



SILVER TIMES



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

Vol 49 No 8

August 2025



Summer Breeze SENIOR DINNER

Tickets go on sale for residents July 1 and July 2 for non-residents

AUGUST 15



4:30-7:00PM

San Dimas Senior Center
\$12/person



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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 NOW 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

August 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
YWCA IS ON A MISSION	YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456			1 Baked Fish W/ Tartar Sauce Harvard Beets Marinated 3 Bean Salad Pineapple and Mango Couscous with Parsley Roll
4 Beef Hamburger Baked Beans Strawberries	5 Cream of Mushroom Chicken Mole Broccoli Spring Mix Banana Brown Rice	6 Hot Roast Beef Mashed Potato Marinated Beet Salad Applesauce Roll	7 Tomato Basil Soup Chicken Curry Butternut Squash Asian Cucumber Salad Mandarin Orange Cup Couscous Roll	8 Beef Barley Soup Pork Carnitas Baked Yams Shredded Cabbage Cantaloupe Barley
11 Spiced Butternut Squash Soup Chicken Parm Broccoli Slaw Pear Sourdough Bread	12 Lentil Soup Turkey Meatloaf Mashed Potatoes Romaine Salad Pineapple Mango Roll	13 Chicken Divan Green Beans Spinach Salad Mandarin Oranges Barley Pilaf	14 Beef Chop Suey Carrots Mesclun Salad Kiwi or Strawberries Brown Rice	15 Breaded Fish Cauliflower & Peas Caesar Salad Orange Bread
18 MEXICAN BEEF STEW W BELL PEPPERS & ONIONS BLACK BEANS SPINACH SALAD W MUSHROOMS KIWI SPANISH BROWN RICE FLOUR TORTILLA	19 BBQ Pork Ribslets Green Peas W/ Pearl Onions Coleslaw Pear Bun	20 Spaghetti & Meat Carrots Romaine Salad w/ Italian dressing Strawberries Sourdough Bread	21 Turkey or Chicken Sandwich Brussels Sprouts Banana	22 Salisbury Steak Fresh Baked Sweet Potatoes Cantaloupe Barley Pilaf
25 Chicken Alfredo Brussels Sprouts Mesclun Salad w/ Celery Fresh Fruit Sourdough Bread	26 Beef Fajitas Pinto Beans Spinach Salad Brown Rice Tortilla	27 Crispy Chicken Green Beans Coleslaw Banana Bread	28 Stuffed Bell Pepper Broccoli Beet and Mandarin Salad Apple Sauce Brown Rice	29 Labor Day Meal BBQ Chicken Baked Beans Corn Cobbett Sunset Salad Watermelon Roll

*** SUBJECT TO CHANGE WITHOUT NOTICE *** ALL ENTREES INCLUDE AN 8oz CARTON OF MILK ***
VOLUNTARY CONTRIBUTION OF 3\$ ***

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.

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.

August 15
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
9:30am-12:00pm

Check-in begins at 9:30am
Lunch is served at 11:00am

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



NOTARY SERVICE

August 14
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 retired RN. Offered on the 1st Tuesday each month. No appointment needed.

Tuesday, August 5
10:00am-11:30am



ATTORNEY SERVICE

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

August 29
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!

August 28

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

SENIOR CENTER PROGRAMS

4



BOOK PARTY

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

Wednesday, August 6
10:30am-12:00pm

8/6: The Berry Pickers by Amanda Peters
9/3: Remarkably Bright Creatures by Shelby Van Pelt

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm

Share ideas and work on quilting projects with friends



ARTIST WORKSHOP

Fridays
12:30 pm

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

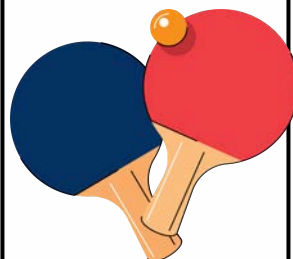
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
***There is a cost to play**

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

VITAS®
Healthcare

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



IS PREPLANNING A GOOD IDEA??

JOIN US FOR AN ENGAGING SEMINAR ON THE BENEFITS OF FUNERAL AND CREMATION PREPLANNING, LED BY JOHN A. PENILLA, ADVANCE PLANNING SPECIALIST. LEARN HOW EARLY PLANNING CAN EASE EMOTIONAL AND FINANCIAL STRESS, GET ANSWERS TO COMMON QUESTIONS, AND RECEIVE PRACTICAL GUIDANCE. ENJOY COMPLIMENTARY REFRESHMENTS, A FREE RAFFLE, AND TRIVIA. GAIN PEACE OF MIND BY PLANNING AHEAD WITH CONFIDENCE.

