City of Chino
Community Services Department
CHINO SENIOR CENTER

AGELESS TIMES

Friendship ▪ Services ▪ Activities for Seniors 50+ *"Focus on Life"*

Chino Senior Center
13170 Central Ave
Chino, CA 91710
909.591.9836
FAX 909.464.0796
www.cityofchino.org

Office Hours
Monday-Friday
8:00 a.m.-4:00 p.m.
Center Hours
Monday-Saturday
8:00 a.m.-8:00 p.m.
Sunday
10:00 a.m.-6:00 p.m.

APRIL 2010

2010 LEGENDS
THE SENIOR CHALLENGE

Registration Fee: $10 per person

(***Includes:*** *t-shirt, banquet, and 9 games - Miniature - Golf is $3.50 extra)*
Registration begins: *March 5, 2010 - Senior Center*
Opening Ceremony: *April 30, 2010 - Senior Center, 10:00 a.m.*
shuffleboard * bunco * miniature golf * poker * bocce ball * billiards
dominoes * horseshoes * bowling * basketball shoot

AARP FREE TAX PREPARATION

Mondays & Thursdays
through April 15
8:30 a.m.-12:00 p.m.

Get help with your income tax return. Call the office to schedule your tax preparation appointment.

SUMMER FASHION SHOW & LUNCHEON
FASHIONS BY KOHL'S

Registration Fee: $20 per person (advance ticket sales only)
Date: Saturday, June 19, 2010
Time: 11:00 a.m.-2:00 p.m.
Location: Chino Senior Center - Auditorium
Invite your family and friends!
Purchase your tickets at the office.

COMPUTER CLASS
DIGITAL CAMERA CLASS

NEW CLASS

Fridays
$5-8 week class
Time: 12:00-1:00 p.m.
Registration:
April 26-30
Session Dates:
May 3-July 2

AARP Insurance Safe Driving

Date: April 14 and 15
Time: 12:30-4:30 p.m.
Cost: AARP members $12
Non-members $14
Carolyn Owens Community Center
Note: Must attend both classes.
Sign up at the office.

ZUMBA TONING

Wednesdays
April 7,14, 21 and 28
Time: 6:00-7:00 p.m.
Cost: $5
Zumba toning is a muscle training program with the addition of light weights and toning movements.

SERVICES

SENIOR LUNCH PROGRAM

Oldtimers Foundation

Hot, nutritious lunches are served Monday-Friday, 11:30 a.m. at the Senior Center. $2.50 is the suggested donation for seniors 60+, and seniors under 60 pay $4.

Homebound meals are also available. For more information, call 909.628.0071.

OMNI TRANS-ACCESS BUS

San Bernardino County public transportation offers door-to-door service for disabled persons and seniors. For more information, call 800.966.6428.

LEGAL AID

Services are available the 2nd Monday of each month, at 1:30 p.m. at the Neighborhood Activity Center, located at 5201 "D" Street, Chino. No appointment needed. First come, first serve.

BUS PASSES

OmniTrans bus passes are available for purchase at the City Hall cashier or through the website at www.cityofchino.org.

Get S.M.A.R.T. TRANSPORTATION

Transportation is available Monday-Friday for Chino seniors to visit the Senior Center, shopping/errands or doctor appointments within the City limits. Transportation for medical appointments is available on Tuesdays only, from 9:00-11:00 a.m. To use this service, please register at the office or call us at 909.591.9836 for more information.

HEALTH & WELLNESS

Regional Council on Aging

The West Valley Regional Council on Aging works closely with the Department of Aging and Adult Services to improve the quality of life for senior citizens and adults with disabilities.

Learn more about services for seniors!

Next meeting: Tuesday, April 13, 9:00-11:00 a.m. at the Ontario Senior Center, 225 East B Street, Ontario, CA

Please call 909.477.2780 for more information.

ALZHEIMER'S SUPPORT GROUP

Receive insightful information on caring for a loved one with Alzheimer's Disease. Held the 2nd Wednesday of each month.

Wednesday, April 14
Wednesday, May 12
Time: 2:00-3:30 p.m.

