



SILVER TIMES



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

Vol 48 No 12

December 2024

SENIOR DINNER

SNOW MUCH FUN

**DECEMBER
13**

4:30PM-7:00PM

**SAN DIMAS SENIOR
CENTER**

**SOLD
OUT!**



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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.

December 2024



YWCA San Gabriel Valley
 Senior Services Department
 101 S. Barranca Avenue,
 Covina, CA 91724
 Phone: 626-214-9456

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.

*** subject to change without notice ***
 all entrees include an 8 oz carton of milk
 *** suggested donation of 3\$ ***

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

Monday, Tuesday, Wednesday,
 Thursday, and Friday at 11am

	Monday	Tuesday	Wednesday	Thursday	Friday
2	Chicken Curry Winter Squash Cucumber Salad Fresh Pear White Rice Bread	3 Swedish Meatball Green Peas Romaine Salad Kiwi Noodles	4 Crm of Broccoli Chicken Chipotle Cauliflower Mixed Green Salad Banana Brown Rice	5 Beef Lasagna Carrots Creamy Coleslaw Peaches	6 Baked Fish with Crumb topping Harvard Beets Bean Salad Orange Barley Pilaf
9	Beef Hamburger Carrot Salad Sliced Lettuce & Tomato Strawberries	10 Butternut Squash Soup Soft Chicken Taco Pinto Beans Mandarin Brown Rice	11 Hot Roast Beef Mashed potato Beet Salad Fruit Bread	12 Cabbage Soup Crispy Chicken Broccoli Spring Mix Salad Banana Roll	13 Baked Fish with Tartar Sauce Baked Yam Pineapple/Mango Cilantro Brown Rice
16	Chicken Divan Green Beans Spinach Salad Peach or Pear Brown Rice	17 Meatloaf Mashed Potato Romain Iceberg with Cucumber Pineapple & Mango Bread	18 Cm of Mushroom Chicken Parm Winter Squash Broccoli Slaw Banana Spaghetti Sourdough	19 Stuffed Bell Pepper Carrots Mesclun Salad Cantaloupe Bread	20 Veg Lasagna Cauliflower & Peas Caesar Salad Mandarin Roll
23	Scrambled Egg with Diced Ham Oven Roasted Potatoes Sunshine Salad Fruit French Toast	24	CHRISTMAS		27
30		31			

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.

Friday, December 20

- 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**

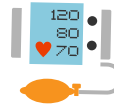
No advance reservations required.

Age 60+

\$3.00 suggested donation

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

**For menu
see page 2**



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, December 3

10:00am-11:30am

subject to change



ATTORNEY SERVICE

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

Friday, December 6

Waitlisted

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



FINANCIAL LITERACY

Gain financial confidence!

Thursday, December 19

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.

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

BOOK PARTY

Sponsored by

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

Wednesday, December 4
10:30am-11:30am

12/4: Foster by Claire Keegan and Small Things Like These
by Claire Keegan



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.

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP

Fridays
12:30pm



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

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

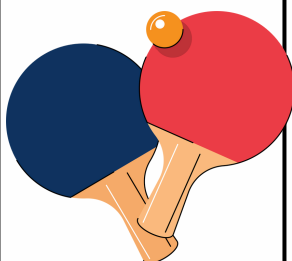
BILLIARDS
7:30am-8:30pm



FRIDAY

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





San Dimas Senior Citizens Club

JOIN NOW



Ages 55+

Senior Center MPR

Tuesdays | 9:30 AM-10:30 AM

\$6 Annual Dues | \$0.25 each meeting attended

Enrich your life & make lifelong friends!



SAN DIMAS SENIOR CLUB PRESENTS

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING

Package Fees

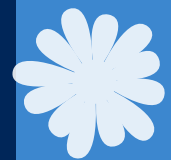
1st Packet: \$7

2nd Packet: \$5

Additional Packets: \$3

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

NO BINGO ON DECEMBER 24 & DECEMBER 31



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

Tuesday, December 3, 2024 2:00 PM - 3:30 PM
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773



Beating the Holiday Blues

December 5th, 1:30 p.m.

Join us for a presentation on tips to avoiding holiday blues.

After the session, stay and create your own Christmas ornament or Christmas card.



Light refreshments will be provided.

San Dimas Senior Center
201 E. Bonita Ave.
San Dimas, CA 91773
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 +

YWCA IS ON A MISSION

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

Holiday Blues

Holidays can be a challenging time for seniors who have suffered losses or who are feeling alone and without family or social support. This seasonal presentation, hosted by the LA County Department of Mental Health, discusses strategies to combat feelings of sadness or "the blues" during the winter holidays.