WHEN: FRIDAY, AUGUST 8, 2025
TIME: 1:00 PM-2:00 PM
WHERE: SAN DIMAS SENIOR CENTER
201 E. BONITA AVE

PRE-
REGISTRATION
REQUIRED
909-394-6290



GRAB & GO FROZEN MEAL PROGRAM



PICK UP 7 FROZEN MEALS EVERY **THURSDAY**
AFTER THE CONGREGATE MEALTIME

MUST BE 60 YEARS OLD +

Intake form required to sign up. No need to be in the hot meal program to be eligible. **First come first serve.**

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

YWCA
IS ON A MISSION

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

City of San Dimas Silver Surfers Tech Club

Is Back!

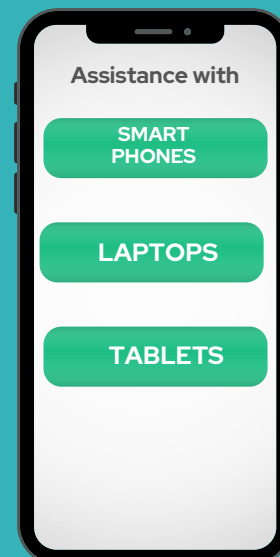
The San Dimas High School Silver Surfers Tech Club, are providing essential digital literacy skills, facilitated by the support and guidance of SDHS students.

Come sign up today!!!

Location: San Dimas Senior Center 201 E. Bonita Ave

Date : TBD

Pre-Registration Required!!!!



For more information call the senior center
at 909-394-6290





JOIN US FOR AUGUST

BIRTHDAY

SOCIAL

Wait List Open

55+



SPONSORED BY:



FREE!

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



**AUGUST
14
3PM-4PM**



Join us for a

HEATWAVE HANGOUT



Happy Hour

THURSDAY, AUGUST 14

3PM-4PM

Wait List Open

Free!

55+

Registration Required



Summer Breeze SENIOR DINNER

Tickets go on sale for residents July 1 and July 2 for non-residents

AUGUST 15



4:30-7:00PM

San Dimas Senior Center
\$12/person



SOLD OUT



AUGUST



BUNCO

**Thursday, August 28
2PM-4PM**

**Registration Required
\$7/person**

Tickets go on sale July 1 for residents &
July 2 for Non-Residents



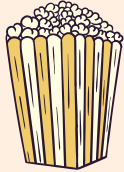


FRIDAY

Movie Matinee

AUGUST 1 • 2 PM

FREE



VANTAGE POINT IS A 2008 AMERICAN POLITICAL ACTION THRILLER FILM DIRECTED BY PETE TRAVIS AND WRITTEN BY BARRY L. LEVY. THE STORY FOCUSES ON AN ASSASSINATION ATTEMPT ON THE PRESIDENT OF THE UNITED STATES IN SALAMANCA, SPAIN, AS SEEN FROM THE VARIOUS VANTAGE POINTS OF DIFFERENT CHARACTERS. DENNIS QUAID, MATTHEW FOX, FOREST WHITAKER, WILLIAM HURT AND SIGOURNEY WEAVER STAR.

Sponsored by



SENIOR HOME CARE BY ANGELS

REGISTRATION
REQUIRED

San Dimas

Travel

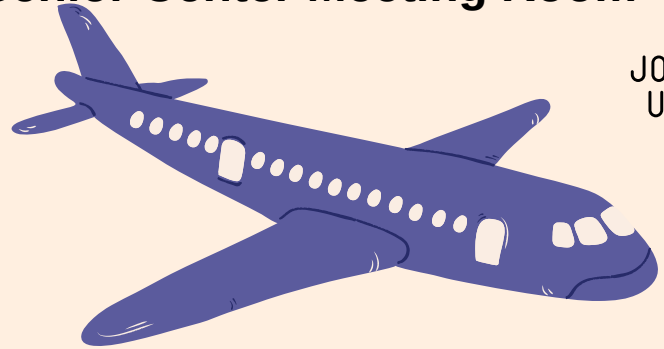
Club



Thursday, August 21

3:30PM-4:30PM

Senior Center Meeting Room



JOIN
US



On the Move

RIDERS PROGRAM



Metro's *On the Move Riders Program* will host an educational workshop on the benefits of riding public transportation and how to:

- > Capitalize on senior discounts by applying for a Senior TAP card
- > Load your Senior TAP card
- > Plan your trip to fun destinations

On the Move Riders Program can connect you to new friends through its travel training clubs.

Join us to learn more and get the tools you need to get started.

DATE: August 7th

TIME: 1:00PM

Registration is required

LOCATION: San Dimas Senior Center

FOR MORE INFORMATION: Call (909)394-6290



TZU CHI X TCML MANDARIN LEARNING AND CULTURAL IMMERSION CLASS

A 12 session course to learn the Mandarin language and culture.

