

August 2026



UPLAND GIBSON GAZETTE

RISE THEN SHINE



George M. Gibson Senior Center | 250 North 3rd Avenue, Upland, CA

Thank you!

A special recognition to our sponsors,
partners and collaborators for helping
us bring joy to our patrons.

*AARP

*Alzheimer's Association

*Dr. Anthony "Tony" Ratkovic,
Euclid Chiropractic

* Family Service Association (FSA)

* HICAP
Health Insurance Counseling
Advocacy Program

* Mt. San Antonio College

*Department of Aging & Adult
Services

*Thoughtful Home Care

*West End Family Counseling

*Yael Steinfeld, RNP, MSN

*Calfresh

*Mara Davila / SCAN

TABLE OF CONTENTS

3 Events & Socials

4 Calendar

6 Upcoming Events

8 Birthdays

9 Movies & More

11 Enrichment Classes

13 Health & Fitness

14 Trips & Tours

16 Wellness Lectures

18 Resource Directory

EVENTS & SOCIALS



Tasty Mingle

Cooking Social

"Broccoli & Cheddar Soup"

Tuesday, September 29, 2026

4:00 P.M. - 6:00 P.M.

\$5 Per Person

Come join this fun cooking social, where you will learn how to prepare your evening meal, dine and share this experience with others.

Pre-registration is required.

For more information,

Please call (909) 981-4501.



Bingo BASH!

SATURDAY

AUGUST 15, 2026

1:00 P.M. - 4:30 P.M.

\$15 BUY-IN
[10 GAMES & 6 DRAWINGS]

OPTIONAL SPECIALS:
\$1 - 00 FISH BULLET
\$3 - THE "1" GAME
\$3 - 3-10-1
\$5 - 11 PICK 'EM
\$7 - DOUBLE ACTION

LET'S PLAY BINGO!



LUAU

Dinner & Show

THURSDAY

AUGUST 20, 2026

5:00 p.m. - 7:00 p.m.

\$10 PER TICKET

PRE-REGISTRATION IS REQUIRED



Upland Recreation & Community Services

Gibson BarkFest

In Observance of National Dog Day

• • • • •



Wednesday,
August 26, 2026



9:00 am - 12:00 pm

This event is FREE and open to the community!



AUGUST

Monday

- 9:00 AM Music & Brain Health
- 9:00 AM Billiards
- 9:00 AM Puzzles
- 11:30 AM FSA Lunch
- 1:00 PM Movie Madness
- 3:30 PM Sewing
- 4:00 PM Club Fit Muscle Tone
- 5:30 PM Club Fit Muscle Tone

Tuesday

- 9:00 AM Billiards
- 9:00 AM Puzzles
- 11:30 AM FSA Lunch
- 1:00 PM Intro to Mobile Technology
- 4:30 PM Tai Chi

Wednesday

- 9:00 AM Billiards
- 9:00 AM Puzzles
- 9:15 AM Club Fit Chair
- 10:15 AM Club Fit Pro
- 11:30 AM FSA Lunch
- 3:30 PM Artisan Quilting
- 4:00 PM Club Fit Muscle Tone
- 5:30 PM Club Fit Muscle Tone

Ongoing

Special Dates

August 24

1:30 PM Grief and Loss

August 4

9 AM HICAP Counseling

August 11

10 AM Neurographic
5 PM Volunteer Meetings

August 18

9 AM HICAP Counseling

August 25

11:30 AM Handicrafts

August 5

10 AM DAAS

August 19

10 AM Alzheimer's Association
11:30 AM Birthday Social
12 PM Dr. Tony Lecture:
"Getting Up from the Floor
Safely; Do These Exercises"

August 26

9 AM BarkFest

Announcements

BEAT THE HEAT!

GIBSON COOLING STATION
WHEN TEMPERATURES REACH
100 DEGREES AND OVER
MONDAY - SUNDAY
12:00 P.M. - 7:00 P.M.



