



SILVER TIMES



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

Vol 49 No 5

May 2025

2025 OLDER AMERICAN HONOREE



KATHY RENTSCHLER

"I have found that no matter how much I put into my charitable deeds I always get tenfold back in the pleasurable accomplishment of doing the right thing. Even when my service is not recognized publicly, the knowledge that my service is helping someone in a time they most need it, makes it all worthwhile"- Kathy Rentschler

Kathy and her family have lived in San Dimas for 41 years. She worked for Bassett Unified School District for over 30 years, retiring as Director of Bassett Unified Food Service. Kathy said the best thing about her career was interacting with the children and seeing their happy faces each day.

When Kathy and her husband first married, it was her father who encouraged them to volunteer in their community by joining the Benevolent and Protective Order of the Elks. Kathy joined the women's auxiliary Emblem Club. Through these charitable organizations, they began volunteering with many events such as, City pancake breakfasts, annual hoop shoot contests, various drug awareness programs, aiding veterans and much more. Kathy said, "The more charitable deeds I did, the more I wanted to do".

While raising three children, Kathy found plenty of opportunities to volunteer. She was involved with PTA, Girl Scouts and Boy Scouts, various high school booster organizations, Little League and the Order of Merit for Bonita Unified School District. Kathy is proud that all three of her children have continued in their parent's footsteps of volunteering and helping those in need. For many years, Kathy has also helped to prepare and serve meals at the annual San Dimas Birthday BBQ. Since her retirement, she has added to her list of charitable contributions by volunteering at the San Dimas Senior Citizen's Club weekly Bingo and their Ways and Means Committee.

Kathy treasures many memories of serving the community over the years. Still, her favorite time is each year when she assists the Elks and Emblem clubs fundraiser and delivers dictionaries to over 3500 3rd grade students, including all 3rd graders in BUSD. Every dictionary is labeled with the child's name and Kathy says, "Seeing the joy on their faces as we call their name and hand them their very own dictionary is something I cannot even put into words.

The City of San Dimas is pleased to recognize, Kathy Rentschler for her committed service to the community.

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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.

May 2025

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

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

MONDAY	TUESDAY	WEDNESDAY	THURDAY	FRIDAY
YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456		ELIMINATING RACISM EMPOWERING WOMEN YWCA SAN GABRIEL VALLEY	CHICKEN CILANTRO SOUP BBQ PULLED PORK POTATO WEDGES COLESLAW PEAR OR STRAWBERRIES	BAKED FISH W/ LEMON SAUCE OR SALISBURY STEAK BAKED YAMS ROMAINE SALAD CANTALOUPE BREAD
 CHIPOTLE CHICKEN REFRIED BEANS CUCUMBER SALAD FRUITMEXICAN BROWN RICE FLOWER TORTILLA	BEEF CHOP SUEY BROCCOLI BEET & MANDARIN SALAD APPLESAUCE BROWN RICE	VEG SOUP CHICKEN ALFREDO BRUSSELS SPROUTS MESCLUN SALAD FRESH FRUIT SOURDOUGH BREAD	BEEF FAJITAS PINTO BEANS SPINACH SALAD BROWN RICE FLOUR TORTILLA	 HAPPY Mother's Day CHICKEN IN WINE SAUCE PEAS & PIMIENTOS SALAD BROWN RICE BISCUIT
BEEF STRIPS WITH MUSHROOM SAUCE STEAMED SPINACH GREEN SALAD STRAWBERRIES PASTA	CORN CHOWDER LEMON PEPPER SAUCE CAULIFLOWER MARINATED CUCUMBER BANANA BREAD	TACO SALAD PINTO BEANS CABBAGE AND LETTUCE SALAD PEACHES OR NECTARINES BREAD TORTILLA CHIPS	BBQ CHICKEN BAKED YAM MIXED ICEBERG AND ROMAIN SALAD KIWI BARLEY PILAF CORN BREAD	BAKED FISH VERACRUZ OR SWEAT & SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE
CHICKEN CURRY WINTER SQUASH ASIAN CUCUMBER SALAD FRESH PEAR ORANGE JUICE WHITE RICE BREAD	SWEDISH MEAT BALLS GREEN PEAS ROMAINE CELERY KIWI NOODLES	CRM OF BROCCOLI CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE	 HAMBURGER BAKED BEANS LETTUCE & TOMATO W/ RED ONION FRUIT MACARONI SALAD	BAKED FISH WITH CRUMB TOPPING HARVARD BEETS BEAN SALAD ORANGE BARLEY PILAF
 HAPPY MEMORIAL DAY	BUTTERNUT SQUASH SOFT CHICKEN TACO PINTO BEANS LETTUCE AND TOMATO MANDARIN ORANGE BROWN RICE FLOUR TORTILLA	HOT ROAST BEEF MASHED POTATO MARINATED BEET SALAD APPLESAUCE BREAD	CABBAGE SOUP CRISPY CHICKEN BROCCOLI SPRING MIX SALAD BANANA BREAD	BAKED FISH W/ TARTAR SAUCE OR PORK CARNITAS BAKED YAMS FRUIT CILANTRO BROWN RICE

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.