Wednesdays
September 3-November 19
9:00am-11:00am

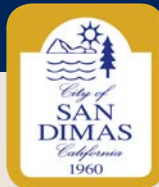
Pre-Registration is required

Location:
San Dimas Senior Center
201 E. Bonita Ave

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

FREE





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	\$255	\$290
MONTHLY	\$35	\$45
DAILY	\$8	\$10
FAMILY	\$435	\$460

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

MONTHLY PASS: \$30 DAILY RATE: \$5

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

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





JOIN US FOR SEPTEMBER
BIRTHDAY SOCIAL 55+

SPONSORED BY:
Optum

SEPTEMBER 11
3PM-4PM

FREE!

REGISTER WITH US IF YOU ARE
CELEBRATING A BIRTHDAY IN SEPTEMBER

REGISTRATION REQUIRED!
REGISTRATION OPENS AUGUST 5



HARVEST HANGOUT 55+
happy hour

FREE!

THURSDAY, SEPTEMBER 11

3:00PM-4:00pm

Registration Required!
Registration opens August 5

SPONSORED BY:
Optum



Tickets go on sale August 5 for residents & August 6 for non-residents

SENIOR PROM 55+
a night to remember

Senior Dinner & Dance
Special Entertainment & Dinner

September 19
4:30pm-7:00pm

Community Building
245 E. Bonita Ave.
San Dimas, CA 91773

\$15

AUGUST

BUNCO

Thursday, August 28
2PM-4PM

Registration Required
\$7/person

Tickets go on sale July 1 for residents &
July 2 for Non-Residents



TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

WEDNESDAY, AUGUST 6
11:00 AM



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



BOCCE BALL

55+

FRIDAY, AUGUST 28, 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



12

MONDAY

TUESDAY



2025



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.



No Mt. Sac classes August 18-August 22

4

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

September Senior Dinner Tickets go on sale-Residents

5

8:00am Aerobics (CB)
9:00am Tai 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

11

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

12

8:00am Aerobics (CB)
9:00am Tai 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

18

8:15am Cribbage

10:30am YWCA- Lunch Dine-In
1:00pm Canasta
1:00pm Bridge

6:00pm Quilting Workshop

19

9:30am Senior Club Meeting
10:30am YWCA-Lunch Dine-In

25

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

26

8:00am Aerobics (CB)
9:00am Tai 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



THURSDAY



FRIDAY 13

8:15am Euchre 1
 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 

September Senior Dinner Tickets go on sale-Non-Residents

6

8:15am Pinochle
 9:00am Basic Computing 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 (Cancelled)
 3:05pm Fundamentals of Sustainability

Metro Workshop 1pm

7

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 9:00am Calligraphy
 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

Vally View Casino Trip

8

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

13

8:15am Pinochle
 9:00am Basic Computing 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 (Cancelled)
 3:05pm Fundamentals of Sustainability

Happy Hour/Birthday Social 3-4pm

14

8:00am Aerobics (CB)
 9:00am Yoga (CB) (Cancelled)
 9:00am Digital Photo
 9:00am Calligraphy
 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
 3:30pm Travel Club

Senior Dinner 4:30pm

15

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

20

8:15am Pinochle
 10:30am YWCA Lunch Dine-In
 1:00pm Writer's Workshop

21

9:15am Rummy Tile
 10:30am YWCA Lunch Dine-In
 1:00pm Canasta

22

8:15am Euchre
 10:30am YWCA Lunch Dine-In
 12:30pm Artist Workshop

27

8:15am Pinochle
 9:00am Basic Computing 1
 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

28

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Calligraphy
 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

29

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

FREE CLASSES FOR OLDER ADULTS



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

Fall Session Dates: August 25-December 15

No Class on September 1, November 11, November 27-28

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

SCHEDULE OF FALL SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 2
Basic Computing 1
Basic Computing 2
Calligraphy
Digital Photography
Brain Health 1
Internet Safety

DAY/TIME

Wed 1:15-3:35pm
Wed 9:00-11:50am
Tues 12:25-3:30pm
Thurs 9:00-11:50am
Thurs 9:00-11:50am
Thurs 1:15-3:35pm
Fri 9:00-11:50am

LOCATION

Senior Center
Senior Center
Senior Center
Senior Center
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
Money Skills (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:20am
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

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.