AUGUST

Thursday

- 9:00 AM Billiards
- 9:00 AM Puzzles
- 11:30 AM FSA Lunch
- 1:00 PM Drawing Class

Friday

- 9:00 AM Billiards
- 9:00 AM Puzzles
- 9:15 AM Club Fit Chair
- 10:15 AM Club Fit Pro
- 11:30 AM FSA Lunch
- 12:55 PM Watercolor
- 2:30 PM Ping Pong

Saturday

- 8:00 AM Passport Services - By Appointments Only
- 9:00 AM Billiards
- 9:30 AM Ceramics
- 10:00 AM Gardening Club

Ongoing

August 6

10:30 AM Book Group

August 13

9:30 AM Senior Counseling

2 PM Crafeteria

3 PM Travel Presentation

August 20

10 AM Ayurvedic Lecture

5 PM Luau Dinner

August 27

9:30 AM Senior Counseling

2 PM Bunko

August 7

10 AM Myeloma Support Group

12:30 PM Billiards Tournament

August 14

9:00 AM CalFresh

August 15

1 PM Bingo Bash

Special Dates

Did You Know ?



August 26th is National Dog Day!

A Look Forward!



AARP Driver Safety 9/8

\$20.00 / members & \$25.00 / non-members

Pre-registration is required.

Fees payable by Check made out to AARP.

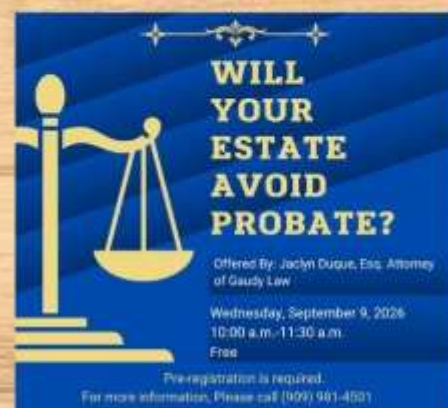
No cash or credit card payments can be accepted. Upon completion of course, participants will receive a Certificate.

Gaudy Law 9/9

"Will Your Estate Avoid Probate?"

Offered by Jaclyn Duque, Esq. Attorney of Gaudy Law. Pre-registration is required.

10:00 AM - 11:30 AM

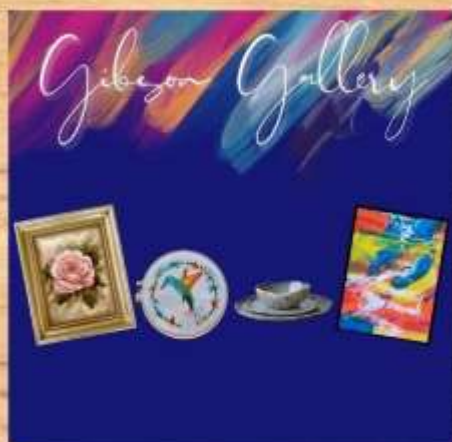


Art Gallery 9/11

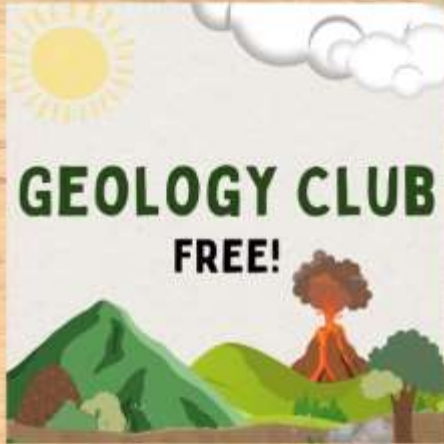
Do you have a passion for creativity?

We want to showcase your artwork!

The Gibson Gallery is an upcoming art exhibition and we're inviting artists of all skill levels to participate. Whether you paint, sculpt, quilt, photograph, or express yourself through another medium, we want to see it!



A Look Forward!



Geology Club 9/15

Are you ready for an exciting journey into the wonders of our planet? Join us for a captivating exploration of earthquakes, volcanoes, and the breathtaking natural landscapes that make our world so extraordinary. Whether you're a beginner or an enthusiast, all levels are welcome.

Jukebox Dance 9/18

Come dance the night away to your favorite music! Admission fee includes refreshments and Pizza. Outside food is allowed.

