

May 2026



UPLAND **GIBSON** **GAZETTE**

CELEBRATING LIFE IN FULL BLOOM



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

MAY

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

May 4

9:00A.M. AARP-Driver Safety Refresher Course

May 5

3:00 P.M. Cinco De Mayo Happy Hour

May 5 & 19

9:00 A.M. HICAP

May 26

11:30 A.M. Handicrafts

May 6

10:00 A.M. DAAS

May 20

10:00 A.M. Alzheimer's Lecture

12:00 P.M. Dr. Tony

May 27

11:30 A.M. Birthday Celebration

Special Dates

May 25

CLOSED- Memorial Day

Holidays

MAY

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

Saturday

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

Ongoing

Special Dates

May 7

10:30 A.M. Book Club
5:00 P.M. Ladies Paint Night

May 14 & 28

9:30 A.M. Senior Counseling

May 21

10 A.M. Ayurvedic

May 28

2:00 P.M. Bunko

May 1

10:00 A.M. Myeloma
12:00 P.M. Billiards Tournament

May 8

9:00 A.M. CalFresh

May 22

4:00 P.M. Jukebox

May 2

1:00 P.M. Bingo Bash

Holidays



DID YOU KNOW?

May is National Strawberry Month



Thank you!

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

***AARP**

***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**

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GIBSON WORD SEARCH

B I L L I A R D S M D S A F M
I C M D E C P Q E O U E Y R C
O R F P I R A W L V A M A E M
N N W A H S S E Z I S P C E N
F F S V E A S T Z E R E J T J
W O S W K U P T U E V R C N D
M A I A W U O E P O P S V U W
X N T H L I R Z T I F B U L C
G A N E I U T A I G H F Q O U
J W K W R D N G U H O O H V P
G R Z J N C B C V B C K R T I
Y E Z A X D O L H G H I N B P
C B L N Q U I L T I N G A U K
X P V W M Y V N O Q S A W T B
U S C I M A R E C R O R O E P

Billiards
ClubFit
Mosaic
Puzzles
TaiChi
Watercolor

Bunko
FSA
Lunch
Movie
Quilting
Upland

Ceramics
Gazette
Passport
Sewing
Volunteer



Ladies Paint Night

Thursday, May 7, 2026

5 p.m. to 7 p.m. | Doors open at 4:30 p.m.



Age
21+



\$15 PER PERSON

CREATE YOUR OWN MASTERPIECE WITH STEP-BY-STEP GUIDANCE,
NO EXPERIENCE NEEDED!

Enjoy snacks, refreshments, and the chance to win prizes!



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.

George M. Gibson Senior Center

Follow us on

facebook



Scan this code to
be connected to
our page



Upcoming

BUNKO SOCIALS



Bunko 5/28

Let's roll! Join us from 2-3:30 PM for 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.

Comedy Night 6/11

In honor of Father's Day, The Gibson is celebrating with an evening of stand-up comedy, food, and fun from 5-7 PM! Pre-registration is required. For more information, please call (909)981-4501.



Cinco de Mayo Mocktail

Happy Hour 5/5

Sip, celebrate, and say salud! Join us for our Mocktails Happy Hour from 3-4 PM! Enjoy refreshing alcohol-free drinks, festive music, great company, and all the fiesta vibes. Bring your friends!

Upcoming



Neurographic Art Workshop

Learn the basics of Neurographic Art. Release stress and tension through mindful drawing. Unlock creativity and self-expression. Take home your unique artwork

Jukebox 5/22

Get ready to boogie! Join us for the Jukebox from 4-7 PM and get your groove on all evening long. For just \$5 per ticket, you'll enjoy feel-good hits, funky vibes, and nonstop dancing. Grab your crew, hit the dance floor.



ClubFit

Stay active, strong, and feeling your best with our Club Fit Classes!

They are low-impact chair or standing exercises designed to improve mobility, build strength, and tone muscles—all in a fun, supportive environment. Perfect for all fitness levels, it's a great way to move your body and boost your energy!



MAY BIRTHDAYS

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!

BIRTHDAY CELEBRATION, MAY 27

Amitava Sen • Barbra Ames • Beck H. Rich • Bernie Osborn • Carmen Ramirez • Celia Morfin • Charlene Harry • Claire Bridgeman • Dana Parker • Deana Parker • Denise Antirora • Edith Terwilliger • Elizabeth Gavidia • Elvia Galaviz • Eva Chisolm • Gregory Frazier • Helga Kuhnt-Moore • Herme Jimenez-Nichols • Ignacio Sanchez • Irma Miranda • Irma R Hall • Janine Edens • Josephine Gonzalez • Laureth Blankenship • Linda Stark • Lisa Carter • Mari-Ann Woodward • Michele Martindall • Patricia Petty • Patty Lehman • Paula Rutten • Pensini Akavuthikai • Primo Poles • Robert Weiner • Rosanna Hartman • Rossi McDonald • Rudy Laponis • Sara Alicia Hinojosa • Sirino Ayon • Stephen Barbara • Thomas Rangel • Trisha Todd • Wendy Nelson • William Blankenship • Maria E Contreras de Rodriguez • Aining Bao • Brenda Thurton • Debbie Dunson • Doris Valliant • Frank Viminez • Gulurkh Murray • Joyce Oylear • Inge Torres • Jaime Seriano • Louise Janovro • Zoila Fuentes • Ruth Stewart

