





## COMPUTERS

Staff teach these hands-on classes for beginning levels ONLY. Must be able to attend all three classes. †\$1.50

### BEGINNING

Tue	9/11, 9/18, 9/25	9:30a – 11:30a	\$6
Tue	10/16, 10/23, 10/30	9:30a – 11:30a	\$6
Tue	11/13, 11/20, 11/27	9:30a – 11:30a	\$6

### BEGINNING EN ESPAÑOL

Wed	9/12, 9/19, 9/26	9:30a – 11:30a	\$6
Wed	10/17, 10/24, 10/31	9:30a – 11:30a	\$6
Wed	11/14, 11/21, 11/28	9:30a – 11:30a	\$6

## AARP SAFE DRIVING CLASS EN ESPAÑOL

Mature driver two-day class will result in a certification for reduction from most automobile insurance companies. Call for reservation, all checks made payable to: AARP. †\$5

T/Th	9/4, 9/6	9:00a – 1:00p	\$15†
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## CONVERSATIONAL ENGLISH

A very basic class for learning to use English in every day conversations. Includes books and an audio CD. Class meets once a week for eight weeks. Last one for this calendar year.

Wed	10/3 – 11/21	9:30a – 10:30a	\$5
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## SPECIAL EVENTS

### BINGO

21 YEARS+

Fun with others who sit on the edge of their seats with anticipation. Mandatory "Buy-In" for regular games is a minimum of \$3; specials vary.

(No bingo on 11/22, 12/20, 12/27)

Thur	On-going	1:30p – 4:30p	\$3 min.
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### FRIDAY NIGHT DANCE

50 YEARS+

Ballroom style dancing on a beautiful wood floor featuring live music. Healthy snack included.

(No Dance 9/21, 10/19, 11/16, 11/23, 12/21, 12/28)

Fri	On-going	6:00p – 9:00p	\$4
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## OSC FALL VAN TRIP

50 YEARS+

Join other seniors for Ontario Senior Center's exciting Fall Van Trips. All trips leave from the Ontario Senior Center. Meals not included. SPACE IS LIMITED must be able to load and unload the van on your own. NO MOTORIZED SCOOTERS!

## BEYOND BOLLYWOOD – ONTARIO MUSEUM OF HISTORY & ART

Engaging craft activity will take place following the docent tour. Register by August 24.

Tue	9/11	9:30a – 11:30a	FREE
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## PECHANGA CASINO

Lunch on your own. Register by 9/28. SPACE IS LIMITED! †\$3

Tue	10/2	9:00a – 5:00p	\$12
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## PECHANGA CASINO

Bonus trip! Lunch on your own. Register by 10/26. SPACE IS LIMITED! †\$3

Tue	11/13	9:00a – 5:00p	\$12
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## CLUBS

50 YEARS+

### CINEMA CLUB

A true, bi-monthly cinematic experience! Spanish Cinema on September 24.

Mon	9/10, 9/24, 10/22, 11/26, 12/10	12:30p – 2:30p	FREE
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### KNITTING AND CROCHETING

Club meets each Friday morning in the Classroom for a shared time of work. All are welcome; please bring in your favorite patterns and your own materials. (No Club on 11/23)

Fri	On-going	9:30a – 11:30a	FREE
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### WOOD CARVING CLUB

ALL AGES

Club meets most Tuesday afternoons for fun carving of beautiful items.

Tue	On-going	2:00p – 4:00p	FREE
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A variety of programs, activities and classes accompany the traditional programs for the diverse community of Ontario. Extended hours are offered most evenings to accommodate new programs, activities and classes. Ask one of our friendly and helpful staff for assistance with a tour or questions about joining in our clubs, activities and programs.

**For more information, please call the Ontario Senior Center at (909) 395-2021.**

† Non-resident Fee

‡ Additional Fee/Comments

 Healthy Ontario Program

## SENIOR PROGRAMS

### Anthony Muñoz Community Center

#### TAI CHI

Join this wonderful gentle exercise class that improves and maintains health.

Mondays - On-going

10:00a – 11:00a

FREE

#### BALLROOM DANCING

Put your dancing shoes on and glide around the dance floor to live music!