Pre-registration is suggested.

For information, please call (909) 981-4501.



Rummage Sale 9/26

Downsizing? Organizing?

Cleaning out your closet?

Be a vendor at our upcoming Rummage Sale and let that stuff go! Remember, one person's junk is another person's treasure!

For more information, please call (909) 981-4501

Family Service Association

FSA Lunch Program

Monday - Friday, 11:30 a.m.-12:30 p.m.

Doors open at 10:30 a.m.

Our program assists seniors and their loved ones in helping to maintain their independence. We offer congregate or "Group Meals" served at 25 Community/Senior Centers throughout San Bernardino County.

A suggested donation of \$3.00 a person would be greatly appreciated and is what helps us continue to serve our community meals.

For more information contact FSA at (951) 342-3057.

AUGUST BIRTHDAYS

BIRTHDAY CELEBRATION, AUGUST 19

Augustine Lopez | Angie Lopez | Aurea De Castro | Barbara Evanko | Burciaga Esperanza | Carlos Bianco | Carol Cruz | Carol Flis | Charles McReynolds | Charlos Desman | Cindy Holcomb | Claudia Ramos | Dorothy Clovis | Eleanor Lopez | Fernando Vilchis | Greg Langsford | Greg Park | Guillermo Losada | Harriet Wardanian | Howard Chiampas | Irma Arroyo | Isreal Soto | Jacqueline Morrow | Jesus Berrospe | Jesus Ramos | Joanna Dransfeldt | John Miller | Joseph Sandoval | Joyce Cash | Julianty Rosina | Keith Mevicar | Linda Reeve | Lisa Boyadjian | Margaret Merchain | Maria Carlos | Maria Pinuelas | Maria Rios | Marietta Witzka | Marlene Smith | Mercedes Carmona | Nancy Mannon | Norma Elfgen | Pamela Smith | Patricia A Myers | Ramiro Nava | Richard Bennet | Rodger Esparaza | Roselyn Pacheco | Sally Macias | Seekin Dindar | Sue Bunke | Sue Carpenter | Sumi Martin | Syed Husain | Tawnya McEntyre | Xian Qin Liu

Welcome, new members:

Lambarto Gonzalo Garcia, Lillian Anita Vega, Evamarie Jackie Escobedo, Marylou Esquibel, Janice Healy, Marcel Lamonica



Join us for a fun afternoon celebrating your birthday with a delicious birthday treat.

Doors open at 10:30 a.m. for seating. \$3.00 suggested donation for FSA Lunch.

Complete a Gibson Member Card to receive a birthday card and other exclusive invites!

Monday Movie Madness

GIBSON THEATER

NOW SHOWING

8/3- Romancing the Stone

8/10- Secondhand Lions

8/17- Knives Out

8/24- A Fish Called Wanda

8/31- Forrest Gump

Come and enjoy a free afternoon movie, fresh popcorn, & snacks.

Doors open at 1:00 p.m.

FOR MORE INFORMATION, PLEASE CALL (909) 981-4501.



BUNKO DUEL SOCIAL

Thursday, August 27, 2026

2:00 p.m.-3:30 p.m.

\$5.00 Per Person.

Let's roll! Enjoy an afternoon of prizes, refreshments, and new friends.

Guests ages 21 and over may participate, fees apply.

Pre-registration is recommended, space is limited.

For registration & information, please call (909) 981-4501.



BILLIARDS TOURNAMENT

**Friday, August 7
Begins at 12:30 p.m.
\$5.00 Per Person.**



Grab your pool cues!
The Gibson Senior
Center host a Billiards
Tournament each
month. Prizes for top
3 winners. Pre-registration
is recommended.



*BILLIARDS HALL

Monday - Friday: 9:00 a.m.-4:00 p.m.

Saturdays: 9:00 a.m.-12:00 p.m.

FREE! Playing Billiards is a great way to slow aging and improve hand-eye coordination. No prior experience required.



*PING PONG

Fridays 2:30 p.m.-5:30 p.m.