HEALTH INSURANCE, COUNSELING, AND ADVOCACY PROGRAM (HICAP)

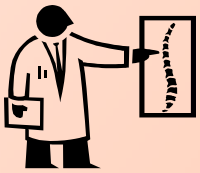
Thursday, April 1
Thursday, May 6
Time: 9:00 a.m.-12:00 p.m.

This program can help you understand Medicare, compare supplemental plans, examine your rights as a health care consumer, and explore long-term care options.

For an appointment, please call 800.434.0222 or 951.697.6565

SPINE DISORDER PRESENTATION

Presented by Loma Linda University



Tuesday, April 13, 2010
10:00-11:00 a.m. - Auditorium

Learn about diagnosis and treatment of spine disorders. Sign up at the office.

HEALTH & WELLNESS (cont.)

SENIOR CENTER FITNESS ROOM

Equipment is available to stretch your muscles, increase your physical agility, and improve your overall health, while watching your favorite shows on the TVs mounted in the room. PLEASE NOTE: APPROPRIATE ATTIRE MUST be worn in the fitness room: Athletic shoes and shirts with sleeves.

FITNESS ROOM OPEN SEVEN DAYS A WEEK FOR SENIORS 50+.

- Mondays-Saturdays: 8:00 a.m.-8:00 p.m./Sundays: 10:00 a.m.-6:00 p.m.

CAREGIVER Support Group

Monday, April 19
Monday, May 17
Time: 6:00-7:00 p.m.
Location: Senior Center ~ Craft Room

COMMUNITY CSS SENIOR SERVICES
Family Caregiver Support Program

ZUMBA FITNESS

Wednesdays: April 7, 14, 21 and 28
9:00-10:00 a.m.
Saturdays: April 3, 10, 17 and 24
8:30-9:30 a.m.
Cost: $5 per month, per class
Latin and international music with dance movements create a fun and exciting workout.

"HEALTHY EATING ON A BUDGET"

Presented by Izaro Elorduy,
MSG, Gerontologist and
SCAN Community Outreach Manager
Monday, April 12, 2010
7:00-8:00 p.m.-Craft Room
This presentation includes senior nutrition guidelines, nutritious low-cost sample meals snacks, and community resources.

CLASSES

AEROBICS/STRENGTHENING EXERCISE

Mondays/Thursdays, 9:00-10:00 a.m.
Tuesdays, 7:00-8:00 p.m. FREE

BALLROOM DANCE

Mondays, 3:00-5:00 p.m.
$1 pp/per class

FAMILY JOURNAL

Create lasting memories to pass on to future generations.
Tuesdays, 9:00-11:00 a.m., FREE

NEEDLECRAFT

Mondays, 12:30-3:30 p.m. (Feb 8-April 12)
Tuesdays, 9:00 a.m.-3:00 p.m., FREE

KNIT/CROCHET

Instructor, Irma Sanchez
Wednesdays, 9:00-11:30 a.m., FREE

QUILTING

Instructor, Helen Fisher
Thursdays, 12:30-3:30 p.m., FREE

Learn the ABC's of

SQUARE & LINE DANCING

Line Dancing:
Mondays: 1:30-2:30 p.m.
April 19-June 28
Square Dancing:
Mondays: 6:00-7:45 p.m.
May 3-June 28
FREE - Auditorium

CONVERSATIONAL SPANISH & ESL

(English as a Second Language)

Fridays: April 2, 9, 16, and 23

Conversational Spanish

9:00-10:00 a.m., $20 per month

ESL

10:00-11:00 a.m., $20 per month

COMPUTER CLASSES & LAB HOURS

Monday-Friday (Two month session)
$5 pp/per session
(non-refundable fee)

Registration: April 26 - April 30

Next Session: May 3 - July 2

Monday, Wednesday or Friday

Introduction to Computers	9:00-9:50 a.m.
Introduction to the Internet	10:00-10:50 a.m.
Email Basics	11:00-11:50 a.m.
Intermediate Windows (M/W)	12:00-1:00 p.m.
Digital Camera (Friday)	12:00-1:00 p.m.

