



SILVER TIMIES



201 E. Bonita Avenue San Dimas, CA 91773 (909)394-6290
San Dimas Senior Citizen/Community Center

Vol 49 No 4

April 2025

CITY OF SAN DIMAS

SENIOR DINNER



SPRING

INTO

FUN

APRIL 18
4:30PM-7:00PM

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**San Dimas Senior
Citizen/Community
Center**

HOURS:

Monday-Thursday

7:30am-8:30pm

Friday

7:30am-7:30pm

(909)394-6290

www.sandimasca.gov

YWCA SGV Senior Lunch Program

San Dimas Senior Center
 201 E. Bonita Avenue
 San Dimas, CA 91773
 909-394-6290

eliminating racism
 empowering women
ywca
 San Gabriel Valley



Administered by YWCA San Gabriel Valley and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.

DINE-IN LUNCH IS OFFERED MONDAY-FRIDAY!
CHECK-IN BEGINNING AT 10:30AM. LUNCH SERVED AT 11:00AM.
ADVANCE RESERVATIONS ARE NOT REQUIRED.



SAN DIMAS SENIOR CENTER
 201 E. BONITA AVE.
 SAN DIMAS, CA. 91773

MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS @ 11:00AM

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
<p>YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 S. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 626-214-9456</p>	<p>1 CORN CHOWDER LEMON PEPPER SAUCE CAULIFLOWER MARINATED CUCUMBER BANANA BREAD</p>	<p>2 TACO SALAD PINTO BEANS CABBAGE AND LETTUCE SALAD PEACHES OR NECTARINES BREAD TORTILLA CHIPS</p>	<p>3 SWEET AND SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE</p>	<p>4 BAKED FISH VERACRUZ BROCCOLI SPINACH SALAD TANGERINE BROWN RICE</p>
<p>7 CHICKEN CURRY WINTER SQUASH CUCUMBER SALAD FRESH PEAR WHITE RICE BREAD</p>	<p>8 SWEDISH MEATBALL GREEN PEAS ROMAINE SALAD KIWI NOODLES</p>	<p>9 CRM OF BROCCOLI CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE</p>	<p>10 BEEF LASAGNA CARROTS CREAMY COLESLAW PEACHES</p>	<p>11 BAKED FISH WITH CRUMB TOPPING HARVARD BEETS BEAN SALAD ORANGE BARLEY PILAF</p>
<p>14 BEEF HAMBURGER CARROT SALAD SLICED LETTUCE & TOMATO STRAWBERRIES</p>	<p>15 BUTTERNUT SQUASH SOFT CHICKEN TACOS PINTO BEANS LETTUCE & TOMATO FRUIT BROWN RICE FLOUR TORTILLA</p>	<p>16 HOT ROAST BEEF MASHED POTATOES MARINATED BEET SALAD APPLESAUCE OR WATERMELON BREAD</p>	<p>17 BAKED HAM W/ PINEAPPLE CREAMED SPINACH SWEET POTATOES SALAD GREENS ROLL</p>	<p>18 BAKED FISH W/ TARTAR SCE BAKED YAMS FRUIT CILANTRO BROWN RICE</p>
<p>21 CHICKEN DIVAN GREEN BEANS SPINACH SALAD PEACH OR PEAR BROWN RICE</p>	<p>22 MEATLOAF MASHED POTATOES ROMAINE AND ICEBERG LETTUCE PINEAPPLE AND MANGO BREAD</p>	<p>23 CRM OF MUSHROOM CHICKEN PARMESAN WINTER SQUASH BROCCOLI SLAW BANANA SPAGHETTI SOURDOUGH</p>	<p>24 STUFFED BELL PEPPER CARROTS MASLCUN SALAD CANTALOUPE BREAD</p>	<p>25 VEGETARIAN LASAGNA CAULIFLOWER & PEAS CEASAR SALAD FRUIT ROLL</p>
<p>28 SPAGHETTI W/ MEAT SAUCE BROCCOLI & CARROTS BEAN SALAD FRUIT</p>	<p>29 BUTTERNUT SQUASH SOUP CHICKEN A LA TRIO BRUSSELS SPROUTS SPINACH SALAD BANANA</p>	<p>30 MEXICAN BEEF STEW BLACK BEANS LETTUCE & TOMATO SALAD KIWI SPANISH BROWN RICE</p>	<p>eliminating racism empowering women ywca San Gabriel Valley</p>	

SERVICES

YWCA CASE MANAGEMENT



Available by appointment only on the third Friday each month.

60 years of age and older or disabled adult aged 18-59. Must meet the income eligibility requirements.

April 18
1:00pm-4:00pm

- Advocacy
- Counseling
- Home Delivered Meals
- Homemaking and Personal Care
- Medical Equipment
- Social Security, Security Supplemental Income (SSI) Housing (based on availability)
- Transportation
- Utility Payment Assistance

Please call the San Dimas Senior Center for more information or to schedule an in-person appointment .
909-394-6290

eliminating racism
empowering women
ywca
San Gabriel Valley

YWCA LUNCH PROGRAM



Socialize with others while enjoying a hot, nutritious lunch.

