SILVER TIMES

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

Vol 50 No 11

November 2026



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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 NUTRITION PROGRAM

YWCA SGV Senior Lunch Program

San Dimas Senior Center
201 E. Bonita Avenue
San Dimas, CA 91773
909-394-6290

60+

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

November 2026

MONDAYS,TUESDAYS,WEDNESDAYS,THURSDAYSANDFRIDAYS @11:00AM

Monday	Tuesday	Wednesday	Thursday	Friday
2 Arroz Con Polo Pinto Bean Shredded Cab Apple	**3** Butternut Squash Soup Curried Lentils Broccoli Salad Orange Quinoa	**4** Beef Straganoff Parslied Carrots Mesclun Salad Pineapple or Kiwi	**5** Honey Mustard Chicken Peas & Corn Marinated Bell Pepper & Tomato Salad Pear or Peach Barley Pilaf	**6** Tomato Soup Herb Crusted Tilapia Green Beans Kale Salad Banana Roll
9 Corn Chowder Turkey Burger Baked Beans Carrots	**10** Savory Beef Stew Green Peas & Onions Mashed Potatoes Roll	**11** VETERANS DAY	**12** Garden Veg Soup Baked Fish W/ Garlic Marsala Broccoli Salad Cinnamon AppleSauce Pasta	**13** **Chefs Choice** BBQ Chicken **OR** Pork Collard Greens Coleslaw Fresh fruit Mac N Cheese
16 veg chili broccoli mixed salad greens fruit cup or kiwi quinoa pilaf	**17** jamaican jerk chicken sweet potato pineapple coleslaw fruit in season brown rice	**18** Mushroom Soup Potato Crusted pallock sandwich herbed lentils orange	**19** house made turkey meatloaf corn spinach kale salad banana bread pudding	**20** hot & sour soup asian beef stir fry mixed asian veggies romain salad mango fruit cup pineapple sautee brown rice
23 Tomato Basil Soup Tuna Salad Herbed Potato Salad Creamy Coleslaw Apple Sauce Roll	**24** Linguine w/ Meat Sauce Broccoli Chopped Salad Peach or Pear	**25** **Chefs Choice** TurkeyBreast with Gravy **OR** Cornish Hen Green Beans with Almonds **OR** Asparagus Tossed Green Salad Herb Stuffing	**26**  THANKSGIVING	**27** DAY AFTER THANKSGIVING
30 Turkey Enchilada Casserole Pinto or Black Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice	**YWCA IS ON A MISSION** YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	ADMINISTERED BY YWCA SAN GABRIEL VALLEY AND FUNDED IN PART BY THE LOS ANGELES COUNTY AREA AGENCY ON AGING THROUGH THE OLDER AMERICANS ACT OF 1965 AS AMENDED.		

SERVICES

YWCA CASE MANAGEMENT



Available by appointment only on the third Friday each month.

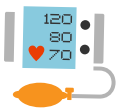
60 years of age and older or disabled adult aged 18-59. Must meet the income eligibility requirements.

November 20
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)
- Transportaion
- 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



BLOOD PRESSURE CHECK

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

Tuesday, November 3
10:00am-11:30am

American Red Cross



ATTORNEY SERVICE

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

November 20
Waitlisted
2:00pm-4:00pm

To make an appointment or call the Senior Center at 909-394-6290

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.

Monday, Noveemberr
9:00am-10:00am

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



FINANCIAL LITERACY

Gain financial confidence!

November 19
9:00am-11:00am

FREE one-on-one appointment with retired CPA and Real Estate/Mortgage Broker, Wally Nikowitz.
Services may include: working on a monthly budget, debt management, learning about social security and Medicare options or creating a will or trust.