FREE! Make an appointment and play!
Bring a friend or make a new one.
For more information,
please call (909) 981-4501.





Enrichment Classes



*INTRODUCTION TO MOBILE INFORMATION TECHNOLOGY FOR BEGINNERS

Tuesdays | 1:00 p.m.-3:50 p.m.

FREE! Introduction to mobile information technology for skills, concepts, and principles to use mobile platform devices and the internet safely and effectively. Class offered in partnership with Mt. San Antonio Community College. Attend a class to register with instructor.



*CERAMICS CLASS

Saturdays | 9:30 a.m.-12:20 p.m.

FREE! This free class is designed to help older adults learn the basics of ceramics as well as the fundamentals of hands-building, decorating, and glazing ceramic projects. Registration will be taken in class by instructor. For more information, please call (909) 981-4501.



NEUROGRAPHIC ART WORKSHOP

Tuesday, August 11 | 10:00 a.m. - 11:30 a.m.

Join us from 10-11:30am to learn the basics of Neurographic Art. Release stress and tension through mindful drawing. Unlock creativity and self-expression. Take home your unique artwork \$5 per person.

For more information, please call (909)981-4501



CRAFETERIA

Floral String Art

Thursday, August 13 | 2:00 p.m - 4:00 p.m

\$10 Per Person! Get a jumpstart on your decor with this creative crafting workshop. All materials and step-by-step guidance is provided. At the end of the class you will have a beautiful craft you will be happy to show off to your friends at your next gathering.

For more information, please call (909) 981-4501.



HANDICRAFTS SELFCARE WORKSHOP

"Layered Wooden Shapes"

Tuesday, August 25 | 11:30 a.m.-12:30 p.m.

FREE! Workshops provided by: West End Family Counseling. Art is a great way to destress and unplug from the world.

For more information, please call (909) 981-4501.

Enrichment Classes



***ARTISAN QUILTING**
Wednesdays | 3:30 P.M.-6:35 p.m.
FREE! Class offered in partnership with Mt. San Antonio Community College. Attend a class to register with instructor.



***PRINCIPLES OF WATERCOLOR PAINTING**
Fridays | 1:00 p.m.-3:45 p.m.
FREE! Learn principles of watercolor painting! Emphasis will be on creative expression to develop primary skills for watercolor as they relate to composition and technique. Attend a class to register with instructor. Class offered in partnership with Mt. San Antonio Community College.



***SEWING & DESIGN**
Mondays | 3:30 p.m.-6:45 p.m.
FREE! Basic sewing techniques, including basic tailoring, pattern reading, cutting & style design to construct professional looking garments. Attend a class to register with instructor. Class offered in partnership with Mt. San Antonio Community College.



***MUSIC & BRAIN HEALTH**
Mondays | 9:00 a.m.-11:10 a.m.
FREE! Improve or maintain mental fitness of older adults through education promoting critical thinking and cognitive skills. Class offered in partnership with Mt. San Antonio Community College. Attend a class to register with instructor.



***DRAWING-BEGINNING THROUGH ADVANCED**
Thursdays | 1:00 p.m.-3:50 p.m.
FREE! Discover your creative side! Whether you're a beginner or looking to refine your skills, this class offers a supportive space to learn new techniques, improve focus, and boost mental clarity through art. Class offered in partnership with Mt. San Antonio Community College. Attend a class to register with instructor.



GIBSON BOOK CLUB
"The Guernsey Literary and Potato Peel Pie Society"
By: Mary Ann Shaffer & Annie Barrows
Thursday, August 6,
10:30 a.m. - 11:30 p.m.
FREE! Join fellow reading enthusiasts at the Gibson Book Club. Each month a book will be selected for reading and discussion. Offered the first Thursday of every month. Refreshments provided and group guided by Thoughtful Home Care.



FOR INFORMATION, PLEASE CALL (909) 981-4501.



***CLASSES OFFERED BY MT. SAC MUST BE REGISTERED THROUGH THEIR INSTRUCTORS. PARTICIPANTS WILL BE ALLOWED ENTRY 15 MINUTES PRIOR TO THE CLASS START TIME.**



Health & Fitness

FOR INFORMATION, PLEASE CALL (909) 981-4501.