Dine-In Hot Lunch Program

Monday - Friday
10:30am-12:00pm

Check-in begins at 10:30am
Lunch is served at 11:00am

No advance reservations required.
Age 60+
\$3.00 suggested donation

For menu
see page 2



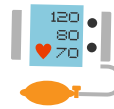
NOTARY SERVICE

April 10
11:30am-12:30pm.

Appointment Required

provided by: Sona Baghdassarian, Relator & Notary
Free notary services will be available by appointment only. For seniors 60 years and older, only one single-page document will be notarized per appointment.

Notary Commission #2360356



BLOOD PRESSURE CHECK

Free blood pressure check by a certified American Red Cross volunteer. Offered on the 1st Tuesday each month. No appointment needed.

Tuesday, April 1
10:00am-11:30am



ATTORNEY SERVICE

Free, 20 minute consultation with an attorney. Available by appointment only.

April 18
2:00pm-4:00pm

Visit sandimasca.gov to make an appointment or call the Senior Center at 909-394-6290



FINANCIAL LITERACY

Gain financial confidence!

Thursday, April 24

FREE one-on-one appointment with retired CPA and Real Estate/Mortgage Broker, Wally Nikowitz.

Services may include: working on a monthly budget, debt management, learning about social security and Medicare options or creating a will or trust.

**For more information, contact
the San Dimas Senior Center at
909-394-6290**

BOOK PARTY



Sponsored by
LA County Library San Dimas
on the 1st Wednesday each month

Wednesday, April 2
10:30am-12:00pm

- 4/2: Thursday Murder Club by Richard Osman
- 5/7: Lady Tan's Circle of Women by Lisa See
- 6/4: My Brilliant Friend by Elena Ferrante
- 7/2: Daisy Darker by Alice Feeney

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP



Calling all inner artists! Bring your own materials and ideas to this collaborative group! For more information or to sign up call the senior center

WRITERS WORKSHOP



Wednesdays
1:00pm-3:30pm

If you are a professional, a novice or simply interested in the craft of writing, you may join **Writer's Workshop**. Bring a story to share or be inspired by other writers.

ROADWALKERS



Group Leader & Participants needed!
Please call the senior center to be added to the interest list.

An informal walking group. Begin your morning with a rejuvenating walk at your own pace. Then, join your walking buddies inside the Senior Center for a cup of coffee and great conversation

GAME SCHEDULE

MONDAY

- CRIBBAGE**
8:15AM - 12PM
- CANASTA**
1:00PM - 4:00PM
- BRIDGE**
1:00PM - 4:00PM
- TABLE TENNIS**
7:30am-8:30pm

TUESDAY

- BINGO**
at the Plummer Community Building
Sponsored by San Dimas Senior Club
- PACKET SALES**
10:30AM -12:00PM
- GAMES**
12:30PM-3:00PM
*There is a cost to play
- TABLE TENNIS**
7:30am-8:30pm

WEDNESDAY

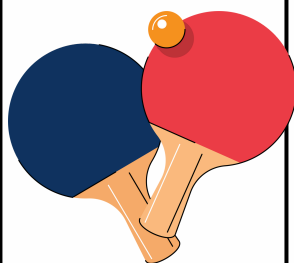
- PINOCHLE**
8:15AM - 12:00PM
- TABLE TENNIS**
7:30am-8:30pm

THURSDAY

- RUMMY TILE**
9:15AM - 11:30AM
- CANASTA**
1:00PM - 4:00PM
- BILLIARDS**
7:30am-8:30pm

FRIDAY

- EUCHRE**
8:15AM - 12:00 PM
- BILLIARDS**
7:30am-7:30pm





Join Us!

Enrich your life and make lifelong friends!



EVERY TUESDAY



9:30AM-10:30AM



SAN DIMAS SENIOR CENTER

201 E. Bonita Ave., San Dimas, CA 91773



909-394-6290

San Dimas Senior Center



Are you looking to be more involved in your community and meet like-minded individuals? The San Dimas Senior Club is perfect for you! Our club is made up of dedicated, community-driven individuals who make a big difference through fun and meaningful activities.

WHAT IS THE SAN DIMAS SENIOR CLUB?

A group of seniors committed to fostering a vibrant community. Through regular meetings and special events, members connect, support each other, and contribute to the local community.

ANNUAL DUES

\$6 per year plus \$0.25 per meeting

WHY JOIN?

As a club member, you'll have access to **exclusive**, members-only activities, including Holiday Luncheons, special events & speakers, plus Bingo!

