



SILVER TIMES



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

Vol 49 No 3

March 2025

— Senior Dinner —

Lucky

☘ One ☘

— March 21 ☘ 4:30pm —



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 201 E. BONITA AVE. SAN DIMAS, CA. 91773  MONDAY, TUESDAY, WEDNESDAY, THURSDAY, AND FRIDAY AT 11AM				
MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
3 BEEF HAMBURGER CARROT SALAD SLICED LETTUCE & TOMATO STRAWBERRIES	4 BUTTERNUT SQUASH SOFT CHICKEN TACOS PINTO BEANS LETTUCE & TOMATO FRUIT BROWN RICE FLOUR TORTILLA	5 HOT ROAST BEEF MASHED POTATOES MARINATED BEET SALAD APPLESAUCE OR WATERMELON BREAD	6 CABBAGE SOUP CRISPY CHICKEN BROCCOLI SPRING MIX SALAD BANANA BREAD	7 PORK CARNITAS BAKED YAMS FRUIT CILANTRO BROWN RICE
10 CHICKEN DIVAN GREEN BEANS SPINACH SALAD PEACH OR PEAR BROWN RICE	11 MEATLOAF MASHED POTATOES ROMAINE AND ICEBERG LETTUCE PINEAPPLE AND MANGO BREAD	12 CRM OF MUSHROOM CHICKEN PARMESAN WINTER SQUASH BROCCOLI SLAW BANANA SPAGHETTI SOUROUGH	13 STUFFED BELL PEPPER CARROTS MASLCUN SALAD CANTALOUPE BREAD	14 BREADED FISH CAULIFLOWER & PEAS CEASAR SALAD FRUIT ROLL
17 CORNEE BEEF CABBAGE SALAD POTATO FRUIT SALAD BREAD	18 BUTTERNUT SQUASH SOUP CHICKEN A LA TRIO BRUSSELS SPROUTS SPINACH SALAD BANANA	19 MEXICAN BEEF STEW BLACK BEANS LETTUCE & TOMATO SALAD KIWI SPANISH BROWN RICE	20 CHICKEN CILANTRO SOUP BBQ PULLED PORK POTATO WEDGES COLESLAW PEAR OR STRAWBERRIES	21 SALISBURY STEAK BAKED YAMS ROMAINE SALAD CANTALOUPE BREAD
24 OVEN BAKED CHICKEN GREEN BEANS COLESLAW BANANA BREAD	25 BEEF CHOP SUEY BROCCOLI BEET & MANDARIN SALAD APPLESAUCE BROWN RICE	26 VEG SOUP CHICKEN ALFREDO BRUSSELS SPROUTS MESCLUN SALAD FRESH FRUIT SOUROUGH BREAD	27 BEEF FAJITAS PINTO BEANS SPINACH SALAD BROWN RICE FLOUR TORTILLA	28 SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD LETTUCE & TOMATO SLICE PINEAPPLE AND MANGO BREAD
31 *CLOSED* CESAR CHAVEZ DAY			eliminating racism empowering women ywca San Gabriel Valley	YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 S. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 626-214-9456

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.

March 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
10:30am-12:00pm

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

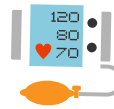
No advance reservations required.

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, March 4
10:00am-11:30am



ATTORNEY SERVICE

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

March 21 **Waitlisted**
10:00am-12:00pm

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



FINANCIAL LITERACY

Gain financial confidence!

Thursday, March 27

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, March 5
10:30am-12:00pm

- 3/5: Dinners with Ruth by Nina Totenberg
- 4/2: Thursday Murder Club by Richard Osman
- 5/7: Lady Tan's Circle of Women by Lisa See
- 6/4: My Brilliant Friend by Elena Ferrante
- 7/2: Daisy Darker by Alice Feeney

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP



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

WRITERS WORKSHOP



Wednesdays
1:00pm-3:30pm

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

ROADWALKERS



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

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

GAME SCHEDULE

MONDAY

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

TUESDAY

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

WEDNESDAY

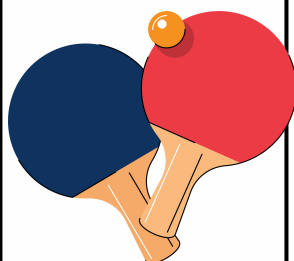
- PINOCHLE**
8:15AM - 12:00PM
- TABLE TENNIS**
7:30am-8:30pm

THURSDAY

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

FRIDAY

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





Join Us!

