

UPLAND GIBSON GAZETTE

July 2026



RED, WHITE, AND SUMMER FUN



 **Father's Day
Comedy Night 2026** 



Jukebox Dance



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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Bingo

BASH!

GET YOUR DAUBERS READY & MARK YOUR CALENDARS
FOR AN AFTERNOON OF BINGO FUN!

ARRIVE EARLY TO PURCHASE CARDS, GRAB A SNACK
OR BRING A LUNCH AND ENJOY!

CARD SALES BEGIN AT 11:30 A.M. NO SALES AFTER 12:40 P.M.

SATURDAY

AUGUST 15, 2026

1:00 P.M. – 4:30 P.M.

\$15 BUY-IN

[10 GAMES & 6 DRAWINGS]

OPTIONAL SPECIALS:

\$1 GO FISH BULLET

\$3 THE "E" GAME

\$3 3-IN-1

\$5 U PICK 'EM

\$7 DOUBLE ACTION

LET'S PLAY BINGO!

For more information call: (909) 981-4501

JULY

Monday

Tuesday

Wednesday

Ongoing

- 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

- 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

- 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

Special Dates

July 6
9:00 AM AARP- Full Course
July 27
1:30 PM Grief & Loss

July 7
9:00 AM HICAP
9:00 AM AARP- Full Course
July 14
10 AM Neurographic
July 21
9:00 AM HICAP
July 28
11:30 AM Handicrafts

July 1
10:00 AM DAAS (NO BUS PASSES)
July 8
HICAP Table Event
July 15
10 AM Alzheimer's Lecture
12:00 PM Dr. Tony
July 29
11:30 AM Birthday Celebration

Holidays

JULY

Thursday

Friday

Saturday

Ongoing

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

- 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

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

Special Dates

July 2
10:30 AM Book Club
July 9
9:30 AM Senior Counseling
July 16
10 AM Ayurvedic
July 23
9:30 AM Senior Counseling
2:00 PM Bunko

July 10
9:00 AM CalFresh
12:00 PM Billiards Tournament
July 17
4:00 PM Jukebox

Holidays

July 4
CLOSED



DID YOU
KNOW?