WEEKLY SCHEDULE

- **1st Tuesday of the Month – Entertainment:** Enjoy live performances, fun shows, opportunity drawing and more!
- **2nd Tuesday – Business Meeting:** Stay informed about club news, community updates & birthday celebrations.
- **3rd Tuesday – Guest Speaker:** Hear from engaging and informative speakers on various topics relative to seniors.
- **4th Tuesday – Bingo:** for All Members. Everyone's favorite!
- **5th Tuesday (if applicable)-Bingo**



SAN DIMAS SENIOR CLUB PRESENTS

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING



Package Fees

1st Packet: \$7

2nd Packet: \$5

Additional Packets: \$3

Sales Begin: 10:30 AM-12:00 PM



Living Through Loss

Struggling with the loss of a loved one? VITAS® offers supportive bereavement groups in a warm, compassionate environment where you can share feelings and connect with others who understand. We provide a safe, confidential space to gain insights into grief, learn coping strategies, and find strength in shared experiences. Family and friends are welcome, and there is no cost to attend.

PRE- REGISTRATION REQUIRED

For more information:
Contact
San Dimas Senior Center
(909)394-6290



Every Tuesday
2:00 PM - 3:30 PM
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773



The 25 Documents Everyone Should Have in Place

Uncertain about life planning? Join us for a free, easy-to-understand seminar covering the 25 essential documents everyone should have. Learn how to protect your health, finances, and legacy with key documents like advance care directives, wills, trusts, and financial plans. Get the information you need to make confident decisions for yourself and your loved ones.

Location: San Dimas Senior Center
201 E. Bonita Ave, San Dimas
Date: April 25
Time: 1pm - 2pm

Pre- Registration
Required!
909-394-6290



SAN DIMAS SENIOR CENTER

GRAB & GO FROZEN MEAL PROGRAM



PICK UP 7 FROZEN MEALS EVERY THURSDAY AFTER THE CONGREGATE MEALTIME

MUST BE 60 YEARS OLD +



San Dimas Senior Center
201 E. Bonita Ave.
San Dimas, CA 91773
909-394-6290

YWCA San Gabriel Valley
For general questions
626-214-9456



City of San Dimas

Silver Surfers Tech Club



The San Dimas High School Silver Surfers Tech Club, are providing essential digital literacy skills, facilitated by the support and guidance of SDHS students. Come sign up today!!!

Pre-Registration Required!!!

Time: 4:30-6:00pm

Location: San Dimas Senior Center
201 E. Bonita Ave
Date : Last Friday of every month

Assistance with

SMART PHONES

LAPTOPS

TABLETS



FOR MORE INFORMATION CONTACT THE SAN DIMAS SENIOR CENTER (909) 394-6290

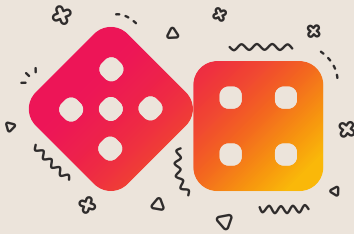


CITY OF SAN DIMAS

LET'S

\$5 PER PERSON

Lunch Menu:
Sandwich, potato salad, & chips included



ROLL BUNCO

April 24
2PM-4PM



SENIOR DINNER

SPRING INTO FUN

Sponsored by:



ENTERTAINMENT BY:
ROBERT JARAMILLO

APRIL 18
4:30PM-7:00PM

Tickets go on sale March 4 for San Dimas Residents & March 5 for non-residents

MENU
TURKEY CROISSANT
PASTA SALAD
DESSERT



THURSDAY, APRIL 10
3PM-4PM

Sponsored by:



JOIN US FOR APRIL BIRTHDAY SOCIAL



FREE

SEE YOU AT

HAPPY HOUR

55+



APRIL 10 - 3:00 PM-4:00 PM

REGISTRATION REQUIRED!



REGISTER WITH US IF YOU ARE CELEBRATING A BIRTHDAY IN APRIL!

Friday Movie Matinee

APRIL 4 • 2 PM

FREE

A WALK in the CLOUDS

IN 1945, AFTER WORLD WAR II, UNITED STATES ARMY SGT. PAUL SUTTON, A FORMER CANDY SALESMAN, RETURNS TO SAN FRANCISCO TO REUNITE WITH HIS WIFE, BETTY, WHOM HE MARRIED FOLLOWING A WHIRLWIND COURTSHIP THE DAY BEFORE HE DEPARTED FOR THE PACIFIC. THE WAR HAS LEFT HIM WITH EMOTIONAL SCARS, AND HE EXPERIENCES FLASHBACKS ON A REGULAR BASIS

REGISTRATION
REQUIRED



FREE
GIFT!

ABC'S OF PREPLANNING

Come and join us for an educational discussion about the options and benefits of funeral and cremation planning! Refreshments will be provided.

DATE: Thursday, April 3rd @1pm

Hosted by: ENSURED FUNERAL AND
CREMATION PRENEED INSURANCE AGENCY
LIC 6009780

GAME!
TRIVIA!

Location:

San Dimas Senior Center
201 E. Bonita Ave

Pre-Registration is Required

For more information:
Contact

San Dimas Senior Center
(909)394-6290

Gift Card
Raffle!