Dodger Stadium Tour

Activity Level: 5

SOLD OUT**Friday, September 12, 2025****8:30am-5:15pm**

Fee: \$56.00 Residents/Senior Club; \$57.50 Non-Residents

Resident Registration: Wednesday, July 16**Non-Resident Registration: Thursday, July 17**

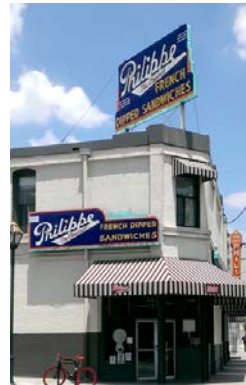
Excursion features transportation to Dodger Stadium, travel pack and driver gratuity included. Visit one of LA's historic spots-Chavez Ravine for a guided 75-minute walking tour and then head over to LA's Farmer's Market & The Grove for lunch and shopping on your own.

Griffith Observatory

Activity Level: 4

**Wednesday, October 8, 2025 11:00am-6:30pm**

Fee: \$40.00 Residents/Senior Club; \$41.50 Non-Residents

Resident Registration: Wednesday, August 20**Non-Resident Registration: Thursday, August 21**

Our First stop will be for lunch (included) at the famous Philippe's original –home of the beef dip. Choice of Beef, Turkey, Pork or Tuna sandwich with a choice side of Cole slaw, potato or macaroni salad, coffee, tea or lemonade and brownie or cookie for dessert. Next, we head to the Griffith Observatory and Planetarium.

Fantasy Springs Casino

Activity Level: 1

**Monday, November 17, 2025 8:30am-5:45pm**

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

Resident Registration: Wednesday, September 17**Non-Resident Registration: Thursday, September 18**

Excursion features transportation to Casino, upon checking in everyone will receive \$35.00 free play with their players card and \$5.00 food voucher. Bus will depart at 3:45pm

Surf, Sand, and Santa

Activity Level: 3

**Friday, December 19, 2025 1:00pm-9:00pm**

Fee: \$121.00 Residents/Senior Club; \$122.50 Non-Residents

Resident Registration: Wednesday, October 22**Non-Resident Registration: Thursday, October 23**

A Curt Tucker tour! Excursion features transportation to Newport Beach for the Harbor Christmas Boat Parade, dinner at Harborside Restaurant (included), private boat, travel pack, and driver gratuity.



City of San
Dimas

MUSIC IN THE PARK 2025



LOCATION: CIVIC CENTER PARK

- | | |
|-----------|---|
| June 18 | OC3 (70's,80's,90's Hits) |
| June 25 | 4 Lads From Liverpool (Beatles Tribute Band) |
| July 2 | The Silverados (Country) |
| July 9 | The Wrecking Crew (A 60s Experience) |
| July 16 | Suave the Band (Latin Rock Hits) |
| July 23 | Beach St. A GoGo (Groovy Sound Hits) |
| July 30 | Nitro Express (Country Rock Band) |
| August 6 | City Birthday Special Event Cold Duck (Latin Dance Band) |
| August 13 | Jonny Come Lately (Rockabilly, Soul, R&B & Cumbia) |

Concert Series

JUNE 18 - AUGUST 13

WEDNESDAYS

7PM-9PM

FREE ENTRY

For more information contact:
San Dimas Parks & Recreation Department at
909-394-6230



GET READY TO LAUNCH INTO THIS SEASON OF...

San Dimas Parks & Recreation

CARS & COFFEE 2025 CALENDAR



JUNE 21 8 AM to 10 AM

JULY 19

AUGUST 16

Downtown San Dimas
Located Behind the Walker House
(121 N. San Dimas Ave.)

Calling ALL car enthusiasts! San Dimas is excited to invite you to the exotic, sport, luxury, & classic car meet up. Bring your ride and enjoy a cup of coffee.

Register your vehicle online. Registration will make check in quicker the morning of the event.

Registration is not required.

SANDIMASCA.GOV/SDPR

(909)394-6230

CITY OF SAN DIMAS

City Birthday

65th

6 August 2025 • 6:30 pm - 9:00 pm
Civic Center Park (245 E. Bonita Ave.)

Includes

- Birthday Celebration Ceremony
- Food & Dessert Vendors
- Live Music by Cold Duck
- Kid Activities
- Beer Garden



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

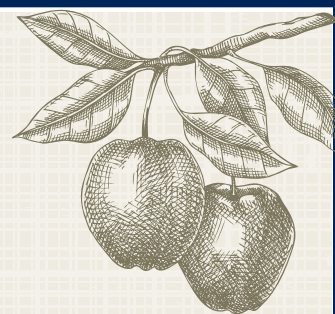
WEDNESDAYS
APRIL 2-SEPTEMBER 10

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 \$16.50

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 8:00am-5:00pm
Saturday 8:00am-2:00pm
Sunday No Service
- Fares \$2.75 or 1 ride ticket each way. Extended boundary is \$3.75 each way or 2 tickets.
- 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

