



SILVER TIMES



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

Vol 49 No 11

November 2025



TALK

Turkey to me

SENIOR DINNER

Friday, November 14, 2025
4:30pm-7:00pm



**SOLD
OUT!**

INSIDE THIS ISSUE

YWCA Lunch Menu	2
Senior Services	3
Senior Activities & Games	4
Senior Club & Bingo	5
Senior Center Events	6-8
San Dimas Recreation Center	9
Upcoming Senior Events	10
Senior Sports	11
Calendar	12-13
Free Classes	14
Excursions	15-16
City-Wide Events	17-18
Community Links	19
Important Phone Numbers	20

**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 245 E. BONITA AVE. SAN DIMAS, CA. 91773 November MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS @11:00AM				
Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Adobo Green Peas Marinated Bell Pepper Peach Spanish Brown Rice	4 Italian Wedding Soup Qucihe Broccoli Caesar Salad Orange Bread	5 Shepherds Pie Carrots Mixed Salad Greens Kiwi Whole Grain Roll	6 Mushroom Soups Baked Fish Almandine Green Beans Spinach Salad	7 Arroz Con Pollo Pinto Beans Shredded Cabbage Apple
10 Savory Beef Stew Herbed Brussels Sprouts Mashed Potatoes Roll	11 VETERANS DAY 	12 Lentil Soup Baked Pollack Yellow Squash Broccoli Salad Applesauce Barley Pilaf	13 BBQ Chicken Tri Color Coleslaw Canned Pear Macaroni Cheese Roll	14 OPEN FACE Hot Turkey Sandwich Green Beans Spinach Salad Orange Whole Grain Bread
17 Vegetarian Chili Broccoli Mixed Salad Greens Pineapple Bread	18 Hawaiian Chicken Breast Mesclun Salad Cantaloupe or Tangerine Rice	19 Turkey Milanese Zucchini Chopped Mixed Salad Banana Whole Grain linguine	20 Split Pea Soup Salmon w/Dill Sauce Green beans Beet Salad Orange Roll	21 Hot & Sour Soup Asian Beef Stir Fry Mixed Asian Veg Salad Carrot Raisin Salad Kiwi Brown Rice
24 Mediterranean Chicken Spinach Tomato & Cucumber Salad Fruit Barley with Herbs	25 Mushroom Soup Spaghetti with Meat Sauce Green Beans Chopped Salad w/ Kale Pear/Peach	26 TURKEY BREAST W/ GRAVY OR CORNISH HEN GREEN BEANS W ALMOND OR ASPARAGUS TOSSED GREEN SALAD STUFFING OR BREAD	27 	28

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.

November 21
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

For menu
see page 2



NOTARY SERVICE

TBD 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, November 4
10:00am-11:30am



ATTORNEY SERVICE

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

Wait Listed

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!

November 20

9:00am-11:00am

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, November 5
10:30am-12:00pm**

11/5: Good Dirt by Charmaine Wilkerson
12/3: The Reading List by Sara Nisha Adams

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**

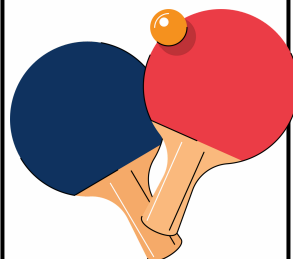
**PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
*There is a cost to play**

**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

COMMUNITY BINGO!

DOORS OPEN AT 10:30 AM & SALES END AT 12:00PM

TUESDAYS

PLAY: 12:30PM-3:00PM
COMMUNITY BUILDING

**DOOR PRIZES, HOLIDAY
CELEBRATIONS, AND FUN!**

Reserved Seating Available

EFFECTIVE SEPTEMBER 2

NEW PRICING

- 1ST PACKET: \$9
- 2ND PACKET: \$6
- ADDITIONAL PACKETS: \$3

NEW PAYOUTS

- REGULAR GAMES (13): \$100
- SPECIAL GAMES (5): \$100-\$250

**INCLUDES
POWERBALL!**

24

13

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



City of San Dimas LAUGHTER YOGA CLASS

PRESENTED BY A.K. PATEL & DEE PATEL,
CERTIFIED LAUGHTER YOGA TEACHERS



Yoga Mats are not required

THURSDAY, NOVEMBER 6
1:00PM-2:00PM
SENIOR CENTER MPR

Laughter yoga uses diaphragmatic breathing to increase happiness, strengthen the immune system, reduce pain, lower stress/anxiety and increase overall well-being.

