



SILVER TIMES



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

Vol 50 No 5

May 2026



2026 Older American Honoree

Mr. James Shirley currently serves as a Planning Commissioner for the City of San Dimas, where he plays an active role in guiding thoughtful development and community planning efforts. He holds a Bachelor of Science in Social Science with an emphasis in Political Science, as well as a Master of Business Administration from the University of California, Irvine (UCI).

Mr. Shirley enjoyed a distinguished 36-year career with Xerox Corporation, where he held several managerial positions and developed extensive expertise in management, marketing, finance, sales, and consulting. His professional experience reflects a strong commitment to leadership, strategic thinking, and organizational excellence.

Now retired, Mr. Shirley continues to make a meaningful impact through his ongoing involvement in his church and the local community. His dedication to service, leadership, and civic engagement exemplifies the spirit of volunteerism and community pride. He is especially dedicated to the San Dimas Senior Club, where he regularly provides informative presentations on local ballot issues, helping fellow residents stay informed and engaged in civic matters.

In recognition of his lifelong contributions and continued commitment to improving the lives of the San Dimas Community, Mr. James Shirley 2026 Older American Honoree.

James Shirley

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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

60+

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 OFFERED MONDAY-FRIDAY!

CHECK-IN BEGINNING AT 10:30AM. LUNCH SERVED AT 11:00AM.

ADVANCE RESERVATIONS ARE NOT REQUIRED.

\$3.00 suggested donation

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

May 2026

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>YWCA IS ON A MISSION</p> <p>YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456</p>		<p>1</p> <p>Chicken Soup Hot Turkey Sandwich Green Beans Spinach Salad</p>
<p>4</p> <p>Veg Chili Broccoli Mixed Salad Greens Pineapple & Mango Bread</p>	<p>5 Cinco De Mayo</p> <p>Beef Picado Pinto Beans Mixed Green Salad fresh fruit Mexican Brown Rice Flour Tortilla Flan</p>	<p>6</p> <p>Turkey Milanese Zucchini Chopped Mixed Salad Banana</p>	<p>7</p> <p>Split Pea Soup Salmon with Dill Sauce Green Beans Beet Salad Orange Roll</p>	<p>8 Mothers Day</p> <p>Herb Lemon Chicken Baked Butternut Squash Romain Salad fruit brown rice pilaf</p>
<p>11</p> <p>MEditerranean Chicken Sautee Spinach Tomato & Cucumber Salad Kiwi or Orange Barley with herb</p>	<p>12</p> <p>Mushroom Soup Spaghetti N' Meat Sauce Green Beans Broccoli Chopped Salad N' Kale Pear</p>	<p>13</p> <p>Beef Fajita Pinto Beans Green Salad Cantaloupe or Tangerine Tortilla</p>	<p>14</p> <p>Roast Turkey Breast Baked Yam or Sweet Potato Herbed Brussel Sprouts Pineapple N' Mango Cup Bread</p>	<p>15 Chefs Choice**</p> <p>Corn Chowder tuna salad** or baked fish** hrbed potato salad Creamy Coleslaw Applesauce roll</p>
<p>18</p> <p>Korean BBQ Herb Zucchini Broccoli Salad Pineapple Herbed Brown Rice</p>	<p>19</p> <p>Garden Veg Soup Fish Vera Cruz Black Beans Creamy Coleslaw Banana Bread</p>	<p>20</p> <p>Tomato Basil Soup Chicken Dijon Green Beans Chopped Salad Peacher or Pear Roll</p>	<p>21</p> <p>Stuffed Bell Pepper Green Peas Romaine Salad Orange or Tangerine Roll</p>	<p>22</p> <p>Vegetarian Paella Broccoli Spinach Salad Mango Brown Rice</p>
<p>25</p> <p>MEMORIAL DAY</p>	<p>26</p> <p>Meatloaf n Gravy Garlic Mashed Potatoes Brussels Sprouts Pineapple or Mango</p>	<p>27</p> <p>Veg Soup Turkey Veg Stir Fry Cabbage Salad Poashed Ginger Pear Lo Mein Noodle Bread</p>	<p>28</p> <p>Caribbean Chicken Red Beans Mesclun Salad Kiwi Brown Rice Pilaf</p>	<p>29</p> <p>Bolognese W/ Penne Pasta Herbed Zucchini Yellow Squash Caesar Salad Fruit Cup</p>