Enrich your life and make lifelong friends!



EVERY TUESDAY



9:30AM-10:30AM



SAN DIMAS SENIOR CENTER

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



909-394-6290
San Dimas Senior Center



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

WHAT IS THE SAN DIMAS SENIOR CLUB?

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

ANNUAL DUES

\$6 per year plus \$0.25 per meeting

WHY JOIN?

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

WEEKLY SCHEDULE

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



SAN DIMAS SENIOR CLUB PRESENTS

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING



Package Fees

1st Packet: \$7

2nd Packet: \$5

Additional Packets: \$3

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



Living Through Loss

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


PRE- REGISTRATION REQUIRED

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

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


JOIN US

TRAVEL CLUB

SAVE THE DATE

MARCH 20 * 3:30PM

SAN DIMAS SENIOR CENTER MPR



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


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

Medicare Made Clear


Brought to you by C&C Family Insurance

Confused about Medicare? Join us for a free, easy-to-understand seminar covering the basics of Medicare, including Parts A, B, C, and D. Get the facts you need to make informed healthcare decisions.

MAR 14th Medicare Made Clear
San Dimas Senior Center
201 E. Bonita Ave, San Dimas
Time: 1pm - 2pm



Currently we represent 12 organizations which offer 116 products in your area. You can always contact Medicare.gov, 1 800 MEDICARE, or your local State Health Insurance Program for help with plan choices.





"IRISH YOU WERE HERE"

HAPPY HOUR

55+



MARCH 13
3PM-4PM

Sponsored by:
Optum

Registration Required
FREE!



YOU ARE INVITED TO
MARCH BIRTHDAY



Free!

Sponsored by:
Optum

MARCH

THURSDAY

13

3:00 PM

Register with us if you are celebrating a birthday in March



Senior Dinner

Lucky One



March 21 4:30pm

Sponsored by:



Entertainment By:
Rudy



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

\$10



Menu

Baked Potato Bar, Chili Cheese, Salad, Bread Rolls



CORNER CUP

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

While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR MORE INFORMATION

909-394-6290





Sponsored by:



Friday Movie Matinee

MARCH 7 • 2 PM

FREE



ROBIN HOOD MEN IN TIGHTS

ROBIN RETURNS TO HIS FAMILY HOME, LOXLEY HALL, ONLY TO FIND IT BEING REPOSSESSED BY JOHN'S MEN. HIS FAMILY'S BLIND SERVANT, BLINKIN, INFORMS ROBIN THAT HIS FAMILY IS DEAD, AND HIS FATHER LEFT HIM A KEY WHICH OPENS "THE GREATEST TREASURE IN ALL THE LAND."



REGISTRATION REQUIRED




Medicare Enrollment Periods: When & How

Brought to you by C&C Family Insurance


Timing is everything! Learn about Medicare's different enrollment periods, when to sign up, and how to avoid costly penalties. This seminar will help you navigate your Medicare choices with confidence.

MAR 27th

Medicare Made Clear
San Dimas Senior Center
 201 E. Bonita Ave, San Dimas
 Time: 1pm - 2pm



Currently we represent 12 organizations which offer 116 products in your area. You can always contact Medicare.gov, 1 800 MEDICARE, or your local State Health Insurance Program for help with plan choices.




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

FREE GIFT!

ABC'S OF PREPLANNING

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

DATE: Thursday, April 3rd @1pm

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

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

GAME! TRIVIA!

Gift Card Raffle!



"YOUR PLACE TO STAY FIT SAN DIMAS!"



