

Recreation & Human Services Department

OLDER AMERICANS LUNCH



FRIDAY, MAY 22

11:30AM-1:30PM • \$8 PER PERSON

Enjoy lunch and entertainment as we celebrate this nationally recognized month for senior citizens!
Tickets may be purchased online or in person at the La Fetra Center from January 6 - May 8.

RECREATION AND HUMAN SERVICES DEPARTMENT
LA FETRA TIMES

Glendora

MAY 2026

PRINTING COURTESY OF PARTNERS OF LA FETRA



LA FETRA CENTER

333 E. Foothill Blvd., Glendora, CA 91741
(626) 914-0560 / CityofGlendora.gov
Monday-Friday: 8:00am-4:30pm

Mission: The City of Glendora Recreation and Human Services Department, through the efforts of the Human Services Division at the La Fetra Center, strives to maximize the quality of life for older adults by providing programs that: promote dignity and self-esteem; foster independence; facilitate social interaction; and dispel negative stereotypes about aging.

A.A.R.P.	(888) 687-2277	Glendora Dial-A-Ride	(626) 914-8233
Adult Protective Services	(833) 401-0832	Dispatch	
Animal Control – Inland	(909) 623-9777	TAP LA	(866) 827-8646
Valley Humane Society		Glendora Public Library	(626) 852-4891
YWCA Case Management	(626)214-9443	Homelessness – General	(626) 852-5200
Center for Health Care	(213) 383-4519	Questions	
Rights		In-Home Supportive	(866) 465-0905
City Hall – Glendora	(626) 914-8200	Services	
Emergency & Traffic Alerts	Text ‘Glendora’ to 67283	SGV Lawyer Referral Service	(626) 966-5530
Elder Abuse Hotline	(877) 477-3646	Meals on Wheels	(626) 960-2995
Foothill Presbyterian	(626) 963-8411	Medicare	(800) 633-4227
Hospital		Metro Access Services	(800) 827-0829
Get About Transportation	(909) 596-5964	Ombudsman (Long Term	(800) 510-2020
Glendora Historical	(626) 963-0419	Care)	
Society		Post Office – Glendora	(626) 857-9127
Los Angeles Regional Food	(323) 234-3030	Social Security	(800) 772-1213
Bank		Glendora Office	(866) 964-6045

STAFF CONTACTS

Debbie Lopez, HS Manager — dlopez@cityofglendora.gov
Erik Deurmeier, HS Supervisor (Outreach & Homeless) — edeurmeier@cityofglendora.gov
Rachel Orosz, HS Supervisor (Activities & Trips) — rorosz@cityofglendora.gov
Natalie Ramirez, Office Assistant (Trips & General Information) - nramirez@cityofglendora.gov
Carol Stellato, Recreation Specialist (Volunteers & Referrals) — cstellato@cityofglendora.gov

PARTNERS OF LA FETRA

Partners of La Fetra is a charitable, non-profit organization established to support the Glendora La Fetra Center in an effort to enhance the quality of life of the adult population of the City of Glendora. Donations are tax deductible as provided by law. Membership is open to any person: dues are \$10 per year, per person. The *La Fetra Times* is available for mailing for \$12 per year, or can be combined with the Partners Membership for \$20 per year. Cash (must be exact amount) or Check (must be made out to *Partners of La Fetra*) is accepted. Membership Applications can be picked up from the center during regular business hours. If you have questions related to Partners of La Fetra, please visit the center on Fridays and a board member can assist you.

CROSSWORD SOLUTION

1	S	2	T	3	E	4	M		5	D	6	R	7	I	8	P		9	T	10	A	11	G
12	P	O	L	O					13	W	E	N	T					14	O	I	L		
15	A	M	E	N					16	E	S	C	A		17	P	A	D	E				
					18	M	A	P	L	E					20	E	D	E	N				
21	B	22	E	E					23	A	T	T	24	E	25	S	T						
26	R	A	N	T	S				28	S	L	E	I	G	H	T							
32	A	S	T	U	T	E		33			34	M	E	T	E	O	R						
35	D	E	S	S	E	R	T		36			37	T	E	R	S	E						
					38	S	L	E	I	G	H			40	A	T	E						
41	O	42	R	43	A	L				44	P	R	E	45	E	N							
46	D	E	L	E					47	G	A	T	E			49	L	I	50	F	51	T	
52	O	N	O						53	A	L	O	E			54	L	U	B	E			
55	R	O	T						56	B	E	E	N			57	A	M	I	D			