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 15
1:00pm-4:00pm

- Advocacy
- Counseling
- Home Delivered Meals
- Homemaking and Personal Care
- Medical Equipment
- Social Security, Security Supplemental Income (SSI) Housing (based on availability)
- Transportation
- Utility Payment Assistance

Please call the San Dimas Senior Center for more information or to schedule an in-person appointment.

909-394-6290

eliminating racism
empowering women
ywca
San Gabriel Valley

Legal Consultation

Free 1 on 1 legal consultation with Margarita Karasik-McGee. This is a great opportunity to ask questions and receive guidance from a trusted legal professional.

No Appointments this month
3:30pm-4:00pm

Topics Covered Include:

- Wills and Trusts
- Power of Attorney
- Healthcare Directives
- Asset Protection
- Legacy Planning and Family Wealth Transfer

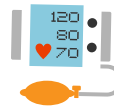


NOTARY SERVICE

TBD 11:30am-12:30pm.
Appointment Required

provided by: Sona Baghdassarian, Relator & Notary
Free notary services will be available by appointment only. For seniors 60 years and older, only one single-page document will be notarized per appointment.

Notary Commission #2360356



BLOOD PRESSURE CHECK

Free blood pressure check by a retired RN. Offered on the 1st Tuesday each month. No appointment needed.

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



ATTORNEY SERVICE

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

May 15
Waitlisted

2:00pm-4:00pm
To make an appointment or call the Senior Center at 909-394-6290



FINANCIAL LITERACY

Gain financial confidence!

May 21
9:00am-11:00am

FREE one-on-one appointment with retired CPA and Real Estate/Mortgage Broker, Wally Nikowitz.

Services may include: working on a monthly budget, debt management, learning about social security and Medicare options or creating a will or trust.

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

BOOK PARTY



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

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

5/6/26: Happiness Falls by Angie Kim
6/3/26: The Heiress by Rachel Hawkins



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

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

GAME SCHEDULE

MONDAY

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

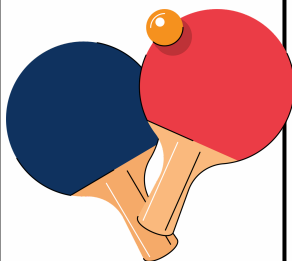
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
***There is a cost to play**

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

\$12 per year

WHY JOIN?

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

WEEKLY SCHEDULE

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

San Dimas Senior Club Presents

COMMUNITY BINGO!

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

TUESDAYS

PLAY: 12:30PM-3:00PM

COMMUNITY BUILDING



DOOR PRIZES, HOLIDAY CELEBRATIONS, AND FUN!

Reserved Seating Available

EFFECTIVE SEPTEMBER 2

NEW PRICING

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

NEW PAYOUTS

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

NO BINGO
MAY 26
JUNE 2

INCLUDES POWERBALL!



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
1:00pm-2:00pm
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773



San Dimas Senior Club's

Community Yard Sale

Craft vendors-New & used items

Saturday, May 16
7am - 1pm
San Dimas Civic Center Park
245 E. Bonita Ave.

For more information please call Pam Johnson at (909)319-3284

ADEQUATE SLEEP IN CONNECTION TO MENTAL HEALTH

Join us for an informative seminar on Adequate Sleep in Connection to Mental Health, presented by Glendora Hospital & Synergy Estate. This session will explore the important relationship between quality sleep and overall mental well-being, including how sleep impacts mood, memory, and daily functioning.