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

BOOK PARTY

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

Wednesday, November 4
10:30am-12:00pm

11/4/26: North Woods by Daniel Mason
12/2/26: Hello Beautiful, by Ann Napolitano
1/6/27: The Frozen River by Ariel Lawhon

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



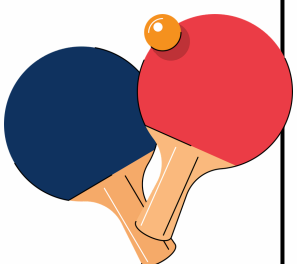
Group Leader & Participants needed! Please call the senior center to be added to the interest list.

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CANASTA 1:00PM - 4:00PM **BRIDGE** 1:00PM - 4:00PM **TABLE TENNIS** 7:30am-8:30pm	**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	**PINOCHLE** 8:15AM - 12:00PM **TABLE TENNIS** 7:30am-8:30pm	**RUMMY TILE** 9:15AM - 11:30AM **CANASTA** 1:00PM - 4:00PM **BILLIARDS** 7:30am-8:30pm	**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

INCLUDES POWERBALL!

No Games on Oct. 27 & November 3

SENIOR CENTER EVENTS

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



FRIDAY
Movie Matinee
NOVEMBER 6 • 2 PM

FREE

ZOOLANDER

Propelled to the top of the fashion world by a photogenic gaze he calls Blue Steel, dimwitted male model Derek Zoolander (Ben Stiller) thinks he's got a fourth consecutive win as Male Model of the Year in the bag. But, when his rival, Hansel (Owen Wilson), unexpectedly takes the crown, Derek is crushed. He becomes easy prey for fashion designer Jacobim Mugatu (Will Ferrell), who signs Derek to star in his Derelicte fashion show, then brainwashes him to kill Malaysia's prime minister.

Mandarin Learning & Cultural Immersion

Offering:
Level 1 - Beginner
Level 2 - Continuing

September 10th - December 10th
Thursdays
9 AM - 11:00 AM





Registration Required!

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

TCML Taiwan Center for Mandarin Learning X

City of San Dimas

Silver Surfers Tech Club

NEW!

The San Dimas High School Sliver 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

Assistance with

- SMART PHONES
- LAPTOPS
- TABLETS

Location: San Dimas Senior Center
201 E. Bonita Ave

Dates:

September 23, 2026
October 7 & 21
November 4 & 18
December 9

FREE!

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

SENIOR CENTER EVENTS

FREE!

55+

LET'S CELEBRATE THE SEASON OF THANKFULNESS

November Happy Hour

Thursday
November 12

3pm-4pm
Registration required!



RSVP opens Oct.6

SPONSORED BY:

Tina Brownell
TMB INSURANCE SERVICES
909-630-2576

55+

Please Join Us For
GRATEFUL GATHERINGS
SENIOR DINNER

To Celebrate Thanksgiving

$15

Friday	November, 2026
13th	4:30pm-7pm

Ticket Sales:
Residents: Oct. 6
Non-Residents: Oct. 7

Sponsored by
SAN DIMAS COMMUNITY HOSPITAL



55+

FREE!

PLEASE JOIN US FOR A

NOVEMBER Birthday Social

NOVEMBER 12

3pm-4pm
RSVP opens Oct. 6

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

SPONSORED BY:
EmanateHealth

City of San Dimas Presents

Free Legal Consultation

1 on 1 legal consultation focused on Estate and Legacy Planning. This is a great opportunity to ask questions and receive guidance from a trusted legal professional.

Topics Covered Include:

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

Please note: Family law matters, tax-related inquiries, and IRS-specific questions will not be addressed during these consultations.

When: Monday, November 30, 2026
Time: 9:00 AM-10:0 AM
Where: San Dimas Senior Center
201 E. Bonita Ave

Pre- Registration Required
909-394-6290

MARGARITA KARASIK-MCGEE

SENIOR CENTER EVENTS

JOIN US FOR A HOLIDAY SENIOR DINNER!



