



HEALTHY LA VERNE CALENDAR

JANUARY 2019

Happy New Year!



JANUARY 2019:

Activities:

- **7th – 30th: Kiddie Workout** at the Community Center, Mondays & Wednesdays, 4:30-5:30 PM. \$60 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **7th – 30th: Complete Body Workout** at the Community Center, 5:30-6:30 PM every Monday and Wednesday. \$25 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **7th – 28th: Yogalates** at the Community Center, Mondays, 6:30-7:30 PM. \$25 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **8th – 29th: Intro to Mindfulness & Mindfulness Movement** at the Community Center, Tuesdays, 6:00-7:00 PM and 7:15-8:15 PM. \$60 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **10th: Oils, Health & Nutrition** at the Community Center, Thursdays, 6:00-7:00 PM. \$40 per session. Registration required at the Community Services Office (3660 “D” Street) or online. Call (909) 596-8700 for more info.
- **11th: “Long Term Care” Seminar for seniors** at the Community Center, 9:30-10:30 AM. Free seminar presented by Banker’s Life. Call (909) 596-8776 to reserve a spot.
- **18th: Blood Pressure Check** at the Community Center, every third Friday of the month, 10:00 AM -12:00 PM. No appointment needed – Free!
- **23rd: “Medicare Step by Step” Seminar for seniors** at the Community Center, 9:30-10:30 AM. Free seminar presented by the Inter Valley Health Plan. Call (909) 596-8776 to reserve a spot.

ONGOING FREE CLASSES:

- Monday, **Senior Social Group**, 9:00 AM-3:00 PM
- Tuesday & Thursday, **Healthy Aging Class (Aerobics)** at the Community Center, 8:00-9:30 AM.
- Tuesday & Thursday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Tuesday & Thursday, **Balance & Mobility Class** at the Community Center, 1:30-2:30 PM.
- Wednesday & Friday, **Bone Builders Class** at the Community Center, 9:30-10:30 AM.
- Thursday, **Tai Chi Class** at the Community Center, 1:00-3:00 PM.
- **Yoga Basics, Chair Yoga, Fall Prevention and Cardio Sculpt** at Hillcrest. Call (909) 392-4059 for more information.
- Monday through Saturday morning, **Trail Trekkers**-different local trail and time everyday. Call (909) 596-8776 for more information or check out Lvtrailtrekkers.org.
- Monday, Wednesday & Friday, **Senior Strutters**-different route every day, 7:00 AM. Call leader Anna Grubb for more information at (909) 730-3322.

COMMUNITY WIDE HEALTH & WELLNESS ACTIVITIES INCLUDED.

Don’t see your organization’s activity?

Please call the City of La Verne Community Services Office at (909) 596-8776.

**Visit us online at www.cityoflaverne.org to view our Recreation Guide
or to register for classes.**