When: Friday, May 8, 2026
Time: 1:00 PM-2:00 PM
Where: San Dimas Senior Center
201 E. Bonita Ave

Pre- Registration Required
909-394-6290



City of San Dimas Silver Surfers Tech Club

Is Back!

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

Come sign up today!!!

Pre-Registration Required!!!

Time: 4:30pm-6:00pm

Location: San Dimas Senior Center 201 E. Bonita Ave

May 26

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

Assistance with

- SMART PHONES
- LAPTOPS
- TABLETS

FREE!



Join us for



MAY BIRTHDAY SOCIAL

55+



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

MAY 14
3PM-4PM

Free

MAY HAPPY HOUR

"CINCO DE MAYO"



May 14th

55+

3PM-4PM

FREE!

Rsvp opens: April 7th
Registration Required





IN PERSON

Summer/Fall Registration

Monday, May 18
9:30 am-11:30 am

San Dimas Senior Center





Free

Mandarin Learning & Cultural Immersion

April 9th - June 4th | Thursdays
9 AM - 10:30 AM




Offering:
Level 1 → Beginner
Level 2 → Continuing

Registration Required!
San Dimas Senior Center
201 E Bonita Ave, San Dimas, CA
(909) 394 - 6290





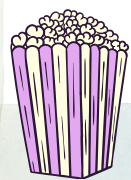
FRIDAY
Movie Matinee
MAY 1 • 2 PM



FREE

LA LA LAND

SEBASTIAN (RYAN GOSLING) AND MIA (EMMA STONE) ARE DRAWN TOGETHER BY THEIR COMMON DESIRE TO DO WHAT THEY LOVE. BUT AS SUCCESS MOUNTS THEY ARE FACED WITH DECISIONS THAT BEGIN TO FRAY THE FRAGILE FABRIC OF THEIR LOVE AFFAIR, AND THE DREAMS THEY WORKED SO HARD TO MAINTAIN IN EACH OTHER THREATEN TO RIP THEM APART.



REGISTRATION REQUIRED

City of San Dimas LAUGHTER YOGA CLASS

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

'Free!'

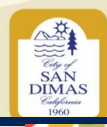


Yoga Mats are not required

THURSDAY, MAY 7
1:00PM-2:00PM
SENIOR CENTER MPR

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

Registration Required!
for more information call (909)394-6290




PLEASE JOIN US FOR

June Happy Hour

Free!



06 | 11 | 2026

RSVP opens: May 5th
Registration Required



YOU ARE INVITED TO

"Senior-rita"

BIRTHDAY SOCIAL

June **11** 3pm-4pm

Register with us if you are celebrating a birthday in June



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

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

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

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

FITNESS CLASS SCHEDULE

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



UPCOMING SENIOR CENTER EVENTS



Senior Dinner **55+**

Fun in the Sun



Friday, June 12
4:30pm-7:00pm
\$12

SPONSORED BY:

 SAN DIMAS
 COMMUNITY HOSPITAL
A Prime Healthcare Services Hospital

TICKET SALES:
 RESIDENTS: MAY 5
 NON-RESIDENTS: MAY 6



JOIN US FOR

RED, WHITE & BBOQ

55+

SENIOR DINNER

55+

FRIDAY, JULY 17 ★ 4:30PM

\$12 PER PERSON

DINNER MENU
 HAMBURGERS
 POTATO SALAD
 BAKED BEANS
 WATERMELON

ENTERTAINMENT BY:
 RUDY

SPONSORED BY THE SAN DIMAS SENIOR CLUB

TICKET SALES
 RESIDENTS: JUNE 2
 NON-RESIDENTS: JUNE 3



July **55+**

Birthday Social

July 9 **Free**
3pm-4pm



Register with us if you are celebrating a birthday in July!
 Rsvp opens June 2



Free

JOIN US FOR

JULY HAPPY HOUR

55+

JULY 9 ★ 3PM-4PM

REGISTRATION REQUIRED
 RSVP OPEN JUNE 2

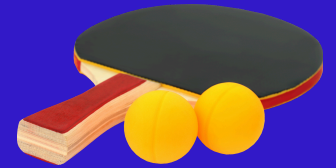
TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, MAY 6
11:00 AM



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



BOCCE BALL

55+

FRIDAY, MAY 22, 2026 AT
10:30

CIVIC CENTER PARK

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



SENIOR *Fitness Class*

55+

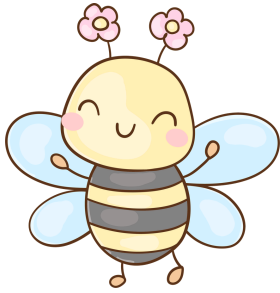
Participants Wanted!