July is National Ice Cream Month

BRAIN BREAK

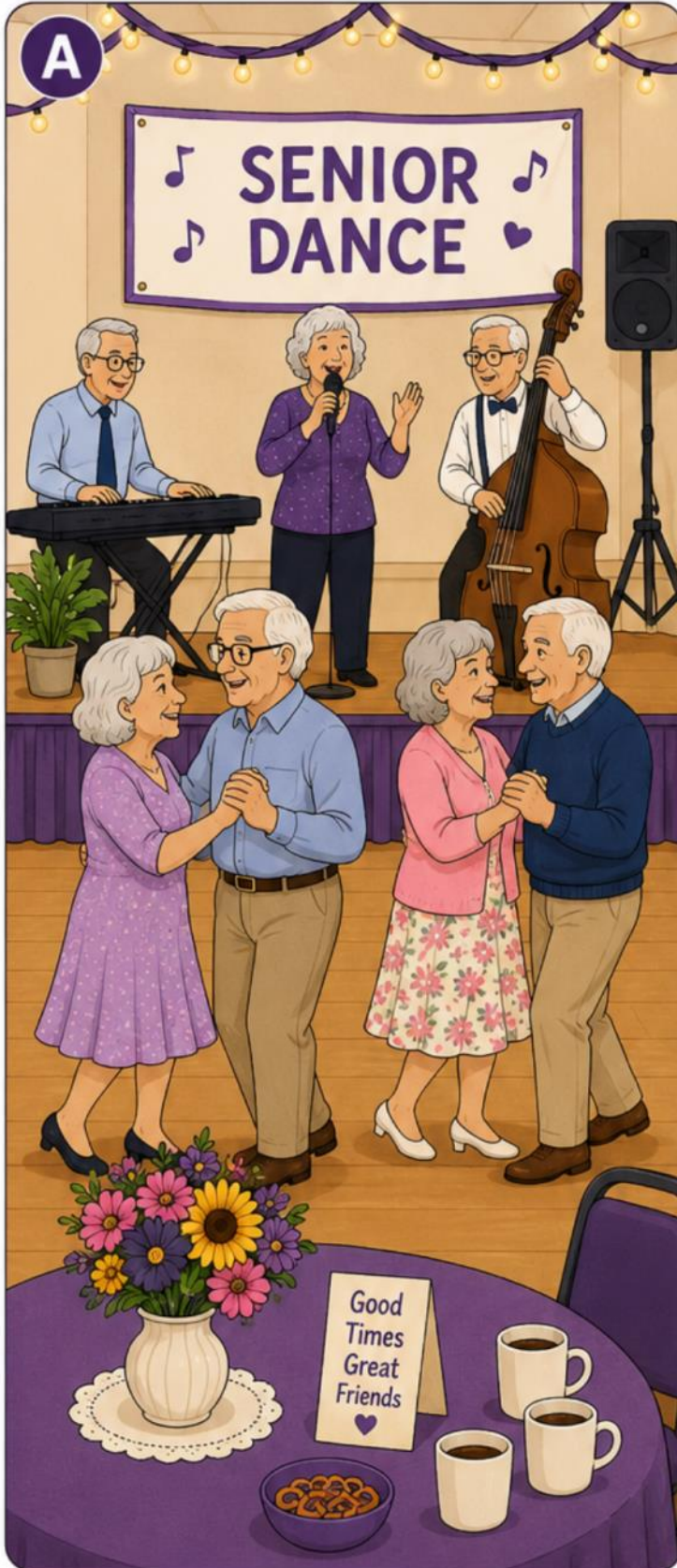
SUDOKU

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

SPOT THE DIFFERENCE!

Senior Dance

Find the differences





UPCOMING



HICAP

No-cost, Unbiased Medicare Counseling

HICAP TABLE EVENT 7/8

HICAP offers **free, unbiased counseling** to Medicare beneficiaries and their families. We are here to help you understand your options and assist with questions.

9 AM-1 PM



Billiards

Tournament 7/10

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

Tournament starts at 12 PM



Neurographic Art Workshop 7/14

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



UPCOMING



Jukebox 7/17

Come dance the night away to your favorite music!

4 PM-7 PM

Pre-registration is SUGGESTED.

*July 17 is free, Space is limited.

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

Bunko 7/23

Let's roll! Join us from 2-3:30 p.m. for an afternoon of prizes, refreshments, and new friends. Guests ages 21 and over may participate, \$5 per ticket. Pre-registration is recommended; space is limited.

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

BUNKO SOCIALS



Bingo Bash 8/15

Get your daubers ready & mark your calendars for an afternoon of bingo fun!

Arrive early to purchase cards, grab a snack or bring a lunch and enjoy!

\$15 buy-in (10 games & 6 drawings) plus more.

Card sales begin at 11:30 a.m.

No sales after 12:40 p.m.

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



Bingo
BASH!

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



JULY 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!

Patricia Rivas | Alfredo Urango | Amal Habshi | Armando Arroyo | Barbara Sanchez | Bridgette Epstein | Chotalia Purushottam | Christie Schatazlein | Colene Correll | Darniece Blue | David Xu | Deborah Hubashi | Ed Valesco | Edwynna Jones-Minor | Elanor Navarro | Elizabeth Blanco | Emily Rodriguez | Eva M Allen | Evon Guirguis | Fil Bernal | Glenda Hiner | Heather Landis | Hector G Vergara | James Muniga | Janice Riddle | Joseph Garrett | Judy Harrison | Jaren Bastedo | Kathi O'Donohue | Kimberly Valdez | Louie De Ulloa | Manuel Correa | Margie Nadelle | Maria Ortiz | Maria Quintana | Marie Van Damme | Marisol Reyes | Mark Avelar | Martin Rincon | Mary Smith | Michael Moody | Micheal Crossno | Mikhael Fakhn Z | Rachel Gutierrez | Rebecca Frhensen | Richard Snyder | Rosemary Spurling | Sean Li | Sherry Chapman | Smiderle Patrica | Styger Beverly | Sukhui Bateman | Tom Kirkeby | Veronica Allen | Victor Kakish | Viera Jackson | William Brandweiner | Diana Mugg

HAPPY
birthday

BIRTHDAY CELEBRATION, JULY 29

Monday Movie Madness

GIBSON THEATER

NOW SHOWING

7/13- Queen Bees

7/20- Failure to Lunch

7/27- Big Fish

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.

