



Redlands Recreation & Senior Services Division Presents

LUGONIA LEDGER

The Newsletter of the Redlands Senior Services Division

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

Vol. 12
Winter 2024
Jan - Mar

Revised 11/27/23

Our Facilities will be Closed

Monday, January 15
Monday, February 19
Monday, April 1

7TH ANNUAL ORANGE BLOSSOM TRAIL

SENIOR 5K & HEALTH EXPO

FREE EVENT!
THU. MARCH 21, 2024

REGISTRATION: 7:00 AM
5K START: 8:00 AM
PLACE: CRAFTON PARK
(WABASH AVE. & INDEPENDENCE AVE.)

HEALTH EXPO:
9 AM - 11 AM



CALL (909) 798-7579
TO PRE-REGISTER

AARP TAX-AIDE

Free Tax Assistance for Seniors

Mondays starting in February.
Call (909) 798-7579 for an appointment

Monthly Cell Phone

HELP

1-on-1
Appointments
Call for Availability

Tues Afternoon:
January 2
February 6
March 5

Presented by
Avon Hall

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

A contribution of \$3.00 is suggested for Seniors 60 years of age and older. All adults 59 and younger have a required fee of \$9.75

SENIOR TRIP
LEWIS PLAYHOUSE
Rancho Cucamonga, CA

Saturday, March 16th
Bus Leaves @ 11:30am

Trip leaves and arrives back at the Redlands Senior Center. Participants are asked to arrive between 10:30am - 11:30am. Approx. time back 6PM.

Cost: \$60.50
Registration Required. Call the Redlands Senior Center (909) 798-7579.

AFTERNOON DELIGHT
VALENTINE'S DAY DANCE

WED. FEBRUARY 14
2:00PM - 3:30PM

REDLANDS SENIOR CENTER
111 W. LUGONIA AVE.

FREE ADMISSION
REGISTRATION REQUIRED
CALL (909) 798-7579

STRETCHX
ASSISTED STRETCHING

WORKSHOPS
\$15.00/CLASS
WEDNESDAYS 10:00AM - 11:00AM

PRIVATE SESSIONS
\$40.00/30MIN SESSION
WEDNESDAYS 11:00AM - 12:30PM

NEW!

LEAP YEAR RIBBIT RENDEZVOUS
A FROG THEMED LEAP YEAR DANCE
CHICKEN DINNER | LIVE ENTERTAINMENT | PHOTO BOOTH

\$5.00 ADMISSION

THURSDAY, FEBRUARY 29TH
3:00PM - 5:00PM

REDLANDS SENIOR CENTER
111 W. LUGONIA AVE.
TO REGISTER CALL (909) 798-7579



Email us at recreationstaff@cityofredlands.org

Redlands Community Senior Center

Program Schedule

Mondays

10:00am - 12:00pm Redlands Walkers
 10:30am - 3:00pm Deaf Club (1st Monday)
 12:00pm - 2:00pm All About French
 12:00pm - 3:00pm Bridge for Fun
 4:00pm - 7:00pm Mon. Quilting Group

Tuesdays

10:15am - 11:15am Tai Chi (Yang 24)
 10:30am - 2:00pm Mahjong Group
 11:00am - 12:30pm Women's Discussion
 1:00pm - 3:00pm Afternoon Line Dancing

Wednesdays

10:00am - 2:00pm Chess Group
 10:15am - 11:45am Morning Line Dancing
 10:15am - 6:00pm Wed. Quilting Group
 11:00am - 3:00pm Party Bridge
 12:00pm - 2:00pm Hula
 1:30pm - 4:00pm Knitting
 1:00pm - 1:45pm Chair Yoga

Thursdays

10:00am - 12:00pm 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
 11:00am - 3:00pm Party Bridge

FRIDAY BINGO

Doors Open 11:00am **Games Start at 12:30pm**

Cost: \$5 buy-in, which includes one pack 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.

Winter Events

Jan 17 2024 Volunteer Banquet..... 3:00p - 5:00p
 Feb 13 Winter Paint & Sip 3:00p - 5:00p
 Feb 14 Valentines Day Afternoon Delight 2:00p - 3:30p
 Feb 29 Leap Year Ribbit Rendezvous 3:00p - 5:00p
 Mar 21 Senior 5K & Health Expo 7:00a - 11:00a

Senior Trip

Mar 16 Lewis Playhouse 10:30a - 6:00p

FREE BLOOD PRESSURE SCREENINGS

2nd Tue. of the Month
 12:00 PM - 1:30 PM

January 9th | February 13 | March 12



HAND-WEAVING GROUP

2nd Monday of Each Month
 10:00a - 12:00p



BREAKFAST WITH CITY OFFICIALS

\$3

MONTHLY 8:30AM - 9:30AM

January 16 Continental Breakfast
February 20 Breakfast Casserole
March 18 Biscuits & Gravy



SENIORTECH SOLUTIONS

Free Computer & Tech Help for Seniors

January 11 - March 28

2nd & 4th Thursday
 10:00am - 12:00pm



Check out these Adult Programs at the Redlands Community Center

Adult Jazz Tuesdays 7:00p - 8:00p..... FREE
 Indian Folk Dance Tuesdays 6:00p - 6:45p FREE
 WERQ Wednesdays 7:00p - 7:15p \$8/class
 Zumba Gold Fridays 10:15a - 11:00a \$8/class
 Polynesian Dance 1st & 3rd Sat 11:30a - 1:00p FREE

For More Info. Call the Community Center at (909) 798-7572

Joslyn Jiffy

Joslyn Senior Center
 21 Grant St
 Closed
 (909) 798-7550

Joslyn Senior Center is closed for renovations until further notice. Check back for updates.

Free Senior BUS PASSES

Omnitrans 31-Day Senior/Disability & Access Passes

AVAILABLE FOR PICK UP:

Jan 11 | Feb 8 | Mar 14

10:00AM - 2:00PM

ELIGIBLE FOR

Redlands Residents Age 62 or Older

Please bring appropriate documentation to meet the eligibility criteria. For Access Passes you must present an OmniAccess Rider ID Card