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





THE COMMUNITY BUILDING WILL BE CLOSED MAY 20-JUNE 5
*CHECK WITH YOUR MT. SAC INSTRUCTOR TO SEE WHERE YOUR CLASS WILL BE HELD.

May
2026

4

9:30am	Chair Exercise
10:30am	YWCA- Lunch Dine-In
1:00pm	Canasta
1:00pm	Bridge
5:25pm	Artisan Quilting
6:00pm	Quilting Workshop

5

8:00am	Aerobics (CB)
9:00am	Tai Chi (CB)
9:00am	Handcrafted Needlework
9:30am	Senior Club Meeting
10:30am	YWCA-Lunch Dine-In
12:25pm	Internet Safety
1:00pm	Watercolor
5:30pm	Writing Class

11

9:30am	Chair Exercise
10:30am	YWCA- Lunch Dine-In
1:00pm	Canasta
1:00pm	Bridge
5:25pm	Artisan Quilting
6:00pm	Quilting Workshop

12

8:00am	Aerobics (CB)
9:00am	Tai Chi (CB)
9:00am	Handcrafted Needlework
9:30am	Senior Club Meeting
10:30am	YWCA-Lunch Dine-In
12:25pm	Internet Safety
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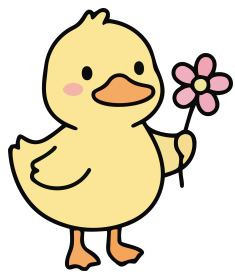
18

Mt. Sac in-person Registration 9:30am-11:30

9:30am	Chair Exercise
10:30am	YWCA- Lunch Dine-In
1:00pm	Canasta
1:00pm	Bridge
5:25pm	Artisan Quilting
6:00pm	Quilting Workshop

19

8:00am	Aerobics (CB)
9:00am	Tai Chi (CB)
9:00am	Handcrafted Needlework
9:30am	Senior Club Meeting
10:30am	YWCA-Lunch Dine-In
12:25pm	Internet Safety
1:00pm	Watercolor
5:30pm	Writing Class



25

Closed

★ MEMORIAL DAY ★

26

Silver Surfers 4:30pm

8:00am	Aerobics (CB)
9:00am	Tai Chi (CB)
9:00am	Handcrafted Needlework
9:30am	Senior Club Meeting
10:30am	YWCA-Lunch Dine-In
12:25pm	Internet Safety
1:00pm	Watercolor
5:30pm	Writing Class

WEDNESDAY

THURSDAY

FRIDAY 13



8:15am Euchre
 8:55am Jewelry Production
 9:00am Office Cloud
 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** 

1

Laughlin Trip

6

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

7

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

8

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

13

Happy Hour/Birthday Social 3-4pm

14

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

8:00am Aerobics (CB)
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 10:30am **YWCA Lunch Dine-In**
 1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

15

8:15am Euchre
 8:55am Jewelry Production
 9:00am Office Cloud
 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

20

Catalina Registration-Non-Residents

21

Travel Club- CANCELLED

22

8:15am Pinochle
 9:00am Basic Computing 3
 9:00am Drawing
 9:30am Chair Exercise (Senior Center)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening

8:00am Aerobics*
 9:00am Yoga*
 9:00am Digital Photo
 9:00am Calligraphy
 9:15am Rummy Tile
 10:30am Dancercise*
 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 Office Cloud
 9:00am Tai Chi*
 9:30am Chair Exercise
 10:30am Yoga *
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop

27

28

29

8:15am Pinochle
 9:00am Basic Computing 3
 9:00am Drawing
 9:30am Chair Exercise (Senior Center)
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8:00am Aerobics*
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 9:00am Digital Photo
 9:00am Calligraphy
 9:15am Rummy Tile
 10:30am Dancercise*
 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 Office Cloud
 9:00am Tai Chi*
 9:30am Chair Exercise
 10:30am Yoga *
 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 23-June 14

No Class on March 31 & May 25

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

SCHEDULE OF SPRING SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 2
Basic Computing 3
Internet Safety
Calligraphy
Digital Photography
Brain Health 1
Office Cloud
Writing

DAY/TIME

Wed 1:15-3:35pm
Wed 9:00-11:50am
Tues 12:25-3:30pm
Thurs 9:00-11:50am
Thurs 9:00-11:50am
Thurs 1:15-3:35pm
Fri 9:30-11:50am
Tue 5:30-7:00pm

LOCATION

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

CLASS

Chair Exercise
Watercolor Painting
Gardening

Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Intro to Banking (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:20am
Tues 1:00-4:05pm
Wed 1:00-2:50pm

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 9:00-10:10am
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.

Spend the Day in Catalina

Activity Level: 4



Friday, June 26 7:00am-8:30pm

Fee: \$58.00 Residents/Senior Club; \$59.50 Non-Residents

Resident Registration: Wednesday, May 20

Non-Resident Registration: Thursday, May 21

Excursion features transportation to Catalina Island, travel pack and driver gratuity included. Everyone will spend the day on their own for lunch and shopping at Catalina Island. You won't want to miss this one!

Hollywood Bowl 4th of July Spectacular

Activity Level: 4



Thursday, July 2 5:00pm-11:45pm

Fee: \$80.00 Residents/Senior Club; \$81.50 Non-Residents

Resident Registration: Wednesday, June 3

Non-Resident Registration: Thursday, June 4

Excursion features transportation to the Hollywood Bowl for the 4th of July Spectacular featuring The Beach Boys with special guest John Stamos tickets, travel pack and driver gratuity included. Bring a picnic dinner to enjoy under the stars or you can purchase food and drinks upon arrival. End the evening with the spectacular fireworks show.

Sunset Luau with Curt Tucker

Activity Level: 3



Thursday, August 6 3:00pm-11:50pm

Fee: \$170.00 Residents/Senior Club; \$171.50 Non-Residents

Resident Registration: Wednesday, July 8

Non-Resident Registration: Thursday, July 9

Excursion features transportation to the shores of Mission Bay, entertainment, lei greeting, Mai Tai with souvenir take home glass, all-you-can-eat buffet, travel pack & driver gratuity. Join Curt Tucker for a San Diego summer tradition as we celebrate the rich Polynesian culture with a sunset luau at the Catamaran Resort & Spa.

Sunset Luau with Curt Tucker

Activity Level: 3

Danish Days in Solvang

Activity Level: 3



Saturday, September 19 7:30am-7:30pm

Fee: \$47.00 Residents/Senior Club; \$48.50 Non-Residents

Resident Registration: Wednesday, August 5

Non-Resident Registration: Thursday, August 6

Excursion features transportation to Solvang, travel pack, and driver gratuity. It's the annual Danish Days festival in Solvang. This weekend is the 89th annual Danish Days Festival, free to the public. This quaint town is rich in Danish heritage and features many special events throughout the day for you to enjoy. This afternoon is the Parade with floats, equestrians, dancers, and the Solvang Village Band. All meals are on your own today.



SAN DIMAS PARKS & RECREATION



CARS & COFFEE



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.

PARKING SPOTS WILL BE BASED ON FIRST COME FIRST SERVE! ARRIVE EARLY TO SECURE YOUR SPOT.

JUNE 20

JULY 18

AUGUST 15

8AM TO 10AM

DOWNTOWN SAN DIMAS
LOCATED BEHIND THE WALKER HOUSE
(121 N. SAN DIMAS AVE.)