Registration Required!
for more information call (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

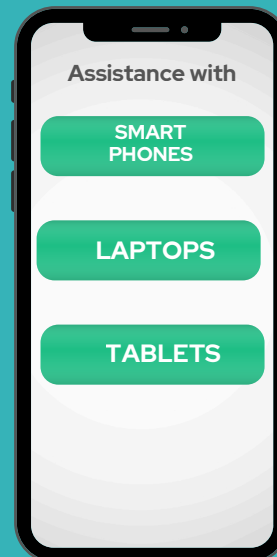
City of San Dimas Silver Surfers Tech Club

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!!!

Pre-Registration Required!!!



Time: 4:30pm-6:00pm

**Location: San Dimas Senior
Center 201 E. Bonita Ave**

**November 18, 2025
December 9, 2025**

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



55+

Please join us for a
Thanksgiving Time



BIRTHDAY Social

WAIT LISTED

FREE!



SPONSORED BY:



November 13

3PM-4PM

Register with us if you are celebrating
a birthday in November!



WAIT LISTED

Join us for
**HAPPY
HOUR**

NOVEMBER 13 • 3PM



55+

FREE!
REGISTRATION
REQUIRED



SOLD OUT

"Talk Turkey
to Me"
SENIOR DINNER

November 14

4:30-7:00 PM

\$15

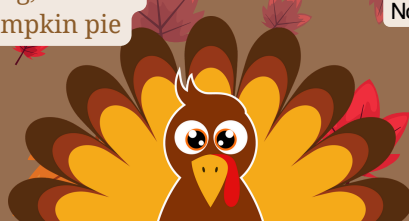
55+

Dinner Menu:

Turkey, stuffing, mashed
potato, & pumpkin pie

Tickets on sale

Residents: October 7
Non-Res. October 8



CORNER CUP

Come and enjoy a delicious cup of
coffee the month of **November** thanks
to our sponsor, Emanate Health.

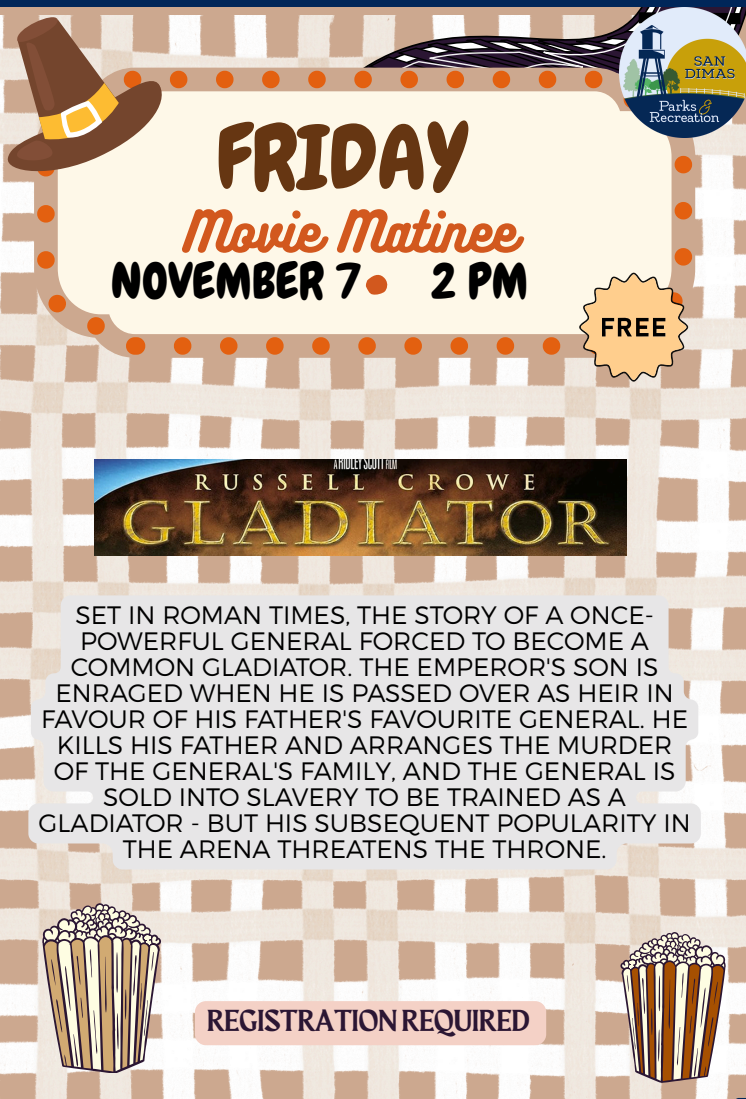
While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR
MORE INFORMATION