55+

Jingle all the Way to Dinner

SPONSORED BY:
San Dimas Community Hospital

FRI 11 DEC.
4:30PM-7:00PM

SAN DIMAS SENIOR CENTER
$15 per person

Ticket Sales
Residents: Nov. 3
Non-Residents: Nov. 4

55+

JOIN US FOR A

DECEMBER Happy Hour

DECEMBER 10 3PM-4PM

REGISTRATION REQUIRED!

RSVP OPENS NOV. 3

FREE!

55+

JOIN US FOR A

DECEMBER BIRTHDAY SOCIAL



SPONSORED BY:
Alignment Health Plan®

THURSDAY, DECEMBER 10
3PM-4PM

RSVP OPENS NOVEMBER 3

FREE!

Join us for

COMMUNITY BUNCO

SOLD OUT

HOSTED BY THE
SAN DIMAS SENIOR CITIZENS CLUB

FRIDAY, DECEMBER 4

DOORS OPEN AT 4:30PM

LUNCH IS SERVED AT 5:30PM

$20 PER PERSON

'TIS THE SEASON TO ROLL!

COMMUNITY BUILDING
245 E BONITA AVE.
SAN DIMAS, CA

FOR MORE INFORMATION CONTACT PAM JOHNSON 909-319-3284

SAN DIMAS RECREATION CENTER

"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 EXPIERENCES, 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

MINIIUM 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

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



UPCOMING SENIOR CENTER EVENTS

OUT WITH THE OLD



55+

JANUARY 15, 2027

4:30 PM-7:00 PM

In with the Dinner!

SAN DIMAS SENIOR CENTER
$12/PERSON

Ticket Sales:
Residents: Dec. 1
Non-Residents: Dec. 2

JANUARY

Happy Hour

REGISTRATION REQUIRED!



FREE

JANUARY 14, 2027

RSVP Opens: Dec. 1

55+

3pm-4pm

Join us for

JANUARY BIRTHDAY SOCIAL



55+

FREE!

JANUARY 14, 2027

3PM-4PM

Register with us if you are celebrating a birthday in January

MT. SAC
Mt. San Antonio College

IN PERSON

Winter Registration

MONDAY, DECEMBER 14, 2026

9AM-11AM

San Dimas Senior Center

TABLE TENNIS

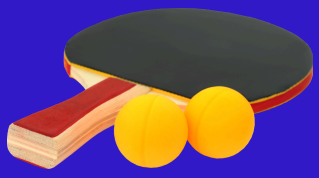
55+

tournament

TBD

11:00 AM

SENIOR CENTER GAME ROOM



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

GET YOUR VOCALS READY AND JOIN US FOR KARAOKE!

FREE!

REGISTRATION REQUIRED

FRIDAY, November 20

1PM

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

CORNER CUP

Come and enjoy a delicious cup of coffee the month of **December** thanks to our sponsor, Alignment Health Plan.

While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR MORE INFORMATION

909-394-6290

FREE COFFEE



12







MONDAY	TUESDAY
2 9:30am Chair Exercise 10:30am YWCA- Lunch Dine-In 1:00pm Canasta 1:00pm Bridge 5:25pm Artisan Quilting 6:00pm Quilting Workshop	December Dinner Registration-Residents 3 8:00am Aerobics (*) 9:00am Tai Chi (*) 9:00am Handcrafted Needlework 9:30am Senior Club Meeting 10:30am YWCA-Lunch Dine-In 12:25pm Basic Excel 1 1:00pm Watercolor 5:30pm Writing Class (Meeting Room)
9 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 8:00am Aerobics (CB) 9:00am Tai Chi (CB) 9:00am Handcrafted Needlework 9:30am Senior Club Meeting 10:30am YWCA-Lunch Dine-In 12:25pm Basic Excel 1 1:00pm Watercolor 5:30pm Writing Class
Fantasy Springs Excursion 16 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 8:00am Aerobics (CB) 9:00am Tai Chi (CB) 9:00am Handcrafted Needlework 9:30am Senior Club Meeting 10:30am YWCA-Lunch Dine-In 12:25pm Basic Excel 1 1:00pm Watercolor 5:30pm Writing Class
23 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 8:00am Aerobics (CB) 9:00am Tai Chi (CB) 9:00am Handcrafted Needlework 9:30am Senior Club Meeting 10:30am YWCA-Lunch Dine-In 12:25pm Basic Excel 1 1:00pm Watercolor 5:30pm Writing Class
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	 *COMMUNITY BUILDING CLOSED 10/21-11/6 PLEASE CHECK WITH INSTRUCTORS FOR RELOCATIONS*