CLUB FIT: LOW-IMPACT CHAIR EXERCISE

Wednesdays & Fridays | 9:15 a.m.-9:45 a.m.

FREE! Keep your body healthy and release stress through our weekly Club Fit Program. **This class is a sitting only & video guided.** Class will begin with an upbeat warm-up that flows right into a gentle cardio exercise of Yoga, Dance, Dumbbell or a Resistance workout. **Pre-registration is required. Only allowed to enroll in either Club Fit or Club Fit Pro.**



CLUB FIT PRO: STANDING EXERCISE

Wednesdays & Fridays | 10:15 a.m.-10:45 a.m.

FREE! Keep your body healthy and release stress through our weekly Club Fit Pro Fitness program. **This class is a standing exercise & video guided.** Class starts with an upbeat warm-up that flows right into a gentle cardio exercise of Yoga, Dance, Dumbbell or a Resistance workout. **Pre-registration is required. Only allowed to enroll in either Club Fit or Club Fit Pro.**



CLUB FIT: MUSCLE TONE

Mondays & Wednesdays | 4:00 p.m. or 5:30 p.m.

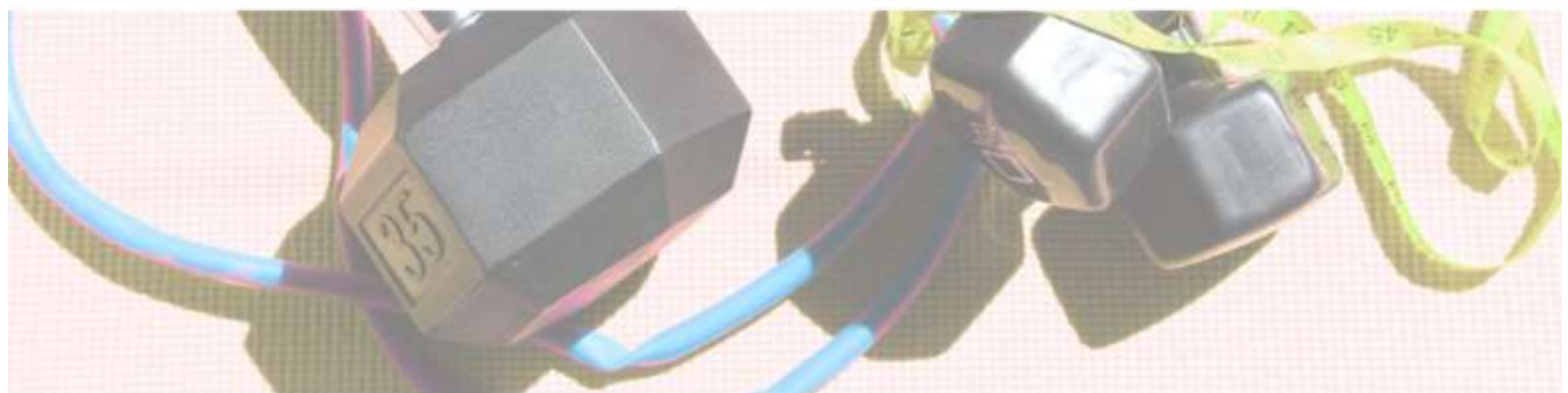
FREE! Keep your body healthy and release stress through our latest edition of our Club Fitness program. **This class is video guided.**



*PRINCIPLES OF POSTURE [TAI CHI]

Tuesdays | 4:30 p.m.-5:20 p.m.

FREE! Healthy Aging, including diet, nutrition, disease prevention, and application of Yoga fitness principles to maintain health while aging. Class offered in partnership with Mt. San Antonio Community College. Attend a class to register with instructor.





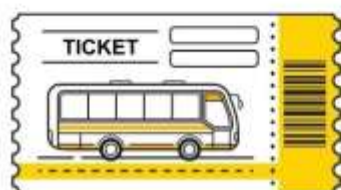
SAVOR THE FLAVORS OF SAN DIEGO WITH TUCKER TOURS

Thursday, August 27

8:00 a.m.–7:00 p.m.