NUMBER FILL-IN SOLUTION

0	4	0	2	6		9	3	6	1		7	8	4	7	
9	4	7	3	6		3	7	6	9		8	8	4	4	
0	7	6	7	5		0	8	2	0		6	6	0	8	
1	4	0		1	3	1	2	2	4		9	0	5	1	
3	3	0	4	0	8			0	7	3	7				
			2	1	5	7	6			5	2	6	8	5	
7	1	5	6			6	8	6	6	4	9		8	9	6
2	5	7				5	8	7	3	7			8	8	8
4	6	4			1	7	8	9	2	1		3	3	2	8
1	4	7	8	7			4	3	0	7	9				
			0	0	6	0			1	8	5	0	3	4	
9	5	0	4			0	8	8	1	1	1		7	8	0
4	1	0	4			6	8	8	1		7	4	5	7	5
6	6	0	6			4	6	9	1		2	9	9	9	1
4	9	0	7			9	6	8	8		1	7	0	4	7

WORD SEARCH SOLUTION



SUDOKU #1 SOLUTION

7	5	6	4	2	3	1	8	9
3	8	9	1	5	6	2	4	7
2	1	4	8	7	9	3	5	6
4	6	2	9	1	5	7	3	8
8	7	3	6	4	2	5	9	1
5	9	1	7	3	8	4	6	2
6	2	5	3	8	7	9	1	4
9	4	7	5	6	1	8	2	3
1	3	8	2	9	4	6	7	5

SUDOKU #2 SOLUTION

3	9	5	8	4	6	1	2	7
4	7	8	9	1	2	3	5	6
6	1	2	5	3	7	8	9	4
5	8	6	1	7	3	2	4	9
7	2	4	6	8	9	5	1	3
1	3	9	2	5	4	6	7	8
8	4	3	7	2	1	9	6	5
9	5	1	4	6	8	7	3	2
2	6	7	3	9	5	4	8	1



LA FETRA UPCOMING PRESENTATIONS



SUCCULENT REPOTTING AND CARE

Wednesday, May 6

10:00am-11:00am

Provided by Glendora Water Conservation, participants will learn how to repot and care for succulents, including tips on selecting the right soil, watering properly, and maintaining healthy plants. Each participant will receive a free succulent to repot and keep. Participants must register in advance in-person or online.

SHOULD I STAY OR SHOULD I GO?

Wednesday, May 13 & May 27

10:00am-11:00am

Presented by Live Better Financial, explore housing options for those deciding whether to remain in current home, downsize, or live in a senior community.

MENTAL HEALTH WELLNESS

Wednesday, May 13

1:00pm-2:00pm

Presented by Glendora Hospital. Join this workshop to help seniors deal with anxiety, learn breathwork, and discuss the negative stigmas of mental health.

MEDICARE 101

Tuesday, May 19

12:30pm-2:30pm

Turning 65? Got questions? This workshop is an introduction on where and when to apply for Medicare, penalties for applying late, and what Medicare part A, B, and C cover.

REGISTER IN-PERSON AT 333 E FOOTHILL BLVD, GLENDORA 91741

OR AT CITYOFGLENDORA.GOV/REGISTER.



DIAL-A-RIDE

CURB-TO-CURB TRANSPORTATION

 **(626) 914-8228**

Eligibility Requirements

- Glendora Resident
- Age 62+
- Or under 62 with qualifying disabilities

APPLY TODAY

**GLENDORA
TRAVEL FOR
ONLY 50¢**



Email Transportation@cityofglendora.gov for more info!

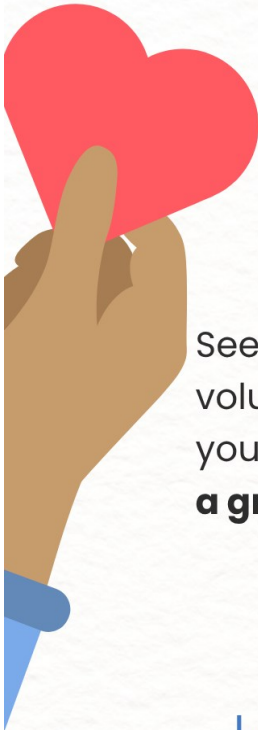


NOW TAKING RESERVATIONS!



BEGINNING **MAY 4 2026**, LA FETRA WILL
TAKE LUNCH RESERVATIONS FOR UP TO ONE
WEEK IN ADVANCE.