Sleep Health Seminar

Hosted by Advocate Family Medicine

Join us for an informative seminar on Sleep Health, presented by Advocate Family Medicine. Quality sleep is essential for overall well-being, yet many people struggle with sleep-related issues.

This seminar will provide valuable insights into improving sleep habits, understanding common sleep disorders, and learning practical strategies for achieving better rest. Don't miss this opportunity to take control of your sleep health and improve your daily life!

✓ Importance of Sleep – Learn how sleep affects your physical and mental health.



✓ Healthy Sleep Habits – Discover tips for creating an effective sleep routine.

When: Thursday, April 23, 2025
Time: 9:30 AM-10:15 AM
Where: San Dimas Senior Center
201 E. Bonita Ave

Pre-Registration Required
909-394-6290



CITY OF SAN
DIMAS



JOIN US

TRAVEL

CLUB

SAVE THE DATE

APRIL 17 * 3:30PM

SAN DIMAS SENIOR CENTER MEETING ROOM



"YOUR PLACE TO STAY FIT SAN DIMAS!"



SAN DIMAS RECREATION CENTER

990 W. COVINA BLVD.
SAN DIMAS, CA 91773
909-394-6283

OUR MISSION

A TEAM OF RECREATION PROFESSIONALS CONNECTING WITH OUR DIVERSE COMMUNITY THROUGH COLLABORATION BY OFFERING INNOVATIVE PROGRAMS, CREATING EXPERIENCES, AND PROVIDING OPPORTUNITIES FOR HEALTH AND WELLNESS.

HOURS OF OPERATION

Monday - Thursday
6:00am - 10:00pm
Friday
6:00am - 8:00pm
Saturday
7:00am - 5:00pm
****Closed Sundays****

AMMENITIES

- INDOOR RACQUETBALL COURTS
- SAUNA STEAM ROOM
- HEATED POOL
- STEAM ROOM
- WEIGHT ROOM
- FITNESS ROOM
- GROUP FITNESS CLASSES

AGE REQUIREMENTS

MINIUM AGE FOR PARTICIPATION IN ANY FACILITY AMENITIES IS 16 YEARS OLD. PARTIICPANTS AGE 16 &17 MUST BE ACCOMPANIED BY AN ADULT AND WAIVERS MUST BE COMPLETED BY PARENT/GUARDIAN.

PASS RATES

	<u>Resident</u>	<u>Non-Resident</u>
ANNUAL	\$230	\$265
FAMILY	\$395	\$420
DAILY	\$5	\$7
MONTHLY	\$35	\$45

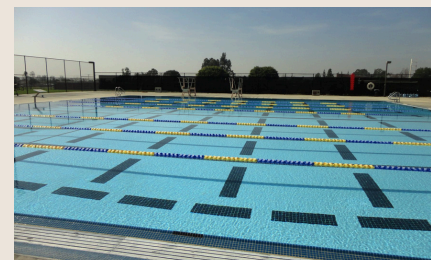
SENIORS (55+) & STUDENTS (16-21)

MONTHLY PASS: \$35 DAILY RATE: \$2

WE NOW ACCEPT: PEERFIT, RENEW ACTIVE, SILVER & FIT & SILVER SNEAKERS!

FITNESS CLASS SCHEDULE

MONDAY	TUESDAY	Wednesday	THURSDAY	FRIDAY
8-9AM: Cardio Combo	8-9AM: Gentle Calming	8-9AM: Tai Chi	9:30-10:30AM: Low Impact	8-9AM: Cardio Combo
9-10AM: Pilates	9-10AM: Yoga Flow	9:30-10:30AM: Low Impact	10:30-11:30: Silver Seniors	9-10AM: Pilates
10:30-11:30: Silver Seniors	10:30-11:30: Silver Seniors	10:30-11:30: Silver Seniors	11:30AM-12:30PM: Senior Stretch & Tone	10:30-11:30: Silver Seniors
3-4PM: Aqua Fit	11:30AM-12:30PM: Senior Stretch & Tone	11:30AM-12:30PM: Senior Stretch & Tone	6-7PM: Zumba	11:30AM-12:30PM: Stability Ball
5-6PM: TBF-Bootcamp		3-4PM: Aqua Fit		3-4PM: Aqua Fit
6-7PM: Cardio Kickboxing		5-6PM: TBF-Bootcamp		5-6PM: TBF-Bootcamp
		6-7PM: Cardio Kickboxing		6-7PM: Cardio Kickboxing



UPCOMING SENIOR CENTER EVENTS



FREE

JOIN US FOR MAY HAPPY HOUR

**THURSDAY, MAY 8
3PM-4PM**

REGISTRATION
REQUIRED!





FREE

Join us for May Birthday Social

**Thursday, May 8
3PM-4PM**

REGISTER WITH US IF YOU ARE
CELEBRATING
A BIRTHDAY IN MAY!