\$165 per person

5 Yrs & Up



FOR MORE INFORMATION,
PLEASE CALL (909) 931-4280



DANISH DAYS IN SOLVANG

Saturday, September 19

7:00 a.m.–8:00 p.m.

\$97 per person

5 Yrs & Up



READY TO

Explore

THE WORLD?

TRIPS & TOURS



BRATS, BREWS, & BIG BEAR VIEWS

Sunday, October 11

10:30 a.m.–7:00 p.m.

\$120 per person

5 Yrs & Up



Travel Buddies most recent excursion to
Mackinac Island,
the Grand Hotel & Niagara Falls

UPLAND EXTENDED EXCURSIONS

Welcome Meeting on August 13 @ 3 p.m. These excursions are to destinations out of the state, country, or for multiple days.

Fall Colors & Lighthouse of the Great Lakes

Departs 9/24/2026 [9 Days]

Explore America's Historic East

Departs 10/11/2026 [9 Days]

A Culinary Journey Through Tuscany & Florence

Departs 10/13/2026 [9 Days]

Music Cities Christmas

Departs 12/1/2026 [6 Days]

Prauge, Budapest, & Danube Christmas Markets

Departs 12/4/2026 [9 Days]

Great Trains & Grand Canyon

Departs 2/21/2027 [6 Days]

New England Rails & Trails

Departs 10/2/2027 [9 Days]

Smoky Mountains & Pigeon Forge Holiday

Departs 12/5/2027 [5 Days]

Switzerland & Christmas Market of the Rhine

Departs 12/9/2027 [9 Days]

Wellness Lectures



Chiropractic Wellness

Dr. Tony, D.C.

**"Getting Up from the Floor Safely:
Do these Exercises."**

**Wednesday,
August 19, 2026
12 PM - 1 PM**

Holistic Wellness

**"Ayurveda
for Healthy Nervous System"
Thursday, August 20, 2026
10:00 AM - 11:30 AM**

Yael Steinfeld

**RNP, MSN,
Certified Ayurvedic
Practitioner
Ayurvedic Wellness**

West End Family Counseling

**Free one-on-one confidential
senior counseling offered the
2nd & 4th Thursday of the
month, 9:30 a.m. to 12:30 p.m.**

**Alzheimer's Lecture
Wednesday, August 19, 2026
10:00 AM - 11:30 AM**

**Alzheimer's
Association**

FOR MORE INFORMATION, PLEASE CALL (909) 981-4501.

Social Services



DAAS ASSISTANCE PROGRAM

Wednesday 10:00 a.m.-12:00 p.m.

August 5

FREE! First come, first served. Space is limited. The Department of Aging & Adult Services offers resource information pertaining to HEAP & many more social services! Some services may have limited quantities.

CAL-FRESH REPRESENTATIVE

Friday 9:00 a.m.-12:00 p.m.

August 14

FREE! Representatives from the CalFresh Program known federally as the Supplemental Nutrition Assistance Program or SNAP, which provides monthly food benefits to individuals and families with low-income and provides economic benefits to communities, they will be offering eligible families and seniors assistance with applying for the CalFresh Program. For more information, please call 2-1-1.

GRIEF & LOSS

Monday 1:30 p.m.-3:00 p.m.

August 24

FREE! Support Group. Learn the stages and how to cope with loss. Pre-registration is recommended. For more information, please call (909) 981-4501

HICAP COUNSELING

Tuesday 9:00 a.m.-12:00 p.m.

August 4 & 18

FREE! The Health Insurance Counseling Advocacy Program [HICAP] offers free unbiased one-on-one counseling to assist beneficiaries in understanding their Medicare Benefits and choosing options best suited for their needs. Pre-registration required. Call (909) 256-8369 to RSVP.

ONE-ON-ONE SENIOR COUNSELING

Thursdays 9:30 a.m.-12:30 p.m.

August 13 & 27

FREE! Register for a confidential one-on-one senior counseling appointments where you can share your feelings with a caring individual. Provided by West End Family Counseling. By appointment only, to schedule your session, please call (909) 983-2020.

