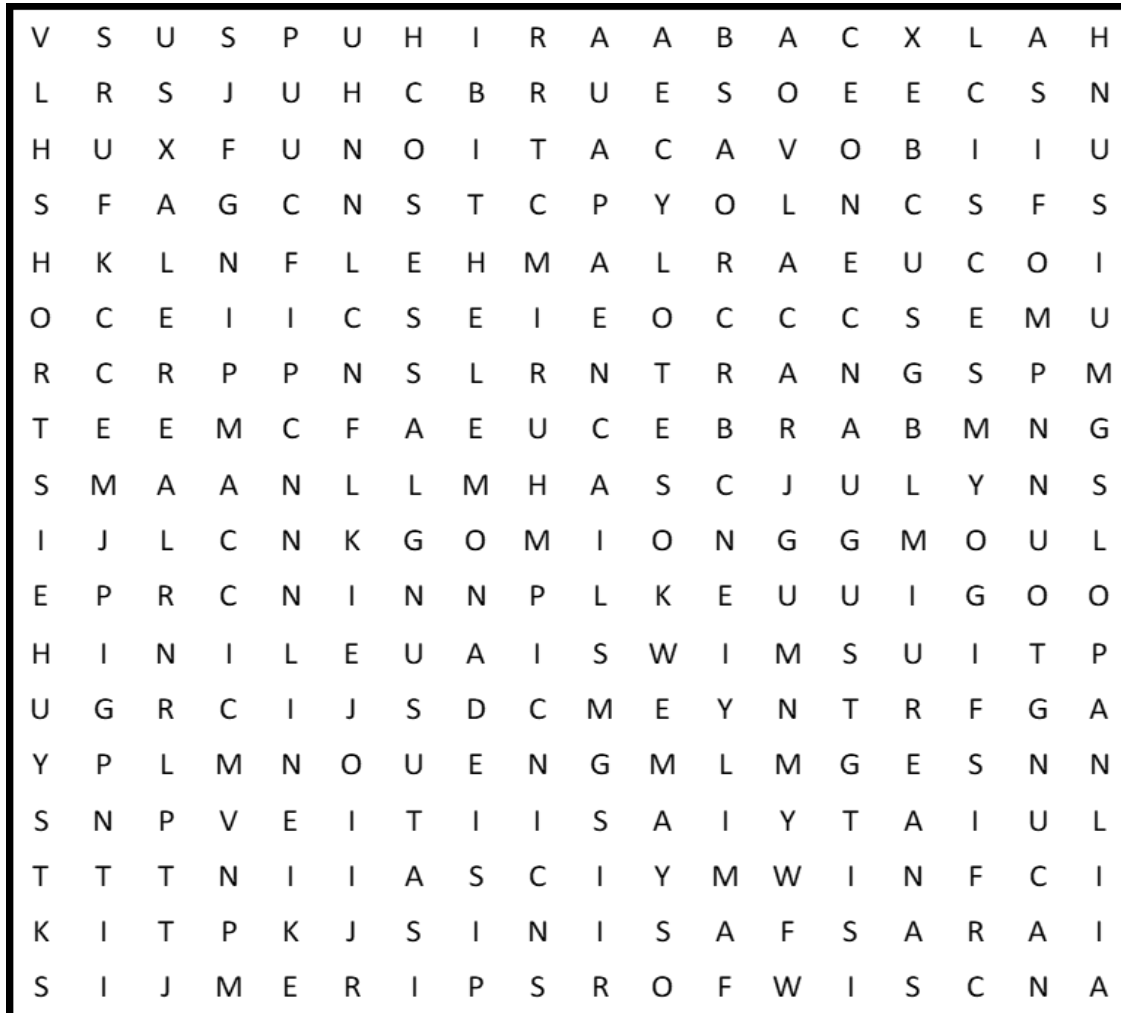
000230
028128
060131

105557

333903
402511
516910
661789
674735
707412
780346
794674

Solution is provided in the back.

SUMMER WORD SEARCH



AUGUST
BARBECUE
BEACH
BONFIRES
CAMPING
FAMILY
FLIP FLOPS
FUN
HIKING



HOT
ICE CREAM
JULY
JUNE
KITE
LEMONADE
OCEAN
PICNIC
POOL



RELAX
SHORTS
SPRINKLER
SUNGLASSES
SUNSCREEN
SUNSHINE
SWIMMING
SWIMSUIT
VACATION



Solution is provided in the back.

LA FETRA MOVIES



The La Fetra Center hosts it's FREE of charge weekly movies on **MONDAYS & THURSDAYS** at 1:00pm until the end of August. Flyers with movie information can be found on cityofglendora.org or located at our reception desk.