CORNER CUP

Come and enjoy a delicious cup of coffee the month of **May** thanks to our sponsor, **San Dimas Community Hospital**.

While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR
MORE INFORMATION

909-394-6290

**FREE
COFFEE**





MT. SAC!
Mt. San Antonio College



IN PERSON

Summer/Fall Registration

**Wednesday, May 21
9:30 am-11:30 am**

San Dimas Senior Center

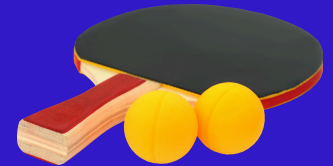
TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, APRIL 2
11:00 AM



FOR MORE INFORMATION & TO REGISTER CALL 909-394-6290



BOCCE BALL

55+

FRIDAY, APRIL 25, 2025 AT
10:30

CIVIC CENTER PARK

For more information & to register please call
909-394-6290



SENIOR *Fitness Class*

55+

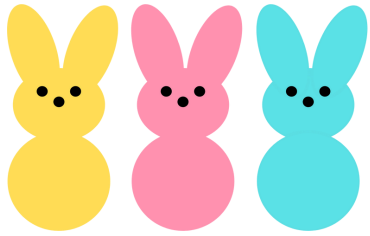
Participants Wanted!

We are currently taking an interest list for the upcoming Senior Fitness Class that is held at the outdoor gym located on the southwest corner of Civic Center Park. The class will cover safe ways to use the equipment and build your strength.



Civic Center Park
909-394-6290





APRIL

2025



* CB Denotes Classes held at Community Building

		1
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

		7
8:15am	Cribbage	
9:30am	Chair Exercise	
10:30am	YWCA- Lunch Dine-In	
1:00pm	Canasta	
1:00pm	Bridge	
5:25pm	Artisan Quilting	
6:00pm	Quilting Workshop	

		14
8:15am	Cribbage	
9:30am	Chair Exercise	
10:30am	YWCA- Lunch Dine-In	
1:00pm	Canasta	
1:00pm	Bridge	
5:25pm	Artisan Quilting	
6:00pm	Quilting Workshop	

		21
8:15am	Cribbage	
9:30am	Chair Exercise	
10:30am	YWCA- Lunch Dine-In	
1:00pm	Canasta	
1:00pm	Bridge	
5:25pm	Artisan Quilting	
6:00pm	Quilting Workshop	

		28
8:15am	Cribbage	
9:30am	Chair Exercise	
10:30am	YWCA- Lunch Dine-In	
1:00pm	Canasta	
1:00pm	Bridge	
5:25pm	Artisan Quilting	
6:00pm	Quilting Workshop	

		1
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

		8
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

		15
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

		22
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

		29
8:00am	Aerobics (CB)	
9:00am	Thai Chi (CB)	
9:00am	Handcrafted Needlework	
9:30am	Senior Club Meeting	
10:30am	YWCA-Lunch Dine-In	
12:25pm	Basic Computing 2	
1:00pm	Watercolor	

WEDNESDAY

2

8:15am Pinochle
 9:00am Excel Level 2
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am Book Party-Book Club
 11:30am Table Tennis Tourney
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening
 3:05pm Fundamentals of Sustainability

THURSDAY

3

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo (No class/Field Trip)
 9:15am Rummy Tile
 10:30am Dancercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

FRIDAY

13

4

8:15am Euchre
 8:55am Jewelry Production
 9:00am Basic Computing
 9:00am Tai Chi (CB)
 9:30am Chair Exercise
 10:30am Yoga (CB)
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop
 2:00pm **Movie Matinee** 

9

8:15am Pinochle
 9:00am Excel Level 2
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening
 3:05pm Fundamentals of Sustainability

Happy Hour/Birthday Social
3-4pm

10

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 9:15am Rummy Tile
 10:30am Dancercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

11

8:15am Euchre
 8:55am Jewelry Production
 9:00am Basic Computing
 9:00am Tai Chi (CB)
 9:30am Chair Exercise
 10:30am Yoga (CB)
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop

Soboba Registration-Residents

16

8:15am Pinochle
 9:00am Excel Level 2
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening
 3:05pm Fundamentals of Sustainability

Soboba Registration-Non-Residents

17

Travel Club 3:30pm
 8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 9:15am Rummy Tile
 10:30am Dancercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

Senior Dinner 4:30pm

18

8:15am Euchre
 8:55am Jewelry Production
 9:00am Basic Computing
 9:00am Tai Chi (CB)
 9:30am Chair Exercise
 10:30am Yoga (CB)
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop

South Coast Excursion

23

Sleep Health Seminar-9:30 am

8:15am Pinochle
 9:00am Excel Level 2
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening
 3:05pm Fundamentals of Sustainability

Bunco-2pm

24

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 9:15am Rummy Tile
 10:30am Dancercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

VNA Care Seminar-1pm

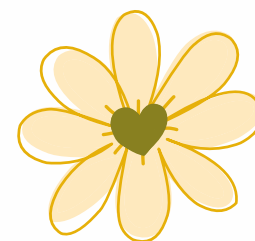
25

8:15am Euchre
 8:55am Jewelry Production
 9:00am Basic Computing
 9:00am Tai Chi (CB)
 9:30am Chair Exercise
 10:30am Yoga (CB)
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop



REMINDER

Farmers Market begins April 2 and parking will be impacted. No parking signs will be posted starting at 3:00pm. Please make sure to move your cars so you don't get towed. You may park on the senior center side.