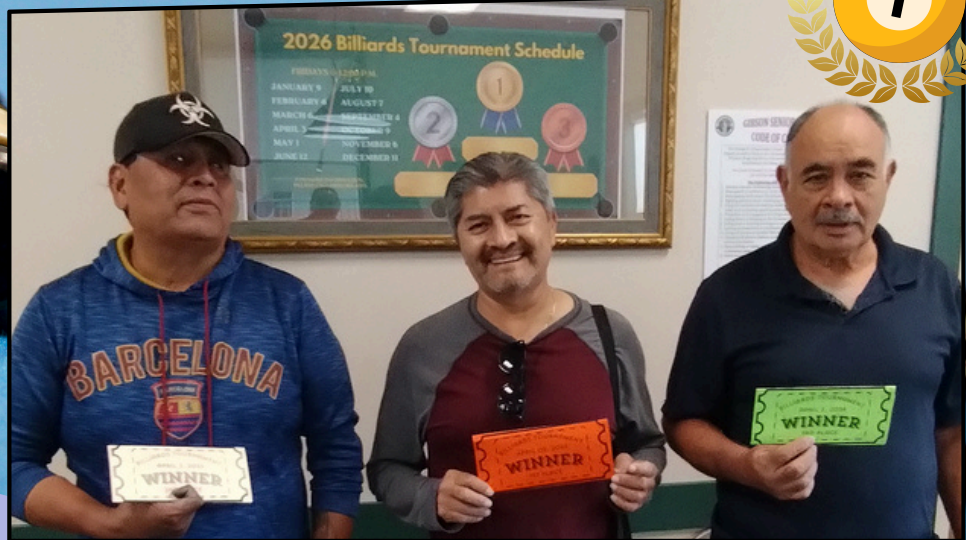
HAPPY
Birthday

WELCOME TO OUR NEW MEMBERS!

Theresa Rees • Dan Rees • Sean Li • Susan Wang •
Michael A. Arthur • Cindy Walters

BILLIARDS TOURNAMENT

Friday, May 1
Begins at 12:00 p.m.
\$5.00 Per Person.



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

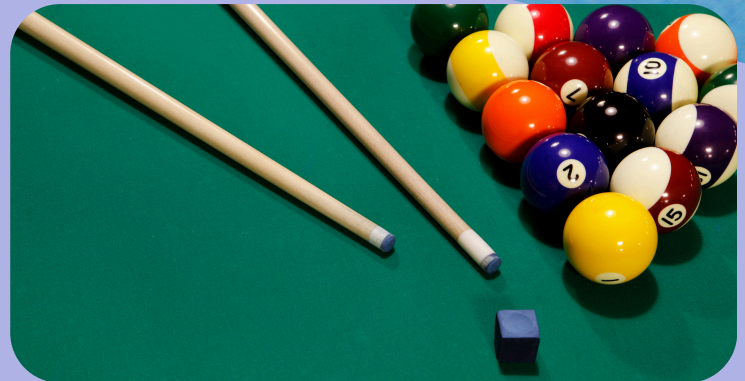


*BILLIARDS HALL

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.



Monday Movie Madness

GIBSON THEATER

NOW SHOWING

5/11- Ocean's Eleven

5/18- Going in Style

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.

GIBSON SUDOKU

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

What begins and ends with an E but only has one letter?

BUNKO DUEL SOCIAL

Thursday, May 28, 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.



HOBBIES, ARTS & CRAFTS

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

*CLASSES OFFERED BY MT. SAC MUST BE REGISTERED THROUGH THEIR INSTRUCTORS



*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 wheel-throwing, hands-building, decorating, and glazing ceramic projects. Registration will be taken in class by instructor. For more information, please call (909) 981-4501.

*HANDICRAFTS SELFCARE WORKSHOP

"Twine Vase"

Tuesday, May 26 | 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.



HOBBIES, ARTS & CRAFTS

★ TO RSVP OR 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.**

*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.



GEOLOGY CLUB

Thursday, May 19 | 10:30 a.m. - 11:30 a.m.