Tuesday - On-going

1:00p – 3:30p

\$3

### De Anza Community & Teen Center

#### AMIGOS DE ONTARIO - FRIENDS OF ONTARIO

Come and meet new friends. Activities include potlucks and trips.

Thursdays

11/1, 12/6

11:30a – 1:00p

FREE

#### OAK GLEN TRIP

Wednesday

10/17

9:00a – 5:00p

\$12

Lunch not included. Registration deadline 10/15. +\$2.50

#### MORONGO CASINO

Wednesday

11/14

9:00a – 5:00p

\$12

Lunch not included. Registration deadline 11/13. +\$2.50

### **INLAND EMPIRE LATINO LAWYERS ASSOCIATION (IELLA)**

Advice and document preparation is available. No appointment necessary. (951) 369-3009 (Ayuda legal gratis.)

2nd Thursday ea./mo.

10/11, 11/8, 12/13

### **Westwind Community Center**

#### **WW WALKING CLUB**

Looking for a safe walking trail to take a morning stroll? Join our walking club and earn incentives for regular participation. Meets at the front counter inside the Community Center.

Tuesday/Thursday - On-going

9:00a – 10:00a

FREE

#### **ZUMBA**

Join our NEW Zumba Class geared for the active adult. This is a new way to dance yourself into shape. We are all beginners, give it a try!

Friday - On-going

9:00a – 10:00a

FREE

### **Ontario Senior Center**

#### **P.A.L. (PHONE ASSURANCE LINE) ALL AGES**

Have your loved ones called on a regular basis for companionship, referrals and social interaction. Shut-ins and physically challenged individuals given first priority.

Volunteers needed to make calls.

Monday/Wednesday/Friday - On-going

12:00p – 2:00p

FREE

#### **NUTRITION 60 YEARS+**

Serving a hot meal Monday through Friday.

Suggested donation of \$2.50.

Monday – Friday - On-going

11:30a – 12:30p

\$2.50

### **MOBILE FRESH ALL AGES**

Family Service Association and Healthy Ontario present Mobile Fresh featuring fresh produce at an affordable cost to promote healthy eating habits and ease of access to quality produce.

Tuesday - On-going

12:00p – 12:45p Varies

### **YOGA**

A Healthy alternative! Yoga and stretching exercises on noontime break. Fees are by the month and class size is limited.

Monday - On-going

10:00a – 11:00a \$10

Wednesday - On-going

11:00a – 12:00p

\$10

### **CHAIR YOGA**

Yoga with a twist, positions are performed with the safety of a chair. Fees are by the month and class size is limited.

Wednesday - On-going

9:30a – 10:30a

\$10

### **ZUMBA GOLD**

This lower impact dance exercise is a fusion of Cha Cha, Salsa and other inspired dance steps mixed with Line Dance and some Rock N Roll.

Monday/Wednesday - On-going

6:00p – 6:45p

FREE

### **LITE MOVES**

Coed FUN 5 days a week with stretching, bending and small movement activities.

Monday – Friday - On-going

9:00a – 9:30a

FREE

### **WALKING CLUB**

Coed walkers meet most Tuesday mornings. In case of rain, substitute a chair workout.

Tue On-going 10:00a – 11:00a FREE

### **Wii WORK OUT!**

Health and wellness combining aerobic exercise, video gaming and plenty of fun! Please wear loose fitting clothing and rubber sole shoes.

Wed On-going 1:30p – 3:30p FREE

### **FITNESS CENTER**

Treadmills, Elliptical Machine, Weight Equipment, NuStep and Recumbent Bicycles.

Monday – Friday - On-going

8:00a – 8:00p

FREE

### **GAME ROOM**

Open daily, and equipped with 4 regulation-sized pool tables, 2 game tables, TV, dartboard and plenty of action!

Monday – Friday - On-going

8:00a – 8:00p

FREE

## **CLASSES AND CRAFTS**

### **KITA'S CRAFTS CLASS**

Fun class devoted to unique gifts that are fun to give and receive.

Must pre-register one week in advance.

\*Materials included (No Class 11/23)

Fridays

2 – 3 wks/mo

12:30p – 2:30p

\$2.50/mo

### **PHOTOGRAPHY CLASS: BEGINNING**

Club meets 2nd & 4th Monday of each month. Camera not required, but SLR users welcome.

Mondays

11/26, 12/10

5:30p – 7:30p

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