Friday, December 20, 2024 1:00 PM - 2:00 PM
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773

Pre-Registration Required

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



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

55+



FREE



Please join us for

BIRTHDAY SOCIAL

REGISTER WITH US IF YOU ARE CELEBRATING A BIRTHDAY IN DECEMBER

THURSDAY **12** DECEMBER

3:00PM-4:00PM



55+

PLEASE JOIN US FOR A



December Happy Hour

DECEMBER 12 | 3:00 PM-4:00 PM

Free!

Registration Required

SENIOR DINNER

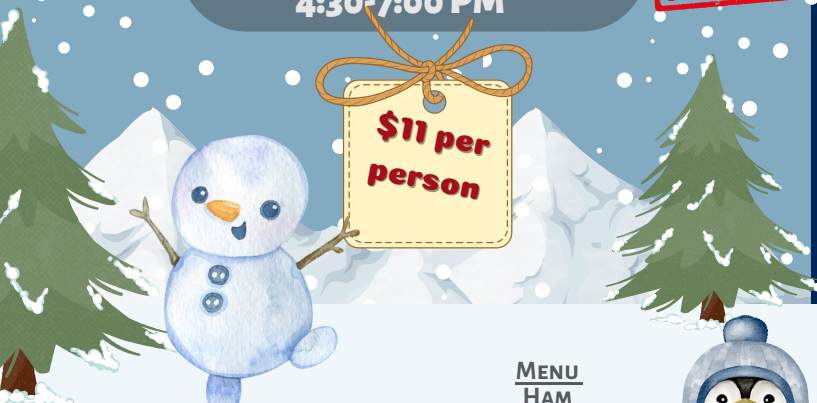
Snow much Fun

DECEMBER 13

4:30-7:00 PM

SOLD OUT

\$11 per person



MENU
HAM
SCALLOPED POTATOES
GREEN BEANS
DESSERT



TICKETS GO ON SALE NOVEMBER 5 FOR SAN DIMAS RESIDENTS & NOVEMBER 6TH FOR NON-RESIDENTS

FOR MORE INFORMATION CONTACT PAM JOHNSON 909-319-3284

\$20 PER PERSON

Community Bunco



PROCEEDS FROM THIS EVENT WILL ENHANCE SENIOR CLUB

SOLD OUT

FRIDAY, DECEMBER 6, 2024

DOORS OPEN AT 5PM

DINNER AT 6PM

HOSTED BY
THE SAN DIMAS SENIOR
CITIZENS CLUB

COMMUNITY BUILDING
245 E. BONITA AVE., SAN
DIMAS CA 91773



**Friday
Movie Matinee**
DECEMBER 6 • 2 PM **FREE**



SARAH (DIANE LANE), IS 40 AND RECENTLY DIVORCED. BELIEVING SARAH NEEDS TO DATE MORE, HER SISTER, CAROL (ELIZABETH PERKINS), CREATES AN ONLINE DATING PROFILE FOR HER. SIMULTANEOUSLY, JAKE (JOHN CUSACK) RELUCTANTLY DECIDES TO TRY INTERNET DATING. SARAH AND JAKE MEET, AND THOUGH BOTH AGREE THEY ARE NOT INTERESTED IN A SERIOUS RELATIONSHIP, THEIR CHEMISTRY IS UNDENIABLE. BUT, WHEN BOB (DERMOT MULRONEY) SUDDENLY SHOWS INTEREST IN SARAH, HER FUTURE WITH CHARLIE BECOMES UNCLEAR.



**REGISTRATION
REQUIRED**




FREE!

TZU CHI X TCMML
Taiwan Center for Mandarin Learning

DIY ORNAMENT WORKSHOP


December 19th, 2024
1:00 PM – 2:30 PM
Registration Required, limited space!
San Dimas Senior Center
201 E Bonita Ave, San Dimas, CA 91773
(909) 394 - 6290

Chinese Zodiac Themed!



HO HO HO





NEW

**City of San Dimas
Senior Center**

Notary Service


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.

The 2nd Thursday of each month from 11:30am-12:30pm.

Beginning December 12th


Location:
San Dimas Senior Center
201 E. Bonita Ave
Appointment is Required
For more information:
Contact
San Dimas Senior Center
(909)394-6290



Notary Commission
#2360356

City of San Dimas

Silver Surfers Tech Club



NEW!