14 SPRING MT SAC CLASSES SCHEDULE

FREE CLASSES FOR OLDER ADULTS



Classes will be taught by Mt. SAC certified instructors at the Senior Center, Plummer Community Building & Recreation Center



Spring Session Dates: February 24-June 20

No Class on 2/17, 5/26, 6/19

Instructors may add students during the semester if space is available.
See specific class for more information.

SCHEDULE OF WINTER SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 1
Basic Excel-Level 2
Basic Computing 2

DAY/TIME

Wed 1:00-3:20pm
Wed 9:00-11:50am
Tues 12:25-3:30pm

LOCATION

Senior Center
Senior Center
Senior Center

Digital Photography
Brain Health 1
Basic Computing 1

Thurs 9:00-11:50am
Thurs 1:15-3:35pm
Fri 9:00-11:50am

Senior Center
Senior Center
Senior Center

CLASS

Chair Exercise
Watercolor Painting
Gardening
Fundamentals of Sustainability
Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Living Skills (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:30am
Tues 1:00-4:05pm
Wed 1:00-2:50pm
Wed 3:05-5:10pm
Tues 9:00-11:50am
Fri 8:55-12:00pm
Mon 5:30-8:15pm
Thurs 1:00-3:35pm
Tues 9:00-11:20am
Wed 9:00-11:50am

LOCATION

Senior Center
Senior Center
Senior Center
Senior Center
Senior Center
Senior Center
Senior Center
Senior Center
Senior Center
Senior Center

Yoga
Tai Chi
Chair Exercise
Aerobics
Dancercise (Special Needs)
Yoga

Thurs 9:00-10:20am
Tues/Fri 9:00-10:05am
Wed 9:30-10:20am
Tue/Thurs 8:00-8:50am
Thurs 10:30-11:55am
Fri 10:30-11:35am

Plummer Building
Plummer Building
Plummer Building
Plummer Building
Plummer Building
Plummer Building

For more information call,
San Dimas Senior Citizen/Community Center (909)394-6290

POLICIES FOR ADULT EXCURSIONS



REFUNDS: Refunds must be requested 7 business days prior to day trips and 30 days prior to overnight trips.

No refunds issued after that time. There is a \$10 service charge for cancellation of each seat. Full refunds will be issued if the Department cancels an excursion. Excursions include transportation on a luxury liner coach; tickets are not sold separately. Return times are approximations; actual return times may vary.

BOARDING THE BUS ON TIME: Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip and will be responsible for their own transportation arrangements and all related expenses. Adult Excursion participants will board the bus 15 minutes prior to departure, in the order of registration, and sit in preferred available seats. Bus seats will not be selected prior to boarding the bus.

INFORMATION FOR ADULT EXCURSIONS

SAN DIMAS RESIDENTS Registration begins at 7:30am at the Senior Citizen/Community Center, 201 East Bonita Avenue, on the date specified for each trip. Proof of residency is required. Each resident may register themselves and one guest per trip on the first day of registration. Residency is not required for the guest of a San Dimas resident, but non-resident fees apply.

Non-Residents: Registration begins at 7:30am at the Senior Citizen/Community Center on the date specified for each trip. Non-residents may register themselves and one guest per trip on the first day of registration.

Resident/Non-Resident Mail-in Registration: Resident and Non-Resident registration is processed after the first day of resident/non-resident walk-in registration on the dates specified for each trip. Complete a registration form with check payment and you will receive a receipt via mail or email.

Medication: Participants must administer their own medication. Excursion personnel are not responsible for administering medication and may only assist by providing water. Individuals are accountable for emergencies and consequences that arise as a direct result of their non-compliance to prescription directives.

ACTIVITY LEVEL RANKING: The definition of each activity level listed here. If you have additional questions regarding a specific trip, please inquire prior to registration.

Level 1: Easy activity level with light/minimal physical activity, no required stairs or walking may be at leisure.

Level 2: Average physical activity. You should be able to climb stairs and tolerate light walking.

Level 3: Moderate physical activity. Walking tour or walking slightly longer distances, up stairs or uneven walking surfaces.

Level 4: More intense physical activity. Walking tour or walking slightly longer distances, up stairs or uneven terrain or periods of standing. Extended excursions.

Level 5: Very active physical activity. May include extensive walking, uneven or dusty terrain or high altitudes. Early or late hour activities. Participant should be physically fit to fully enjoy excursion.