Monday Evenings

Introduction to Computers	6:00-6:50 p.m.
Introduction to the Internet	7:00-7:50 p.m.

Tuesday

Microsoft Word	9:00-9:50 a.m.
Typing Tutor	10:00-10:50 a.m.
Communities on the Web	11:00-11:50 a.m.
Intermediate Windows	12:00-1:00 p.m.
Email Basics	6:00-6:50 p.m.
Microsoft Word	7:00-7:50 p.m.

Open Computer Lab Hours

Monday & Tuesday	1:00-5:45 p.m.
Wednesday & Friday	1:00-7:45 p.m.
Thursday	8:00 a.m-7:45 p.m.

FOOD COMMODITIES

Thursday, April 8, 2010
Disabled Persons: 9:00-9:30 a.m.
Non-disabled persons: 9:30-11:30 a.m.
Monte Vista Park, 13196 Monte Vista
Distribution of food items is free to low-income residents of Chino and Chino Hills.
Proof of City residency must be presented in the form of a city utility bill plus valid identification.

WEEKLY SCHEDULE - APRIL 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aerobics & Strengthening 9:00-10:00 a.m.	Baby Boomer Boot Camp 8:30-9:30 a.m. FREE	Zumba Fitness 9:00-10:00 a.m. April 7-28, $5 per month	Aerobics & Strengthening 9:00-10:00 a.m.	Computer 9:00 a.m., 10:00 a.m. 11:00 a.m., 12:00 p.m.
Computer 9:00, 10:00, 11:00 a.m. 12:00, 6:00, 7:00 p.m.	A.F.E.P. *(formerly P.A.C.E. program)* (Arthritis Foundation Exercise Program) 9:00-10:00 a.m., $2 wk	Beginning & Intermediate Knit & Crochet 9:00-11:30 a.m.	Bunco 9:00-11:30 a.m.	Watercolor Class 9:00-11:00 a.m. April 9-April 30 $20 pp
Needlecraft 8:30 a.m.-3:00 p.m.	Computer 9:00, 10:00, 11:00 a.m. 12:00, 6:00, 7:00 p.m.	Varied Games 9:00 a.m.-3:00 p.m.	Senior Support Group 9:30-10:30 a.m.	Conversational Spanish 9:00-10:00 a.m.
Hand & Foot 12:00-3:00 p.m.	Needlecraft 9:00 a.m.-3:00 p.m.	Computer 9:00 a.m., 10:00 a.m., 11:00 a.m., 12:00 p.m.	Pinochle 11:30 a.m.-3:30 p.m.	E.S.L (English as a Second Language) 10:00-11:00 a.m.
Line Dancing - NEW! 1:30-2:30 p.m., FREE	Family Journal 9:00-11:00 a.m.	Tripoly 12:00-3:30 p.m.	Hand & Foot 12:00-3:00 p.m.	Club Meeting 10:00-11:00 a.m.
Ballroom Dance 3:00-5:00 p.m., $1 pp	Pinochle 11:30 a.m.-3:30 p.m.	Play Wii 1:00-3:30 p.m., FREE Interactive Game	Quilting 12:30-3:30 p.m.	Bingo 12:30-3:45 p.m.
Diabetes Workshop 6:00-7:00 p.m. April 5, 12, 19, and 26	Pool Tournament 12:30-3:30 p.m., $1 pp	Game Night 5:00-7:30 p.m.	Shuffleboard Thursdays through April 8 1:15 p.m.	Movie Night 5:30 p.m., FREE *"Time Travelers Wife"* ~ 4/9 *"Everybody's Fine"* ~4/23
Square Dancing - NEW! 6:00-7:45 p.m., FREE	Chorus 12:30-2:45 p.m. Tuesdays through June 8.	Zumba Toning - NEW! 6:00-7:00 p.m. April 7-21, $5 per month	Yoga 6:00-7:00 p.m. FREE!	**SATURDAY**
	Bingo 3:15-5:30 p.m. Doors open @ 2:45 p.m.			Zumba Fitness 8:30-9:30 a.m. April 3 - April 24 $5 per month
	Aerobics/Strengthening 7:00-8:00 p.m.			