SAN DIMAS

RECREATION CENTER

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

OUR MISSION

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

HOURS OF OPERATION

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

AMMENITIES

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

AGE REQUIREMENTS

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

PASS RATES

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

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

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

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

FITNESS CLASS SCHEDULE

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

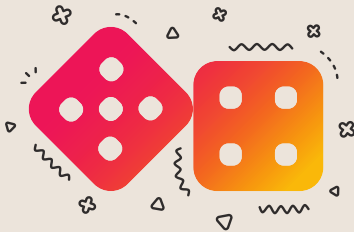


CITY OF SAN DIMAS

LET'S

\$5 PER PERSON

Tickets go on sale March 4th



ROLL BUNCO

April 24
2PM-4PM



SENIOR DINNER

SPRING INTO FUN

Sponsored by:



ENTERTAINMENT BY:
ROBERT JARAMILLO

APRIL 18
4:30PM-7:00PM

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

MENU
TURKEY CROISSANT
PASTA SALAD
DESSERT



THURSDAY, APRIL 10
3PM-4PM

55+

JOIN US FOR
APRIL
BIRTHDAY
SOCIAL



FREE

SEE YOU AT

HAPPY
HOUR

55+



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

REGISTRATION REQUIRED!



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

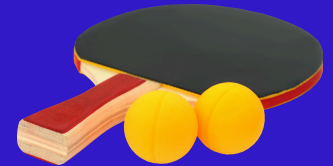
TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, MARCH 5
11:00 AM



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



BOCCE BALL

55+

FRIDAY, MARCH 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





March
2025



3

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

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

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

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

31

No Mt. Sac Classes or Lunch Program

8:15am Cribbage
10:30am YWCA- Lunch Dine-In
 1:00pm Canasta
 1:00pm Bridge
 6:00pm Quilting Workshop

4

April Senior Dinner Tickets go on sale-Residents

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

11

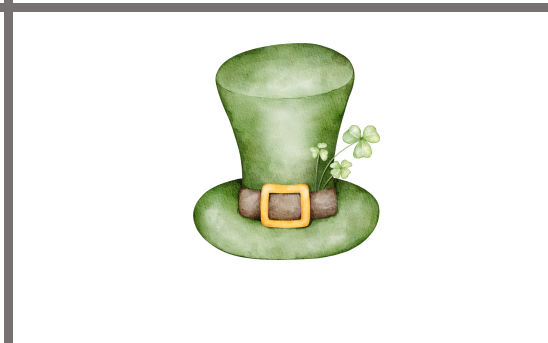
8:00am Aerobics (CB)
 9:00am Thai Chi (CB)
 9:00am Handcrafted Needlework
 9:30am Senior Club Meeting
10:30am YWCA-Lunch Dine-In
 12:25pm Basic Computing 2
 1:00pm Watercolor

18

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

25

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



* CB Denotes Classes held at Community Building

WEDNESDAY

THURSDAY

FRIDAY 13

Botanic Gardens Registration-Residents

5

April Senior Dinner Tickets go on sale-

Non-Residents

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

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

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

Solvang Excursion

12

YWCA Seminar 10 AM

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

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

Medicare Seminar 1pm

14

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

19

Travel Club 3:30pm

20

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

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

Senior Dinner 4:30pm

21

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

Santa Barbara Registration-Residents

26

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

Santa Barbara Registration-Non-Residents

27

Turning 65 Seminar 1pm

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

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



FREE CLASSES FOR OLDER ADULTS



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



Spring Session Dates: February 24-June 20

No Class on 3/31, 5/26, 6/19

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

SCHEDULE OF WINTER SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 1
Basic Excel-Level 2
Basic Computing 2

DAY/TIME

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

LOCATION

Senior Center
Senior Center
Senior Center

Digital Photography
Brain Health 1
Basic Computing 1
Calligraphy

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

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
Living Skills (Special Needs)
Drawing

DAY/TIME

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

LOCATION

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

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

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

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

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.