See specific tour details for more information.

Santa Barbara Land Shark Tour

SOLD OUT

Activity Level: 2

Friday, May 9, 2025 8:30am-7:00pm (updated date)

Fee: \$75.00 Residents/Senior Club; \$76.50 Non-Residents

Resident Registration: Wednesday, March 26

Non-Resident Registration: Thursday, March 27



Excursion features transportation to Santa Barbara, admission on the Land Shark, driver gratuity, and travel pack. Lunch will be on your own today. You will have a choice of many restaurants to choose from along with time for browsing and shopping before our afternoon tour (included). Enjoy a land and sea tour of Santa Barbara. Climb aboard Santa Barbara's original amphibious tour vehicle the "LANDSHARK" for a 90-minute narrated adventure.

Soboba Casino

NEW!

Activity Level: 1



Monday, May 19, 2025 8:30am-6:30pm

Fee: \$20.00 Residents/Senior Club; \$21.50 Non-Residents

Resident Registration: Wednesday, April 16

Non-Resident Registration: Thursday, April 17

Excursion features transportation to the casino, driver gratuity, and travel pack. Spend the day on your own at the Soboba Casino, Choice of an array of 2,000 slot machines, including timeless classics, video poker, and the latest themed games, tables and more! There is also 5 different restaurants to choose from for lunch on your own.

Catalina

MOST POPULAR

Activity Level: 4



Friday, June 27, 2025 7:30am-7:00pm

Fee: \$55.00 Residents/Senior Club; \$56.50 Non-Residents

Resident Registration: Wednesday, May 14

Non-Resident Registration: Thursday, May 15

Excursion features roundtrip transportation to Catalina, driver gratuity, and travel pack. Spend the day on your own for some lunch and shopping at Catalina Island. Upon arrival you can book your own tour activities for some fun in the sun!

Hollywood Bowl 4th of July Spectacular

MOST POPULAR

Activity Level: 4

Wednesday, July 3, 2025 5:00pm-11:45pm

Fee: \$82.00 Residents/Senior Club; \$83.50 Non-Residents

Resident Registration: Wednesday, May 28

Non-Resident Registration: Thursday, May 29



Excursion features transportation to the Hollywood Bowl for the 4th of July Spectacular featuring Earth, Wind & Fire, seat pads, travel pack and driver gratuity included. Multi-Grammy funk, R&B and soul singers perform their most memorable songs, and LA Philharmonic will also perform with an amazing fireworks show.

**CITY OF SAN DIMAS
PARKS & RECREATION**

EASTER EGG HUNT

**SATURDAY, APRIL 12TH
10AM SHARP!**

**SELFIES WITH THE EASTER BUNNY
STARTS AFTER EGG HUNT UNTIL 11:15AM**

**CIVIC CENTER PARK (245 E BONITA AVE.)
& VIA VERDE PARK (1010 PUENTE ST.)**

AGES: 2 – 10 YEARS OLD



CITY OF SAN DIMAS

ARBOR & EARTH DAY

SATURDAY, APRIL 26, 2025

10AM-1PM

**AT SAN DIMAS CIVIC CENTER
245 E. BONITA AVE**

Event Features

- **MULCH GIVEAWAY**
(WHILE SUPPLIES LAST)
- **E-WASTE COLLECTION**
- **PAPER SHREDDING**
- **FLOWER SEED GIVEAWAY**
(WHILE SUPPLIES LAST)
- **VENDORS**
- **CRAFTS**
- **FREE TREE SAPLINGS**
(WHILE SUPPLIES LAST)



For more information contact
Parks & Recreation Department at 909-394-6230 or visit sandimasca.gov



Free Guided Historical Downtown San Dimas WALKING TOUR

By the SAN DIMAS HISTORICAL SOCIETY

10:00am ON THE SECOND SATURDAY MONTHLY

Guided tours start and end at the historic **Walker House 121 N. San Dimas Avenue.**

This is great for anyone interested in learning about San Dimas and its history.

Meet on the north side of the Walker House - tours will take about an hour and a quarter.

The San Dimas Historical Society **Museum and Gift Shop** in the Walker House will be open the SECOND Saturday monthly from 10 to 1 p.m. for everyone.

Tour RSVP call / leave a message:

Dave Harbin: (951) 990-3395

SDHS office: (909) 592-1190

Follow us on:

Facebook: San Dimas Historical Society

Find us on: Instagram

Visit us at: www.SanDimasHistorical.org

MAILING ADDRESS

P.O. BOX 871, San Dimas, CA 91773



SAN DIMAS FARMERS MARKET

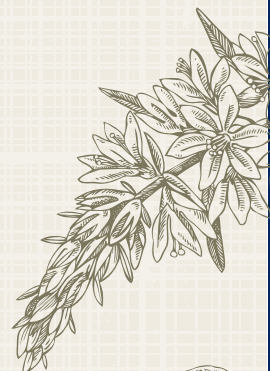
WEDNESDAYS
APRIL 2-SEPTEMBER 10

4:00PM-8:30PM

245 E. Bonita Ave., San Dimas

Live Bands-Fresh Produce-Home Decor-Hand Crafted Vendors

For more information contact Advocates for Healthy Living at 626-593-9254



MEALS ON WHEELS

Hot lunch delivered by a friendly volunteer to any eligible homebound resident in the San Dimas/La Verne area. Regular and diabetic menus are available.