909-394-6290

**FREE
COFFEE**





FRIDAY
Movie Matinee
NOVEMBER 7 • 2 PM

FREE

RUSSELL CROWE
GLADIATOR

SET IN ROMAN TIMES, THE STORY OF A ONCE-POWERFUL GENERAL FORCED TO BECOME A COMMON GLADIATOR. THE EMPEROR'S SON IS ENRAGED WHEN HE IS PASSED OVER AS HEIR IN FAVOUR OF HIS FATHER'S FAVOURITE GENERAL. HE KILLS HIS FATHER AND ARRANGES THE MURDER OF THE GENERAL'S FAMILY, AND THE GENERAL IS SOLD INTO SLAVERY TO BE TRAINED AS A GLADIATOR - BUT HIS SUBSEQUENT POPULARITY IN THE ARENA THREATENS THE THRONE.

REGISTRATION REQUIRED



MANDARIN LEARNING & CULTURAL IMMERSION

September 3rd – November 19th

9 AM – 10 AM (Level 1)
10 AM – 11 AM (Level 2)

REGISTRATION REQUIRED!

San Dimas Senior Center
201 E Bonita Ave, San Dimas, CA 91773
(909) 394 – 6290

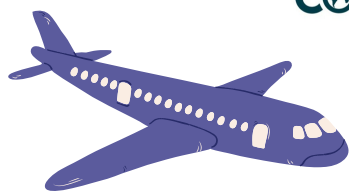
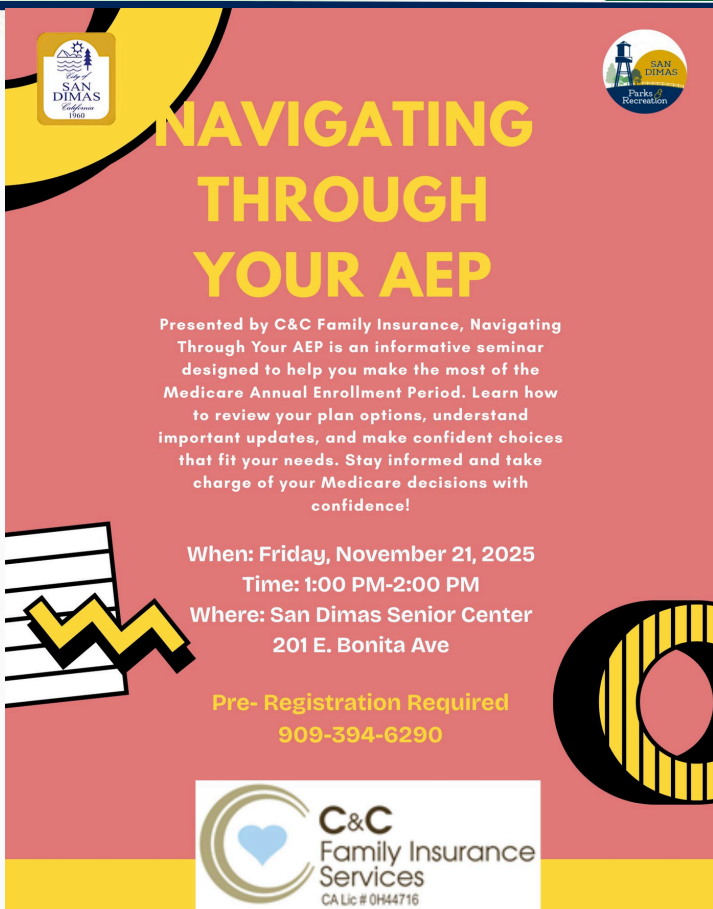
WELCOME