May 16
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.

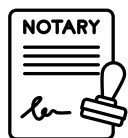
Dine-In Hot Lunch Program

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

For menu
see page 2

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

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

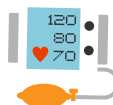


NOTARY SERVICE

May 8
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 volunteer. Offered on the 1st Tuesday each month. No appointment needed.

Tuesday, May 6
10:00am-11:30am



ATTORNEY SERVICE

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

Waitlisted **May 2**
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!

No May Appointments

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, May 7
10:30am-12:00pm

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

8/6: **The Berry Pickers** by Amanda Peters

9/3: **Remarkably Bright Creatures** by Shelby Van Pelt

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm

Share ideas and work on quilting projects with friends



ARTIST WORKSHOP

Fridays
12:30 pm

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



WRITERS WORKSHOP

Wednesdays
1:00pm-3:30pm

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

ROADWALKERS

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



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

GAME SCHEDULE

MONDAY

CRIBBAGE
8:15AM - 12PM

CANASTA
1:00PM - 4:00PM

BRIDGE
1:00PM - 4:00PM

TABLE TENNIS
7:30am-8:30pm

TUESDAY

BINGO
at the Plummer
Community Building
Sponsored by San
Dimas Senior Club

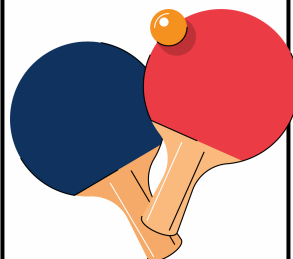
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
***There is a cost to play**

TABLE TENNIS
7:30am-8:30pm

WEDNESDAY

PINOCHLE
8:15AM - 12:00PM

TABLE TENNIS
7:30am-8:30pm



THURSDAY

RUMMY TILE
9:15AM - 11:30AM

CANASTA
1:00PM - 4:00PM

BILLIARDS
7:30am-8:30pm



FRIDAY

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





Join Us!

Enrich your life and make lifelong friends!



**EVERY
TUESDAY**



9:30AM-10:30AM



SAN DIMAS SENIOR CENTER

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



909-394-6290

San Dimas Senior Center



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

WHAT IS THE SAN DIMAS SENIOR CLUB?

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

ANNUAL DUES

\$6 per year plus \$0.25 per meeting

WHY JOIN?

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

WEEKLY SCHEDULE

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



**SAN DIMAS SENIOR CLUB
PRESENTS**

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING



Package Fees

1st Packet: \$7

2nd Packet: \$5

Additional Packets: \$3

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



Living Through Loss

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

PRE- REGISTRATION REQUIRED

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

VITAS®
Healthcare

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



SAN DIMAS SENIOR CLUB



COMMUNITY YARD SALE



CRAFT VENDORS - NEW & USED ITEMS

SATURDAY

**MAY 17TH
7AM - 1PM**

**SAN DIMAS CIVIC CENTER PARK
245 E. BONITA**

Proceeds from this event will enhance Senior Programs



**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 +

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

**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

**CITY OF SAN
DIMAS**

JOIN US

TRAVEL CLUB

SAVE THE DATE

MAY 15, 2025* 3:30PM

SAN DIMAS SENIOR CENTER MEETING ROOM



FREE



JOIN US FOR MAY HAPPY HOUR

THURSDAY, MAY 8
3PM-4PM

REGISTRATION
REQUIRED!



FREE



Join us for May Birthday Social

Thursday, May 8
3PM-4PM



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




CORNER CUP

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

While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR
MORE INFORMATION

909-394-6290

FREE
COFFEE



MT. SAC!
Mt. San Antonio College

IN PERSON

*Summer/Fall
Registration*

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

San Dimas Senior Center



FRIDAY Movie Matinee

MAY 2 • 2 PM

FREE



It tells the story of abrasive and selfish wheeler-dealer Charlie Babbitt (Tom Cruise), who discovers that his estranged father has died and bequeathed his multimillion-dollar estate to his other son, Raymond (Dustin Hoffman), an autistic savant whose existence Charlie was unaware of.