CASE MANAGEMENT SERVICES

- Information & Referrals
- Senior Companion
- Caregiver Support Group
- Alzheimer's Support Group
- Home Visits
- Food Commodities
- Health Seminars
- Workshops

P.A.T.C.H. (Prescription Assistance Through Community Help)

Qualified Chino seniors, 60+ can receive help with the purchase of life sustaining medications.

Donations are gladly accepted from individuals, corporations, or service clubs at the Chino Senior Center.

For more information, contact Maribel Macias, Case Manager, at 909.591.9836.

2010 TRIPS, TOURS, PREVIEWS, AND EXCURSIONS

The City of Chino does not endorse or guarantee satisfaction from travel agencies or vendors.

PARTICIPANTS MUST HAVE VALID IDENTIFICATION ~ ALL CASINO TRIP PASSENGERS MUST BE 21+

APRIL:

- 10 ~ Mystery Trip - Do you like adventure? Do you like surprises? Then join us as we present our annual "Mystery Trip". All the information you get is that the buses leave at 4:00 p.m. and return at 11:00 p.m. Don't miss the fun! Evening includes your meal, entertainment, and transportation. $50 pp
- 25 ~ San Manuel Sunday Special - All aboard a deluxe motorcoach for a short drive to San Bernardino's hottest gaming spot—***SAN MANUEL RESORT & CASINO!*** Players with a San Manuel Player's Card will receive $10 in slot play. All passengers must have a valid form of identification with them to attend. Bus leaves at 9:30 a.m. and returns at 5:30 p.m. Enjoy your favorite slots, table games, or an afternoon session of bingo. $10 pp

MAY:

- 1 ~ Palm Springs Follies #2 - ***"Let the Good Times Roll"*** is the theme for the 2010 Palm Springs Follies annual presentation. This show is so popular that we are offering a second trip for those who missed it in March. Enjoy lunch on your own and then a fantastic show with an "all senior" cast. LIMITED SEATING. Bus departs at 10:00 a.m. and returns at 6:00 p.m. $65 pp
- 8 ~ Solvang & Optional side trip to Chumash Casino - Deluxe transportation to the beautiful and quaint town of Solvang. Dutch ambiance and delicious food, plus an abundance of little shops to browse through will provide hours of fun. Lunch is on your own. If you like, and are 21+, you can take an optional side trip to the Chumash Casino and try your luck at a variety of table games and slots. Bus departs at 8:00 a.m. and returns at 8:00 p.m. $38 pp

JUNE:

- 16 ~ Tom's Farm - City transportation to one of Corona's favorite leisure destinations. Enjoy a short drive, browse through many delightful shops, and have lunch, on your own, at any of their excellent restaurants. Bus departs at 10:00 a.m. and returns at 4:00 p.m. 12 PASSENGER MINIMUM. $10 pp
- 22 ~ Lake Cachuma - Deluxe transportation to Lake Cachuma where you will enjoy a one hour boat cruise on the lake and visit the nature center. Then you're off to Solvang for 1 1/2 hours of shopping and/or lunch on your own. When the bus leaves Solvang, the next stop is at the Chumash Casino for 1 1/2 hours of gambling fun. Bus departs at 6:30 a.m. and returns at approximately 7:30 p.m. $56 pp
- 27-29 ~ Laughlin, Nevada's Riverside Hotel & Casino - Deluxe motorcoach transportation to Laughlin, NV to enjoy three days and two nights of casino fun. Price includes two nights accommodations, two breakfast buffet coupons and one choice buffet, luggage service, and transportation. $115 pp/dbl; $140 pp/sgl

The Chino Senior Center does not require membership for their Trips & Tours program and cordially invites adults 18+ to participate and enjoy the many tours available. Must be 21+ for casino trips.

★=NEW

EXCURSIONS

DEPOSITS ARE DUE NOW TO RESERVE YOUR SPACE

Complete itineraries are available at the Senior Center office.