Please call ahead at **(626) 914-0560** to place a
reservation. Congregate meals are served Monday
through Friday to LA County residents ages 60 or
older. An intake form is required. There is a
suggested donation of \$3.00.



**LA FETRA VOLUNTEER
OPPORTUNITIES**

AGE: 18 AND OVER

Seeking motivated, creative, and responsible
volunteers interested in making an impact within
your local community by **teaching a class, leading
a group, or assisting at the front reception desk!**

LEARN MORE!
(626)914-8235 OR
LA_FETRA@CITYOFGLENDORA.GOV

NUMBER FILL-IN PUZZLE

The first number in the grid has been provided to give you a head start. Fill in the numbers
from the list where they will fit and check off the numbers as you go.

3 DIGITS

140
170
237
257
359
395
426
464
497
780
888
896

4 DIGITS

0000
0060
0737
0820
1118
1564
3328
3769
3782
4104
4405
4691
4907
5169
5688
5747
6323
6606
6608

6881
6883
7156
7241
7481
7847
7888
8844

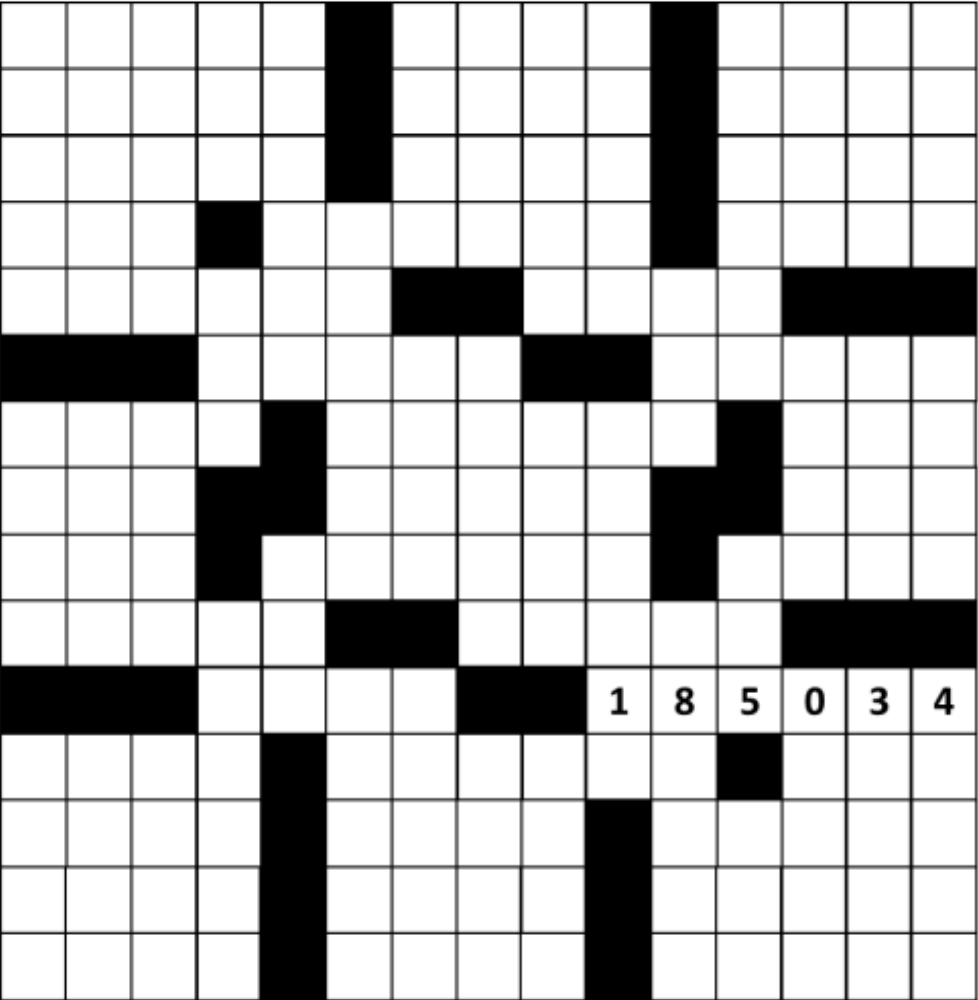
5 DIGITS

04026
07590
07600
07675
08866
09013