Monday-Friday
Noon-1:00pm

For meal delivery information, please call Meals on Wheels at (909)596-1828.

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

Do you know someone 60+ who needs support? The YWCA San Gabriel Valley provides community based nutrition and social services for adults age 60 and older. Disabled adults qualify if they are a dependent child of a qualifying senior. Spouses of qualified seniors are also eligible. For meal delivery information or Case Management Services, please contact YWCA San Gabriel Valley Senior Services at (626)214-9465.

SENIOR HELP LINE

Provides information and assistance to seniors and their families, helping them identify and contact the services they need from an extensive database of agencies serving seniors. (909)626-4600.

HICAP

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222.

OMBUDSMAN

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800)434-0222.

YWCA NUTRITION PROGRAM

Monday - Friday
10:30am Check-In
11:00am Lunch

Suggested donation is \$3.00 per person (60+ years) and \$5.00 per person (under 60 years).

For more information, San Dimas Senior Center at (909)394-6292

See page 2 for menu.

AGINGNEXT

Aging experts connect seniors to non-medical programs and services to age well. Programs include: Information and Referral, Transportation, Volunteer Opportunities, Social Day Care and AgingNext Village. Call AgingNext for more information (909)621-9900

POMONA VALLEY TRANSPORTATION



Pomona Valley Transportation Authority (PVT) offers transportation programs for the cities of San Dimas, La Verne, Claremont and Pomona

San Dimas residents may purchase discounted ticket booklets at the San Dimas Senior Center. A booklet of 12 tickets is \$6.00

Please Note: Beginning March 1, 2025, booklets will only be sold to San Dimas Residents. Proof of residency required.

Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 6:00am-7:30pm
Saturday 8:30am-5:30pm
Sunday 7:30am-5:00pm
- Fares \$1.00 or 1 ride ticket each way. Extended boundary is \$2.00 each way or 2 tickets.
- Travel anywhere within the 4 cities. Also, includes Montclair Plaza and Montclair Medical Center.
- Extended boundaries to certain other locations.
- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

Get About

To register call: (909)596-7664

To reserve rides call: (909)596-5964



Senior Center Mission Statement

The San Dimas Senior Citizen/Community Center is dedicated to offering services, events and activities that help enrich the lives of our community's older adults. We accomplish this in collaboration with different agencies to provide a menu of services such as nutrition, health information, recreation classes, life-long learning opportunities and special events within a fun and welcoming environment.

IMPORTANT PHONE NUMBERS

A.A.R.P	800-424-3410	HUD- Housing Authority	213-894-8000
Access Transportation	800-827-0829	Humane Society (SPCA)	909-623-9777
Adult Protective Services	877-477-3646	In-Home Support Services	866-613-3777
AgingNext	909-621-9900	Library- San Dimas	909-599-6738
American Cancer Society	626-795-7774	Meals on Wheels	909-596-1828
Center for Health Care Rights	800-824-0780	Medicare	800-633-4227
Chamber of Commerce	909-592-3818	Metro Access Services	800-827-0829
Chuckwagon Meal Reservations	909-394-6298	Mt. San Antonio College	909-594-5611
Center for Disease Control	800-232-4636	Ombudsman (Long-Term Care)	909-394-0416
City Hall- San Dimas	909-394-6200	Post Office- San Dimas	909-599-0651
Dial-a-Cab	909-622-4435	Recreation Center	909-394-6283
Edison- Power Outages	800-611-1911	Ready Now Transportation	909-770-8038
Elder Abuse Hotline	877-477-3646	Senior Information Assistance	800-510-2020
Eldercare Locator	800-677-1116	Sheriff's Station- San Dimas	909-450-2700
Fair Housing Association	800-225-5342	Social Security	800-772-1213
Fire Department- San Dimas	909-599-6727	SGV Vector Control	626-814-9466
Get About Reservations	909-596-5964	Volunteers of America	213-389-1500
Graffiti Hotline	626-442-6666	YWCA Case Management	626-214-9465
Historical Society	909-592-1190	YWCA Home Delivered Meals	626-214-9465
House of Ruth	877-988-5559		



City of San Dimas
Parks & Recreation Department
San Dimas Senior Citizen/Community Center
201 E. Bonita Avenue, San Dimas, CA 91773

Monday-Thursday, 7:30am-8:30pm
Friday 7:30am-7:30pm

San Dimas Senior Citizen/Community Center
(909)394-6290
Parks & Recreation Department
(909)394-6230