WEDNESDAY	THURSDAY	FRIDAY 13
December Dinner Registration-Non-Residents 4 **Silver Surfers 4:30pm** 8:15am Pinochle 9:00am Digital Media Basics 9:00am Drawing 9:30am Chair Exercise (Senior Center) 10:30am Book Party-Book Club 10:30am YWCA Lunch Dine-In 1:00pm Writer's Workshop 1:15pm Brain Health 2 1:00pm Gardening	5 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	6 8:15am Euchre 8:55am Jewelry Production 9:00am Basic Computing 2 9:00am Tai Chi (*) 9:30am Chair Exercise 10:30am Yoga (*) 10:30am YWCA Lunch Dine-In 12:30pm Artist Workshop 2:00pm Movie Matinee
11 Closed VETERANS DAY	**Happy Hour/Birthday Social 3-4pm** 12 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** 13 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
Silver Surfers 4:30pm 18 8:15am Pinochle 9:00am Digital Media Basics 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	19 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	**Karaoke 1pm** 20 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
25 8:15am Pinochle 9:00am Digital Media Basics 9:00am Drawing 9:30am Chair Exercise 10:30am YWCA Lunch Dine-In 1:00pm Writer's Workshop 1:15pm Brain Health 2 1:00pm Gardening	26 HAPPY THANKSGIVING	27
		

FREE CLASSES FOR OLDER ADULTS



MT. SAC
Mt. San Antonio College

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

SAN DIMAS Parks & Recreation

Fall Session Dates: August 24-December 18

No Class on September 7, November 11, November 11, 26-27,

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	DAY/TIME		LOCATION
Brain Health 2	Wed	1:15-3:35pm	Senior Center
IDigital Media Basics	Wed	9:00-11:50am	Senior Center
Basic Excel-1	Tues	12:25-3:30pm	Senior Center
Calligraphy	Thurs	9:00-11:30am	Senior Center
Digital Photography	Thurs	9:00-11:50am	Senior Center
Brain Health 1	Thurs	1:15-3:35pm	Senior Center
Basic Computing-2	Fri	9:30-11:50am	Senior Center
Writing	Tue	5:30-7:00pm	Senior Center

CLASS	DAY/TIME		LOCATION
Chair Exercise	Mon/Fri	9:30-10:20am	Senior Center
Watercolor Painting	Tues	1:00-4:05pm	Senior Center
Gardening	Wed	1:00-2:50pm	Senior Center
Handcrafted Needlework	Tues	9:00-11:50am	Senior Center
Jewelry Production	Fri	8:55-12:00pm	Senior Center
Artisan Quilting	Mon	5:30-8:15pm	Senior Center
Int. Decorative Art Production	Thurs	1:00-3:35pm	Senior Center
Intro to Money Management (Special Needs)	Tues	9:00-11:20am	Senior Center
Drawing	Wed	9:00-11:50am	Senior Center
Yoga	Thurs	9:00-10:20am	Plummer Building
Tai Chi	Tues/Fri	9:00-10:10am	Plummer Building
Chair Exercise	Wed	9:30-10:20am	Plummer Building
Aerobics	Tue/Thurs	8:00-8:50am	Plummer Building
Dancercise (Special Needs)	Thurs	10:30-11:55am	Plummer Building
Yoga	Fri	10:30-11:35am	Plummer Building

For more information call,
San Dimas Senior Citizen/Community Center (909)394-6290

POLICIES FOR ADULT EXCURSIONS

REFUNDS: Refunds must be requested 7 business days prior to day trips and 30 days prior to overnight trips. ***No refunds issued after that time.*** There is a $10 service charge for cancellation of each seat. Full refunds will be issued if the Department cancels an excursion. Excursions include transportation on a luxury liner coach; tickets are not sold separately. Return times are approximations; actual return times may vary.