MYELOMA SUPPORT GROUP

FREE!

Friday 10:00 a.m. - 1:00 p.m.

August 7

Join this supportive group to meet and interact with others to learn the latest advances in the treatment and management of Myeloma. For more information, please call (909) 981-4501.



Senior Resources

FOOD ASSISTANCE

Cal Fresh Supplemental Food Assistance Program

(909) 912-6118
211sb.org

Community Action Partnership Offers Food Pantry & Human Services

(800) 635-4618
capsbc.org

Feeding America Food Pantry SB County Food Pantry

(951) 359-4757
feedingamericaie.org

FSA Family Services Association Lunch Program

(951) 342-3057
fsaca.org

Meals on Wheels, Inland Valley, Inc. Homebound Delivered Meals

(909) 981-0377

HOUSING ASSISTANCE

Inland Mediation Board

(909)984-2254

Housing Authority of San Bernardino County Central Office

Federal Housing Assistance
(909)381-3331

See Front Desk for Senior Housing Directory Packet

HUMAN SERVICES

2-1-1 SB County Resources

Provides Elder Assistance, Food, Clothing, Crisis Services
(888) 435-7565 or Dial 2-1-1
211sb.org

Covid-19 Hotline

Covid-19 Information related to vaccines, tests & appointments.
(909) 387-3911
sbcovid19.com

Department of Aging & Adult Services Area Agency on Aging [DAAS]

(909) 891-3900
hss.sbcounty.gov/daas

Elder Abuse Hotline 24/7

(877) 477-3646
da.lacounty.gov

National Mental Health Hotline

(866) 903-3787
mentalhealth.gov

National Suicide Prevention

(800) 273-8255
988Lifeline.org

Office for Civil Rights

(866) 627-7748 www.hhs.gov

California's Safe at Home Program

For assistance with domestic violence
1(866)275-2677

Inland Valley Hope Partners

(909)622-3806
info@inlandvalleyhopepartners.org

Senior Resources

RESOURCE DIRECTORY

Aging Next

Provides Senior Resources
(909) 621-9900
agingnext.org

Alzheimer's Association of Greater Los Angeles

Provides support & services for those with Dementia & Alzheimer's issues.
(844) 435-7259
alzheimersla.org

Department of Aging and Adult Services

Senior Information and Assistance
1(800) 510-2020
hss.sbcounty.gov/daas/

Health Insurance Advocacy Program [HICAP]

Offers free unbiased counseling to assist with understanding Medicare benefits.
(909) 256-8369
hicapsbc.org

Ombudsman

Advocates for adults in assisted living and nursing care facilities.
(909) 332-6490
(800) 231-4024

Tax Services

AARP Tax Aid Program, answers questions pertaining to already filed taxes by AARP Tax Preparation Services.
(605) 549-5168

LEGAL AID

Inland County Legal Services
(909)980-0982

San Bernardino Legal Aid
(909)889-7328

TRANSPORTATION

Omnitrans Transportation Services

Door to door services. Eligibility & application process.
(800)966-6428 Access "Curb to Curb"
(909) 379-7341 Omni Ride "Door to Door"
www.omnitrans.org

CITY OFFICES

Landecena Community Center

(909) 204-4590

Magnolia Recreation Center

(909) 931-4280

Upland City Hall

(909) 931-4100

Upland Fire Department

(909) 356-3805

Upland Police Department

Non-Emergency (909) 946-7624
For life threatening emergencies 9-1-1

Upland Passport Office

(909) 981-4501

Upland Public Library

(909) 931-4200

Upland Public Works

(909) 291-2930

**Enjoy the
Outdoors!!!**

GIBSON SENIOR CENTER

250 North 3rd Avenue

Upland, CA 91786

(909) 981-4501

UPLANDca.gov

@GibsonSeniorCenter

BUSINESS HOURS

Monday-Friday:

8:30 a.m.-5:00 p.m.

Saturday:

8:00 a.m.-1:00 p.m.



Use the camera on your phone to
scan this code.

You'll be automatically connected
to our Facebook page.