PRESENTED BY PARTNERS OF LA FETRA

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.

Bring your own drinks / individually wrapped snacks.

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		

Book Discussion Group

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

AUGUST 1 DISCUSSION

SEPTEMBER 5 SELECTION

GLENDORA GENEALOGICAL GROUP

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

The August meeting will be a hybrid in person/Zoom meeting. The speakers are Jeanette Sheliga and Lynn Edwards. The topics are *Above the Fold - Your Ancestors in the News* and *Using Find a Grave Website*.

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

TUESDAY AUGUST 27 AT 6:00PM

- Across:**
- 1. Weird
 - 4. Male parents
 - 8. Nest contents
 - 12. New (prefix)
 - 13. Opera solo
 - 14. Public disorder
 - 15. Affirmed
 - 17. Actress ___ Bancroft
 - 18. Loch ___
 - 19. Valuable stone
 - 20. Moves quickly
 - 23. Make ecstatic
 - 27. Bakery employee
 - 28. Menu term (3 wds.)
 - 31. Trying experience
 - 33. Gave back
 - 34. Indented
 - 36. She, in Paris
 - 37. Business gp.
 - 38. Envy's color
 - 39. Atmosphere
 - 41. Tempt
 - 43. Catholic leader
 - 45. Quebec native, e.g.
 - 49. Water pitcher
 - 50. Helps
 - 51. Make an attempt
 - 52. Appointment
 - 53. Hard candy
 - 54. Min. part

- Down:**
- 1. "Snakes ___ Plane" (2wds.)
 - 2. ___ Plains, Illinois
 - 3. ___ and don'ts
 - 4. Is bold
 - 5. Liberal ___
 - 6. Truck fuel
 - 7. Depressed
 - 8. Pitching stat
 - 9. Soft drink (2 wds.)
 - 10. Absent
 - 11. Flower part
 - 16. Main courses
 - 20. Couturier Christian ___
 - 21. Farm measure
 - 22. VIP's walkway (2 wds.)
 - 24. Animal fat
 - 25. Fighter pilot
 - 26. Narrowed
 - 28. As well
 - 29. Floor piece
 - 30. Genesis location
 - 32. Mule's kin
 - 35. Filled pastry
 - 38. Comprehend
 - 39. Impersonated
 - 40. Nebraska's neighbor
 - 42. Take apart
 - 44. Before, to poets
 - 45. Heel
 - 46. ___ a boy!
 - 47. Exist
 - 48. Manhattan (abbr.)

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

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

*GOOD LUCK
AND
HAVE FUN!!*

SUDOKU #2

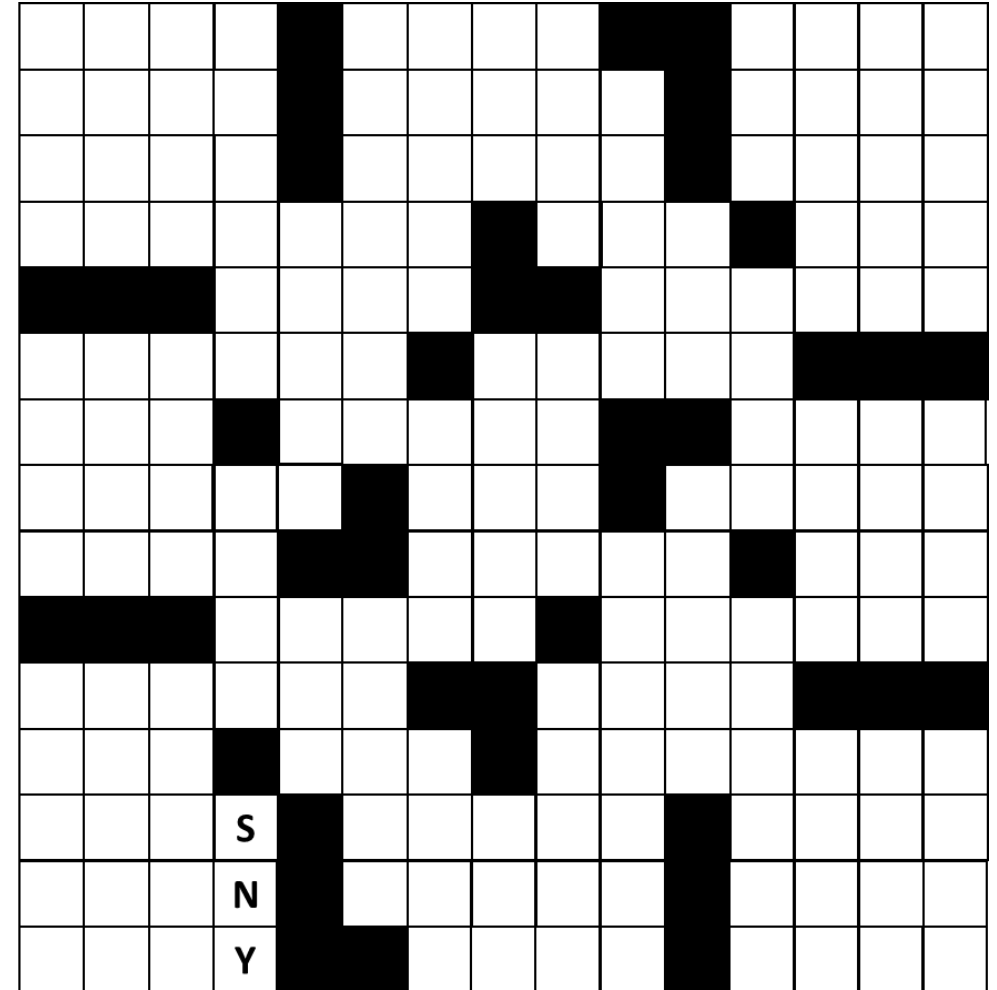
5			7	4	3			
		8	6		2	3		4
	3		1	5			6	
6			8					
	5	4				1	3	
					1			6
	2			1	7		4	
3		7	4		5	9		
			3	8	6			5