BOARDING THE BUS ON TIME: Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip and will be responsible for their own transportation arrangements and all related expenses. Adult Excursion participants will board the bus 15 minutes prior to departure, in the order of registration, and sit in preferred available seats. Bus seats will not be selected prior to boarding the bus.

INFORMATION FOR ADULT EXCURSIONS

SAN DIMAS RESIDENTS Registration begins at 7:30am at the Senior Citizen/Community Center, 201 East Bonita Avenue, on the date specified for each trip. Proof of residency is required. Each resident may register themselves and one guest per trip on the first day of registration. Residency is not required for the guest of a San Dimas resident, but non-resident fees apply.

Non-Residents: Registration begins at 7:30am at the Senior Citizen/Community Center on the date specified for each trip. Non-residents may register themselves and one guest per trip on the first day of registration.

Resident/Non-Resident Mail-in Registration: Resident and Non-Resident registration is processed after the first day of resident/non-resident walk-in registration on the dates specified for each trip. Complete a registration form with check payment and you will receive a receipt via mail or email.

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.

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Fantasy Springs Casino

SOLD OUT

Activity Level: 1

Monday, November 16 8:30am-5:30pm
Fee: $20.00 Residents/Senior Club; $21.50 Non-Residents
Resident Registration: Wednesday, September 30
Non-Resident Registration: Thursday, October 1

Excursion features transportation to Indio, CA, driver gratuity, and travel pack included. Everyone will receive a $35 Free Play with their players card and a $5 food voucher.

Dickens Christmas Carole at Lawry's the Prime Rib

Activity Level: 2

Thursday, December 17 8:30am-5:45pm
Fee: $140.00 Residents/Senior Club; $141.50 Non-Residents
Resident Registration: Wednesday, November 4
Non-Resident Registration: Thursday, November 5

Excursion features transportation to Beverly Hills, lunch at Lawry's (included), driver gratuity, and travel pack. Step into the timeless world of Charles Dickens' A Christmas Carol as the Ghosts of Christmas past, present, and future guide Ebenezer Scrooge on a heartwarming journey of redemption. Experience the magic of the season and the enduring message of kindness compassion, and Christmas spirit in this enchanting holiday classic.

Soboba Casino

Activity Level: 1

Friday, January 22 7:30am-7:30pm
Fee: $20.00 Residents/Senior Club; $21.50 Non-Residents
Resident Registration: Wednesday, December 16
Non-Resident Registration: Thursday, December 17

Excursion features transportation to Soboba Casino, travel pack, and driver gratuity. Spend the day at Soboba Casino! Choice of an array of slot machines, tables, and more. Lunch will be on your own today.

UPCOMING CITY-WIDE EVENTS

City Of San Dimas

BOWSER BASH

Pet Friendly Vendors

Pawsitively Fun Time

Saturday, November 7, 2026
10:00am - 1:00pm
Horsethief Canyon Park
(301 Horsethief Canyon Road)

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



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

CITY OF SAN DIMAS
16TH ANNUAL

HOLIDAY EXTRAVAGANZA

December 5, 2026
3 p.m. - 8 p.m.
Downtown San Dimas

PHOTOS WITH SANTA • SNOW SLIDES • GAMES • ENTERTAINMENT
HOLIDAY VENDORS & MORE!

PRE-EVENT ACTIVITY

3:00 pm - Crafts with Mrs. Claus
Location: Walker House (121 N. San Dimas Ave.)
No registration required. Crafts available by while supplies last.