BILLIARDS TOURNAMENT

Friday, July 10
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.





BUNKO DUEL SOCIAL

Thursday, July 23, 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 "Gratitude Jars"

Tuesday, July 28 | 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

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.

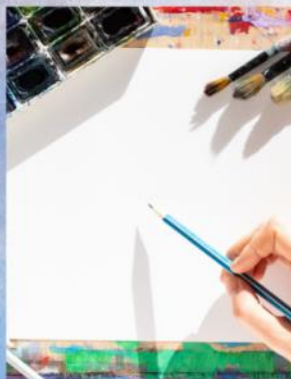
FREE! Basic sewing techniques, including basic tailoring, pattern reading, cutting & style design to construct professional looking garments. Attend a class to register with instructor. Class offered in partnership with Mt. San Antonio Community College.



*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.



GIBSON BOOK CLUB

Book discussion will be about "The Guernsey Literary and Potato Peel Pie Society"

By: Mary Ann Shaffer & Annie Barrows

Thursday, 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.

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.

READY TO

Explore?



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



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

READY TO

Explore

THE WORLD?

TRIPS & TOURS



DANISH DAYS IN SOLVANG

Saturday, September 19

7:00 a.m.–8:00 p.m.

\$97 per person

5 Yrs & Up



BRATS, BREWS, & BIG BEAR VIEWS

Sunday, October 11

10:30 a.m.–7:00 p.m.

\$120 per person

5 Yrs & Up

UPLAND TRAVEL BUDDIES CLUB

Welcome Meeting on July 16 @ 4:30 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]

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.



HEALTH TALKS, LECTURES & SEMINARS



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



**Dr. Tony
D.C.**

**"For Overall Body Pains: Fix
Your Posture Today"
Wednesday, July 15, 2026
12:00 p.m. to 1:00 p.m.**

**"What is Satva? How
Ayurveda Guides Our Choices
in Life?"**

**Thursday, July 16
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.**

**"Building Brain-Healthy
Habits"**

**Wednesday, July 15
10:00 AM - 11:30 AM**

**Alzheimer's
Association**

CITY OF UPLAND

LIGHT UP THE NIGHT

BLOCK PARTY

ON BENSON!

NEW
LOCATION!

FIREWORKS
SPECTACULAR

LIVE BAND

KIDS FUN ZONE

FOOD VENDORS

BEER GARDEN

...AND MORE!

SATURDAY, JULY 4
5:30 P.M.-9:30 P.M.
\$5 Per Person

Gibson Senior Center
250 North 3rd Avenue
Monday-Friday
9 A.M.-5 P.M.
Saturday | 8 A.M. - 1 P.M.

Landecena Community
460 North Euclid Avenue
Monday-Thursday
8 A.M.-6 P.M.

Magnolia Center
651 West 15th Street
Monday-Thursday
8 A.M.-6 P.M.

Upland City Hall
460 North Euclid Avenue
Monday-Thursday
8 A.M.-6 P.M.

Bring your chairs, grab your spot, and get ready to celebrate in the street!

Priority registration begins May 1 for Upland residents
with Valid ID. General public sales begin May 11.

FOR MORE INFORMATION, PLEASE CALL (909) 981-4501
OR VISIT UPLANDCA.GOV/4TH-OF-JULY-FESTIVITIES



SOCIAL SERVICES

*DAAS ASSISTANCE PROGRAM

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

July 1 & 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.

July 10

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.

July 27

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.

July 21

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.

July 9 & 23

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.

*AARP DRIVER SAFETY

Monday & Tuesday 9:00 a.m.-1:00 p.m.

July 6 & 7

\$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.

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





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
(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 a.m.-5:00 p.m.

Saturday:
8:00 a.m.-12:00 p.m.



Use the camera on your phone to
scan this code.

You'll be automatically connected
to our Facebook page.