San Dimas Travel Club



Thursday, November 20
3:30PM-4:30PM
Senior Center MPR

Presentation by:
collette

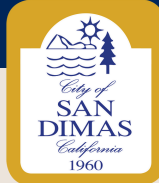
NAVIGATING THROUGH YOUR AEP

Presented by C&C Family Insurance, Navigating Through Your AEP is an informative seminar designed to help you make the most of the Medicare Annual Enrollment Period. Learn how to review your plan options, understand important updates, and make confident choices that fit your needs. Stay informed and take charge of your Medicare decisions with confidence!

When: Friday, November 21, 2025
Time: 1:00 PM-2:00 PM
Where: San Dimas Senior Center
201 E. Bonita Ave

Pre-Registration Required
909-394-6290

C&C Family Insurance Services
CA Lic # 0H44716



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

MINIMUM AGE FOR PARTICIPATION IN ANY FACILITY AMENITIES IS 16 YEARS OLD. PARTICIPANTS 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



You are invited to
DECEMBER HAPPY HOUR



55+

December 4th, at 3:00 pm
Free! Registration Required
RSVP opens on Nov. 4

Birthday Social

CELEBRATE DECEMBER BIRTHDAYS WITH US

Register with us if you are celebrating a birthday in December!

55+

DECEMBER 4TH
3PM-4PM



Let's party!

FREE!

RSVP opens on Nov. 4

HOLLY JOLLY
Holiday



Senior Dinner

FRIDAY, DECEMBER 12TH
4:30-7:00PM

Sponsored by:
The San Dimas Senior Citizens Club

TICKETS GO ON SALE
 RESIDENTS: NOVEMBER 4
 NON-RESIDENTS: NOVEMBER 5

\$15



MT. SAC!
 Mt. San Antonio College

IN PERSON

Winter Registration

Monday, December 8, 2025
9:30am-11:30am

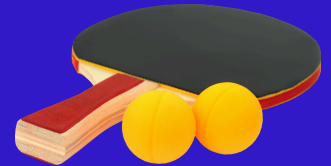
San Dimas Senior Center

TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

WEDNESDAY, NOVEMBER 5
11:00 AM



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



BOCCE BALL

55+

FRIDAY, NOVEMBER 21, 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



The MPR will be closed from
October 23-November 5. Please look
at schedule for relocations or
cancellations.

3

December Senior Dinner Tickets go
on sale-Residents

4

8:15am Cribbage
9:30am Chair Exercise (CB)
10:30am YWCA- Lunch Dine-In (CB)
1:00pm Canasta
~~1:00pm Bridge (will return 11/10)~~
5:25pm Artisan Quilting
~~6:00pm Quilting Workshop- (will return 11/10)~~

8:00am Aerobics (CB)
9:00am Tai Chi (CB)
9:00am Handcrafted Needlework
9:30am Senior Club Meeting
10:30am YWCA-Lunch Dine-In (CB)
12:25pm Basic Computing 2
1:00pm Watercolor (Art Room)
~~5:30pm Writing Class (will return 11/18)~~

November

2025

10

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

11



Fantansy Springs Trip

17

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

18

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
5:30pm Writing Class

24

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

25

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
5:30pm Writing Class



WEDNESDAY



THURSDAY



FRIDAY 13



December Senior Dinner Tickets go on sale-Non-Residents

5

8:15am Pinochle
9:00am Basic Computing 3
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 (CB)**
1:00pm Writer's Workshop
1:15pm Brain Health 2
1:00pm Gardening (CB)
~~3:05pm~~ **Fundamentals of Sustainability**

6

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
6:00pm Ceramics

7

8:15am Euchre
8:55am Jewelry Production
9:00am Internet Research
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** 

12

8:15am Pinochle
9:00am Basic Computing 3
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

13

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
6:00pm Ceramics

Senior Dinner 4:30pm

14

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

Soboba Casino Registration- Residents

19

8:15am Pinochle
9:00am Basic Computing 3
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 Casino Registration- Non-Residents