14787
17047
19047

21576
29991
38794
40517
43079
44743
52685
58737
60649

6 DIGITS

088111
131224
178921

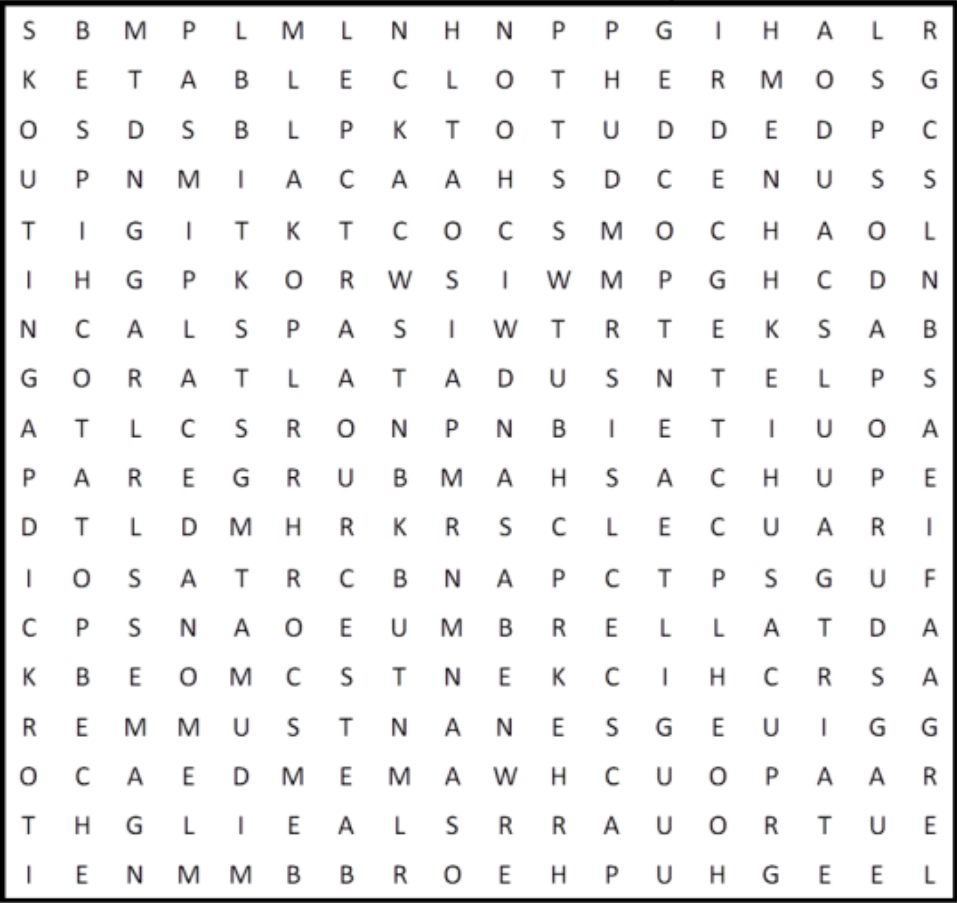


8860
8898
8982
9051
9301
9361
9464
9504
9688

185034
330408
385657
471011
665101
686649
781721
786972
804467

Solution is provided in the back.

PICNIC WORD SEARCH



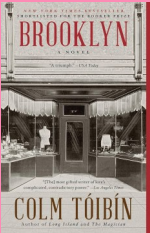
ANTS	GRASS	POTATO CHIPS
BARBECUE	HAMBURGER	POTATO SALAD
BASKET	HAMMOCK	SANDWICH
BLANKET	HOT DOG	SODA POP
CAKE	ICE CREAM	SUMMER
CHICKEN	KETCHUP	SUNSHINE
COLESLAW	LEMONADE	TABLECLOTH
FRUIT	NAPKINS	THERMOS
GAMES	OUTING	UMBRELLA
GRAPES	PLATES	WATERMELON

BINGO

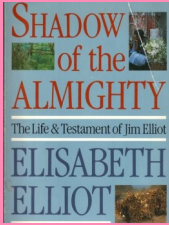
Presented by Partners of La Fetra Center
Every Thursday
Doors open: 12:00pm on SAGE A; 12:45pm on SAGE B.
Bingo sales: 12:30pm to 1:15pm
Games start: 1:30pm
Cost: \$8.00, \$3.00 for each additional pack.
Bring your own drinks and individually wrapped snacks.

BOOK DISCUSSION GROUP

First Thursday of Every Month
10:00am to 11:00am
FREE – No registration required!