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

Friday, August 30
Friday, September 27
Friday, October 25
Friday, November 22
Friday, December 20



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



"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

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	\$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





YOU'RE INVITED TO
JANUARY

Happy Hour

55+



TOAST TO
THE NEW YEAR

THURSDAY, JANUARY
9

3:00PM-4:00PM

REGISTRATION REQUIRED!
FREE!



January Birthday Social

55+

REGISTER WITH US IF YOU ARE
CELEBRATING A BIRTHDAY IN
JANUARY



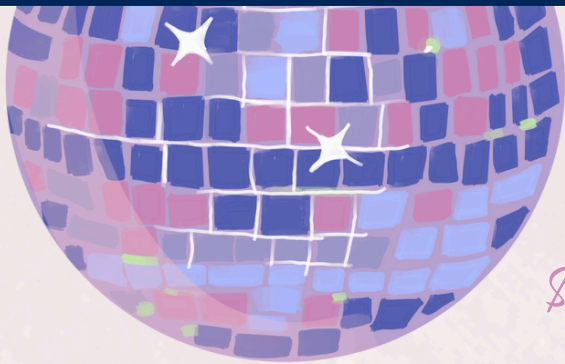
THURSDAY, JANUARY 9

3:00 PM-4:00 PM



free!

Sponsored by:



\$9

Ring in the New Year Senior Dinner



JANUARY

17

4:30-7:00PM

TICKETS GO ON SALE DECEMBER 3 FOR SAN DIMAS
RESIDENTS & DECEMBER 4 FOR NON-RESIDENTS

Sponsored by:



MENU

CHICKEN MEDLEY, BUNDT CAKE,
GLAZED CARROTS, RICE



CORNER CUP

Come and enjoy a delicious cup of
coffee the month of **January** thanks
to our sponsor, Emanate Health.
While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR
MORE INFORMATION

909-394-6290

**FREE
COFFEE**



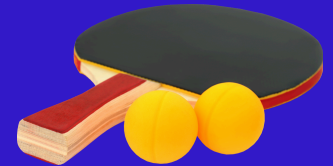
TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, DECEMBER 4
11:00 AM



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



BOCCE BALL

55+

FRIDAY, DECEMBER 20, 2024
AT 10:30
CIVIC CENTER PARK

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



SENIOR 55+ *Fitness Class*

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





December 2024



2

8:15am Cribbage
 9:30am Chair Exercise
 10:30am YWCA- Lunch Dine-In
 1:00pm Canasta
 1:00pm Bridge

5:25pm Artisan Quilting for Retail Sales
 6:00pm Quilting Workshop

3

January Senior Dinner Tickets on Sale- Residents

8:00am Aerobics (Plummer Building)
 9:00am Tai Chi (Plummer Building)

9:00am Handcrafted Needlework
 9:00am Consumer Skills
 9:30am Senior Club Meeting
 10:30am YWCA-Lunch Dine-In
 12:25pm Basic Computing-Level 2

1:00pm Watercolor

9

8:15am Cribbage
 9:30am Chair Exercise
 10:30am YWCA- Lunch Dine-In
 1:00pm Canasta
 1:00pm Bridge

5:25pm Artisan Quilting for Retail Sales
 6:00pm Quilting Workshop

10

8:00am Aerobics (Plummer Building)
 9:00am Tai Chi (Plummer Building)

9:00am Handcrafted Needlework
 9:00am Consumer Skills
 9:30am Senior Club Meeting
 10:30am YWCA-Lunch Dine-In
 12:25pm Basic Computing-Level 2

1:00pm Watercolor

16

8:15am Cribbage
 9:30am Chair Exercise
 10:30am YWCA- Lunch Dine-In
 1:00pm Canasta
 1:00pm Bridge

5:25pm Artisan Quilting for Retail Sales
 6:00pm Quilting Workshop

17

8:00am Aerobics (Plummer Building)
 9:00am Tai Chi (Plummer Building)

9:00am Handcrafted Needlework
 9:00am Consumer Skills
 9:30am Senior Club Meeting
 10:30am YWCA-Lunch Dine-In
 12:25pm Basic Computing-Level 2

23

8:15am Cribbage
 9:30am Chair Exercise
 10:30am YWCA- Lunch Dine-In
 1:00pm Canasta
 1:00pm Bridge

