



Redlands Recreation & Senior Services Division Presents

# LUGONIA LEDGER

Vol. 5  
Summer 2022  
July - September

111 W Lugonia Ave  
(909) 798-7579 | [www.cityofredlands.org/seniors](http://www.cityofredlands.org/seniors)  
Monday - Friday 10:00 am to 2:00 pm

Revised 06/28/22



**INDEPENDENCE DAY**  
Our Facilities will be closed  
**MONDAY, JULY 4TH**



## 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.

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

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

**Call to Register  
(909) 798-7579**

or visit

[www.cityofredlands.org/seniors](http://www.cityofredlands.org/seniors)



**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 \$6.00



## 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

**Tuesday, July 12**  
3:00p - 5:00p

### Root Beer Float Social

Enjoy a cool refreshing root beer float while enjoying the company of friends and live entertainment at this free social event.



**Free**

**Thursday, July 21**  
12:30p - 1:30p

### Dessert & Dialogue: Senior Nutrition

On-going monthly series. This month presentation is about Senior Nutrition



**Free**

**Wednesday, August 3**  
3:00p - 5:00p

### Luau Senior Dinner Dance

Aloha! Wear your favorite Hawaiian attire and enjoy an evening of dining and dancing at our Hawaiian Luau Dinner Dance.



**\$5.00**

**Thursday, August 18**  
12:30p - 1:30p

### Dessert & Dialogue: Senior Dogs for Seniors

On-going monthly series. This month presentation is about the benefits of adopting a senior dog.



**Free**

**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**

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 Evening Quilting

### Tuesdays

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

### Wednesdays

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

### Thursdays

10:00am - 11:00am Beginning Tai Chi  
 10:15am - 5:00pm Day Quilting  
 11:00am - 3:00pm Chess Club  
 12:00pm - 2:00pm Hula  
 1:30pm - 4:00pm Knitting  
 1:00pm - 1:45pm Chair Yoga  
 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**  
 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 1: 08/03 - 09/07  
 Session 2: 09/14 - 10/19

**Free Demos**  
 Pre-registration required  
**Saturday June 25th**  
 Ed Hales Park (Downtown Redlands)  
 9:00am - 9:30am

**Wednesday July 6th**  
 Redlands Community Center  
 6:00pm - 6:45pm

## Redlands Senior Center Monthly Craft Classes

**\$2.00/class**

Classes held 2nd Monday of each month.

- July 11th: Christmas Gnome bottle covers
- Aug 8th: Decorated Initial
- Sep 12th: Shadow Box with Seashell

*Pre-registration required a week prior to class date*

**NEW UPDATE** 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  
 July 8th: Patriotic Bingo  
 Aug 12th: Beach Day Bingo  
 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