TRAVEL IN 2010:

- Yosemite National Park - April 30-May 2: Deluxe motorcoach transportation to Oakhurst, California where you will spend two nights at the Shilo Inn. Enjoy a fabulous continental breakfast daily and then you're off to see the beautiful sights of Yosemite National Park. These include: Bridalveil Falls, Yosemite Falls, El Capitan, Half Dome, Yosemite Village, and the historic Ahwahnee Resort. $299.50 pp/dbl; $399.50 pp/sgl.
- Great Lakes Adventure - May 5-13: Nine days featuring a Chicago City Tour, Holland Tulip Festival, Dutch Village, Veldheer Gardens, two nights on Mackinac Island, Green Bay, Wisconsin Dells Cruise, and more. Roundtrip airfare from Ontario Int'l is included. $2,249 pp/dbl; $2,849 pp/sgl
- America's Music Cities - May 9-16: Roundtrip airfare from Ontario Int'l to New Orleans, the jazz capital of Louisiana. Tour the French Quarter, learn to cook "Cajun-style" at the New Orleans School of Cooking, visit Graceland, the Grand Ole Opry, RCA Studio B, and the Wildhorse Saloon. Eight days plus ten meals. $2,119 pp/triple; $2,149 pp/dbl; $2,749 pp/sgl.
- ★ Springtime in New York - May 10-14: Fully escorted tour, roundtrip transportation to the airport, roundtrip airfare, narrated tour of New York City, hotel near Times Square, 47th at Broadway, orchestra seating for a Broadway show, Statue of Liberty and Ellis Island tour, plus more. $1,599 pp/dbl; $1,999 pp/sgl.
- Santa Barbara/Santa Paula Excursion - May 12-13: Deluxe motorcoach transportation and one night's hotel accommodations, two meals; one continental breakfast and one lunch at the Santa Barbara Culinary School, plus a Santa Barbara Harbor cruise. Also included are tours of the Santa Paula Mural and Limoneira Ranch and Packing House. $239 pp/dbl; $299 pp/sgl.
- Chukchansi Gold Resort & Casino - May 24-26: Deluxe motorcoach transportation to the beautiful Sierra foothills near Yosemite National Park. Two nights accommodations at the luxurious resort where you will receive a $20 food credit and $20 in slot play. Spend a day in Yosemite National Park with time for a self-guided tour. $275 pp/dbl; $420 pp/sgl. Deadline to sign up is April 21, 2010.
- California & Oregon Coast Rail and Sail - September 13-21: one night on Amtrak's Coast Starlight and all meals; four nights at various hotels with four breakfasts and three dinners; and three nights on board the Coral Princess plus all meals. $250 deposit due now to reserve space. Price depends on your choice of Amtrak and Coral Princess accommodations. Prices range from: $1,639 pp/dbl to $2,099 pp/dbl.
- ★ Colors of New England - October 7-14: Highlights include: Boston, Bar Harbor, Abbe Museum, Pineland Farm, North Conway, Quechee Gorge, Gennington Battle Monument & Museum, and Hildene. Also included are 10 meals, roundtrip airfare from LAX and hotel transfers. $2,399 pp/dbl; $3,099 pp/sgl.

The Chino Senior Center does not require membership for the Trips & Tours program and cordially invites adults 18+ to participate and enjoy the many tours available. Must be 21+ for casino trips.

"GOOD TIMES"

EASTER WORD SEARCH

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

BASKET
BUNNY
CHICK
CHOCOLATE
CRACKING
CUDDLY
DUCKY
DYED
EASTER

EGGS
MARSHMALLOW
PAINTING
PASTEL
QUACK
RABBIT
SPRING
TREATS
YUMMY

SOMETHING TO MAKE YOU LAUGH

An older gentleman was
on the operating table
awaiting surgery
and he insisted that his son,
a renowned surgeon,
perform the operation.
As he was about to get the anesthesia,
he asked to speak to his son
"Yes, Dad, what is it?"
"Don't be nervous, son,
do your best,
and just remember,
if it doesn't go well,
if something happens to me,
your mother
is going to come and
live with you and your wife...."