24

Closed

30

Closed

31

Closed

WEDNESDAY

THURSDAY

FRIDAY 13

January Senior Dinner Tickets on Sale-Non-Residents 4

Art & Automobiles Registration-Residents

8:15am Pinochle
 9:00am Creative Computing
 9:00am Drawing

10:30am Book Party-Book Club
 11:30am Table Tennis Tourney

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

Art & Automobiles Registration-Non-Residents 5

In-Bloom Seminar 1:30pm

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

Movie Matinee 2PM 6

8:15am Euchre
 9:00am Tai Chi (Plummer Building)
 10:30am Yoga (Plummer Building)

9:00am Digital Media Basics
 9:00am Jewlery Production
 9:30am Chair Exercise
 10:00am Attorney Appointments
10:30am YWCA Lunch Dine-In
 12:30pm Artist Workshop

11

8:15am Pinochle
 9:00am Creative Computing
 9:00am Drawing

10:30am Book Party-Book Club
 11:30am Table Tennis Tourney

10:30am YWCA Lunch Dine-In
 1:00pm Writer's Workshop
 1:00pm Brain Health 2

12

LA Zoo Nights Excursion

Happy Hour/Birthday Social 3-4pm

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

Senior Dinner 4:30pm-7:00pm 13

8:15am Euchre
 9:00am Tai Chi (Plummer Building)
 10:30am Yoga (Plummer Building)

9:00am Digital Media Basics
 9:00am Jewlery Production
 9:30am Chair Exercise
10:30am YWCA Lunch Dine-In
 12:30pm Artist Workshop

Huntington Harbor Cruise 18

Morongo Casino Registration-Residents

8:15am Pinochle
 9:00am Creative Computing
 9:00am Drawing
 9:30am Chair Exercise (Plummer Building)

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

Morongo Casino Registration-Non-Residents 19

DIY Ornament Workshop 1:00

Smart Cremation Seminar 1:30pm

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

Holiday Blues Seminar 1pm 20

8:15am Euchre
 9:00am Tai Chi (Plummer Building)
 10:30am Yoga (Plummer Building)

9:00am Digital Media Basics
 9:00am Jewlery Production
 9:30am Chair Exercise
10:30am YWCA Lunch Dine-In
 12:30pm Artist Workshop

25



26



27



HAPPY HOLIDAYS

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 26-December 20, 2024

No Class on 9/2, 11/11, 11/28, 11/29

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
Creative Computing
Basic Computing-Level 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
Digital Media Basics

Thurs 9:00-11:50am
Thurs 1:00-3:20pm
Fri 9:00-11:50am

Senior Center
Senior Center
Senior Center

CLASS

Chair Exercise
Watercolor Painting
Regenerative Gardening/Sustainability
Handcrafted Needlework
Jewelry Production
Artisan Quilting for Retail Sales
Int. Decorative Art Production
Consumer Skills (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:30am
Tues 1:00-4:05pm
Wed 1:00-4:10pm
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

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.

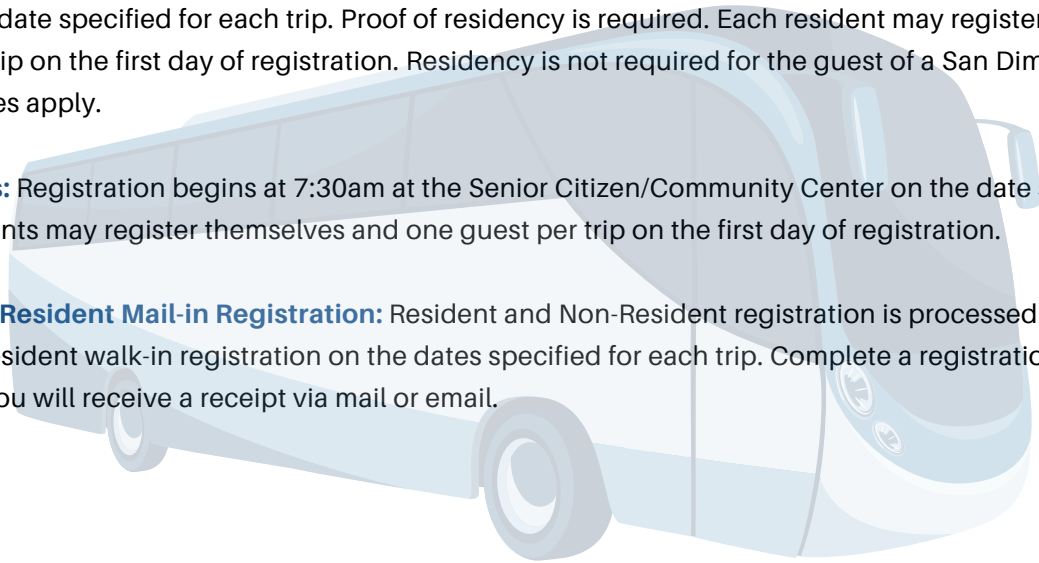
BOARDING THE BUS ON TIME: Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip 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.