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.



3 LETTERS

ALI
DET
HIE
IRS
LEM
MSS
NOH
NOM
RIO
SAT
SNY
TEE
WTS

4 LETTERS

ADMS
AITS
AKIM
AMBO
ANET
ASOP
BESS
BORE
DATA
DATE
DEYS
DIED
DINA
EBRO
EELY
ENOL
ERAT
ESPY
EWER
IMAM
IOWA
ITES
IVOR
LIRE
LYNN

VILE

5 LETTERS

ALLAH
ANNIE
ATARI
BAHIA
BIDEN
CREED
DEEPS

EASTS
EVOKE
FROME
IVANS
MITCH
ODDLY
ONSET
OOZES
OTTOS
OVULE

PASTY
PEONY
PRADO
SALEM
TWINE
USEUP

6 LETTERS

AMORAL
CANTOS

NETTED
SVELTE
TALESE
TOUPEE

7 LETTERS

DEBATER
DOORMAN
ECONOMY
INITIAL

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 8:15 am Flexibility Training for Older Adults <i>(FREE - Sign Up Required) (Session starts 8/27)</i> 8:45 am Bridge Tournament 9:00 am Sharing Memories 11:30 am Nutrition 12:30 pm Beading Buddies 12:30 pm Pinochle	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 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 1:30pm Beginner Bridge Class	8:15 am Flexibility Training for Older Adults <i>(Sign Up Required)</i> 8:30 am Party Bridge 8:30 am Quilting Therapy (2 nd /4 th 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 Thursday Movies	8:00 am Int./Adv. Pool Players 8:15 am Flexibility Training for Older Adults <i>(Sign Up Required)</i> 8:45 am Bridge Tournament 11:30 am Nutrition 12:30 pm M-W-F Gamers 12:30 pm Pinochle 1:30 pm Bingo



August

THE RECREATION & HUMAN SERVICES FALL ACTIVITY GUIDE WILL BE RELEASED NEAR THE END OF AUGUST.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00 am Book Discussion Group		
5 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 1:00 pm Bunco	8 8:30 am Quilting Therapy	9	10
12	13 11:30 am iPhone/iPad Beginner Class <i>(FREE - Sign Up Required)</i> 1:00 pm iPhone/iPad Intermediate: Keyboard Tips & Tricks <i>(FREE - Sign Up Required)</i> 5:30 pm TRIP: Hollywood Bowl: Rachmaninoff <i>(Sign Up Required)</i>	14 10:30 am Nuts About Needlepoint	15 12:30 pm PRESENTATION: Heart Health & Heart Disease <i>(FREE - Sign Up Required)</i>	16	17
19	20	21 1:00 pm Bunco	22 8:30 am Quilting Therapy 5:30 pm TRIP: Hollywood Bowl: The Rite of Spring <i>(Sign Up Required)</i>	23	24
26 1:00 pm LA Regional Food Bank	27 6:00 pm Glendora Genealogical Group	28 10:30 am Nuts About Needlepoint 11:00 am Free Notary Service 12:30 pm PRESENTATION: Downsizing On Your Own Terms <i>(FREE - Sign Up Required)</i>	29	30	31

*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.