REGISTRATION
REQUIRED



On the Move

RIDERS PROGRAM



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

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

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

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

DATE: May 15th, 2025

TIME: 1:00pm (Pre-Registration Required)

LOCATION: San Dimas Senior Center, MPR Room

FOR MORE INFORMATION: Call (909)394-6290



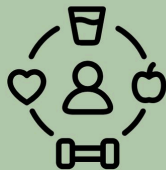
Metro



Healthy Aging

Stay Active, Stay Healthy!

Join us for an informative and engaging seminar led by Dr. Manuela Zamora and presented by Advocate Health. This seminar is designed to help you embrace a healthier lifestyle by providing valuable insights on maintaining physical and mental well-being, staying active, and making informed health choices for a vibrant and fulfilling future.



Date: May 28th 2025
Time: 9:30am-10:15am
Location:
San Dimas Senior Center
201 E. Bonita Ave
Appointment is Required
For more information:
Contact
San Dimas Senior Center
(909)394-6290

Pre- Registration Required
909-394-6290



City of San Dimas



Humana.

PRESENTS

**GIVE
YOUR
BRAIN
A BOOST**

FREE SEMINAR!

Similar to other parts of the body, the human brain tends to become less agile as people get older. Luckily, there are steps you can take to help keep your mind sharp & reduce your risk of dementia.

**FRIDAY, MAY 23
1:00PM-2:00PM
SENIOR CENTER MPR
REGISTRATION REQUIRED**

For more information, call the San Dimas Senior Center at 909-394-6290.





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







**JOIN US FOR
JUNE
HAPPY HOUR**




**THURSDAY, JUNE 12
3PM-4PM**

**REGISTRATION
REQUIRED!**



**JUNE
BIRTHDAY**



**FREE!
3PM-4PM**

SOCIAL

THURSDAY, JUNE 12



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




**Fun in the
Sun
Senior Dinner**


**\$10
PER
PERSON**

**JUNE 13 FRIDAY
4:30 PM - 7:00 PM**

TICKETS GO ON SALE MAY 6 FOR RESIDENTS
& MAY 7 FOR NON RESIDENTS

Menu
Fried Chicken, Mac & Cheese, Green Beans,
Salad Rolls


June



Bunco

**Thursday, June 26
2PM-4PM**

**Registration Required
\$5/person**



Tickets go on sale May 6 for residents &
May 7 for Non-Residents


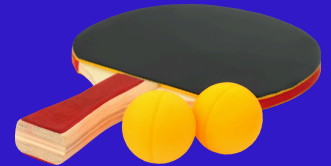


TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

WEDNESDAY, MAY 7
11:00 AM



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



BOCCE BALL

55+

FRIDAY, MAY 30, 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



* CB Denotes Classes held at Community Building



5

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

6

June 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 3
 1:00pm Watercolor

12

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

13

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 3
 1:00pm Watercolor

19

Soboba Casino Excursion

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

20

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 3
 1:00pm Watercolor

26

Closed
MEMORIAL DAY

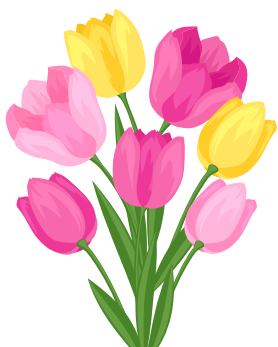
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8:00am Aerobics (CB)
 9:00am Thai Chi (CB)
 9:00am Handcrafted Needlework
 9:30am Senior Club Meeting
 10:30am YWCA-Lunch Dine-In
 12:25pm Basic Computing 3
 1:00pm Watercolor



MAY

2025



WEDNESDAY

THURSDAY

FRIDAY 13



REMINDER

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

1

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

2

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

7

8:15am Pinochle
9:00am Excel Level 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
1:00pm Writer's Workshop
1:15pm Brain Health 2
1:00pm Gardening
3:05pm Fundamentals of Sustainability

8

Happy Hour/Birthday Social 3-4pm

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

9

Santa Barbara Land Shark Excursion

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

Catalina Registration-Residents

14

8:15am Pinochle
9:00am Excel Level 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

Catalina Registration-Non-Residents

15

Metro Workshop 1pm

Travel Club 3:30pm

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

16

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

Mt. Sac Registration 9:30am

21

8:15am Pinochle
9:00am Excel Level 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

22

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

23

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

Healthy Aging Seminar 9:30am

28

8:15am Pinochle
9:00am Excel Level 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

29

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

30

Silver Surfers 4:30 PM

8:15am Euchre
8:55am Jewelry Production
9:00am Basic Computing 2
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



Summer Session Dates: June 23-August 15

No Class on July 4

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

SCHEDULE OF SUMMER SESSION CLASSES

Class schedule is subject to change

CLASS

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

DAY/TIME

Wed 1:00-3:50pm
Wed 9:00-11:50am
Tues 12:25-3:30pm
Thurs 9:00-11:50am
Thurs 9:00-11:50am
Thurs 1:00-3:50pm
Fri 8:45-12:05pm

LOCATION

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

CLASS

Chair Exercise
Watercolor Painting
Local Food Communities
Fundamentals of Sustainability
Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Money Skills (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:30am
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 10:30-12:20pm
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.