FREE! Join the Geology Club to explore the fascinating world of earthquakes, volcanoes, and the forces shaping our planet. Dive into California's geology, from volcanic eruptions to fault lines, and connect with fellow enthusiasts. Whether you're a seasoned rockhound or just curious, this is your chance to learn, share, and discover more about Earth's natural processes. All are welcome!



“Do the best you can until you know better.
Then when you know better, do better.”
-Maya Angelou

CLUB FIT MUSCLE TONE

**CLUB FIT - MUSCLE TONE
MONDAY & WEDNESDAY
4:00 P.M.-4:30 P.M.
5:30 P.M.-6:00 P.M.**

FREE!
PRE-REGISTRATION
IS REQUIRED.



CLUB FIT STANDING EXERCISES

**CLUB FIT PRO - STANDING EXERCISES
WEDNESDAY & FRIDAY / 10:15 A.M. - 10:45 A.M.**

FREE!
PRE-REGISTRATION
IS REQUIRED.



Upland Recreation & Community Services

VOLUNTEER MEETING

Want to get involved?
Come to our next meeting!

Tuesday, May 12, 2026 at 5:00 p.m.
Tuesday, June 16, 2026 at 5:00 p.m.

Your time. Your city. Your impact.



For more information, call 909-981-4501
or email us at recvolunteers@uplandca.gov



CLUB FIT LOW IMPACT

**CLUB FIT - LOW IMPACT CHAIR EXERCISES
WEDNESDAY & FRIDAY / 9:15 A.M. - 9:45 A.M.**

FREE!
PRE-REGISTRATION
IS REQUIRED.



Technology and Trips

****CLASSES OFFERED BY MT. SAC MUST BE REGISTERED THROUGH THEIR INSTRUCTORS**



***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.



PENNE FOR YOUR THOUGHTS

Tuesday, June 9

9:00 a.m. - 6:30 p.m.

\$141 per person

5 Yrs & Up

SUNSHINE ALONG THE

SANTA BARBARA SHORELINE

Wednesday, July 8

8:15 a.m. - 7:30 p.m.

\$127 per person

5 Yrs & Up

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

HEALTH & WELLNESS

★ TO RSVP OR 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 Getting Stronger Fitness program. **These classes are sitting only.** Classes 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 Getting Stronger Fitness program. **These classes are standing only.** Classes start 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.**



*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.



*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 Getting Stronger Fitness program.



**Dr. Tony
D.C.**

**"Pain When You Walk, Stand or
Sit? Let's Fix It."**

**Wednesday, May 20, 2026
12:00 p.m. to 1:00 p.m.**

**"Diabetes: Balancing Glucose &
Insulin Resistance"
Wednesday, May 20
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.**

LECTURES & SEMINARS

★ TO REGISTER AND FOR INFORMATION, PLEASE CALL (909) 981-4501. ★



*AARP DRIVER SAFETY REFRESHER COURSE

Monday, May 4 | 9:00 am- 1:00 pm

\$20.00 Member/ \$25.00 Non-Member Fee

Pre-Registration is required. Fee payable by check made out to AARP.

*AYURVEDIC WELLNESS

“Diabetes: Balancing Glucose & Insulin Resistance”

Thursday, May 21 | 10:00 a.m. - 11:30 a.m.

FREE! Come learn the individual treatments of Ayurvedic Medicine. They include Diet Recommendations, Spices, Herbs, Oil Treatments, Pranayama-Therapeutic Breathing and Meditation. Pre-registration is required.

Presented by Yael Steinfeld, RNP, MSN, Certified Ayurvedic Practitioner. Pre-registration required.



*ALZHEIMER'S ASSOCIATION

“Understanding Alzheimer's and Dementia”

Wednesday, May 20 | 10:00 a.m. - 11:30 a.m.

FREE! This course covers basic information on the difference between Alzheimer's and dementia, stage, risk factors, research and FDA-approved treatments.

Pre-registration recommended.



SOCIAL SERVICES

*DAAS ASSISTANCE PROGRAM

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

May 6

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.

May 8

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.

*HICAP COUNSELING

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

May 5 & 19

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.

*MYELOMA SUPPORT GROUP

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

May 1

FREE! Join the group to meet and interact with others to learn the latest advances in the treatment and management of Myeloma. Appointments are required. Call (909) 562-2166 to RSVP.

*ONE-ON-ONE SENIOR COUNSELING

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

May 14 & 28

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.



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

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



GIBSON SENIOR CENTER

250 North 3rd Avenue
Upland, CA 91786
(909) 981-4501

 UPLANDca.gov

 [@GibsonSeniorCenter](https://www.facebook.com/GibsonSeniorCenter)

BUSINESS HOURS

Monday-Friday:
8:30 am-5:00 pm

Saturday:
8:00 am -12:00 pm



Use the camera on your phone to scan this code.

You'll be automatically connected to our Facebook page.