May 7 Discussion:
Brooklyn
By Colm Toibin



May Selection:
Shadow of the Almighty
By Elisabeth Elliot

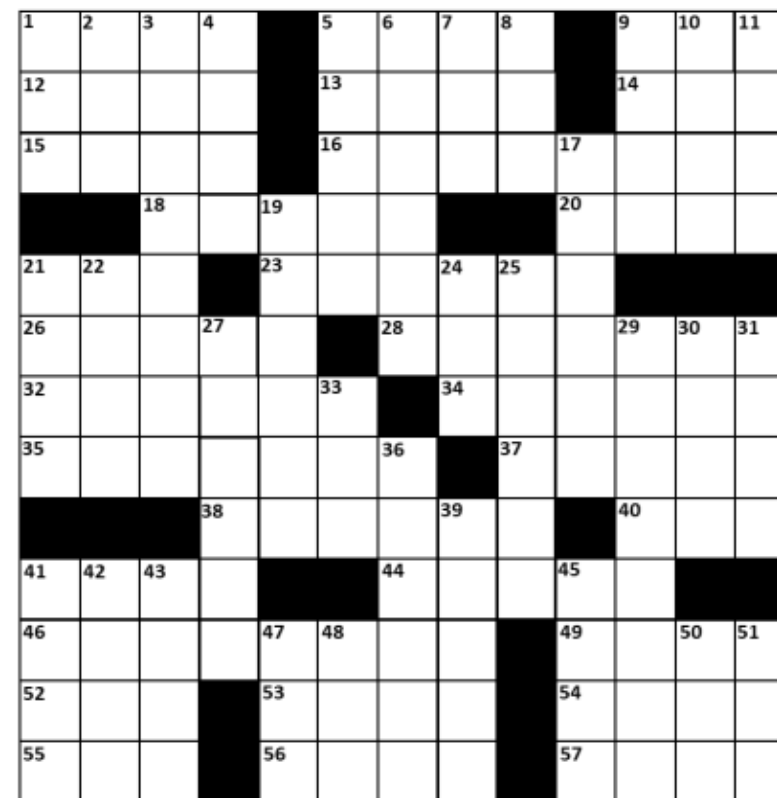
GLENDORA GENEALOGICAL GROUP

Fourth Tuesday of every month
Tuesday, May 26, 2026
6:00pm to 9:00pm
6 p.m. Speaker: Cynthia Patton
Topic: So You Want To Join A Lineage Society? Now What?
7 p.m. Topic: Beginner Class and short business meeting
FREE – No registration required!

If you are interested in family history, we invite you to attend the Glendora Genealogical Group. This group often provide resources, support, and collaboration opportunities for members who are exploring genealogy. They may offer access to historical records, organize workshops, host guest speakers, and run group projects like DNA analysis or local history documentation.



CROSSWORD PUZZLE



Across:

- | | |
|--------------------------------|----------------------|
| 1. Plant stalk | 34. Shooting star |
| 5. Plumbing problem | 35. Sweet course |
| 9. Label | 37. Succinct |
| 12. Marco ____ | 38. Snow vehicle |
| 13. Departed | 40. Snacked |
| 14. Olive product | 41. Of the mouth |
| 15. Prayer word | 44. Primp |
| 16. Adventure | 46. Representative |
| 18. Syrup tree | 49. Elevate |
| 20. Biblical garden | 52. Singer Yoko ____ |
| 21. Spelling competition | 53. Sunburn soother |
| 23. Verify | 54. Grease job |
| 26. Speaks wildly | 55. Decay |
| 28. ____ of hand (magic trick) | 56. Existed |
| 32. Shrewd | 57. In the middle of |

Down:

- | | |
|--------------------------|-------------------------|
| 1. Resort | 25. Boil |
| 2. Actor ____ Cruise | 27. Scuffle |
| 3. Carbon and gold, e.g. | 29. Window box bloom |
| 4. "____ Lisa" | 30. Emcee |
| 5. Resided | 31. Elm or pine |
| 6. Adjusts again | 33. Browning's "before" |
| 7. "Murder, ____" | 36. Walk cautiously |
| 8. School group (abbr.) | 39. Putting ____ |
| 9. Warty amphibian | 41. Bloodhound's clue |
| 10. Helper | 42. Gambling city |
| 11. Small valley | 43. Loads (2 wds.) |
| 17. Tiny | 45. She, in Barcelona |
| 19. Pale color | 47. Gossip |
| 21. Actor ____ Pitt | 48. Tavern drink |
| 22. Leisure | 50. "X-files" org. |
| 24. Graceful tree | 51. Actor ____ Danson |

Solution is provided in the back.