Solvang Trail of Treats

Activity Level: 3

Wednesday, March 12, 2025 7:30am-6:00pm
 Fee: \$120.00 Residents/Senior Club; \$121.50 Non-Residents
Resident Registration: Wednesday, January 15
Non-Resident Registration: Thursday, January 16



The tour includes driver gratuity, travel pack, a docent-led tour of the Old Mission Santa Ines, a voucher for a small box of assorted chocolates at Ingeborg's Chocolate shop, and a voucher for one dozen cookies from Solvang Bakery.

Temecula Winery

SOLD OUT

Activity Level: 2

Saturday, April 19, 2025 10:00am-6:00pm
 Fee: \$42.00 Residents/Senior Club; \$43.50 Non-Residents
Resident Registration: Wednesday, February 19
Non-Resident Registration: Thursday, February 20



Excursion features transportation to Temecula for a winery tour and wine tasting with charcuterie board, driver gratuity, and travel pack.

Spend the day in So. Cal's little wine country of Temecula! Our first stop today is a little hidden gem at the Oak Mountain Winery home of the subterranean wine cave. You'll have an opportunity to sample 6 of their premium wines, enjoy a charcuterie board of cheeses and meats that compliment your palate along with a guided mini-cave tour (included). We will also have time on our own in Old Town Temecula before returning home.

South Coast Botanic Gardens

Activity Level: 3

Wednesday, April 23, 2025 8:15am-4:45pm
 Fee: \$27.00 Residents/Senior Club; \$28.50 Non-Residents
Resident Registration: Wednesday, March 5
Non-Resident Registration: Thursday, March 6



Excursion features admission to the South Coast Botanic Gardens, driver gratuity, and travel pack.

The garden encompasses 87-acres and offers a wide variety of blooming trees, shrubs, and flowers all year. This is self-guided tour. Lots of time on your own to walk through the gardens and the gift shop before departing. Our next stop will be into Long Beach for lunch and shopping at The Pike.

Santa Barbara Land Shark Tour

NEW!

Activity Level: 2

Wednesday, May 7, 2025 8:00am-8:30pm
 Fee: \$75.00 Residents/Senior Club; \$76.50 Non-Residents
Resident Registration: Wednesday, March 26
Non-Resident Registration: Thursday, March 27



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



55TH ANNUAL CITY OLYMPICS



TRACK & FIELD MEET

15 MARCH, 2025

**BOYS & GIRLS
2010 - 2017**

Track teams representing Allen Avenue, Ekstrand, Gladstone, Shull, Lone Hill, Holy Name of Mary and Home Schools are invited to participate. Individual entries will not be accepted. First and second place finishers will represent San Dimas in the San Gabriel Valley Championships.

FOR INFORMATION ON HOW TO PARTICIPATE ON A SCHOOL TEAM CONTACT THE PARKS AND RECREATION DEPARTMENT OR YOUR SCHOOL PHYSICAL EDUCATION TEACHERS.

sandimasca.gov

909-394-6230



FAMILY OUTDOOR RECREATION

BONELLI HIKE

SATURDAY, MARCH 22

8AM-9AM

\$5 PER PERSON



**REGISTRATION REQUIRED!
FOR MORE INFORMATION CALL
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

E-mail: office91773@sandimashistorical.org





CITY OF SAN DIMAS
PARKS & RECREATION



EASTER EGG HUNT

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

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

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

AGES: 2 - 10 YEARS OLD



MEALS ON WHEELS

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

Monday-Friday
Noon-1:00pm

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

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

SENIOR HELP LINE

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

HICAP

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

OMBUDSMAN

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

YWCA NUTRITION PROGRAM

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

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

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

See page 2 for menu.

AGINGNEXT

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

POMONA VALLEY TRANSPORTATION



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

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

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

Get About

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

Get About

To register call: (909)596-7664

To reserve rides call: (909)596-5964



Senior Center Mission Statement

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

IMPORTANT PHONE NUMBERS

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



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

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

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