LINE DANCING FUN AT THE SENIOR CENTER

RECREATION

HAND & FOOT

Mondays and Thursdays

12:00-3:00 p.m.

PINOCHLE

Tuesdays and Thursdays

11:30 a.m.-3:30 p.m.

TRIPOLY

Wednesdays, 12:00-3:30 p.m.

BUNCO

Thursdays, 9:00-11:30 a.m.

GAME NIGHT

Wednesdays, 5:00-7:30 p.m.
A variety of board games are available.

BINGO. . BINGO. . BINGO. . for Seniors 50 +

Tuesdays: Bingo Packs on sale at
2:15 p.m. in the conference room.

SCHEDULE:

- Tuesdays, 3:15-5:30 p.m. (Doors open @ 2:45 p.m.)
  Fridays, 12:30-3:30 p.m.
- 6 on: Buy-In $5
- Extra Pack: $3
- Odd & Even Sheet or Double Action Sheet: $1
- Power Ball Ticket: $.50

SHUFFLEBOARD

Thursdays through April 8
1:15 p.m.-Auditorium
$2 per person

POOL ROOM HOURS FOR SENIORS 50+

Monday-Saturday, 8:00 a.m.-8:00 p.m.

Sunday, 10:00 a.m.-6:00 p.m.

WEEKLY POOL TOURNAMENT

Pool Tournament

$1 entry fee/Tuesdays, 12:30 p.m.

MOVIE NIGHTS

5:30 p.m., FREE
Doors open at 5:00 p.m.

Friday, April 9
"Time Travelers Wife"

Friday, April 23
"Everybody's Fine"

WATERCOLOR ART CLASS

Fridays: April 2, 9, 16, and 23
Time: 9:00 a.m.-11:00 a.m.
Cost: $20 per person
Come and learn to paint with watercolors. Designed for beginning and experienced artists.
Sign up at the office.

ALZHEIMER'S SUPPORT GROUP

Receive insightful information on caring for a loved one with Alzheimer's Disease.
Held the 2nd Wednesday of each month.

Wednesday, April 14
Wednesday, May 12
2:00-3:30 p.m. - Craft Room

Chino Senior Citizens Club News:

Senior Club meetings are held on
Fridays from 10:00-11:00 a.m.

MEETING AGENDA:

- ► April 2 Birthdays
- ► April 9 Elizabeth Flores (Falling)
- ► April 16 Inland Empire Utilities
- ► April 24 Spring Fling Party
- ► April 23 Neighborhood House
- ► April 30 Legends Opening Ceremony

Spring Fling Party:
Date: April 24, 2010
Time: 11:00 a.m.-3:00 p.m.
Cost: $10
Location: Chino Senior Center
Create an Easter Bonnet (optional)
Bunny Races ($.25 per # choice)
Fun ▪ Food ▪ Prizes
Purchase your tickets by April 20

Love is a canvas,
furnished by nature and embroidered by imagination.

~Aileen

SENIOR CLUB OFFICERS
2009-2010

President, Aileen Shultz

Vice President, Jean Fouse

Secretary, Alida Mandel

Treasurer, Aimee Wilson

Sgt. at Arms, Ilene Golding

Trustee, Howard Williams
Trustee, John Bentz
Trustee, Dolores Steranko

Chaplain, Dorothy Riebli

Parliamentarian, Helen Aguiar

Membership, Colleen Lawler
Evelyn Weaver

Sunshine, Cathy Delia

Party Chair, Vacant

Past President, Thelma Southfield

April Birthdays

2nd Joyce Hart
7th Armae Conacher
12th Pamela Galindo
13th John Bentz
15th Mary Bump
16th Donna Roloff
17th John Coleman
20th Dorothy Czeschin
21st Ethel Drum
22nd Manuel Gonzalez
24th Felicitas Guzman
25th Annette Coy
25th Lisby Garcia
27th Maria Santana
28th Alida Mandel
28th Dolores Steranko
28th Chris Valle