Soboba Casino

Activity Level: 1

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

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

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

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

Catalina

Activity Level: 4

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

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

Resident Registration: Wednesday, May 14**Non-Resident Registration: Thursday, May 15**

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

Hollywood Bowl 4th of July Spectacular

Activity Level: 4

**Thursday, July 3, 2025 5:00pm-11:45pm**

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

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

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

Valley View Casino

Activity Level: 1

**Friday, August 8, 2025 8:00am-5:00pm**

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

Resident Registration: Wednesday, June 4**Non-Resident Registration: Thursday, June 5**

Excursion features transportation to Valley View Casino in Valley View, CA for a 5-hour stay, travel pack and driver gratuity included. Whether you love video poker, keno, penny, nickel or higher denomination slots, you are sure to have a great day. Lunch on your own.
Ages 21 and over with a valid I.D



City of San
Dimas

MUSIC IN THE PARK 2025

LOCATION: CIVIC CENTER PARK



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

Concert Series

JUNE 18 - AUGUST 13

WEDNESDAYS

7PM-9PM

FREE ENTRY

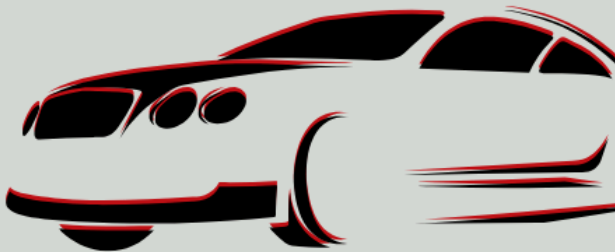
For more information contact:
San Dimas Parks & Recreation Department at
909-394-6230



GET READY TO LAUNCH INTO THIS SEASON OF...

San Dimas Parks & Recreation

CARS & COFFEE 2025 CALENDAR



JUNE 21 8 AM to 10 AM
JULY 19

AUGUST 16

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

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

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

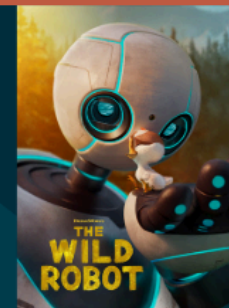
Registration is not required.

SANDIMASCA.GOV/SDPR

(909)394-6230



City of San Dimas MOVIE IN THE PARK



June 11 | Wednesday
Movie starts at Sundown

Pre-Activities start at 7pm
Location: Civic Center Park
(245 E. Bonita Ave.)

For more information contact parks and recreation Department
909-394-6230
or visit sandimasca.gov





Free Guided Historical Downtown San Dimas WALKING TOUR

By the SAN DIMAS HISTORICAL SOCIETY

10:00am ON THE SECOND SATURDAY MONTHLY

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

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

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

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

Tour RSVP call / leave a message:

Dave Harbin: (951) 990-3395

SDHS office: (909) 592-1190

Follow us on:

Facebook: San Dimas Historical Society

Find us on: Instagram

Visit us at: www.SanDimasHistorical.org

MAILING ADDRESS

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



. SAN DIMAS . FARMERS MARKET

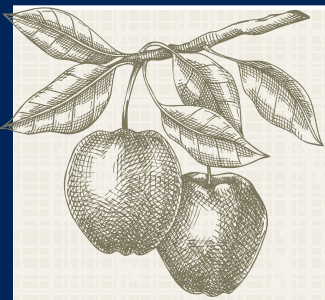
WEDNESDAYS
APRIL 2-SEPTEMBER 10

4:00PM-8:30PM

245 E. Bonita Ave., San Dimas

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

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



MEALS ON WHEELS

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

Monday-Friday
Noon-1:00pm

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

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

SENIOR HELP LINE

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

HICAP

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

OMBUDSMAN

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

YWCA NUTRITION PROGRAM

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

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

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

See page 2 for menu.

AGINGNEXT

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

POMONA VALLEY TRANSPORTATION



Pomona Valley Transportation Authority (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 \$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