X @CITYOFSANDIMAS SANDIMASCA.GOV/SPECIALEVENTS 909-394-6230



SAN DIMAS FARMERS MARKET

EVERY WEDNESDAY

APRIL 1-SEPTEMBER 16

4:00PM-8:30PM

245 E. BONITA AVE., SAN DIMAS
LIVE BANDS-FRESH PRODUCE-HOME DECOR-HAND CRAFTED VENDORS

FOR MORE INFORMATION CONTACT 909-394-6230 OR VISIT WWW.SANDIMASCA.GOV

City of San Dimas

MUSIC IN THE PARK 2026 CONCERT SERIES

June 10 - August 5

Wednesdays
7pm-9pm



LOCATION: CIVIC CENTER PARK

June 10: Suave the Band (Latin Rock Hits)

June 17: The Tokens (Doo-Wop/Pop)

June 24: Midnight Riders (Top 40)

July 3: **(Friday Special Event)**: The Wrecking Crew (A 60s Experience)

July 8: OC3 (70's,80's,90's Hits)

July 15: The Silverados (Country)

July 22: Tom Nolan Band (Rock N Roll Soul and Motown)

July 29: The Answer (Classic Rock)

August 5: Cold Duck (Latin Dance Band)

FREE ENTRY



For more information contact:
San Dimas Parks & 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



CAMP OLYMPICS FAMILY CAMPOUT

HORSETHIEF CANYON PARK

Bring your tent and an appetite for fun in the outdoors! Get ready for an action-packed Olympic-themed campout filled with fun friendly competition! Campers will compete in Olympic-style games, including relay races, and team challenges. The event will feature an opening ceremony with team introductions followed by an evening of activities and a movie.

Dinner will be provided and weekend will end with a continental breakfast and lots of fun activities (all included)

JUNE 26- JUNE 27
5PM-10AM

FOR MORE INFORMATION:
(909) 394-6230
Registration Opens May 11th

\$15 PER PERSON

Pre-registration required. Refunds only if the Recreation Department cancels the event. *Children under 18 must be accompanied by an adult or legal guardian.

MISSION CONTROL FAMILY CAMPOUT

JULY 24- JULY 25
5PM-10AM

HORSETHIEF CANYON PARK

\$15 PER PERSON

REGISTRATION OPENS MAY 11TH

FOR MORE INFORMATION: (909) 394-6230

BRING YOUR TENT AND AN APPETITE FOR FUN IN THE OUTDOORS! CREATE MEMORIES WITH YOUR FAMILY AND FRIENDS AS YOU SET-UP YOUR CAMPSITE & GET READY TO LAUNCH INTO OUTER SPACE EXPLORE ALIENS AND TAKE PART IN THE NIGHT SKY VIEWING USING TELESCOPES.

DINNER WILL BE PROVIDED. THEN THERE WILL BE PLENTY OF FUN ACTIVITIES & FAMILY TIME BEFORE YOU EXPLORE THE NIGHT'S SKY, SO BRING YOUR TELESCOPE. YOUR OUTDOOR ADVENTURE WEEKEND WILL END WITH A CONTINENTAL BREAKFAST,

Refunds only if the Recreation Department cancels the event. *Children under 18 must be accompanied by an adult or legal guardian

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 (PVTVA) offers transportation programs for the cities of San Dimas, La Verne, Claremont and Pomona. San Dimas residents may purchase discounted ticket booklets at the San Dimas Senior Center. A booklet of 12 tickets is \$16.50

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

Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 8:00am-5:00pm
Saturday 8:00am-2:00pm
Sunday No Service
- Fares \$2.75 or 1 ride ticket each way. Extended boundary is \$3.75 each way or 2 tickets.
- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

Get About

To register call: (909)596-7664

To reserve rides call: (909)596-5964



Senior Center Mission Statement

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

IMPORTANT PHONE NUMBERS

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



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

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

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