SUDOKU

Sudoku is played on a grid of 9 x 9 spaces. Within the rows and columns are 9 “squares.” Each row, column and square (9 spaces each) needs to be filled out with the numbers 1-9, without repeating any numbers within the row, column or square. Each Sudoku grid comes with a few spaces already filled in.

SUDOKU #1

	5				3			
	8	9	1		6		4	
2		4	8		9			6
	6		9	1				8
8			6		2			1
5				3	8		6	
6			3		7	9		4
	4		5		1	8	2	
			2				7	

SUDOKU #2

3				4	6	1		
	7							6
	1	2	5		7			4
			1	7	3			9
	2	4				5	1	
1			2	5	4			
8			7		1	9	6	
9							3	
		7	3	9				1

EVERY MONDAY & THURSDAY AT 1:00PM – ALWAYS FREE

LA FETRA MOVIES



Movie info can be found on cityofglendora.gov or located at our reception desk.

- May 4 **Knowing** (2009) Thriller/Sci-fi
- May 7 **Dodge City** (1939) Western/Action
- May 11 **The Manchurian Candidate** (1962) Thriller/War
- May 14 **Shadowlands** (1933) Romance/Drama
- May 18 **Dick Tracy** (1990) Action/Crime
- May 21 **For The Boys** (1991) Musical/War
- May 25 **MEMORIAL DAY—NO MOVIE—FACILITY CLOSED**
- May 28 **Duel In The Sun** (1946) Western

Monday		Tuesday		Wednesday		Thursday		Friday	
8:45 am	Sing for Joy	8:00 am	Int./Adv. Pool Players	9:00 am	Patch, Pin, & Purl	8:10 am	Strength & Cardio* (begins 04/07)	8:10 am	Strength & Cardio* (begins 04/07)
9:00 am	YWCA Case Mgmt.	8:10 am	Strength & Cardio* (begins 04/07)	9:00 am	Glendora After Stroke Center	8:30 am	Party Bridge	8:45 am	Bridge Tournament
10:00 am	Journey Through Grief	8:45 am	Bridge Tournaments	11:30 am	Nutrition	11:30 am	Nutrition	11:30 am	Nutrition
11:30 am	Nutrition	9:00 am	Tai Chi Chuan*	12:30 pm	M-W-F Gamers	12:30 pm	Canasta	12:30 pm	M-W-F Gamers
12:30 pm	Party Bridge	9:30 am	Sharing Memories	1:30 pm	International Community Club	1:00 pm	Current Events Discussion	12:30 pm	Pinochle
12:30 pm	Canasta	11:00 am	Computer Adventure for Active Adults	1:30 pm	Ping Pong*	Grp.			
12:30 pm	M-W-F Gamers	11:30 am	Nutrition			1:00 pm	Thursday Movies		
1:00 pm	Monday Movies	12:30 pm	Beginner Bridge Class			1:30 pm	Bingo		
1:30 pm	Ping Pong*	12:30 pm	Beading Buddies						
		12:30 pm	Senior Strength*						
		12:30 pm	Pinochle						
		6:00 pm	Country Line Dancing—Beg.*						
		7:15 pm	Country Line Dancing—Inter.*						

Mon	Tues	Wed	Thurs	Fri	Sat
				1	2
					LAFD & Ovation Hollywood*
4 10:00 am Legal Clinic	5 9:30 am Glendora Neighborhood Group of the American Sewing Guild	6 10:00 am Succulent Repotting and Care* 1:00 pm Bunco	7 10:00 am Book Discussion Group	8	9
11	12 11:30 am Learn to Use Your iPhone/iPad* 1:00 pm Intermediate Apple Classes*	13 9:30 am Curt Tucker’s Greatest* 10:00 am Should I Stay or Should I Go?* 10:00 am Nuts About Needlepoint 1:00 pm Mental Health Wellness Presentation* 1:30pm EYE-DAS	14 8:30 am Quilting Therapy 9:00 am Therapeutic Massage*	15	16
18	19 12:30 pm Medicare 101*	20 10:00 am Alzheimer’s Support Group 1:00 pm Bunco	21 9:00 am Therapeutic Massage*	22 11:30 am Older American’s Luncheon*	23
25 CLOSED FOR MEMORIAL DAY	26 6:00 pm Glendora Genealogical Group	27 10:00 am Should I Stay or Should I Go?* 10:00 am Nuts About Needlepoint	28 8:30 am Quilting Therapy	29 1:00 pm LA Regional Food Bank	30