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.

LA Zoo of Lights with Holiday High Tea at Chado-Curt Tucker Tour

Activity Level: 3

Thursday, December 12 2:00pm-9:00pm

Fee: \$138.00 Residents/Senior Club; \$139.50 Non-Residents

Resident Registration: Wednesday, November 6

Non-Resident Registration: Thursday, November 7



Excursion features High Tea at Chado Tea Room, entrance into LA Zoo of Lights, holiday surprise, driver gratuity, and travel pack.

Curt Tucker gets you in the holiday spirit with a memorable holiday evening experience. The fun begins with a late afternoon tea at the Chado Tea Room in Pasadena. After you will go to the LA Zoo Lights to embark through a dazzling display of lights.

Huntington Harbour Cruise of Lights

Activity Level: 3



Wednesday, December 18 2:30pm-8:45pm

Fee: \$45.00 Residents/Senior Club; \$46.50 Non-Residents

Resident Registration: Wednesday, November 20

Non-Resident Registration: Thursday, November 21



Excursion features transportation to Huntington Beach for dinner on your own, boat cruise, travel pack and driver gratuity included.

Embark on an enchanting, narrated cruise for the 62nd annual Cruise of Lights. Enjoy looking at boats, homes, decks, and docks that are covered in amazing holiday lighting.

Art & Automobiles



Activity Level: 3

Friday, January 24, 2025 9:00am-4:30pm

Fee: \$85.00 Residents/Senior Club; \$86.50 Non-Residents

Resident Registration: Wednesday, December 4

Non-Resident Registration: Thursday, December 5



Excursion features admission to the Broad Art Museum and the Petersen Automobile Museum, lunch on your own at the Original Farmers Market in Los Angeles.

The fun begins at The Broad, a new contemporary art museum founded by philanthropists Eli and Edythe Broad. Next, see more than 300 very rare cars on display, everything from one-of-a-kind classics, turn of the century and historical rarities, and more. Enjoy lunch on your own at The Original Farmers Market, one of L.A.'s most treasured landmarks.

Morongo Casino



Activity Level: 1

Monday, February 24, 2025 8:30am-6:30pm

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

Resident Registration: Wednesday, December 18

Non-Resident Registration: Thursday, December 19



Excursion features admission to Cabazon to spend the day at Morongo Casino or the Cabazon Outlets, driver gratuity, travel pack, and lunch on your own.




CITY OF SAN DIMAS
14TH ANNUAL
HOLIDAY EXTRAVAGANZA

**DECEMBER 7, 2024
3PM - 9PM
DOWNTOWN SAN DIMAS**

PHOTOS WITH SANTA • SNOW SLIDES • GAMES & JUMPERS • VENDORS • & MORE!

PRE-EVENT ACTIVITY
2:30 PM - CRAFTS WITH MRS. CLAUS
LOCATION: WALKER HOUSE
NO REGISTRATION REQUIRED. CRAFTS AVAILABLE BY WHILE SUPPLIES LAST.

EVENT TIMELINE
4:00 PM - "LET IT SNOW" PARADE
5:00 PM - ALL ACTIVITIES BEGIN
(GAMES, JUMPERS, SNOW SLIDE, FOOD, DRINKS & MORE)
6:00 PM - TREE LIGHTING
6:30 PM - SANTA & COMMUNITY PERFORMANCES





**FAMILY OUTDOOR RECREATION
WALNUT CREEK HIKE**

**SATURDAY, JANUARY 25
8AM-9AM
\$5 PER PERSON**



**REGISTRATION REQUIRED!
FOR MORE INFORMATION CALL
909-394-6230**





City of San Dimas
**Parent Sweetheart
Dance**




**FRIDAY
FEBRUARY 7, 2025
5:30 PM - 8:00 PM**

Put on your dancing shoes and bring your little one out for a night of music, dancing, dinner & fun!

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

Grades PreK-6th & Parents/Guardians
\$11/per person.

Register at the Parks & Recreation Department, Senior Center, Recreation Center
or visit: sandimasca.gov

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





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



We're closed!

In honor of the holidays, our
office will be closed

Dec. 24th-Jan.1

Regular office hours will
resume January 2nd

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

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