EVENT TIMELINE

4:00 pm - "Let It Snow" Parade
5:00 pm - All Activities Begin
6:00 pm - Tree Lighting
6:30 pm - Santa & Community Performances

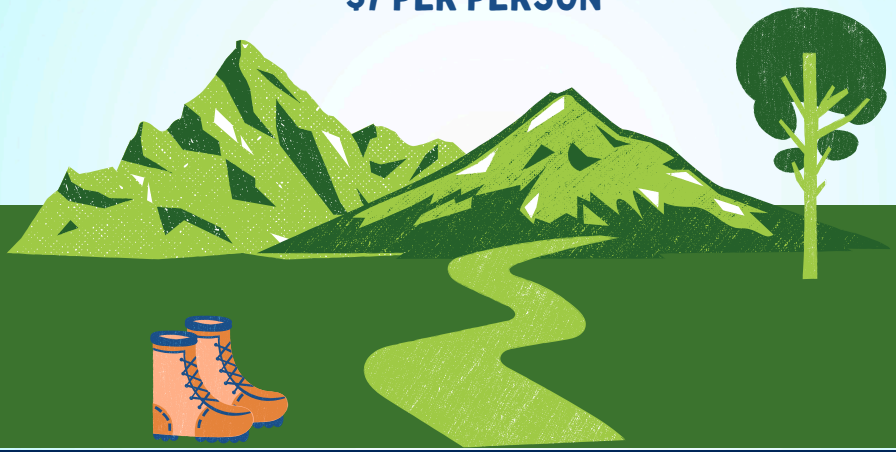
Thank You to Our Sponsors!
Foothill Transit
& San Dimas Senior Club

SANDIMASCA.GOV/HE 909-394-6230 @CITYOFSANDIMAS

FAMILY OUTDOOR RECREATION

HORSETHIEF HIKE

SATURDAY, NOVEMBER 7
12PM-1PM
$7 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



"Ride and Go" Transportation



Transportation Programs for Seniors (Age 62+) and Individuals with Disabilities

Mileage Reimbursement Program

Get Reimbursed for Mileage!

If your personal driver takes you to medical appointments or other essential destinations, you qualify for mileage reimbursement.

Eligible Cities:

- Azusa
- Claremont
- Covina
- Diamond Bar
- Glendora
- La Verne
- Pomona
- San Dimas
- Walnut
- West Covina

Volunteer Driver Program

We are looking for individuals 25 years and older who are interested in providing transportation to seniors.

Providing transportation for seniors to:

Doctor's Appointments
Grocery Stores
Lunch with friends

Call For More Information

agingnext

Berenice/Jackie
909-621-9900
Hablamos Español

HOLIDAY CLOSURES

PLEASE NOTE THAT WE WILL BE CLOSED ON:

WEDNESDAY, NOV. 11 VETERANS DAY

AND

THURSDAY-FRIDAY, NOV. 26-27
THANKSGIVING

MEALS ON WHEELS

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

Monday-Friday
Noon-1:00pm

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

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

SENIOR HELP LINE

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

HICAP

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

OMBUDSMAN

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

YWCA NUTRITION PROGRAM

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

Suggested donation is $3.00 per person (60+ years) and $5.00 per person (under 60 years).
For more information, San Dimas Senior Center at (909)394-6292
See page 2 for menu.

AGINGNEXT

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

POMONA VALLEY TRANSPORTATION



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

San Dimas residents may purchase discounted ticket booklets at the San Dimas Senior Center. A booklet of 12 tickets is $16.50

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

Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 8:00am-5:00pm
  Saturday 8:00am-2:00pm
  Sunday No Service
- Fares $2.75 or 1 ride ticket each way. Extended boundary is $3.75 each way or 2 tickets.

- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

Get About
To register call: (909)596-7664
To reserve rides call: (909)596-5964

Senior Center Mission Statement

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

IMPORTANT PHONE NUMBERS

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



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