20

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 (CB)**
1:00pm Int. Decorative Art Production
1:00pm Canasta
1:00pm Brain Health 1
6:00pm Ceramics

21

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

26

8:15am Pinochle
9:00am Basic Computing 3
9:00am Drawing
9:30am Chair Exercise (CB)

10:30am **YWCA Lunch Dine-In (CB)**
1:00pm Writer's Workshop
1:15pm Brain Health 2
1:00pm Gardening
3:05pm **Fundamentals of Sustainability**

27

Closed

Happy Thanksgiving 

28

Closed



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 21

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 3
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.

Surf, Sand, and Santa

Activity Level: 3

SOLD OUT**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.

Soboba Casino

Activity Level: 1

**Friday, January 23, 2026 9:00am-5:30pm**

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

Resident Registration: Wednesday, November 19**Non-Resident Registration: Thursday, November 20**

Excursion features transportation to Soboba Casino in Indio, travel pack and driver gratuity included. The day is yours to enjoy as you please whether it's slot machines, tables, and matinee bingo there is so much for you to do today!

Remembering the 1960's

Activity Level: 1

**Wednesday, February 4, 2026 9:30am-5:30pm**

Fee: \$46.00 Residents/Senior Club; \$47.50 Non-Residents

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

Excursion features transportation to Palm Springs for lunch on your own, show, travel pack, and driver gratuity. "Remembering the 1960's" is a musical tribute to 4 legendary American bandstand singers-Connie Francis, Bobby Rydel, Lesley Gore, and Bobby Dain. These wonderful performers will put on an exciting show and no lip syncing!

Harrah's Resort Casino

Activity Level: 1

**Monday March 16, 2026 8:30am-5:30pm**

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

Resident Registration: Wednesday, January 28**Non-Resident Registration: Thursday, January 29**

Excursion features transportation to Harrah's Resort Southern California in Valley Center, CA, travel pack and driver gratuity included. The day is yours to enjoy as you please whether it's slot machines, tables, and matinee bingo there is so much for you to do today!



CITY OF SAN DIMAS

**SAVE THE DATE**

15TH ANNUAL HOLIDAY EXTRAVAGANZA

December 6th, 2025

3 p.m. - 9 p.m.

Downtown San Dimas

PHOTOS WITH SANTA • SNOW SLIDES • GAMES & JUMPERS
VENDORS & MORE!**PRE-EVENT ACTIVITY****3:00 PM - CRAFTS WITH MRS. CLAUS**Location: Walker House (121 N. San Dimas Ave.)
No registration required. Crafts available by while
supplies last.**EVENT TIMELINE****4:00 PM - "LET IT SNOW" PARADE****5:00 PM - ALL ACTIVITIES BEGIN****6:00 PM - TREE LIGHTING****6:30 PM - SANTA & COMMUNITY
PERFORMANCES**

City Of San Dimas



Saturday, November 8, 2025
10:00am - 1:00pm
Horsethief Canyon Park
(301 Horsethief Canyon Road)

Join us for a paw-fectly good time!
 Whether you are 2-legged or 4-legged,
 there will be plenty of fun for everyone. All
 canines must be accompanied by a human
 companion and must be on a leash.

Pet Friendly
Vendors

Fun
Activities
for all!

Pawsitively
Fun
Adventures

For more information contact
 Parks and Recreation Department 909-394-6230



City of San Dimas

HORSETHIEF CANYON HIKE

Saturday, November 8**12:00pm - 1:00pm****Fee: \$7 per person**

Fee includes trail snacks, safety basics
 and guided supervision.

For more information and to register
 contact the Parks and Recreation (909)
 394-6230

or visit sandimasca.gov

**FOR ALL OUTDOOR HIKE: CHILDREN UNDER 18 YEARS MUST BE
 ACCOMPANIED BY A PARENT OR GUARDIAN.**

LEVEL: INTERMEDIATE - MODERATE



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



CITY HOLIDAY CLOSURES



★ VETERANS DAY ★

11.11.2025



HONORING ALL WHO SERVED



Office Closed November
27-28

Happy Thanksgiving



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 (PVTa) 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

