



Redlands Recreation & Senior Services Division Presents

LUGONIA LEDGER

The Newsletter of the Redlands Senior Services Division

Vol. 5
Summer 2022
July - September

111 W Lugonia Ave | (909) 798-7579 | Mon - Fri 10:00 am to 2:00 pm

Revised 08/26/22



HAPPY LABOR DAY!

Our Facilities will be closed
MON. SEPTEMBER 5TH



Driver Safety

September 19th & 20th
9:00am - 1:00pm
2 (two) 4 1/2 hour sessions.

This refresher course specifically designed for drivers age 50 and older, who may benefit from a discount on their auto insurance premium upon completing the course.

\$15.00 for AARP Members
\$20.00 for non-members
paid to the instructor at the beginning of class.

All participants are required to sign a disclosure/disclaimer during registration.



**In-person Meal Service
Every Weekday!**
Monday – Friday
11:30 a.m. – 12:30 p.m.

A donation of \$3.00 is suggested for Seniors 60 years of age and older. All non-seniors 59 and younger have a required fee of \$9.75



Beat The Heat!

Cooling Centers Reopen for Summer!

When temps hit over 100°F, cool off with ice cold water and refreshing air conditioning

Redlands Community & Senior Center
M-F 10:00a - 7:30p
Sat: 9:00a - 3:00p

Joslyn Senior Center
Wed & Fri 10:00a - 3:00p

Summer Events

Thursday, September 15
12:30p - 1:30p

Dessert & Dialogue: Asistencia

On-going monthly series. This month presentation is about the Asistencia here in Redlands.

Free



NEW!

Fall Paint N' Sip

Tuesday, October 4
3:00p - 5:00p

Paint N' Sip is all about artistic expression over a glass of sparkling non-alcoholic drinks, snacks, friends, and a night of fun! All painting levels are welcome, no skills necessary.

\$5.00



Monday, September 19
3:00pm - 5:00pm



PIRATE PICNIC & CORNHOLE TOURNAMENT

Avast Ye Maties!

Dress up as a Pirate and Celebrate National Talk Like a Pirate Day at our very first Pirate Picnic and Cornhole Tournament.

Only \$2.00 to participate



Fall is just around the corner!
Look out for our Fall events coming soon!



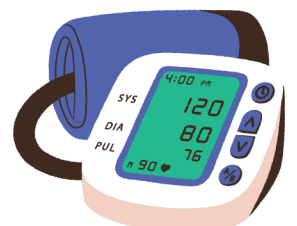
Blood Pressure Checks

Every First Tuesdays of the Month
12:00pm - 1:30pm

Starting September 6th

At the Redlands Senior Center

Provided by:
EverWell Homecare
& Destiny Home Health



**Pre-Registration
is required for all events**

Call to Register

(909) 798-7579

or visit

www.cityofredlands.org/seniors



Email us at recreationstaff@cityofredlands.org

Redlands Community Senior Center

Program Schedule

Mondays

10:15am - 12:15pm Redlands Walkers
 1:00pm - 2:00pm All About French
 12:00pm - 3:00pm Bridge for Fun
 4:00pm - 6:00pm Mon. Quilting Group

Tuesdays

10:15am - 11:15am Tai Chi
 10:30am - 2:00pm Mahjong Group
 11:00am - 12:30pm Women's Discussion
 1:00pm - 3:00pm Afternoon Line Dancing

Wednesdays

10:15am - 11:45am Morning Line Dancing
 10:15am - 5:00pm Wed. Quilting Group
 11:00am - 3:00pm Chess Club
 12:00pm - 2:00pm Hula
 1:30pm - 4:00pm Knitting
 1:00pm - 1:45pm Chair Yoga

Thursdays

10:15am - 12:15pm Redlands Walkers
 10:15am - 1:15pm Needlepointers
 11:00am - 12:30pm Joslyn Joy Writers
 12:00pm - 3:00pm Bridge For Fun
 1:30pm - 6:30pm Thu. Quilting Group
 5:00pm - 7:00pm Evening Line Dancing

Fridays

10:00am - 12:00pm Friday Painting
 10:00am - 12:00pm Redlands Walkers

NEW Adult Fitness Class **\$47.50**
POUND® **6 Week Session**
 ROCKOUT. WORKOUT.

PoundFit is a full body workout using lightly weighed ripstix moving to the rhythm of various musical selections. Designed for all fitness levels, Poundfit provides the perfect atmosphere for letting loose, getting energized, toning up, and rocking out! Classes will be held for 6 weeks at a time.

Redlands Community Center
Wednesdays 6:00pm - 6:45pm
 Session 2: 09/14 - 10/19

Chair Yoga **\$8.00**
 Per Class

 Redlands Community Center
 Wednesdays 1:00pm - 1:45pm
 A gentle chair yoga class designed to improve flexibility, tone and balance. Chair yoga can improve your flexibility, concentration and strength, while boosting your mood, reducing stress, and joint strain.

Redlands Senior Center
Monthly Craft Classes
\$2.00/class

Classes held 2nd Monday of each month.

- Sep 12th: Shadow Box with Seashell
- Oct 17th: Fall Centerpiece
- Nov 14: Cloth Pumpkins & Christmas Cards

Pre-registration required a week prior to class date



The Joslyn Senior Center has temporary reopened with limited hours

Joslyn Jiffy

Joslyn Senior Center
 21 Grant St
 Wed & Fri 10:00am - 3:00pm
 (909) 798-7550

Joslyn Senior Center

Program Schedule

Wednesdays

10:00am - 3:00pm Open Billiards
 11:30pm - 3:00pm Party Bridge

Fridays

10:00am - 3:00pm Open Billiards
 11:30pm - 3:00pm Party Bridge
 12:30pm - 2:30pm Bingo

FRIDAY BINGO

Bingo every Friday
 12:30pm - 2:30pm

Cost: \$5 buy-in, which includes 2 packs of "3-on, 10-up" cards, which is good for 10 games. (Additional packs may be purchased for \$1 each) Daubers may be purchased for \$1.25 each. Registration Required.

Special BINGO Days

Once a month, enjoy a special bingo themed celebration
 Sep 9th: Luau Bingo

Redlands Senior Transportation



The Redlands Senior Transportation provides seniors and disabled Redlands residents with transportation to:

- > Any location in Redlands
- > Medical Apt in Redlands & Loma Linda
- > Redlands' Senior Centers
- > Highland Beaver Clinic

Tickets Cost:

One Way Pass \$1.75
 10 One Way Pass \$17.50

Service is available:

Monday through Friday 8:00a - 3:00p
 No Service on Weekends or Holidays

Reservations must be made 48 hours in advance by calling **(909) 435-5419** between 8:00am - 4:00pm

Tickets and more information are available at the Redlands Senior Center