



Free SERVICES

NUTRITION PROGRAM Lunch is served Monday through Friday on a first-come, first-served basis for Glendora seniors age 60+. There is a suggested donation amount of \$3 per person. Cost for those under 60 (caregiver, companion, or occasional visitor) is \$5. Menus are available at the La Fetra Center and online. For the most up-to date information on changes to the lunch program, call (626) 914-0560.

Date	Age	Day	Time
Ongoing	60+	M-F	11:30am-12:30pm

LA REGIONAL FOOD BANK DISTRIBUTION

The LA Regional Food Bank invites Seniors (ages 60+) to participate in the Commodity Supplemental Food Program once a month. Food Bank participants can receive a FREE food kit once per month which contains items such as canned meats, canned fruits and vegetables, dry milk, cereals, and related products. Participants must meet the following guidelines to be eligible: one person household income must not exceed \$1,383 per month, be at least 60 years of age and have a photo ID. You must provide income verification and photo ID with birth date at your first visit. Please call (323) 234-3030 ext. 170 or ext. 196 to sign up and receive your box.

Date	Age	Day	Time
Ongoing	60+	4 th Mon	1:00pm-2:30pm

LEGAL CLINIC FOR SENIORS Sara Polinsky, Attorney at Law, is available to answer legal questions regarding Estate Planning and Elder Law issues free of charge. To schedule an appointment, call (626) 914-0560. Appointments with Sara Polinsky are consultations only.

Date	Age	Day	Time
Ongoing	55+	1 st Mon	10:00am-12:00pm

NOTARY SERVICE Free notary service is graciously provided by Hill Top Real Estate. Please note that this service does not include notarization of immigration documents, as those must be notarized by bonded immigration consultants.

Date	Age	Day	Time
Ongoing	18+	4 th Wed	11:00am-1:00pm

YWCA CASE MANGEMENT

For Glendora Residents age 55+, or Glendora residents age 18+ who are frail or disabled. Assistance is available in English, Spanish, Chinese, Mandarin, and Cantonese. Case Management Services include assistance in linking and helping you apply to programs such as: advocacy, housing, home-delivered meals, homemaking & personal care, medical equipment, Social Security, SSI, CalFresh, transportation, and utility payment assistance.

Date	Age	Day	Time	Fee
Ongoing	55+	Mon	10:00am-2:00pm	FREE

LA FETRA TIMES

Subscribe to our monthly newsletter for the most up-to-date information on activities at the La Fetra Center! Get information on essential resources and upcoming events, as well as puzzles and games.

To receive a monthly mailed copy, contact staff at (626) 914-0560.

Download the digital Times at
cityofglendora.org/lafetracenter