



SILVER TIMES



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

Vol 48 No 10

October 2024



City of San Dimas presents

COMMUNITY HEALTH & RESOURCE FAIR

Enjoy free flu shots, COVID-19 Vaccines,
& access valuable community resources.
Free prizes too!

Wednesday, October 16, 2024

10am-1pm

Community Building

For more information contact
Parks & Recreation 909-394-6230.

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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

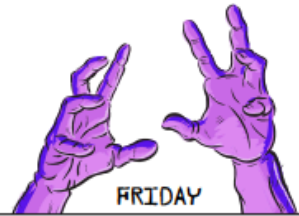


Administered by YWCA San Gabriel Valley and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.

DINE-IN LUNCH IS NOW OFFERED MONDAY-FRIDAY!
CHECK-IN BEGINNING AT 10:30AM. LUNCH SERVED AT 11:00AM.
ADVANCE RESERVATIONS ARE NOT REQUIRED.

OCTOBER 2024

San Dimas Senior Center
 201 E. Bonita Ave. San Dimas, CA. 91773
 monday, tuesday, wednesday,
 thursday, and friday at 11am



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 7 OVEN BAKED CHICKEN GREEN BEANS COLESLAW BANANA ROLL	1 BUTTERNUT SQUASH SOUP CHICKEN A LA TRIO BRUSSELS SPROUTS SPINACH SALAD BANANA BREAD	2 MEXICAN BEEF STEW BLACK BEANS LETTUCE AND TOMATO KIWI SPANISH BROWN RICE TORTILLA	3 CHICKEN CILANTRO SOUP BBQ PULLED PORK POTATO WEDGES COLESLAW FRUIT	4 BAKED FISH w/ LEMON SCE BAKED YAM ROMAINE SALAD CANTALOUPE BREAD
14 INDIGENOUS PEOPLES DAY	8 BEEF CHOP SUEY BROCCOLI BEET & MANDARIN SALAD APPLE SAUCE BROWN RICE	9 VEG SOUP CHICKEN ALFREDDO BRUSSELS SPROUTS MESCLUN SALAD FRESH FRUIT BREAD	10 BEEF FAJITAS PINTO BEANS SPINACH SALAD FRESH ORANGE BROWN RICE	11 SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD PINEAPPLE & MANGO BREAD
21 CHICKEN CURRY WINTER SQUASH ASIAN CUCUMBER SALAD FRESH PEAR ORANGE JUICE WHITE RICE	15 LEMON PEPPER CHICKEN CAULIFLOWER MARINATED CUCUMBER SALAD BANANA BREAD	16 TACO SALAD PINTO BEANS CABBAGE PEACH OR NECTARINE BREAD	17 BBQ CHICKEN BAKED YAM MIXED ICEBERG KIWI BARLEY PILAF	18 SWEET & SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE
28 BEEF HAMBURGER CARROTS SALAD STRAWBERRIES	22 SWEDISH MEATBALLS GREEN PEAS ROMAINE SALAD KIWI NOODLES	23 CREAM OF BROCCOLI SOUP CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE	24 BEEF LASAGNA CARROTS CREAMY COLESLAW PEACHES	25 BAKED FISH WITH CRUMB TOPPING HARVARD BEETS MARINATED BEAN SALAD ORANGE BARLEY PILAF
29 BUTTERNUT SQUASH SOUP SOFT CHICKEN TACO PINTO BEAN LETTUCE AND TOMATO BROWN RICE	30 HOT ROAST BEEF MASH POTATOES MARINATED BEET SALAD APPLE SAUCE OR WATERMELON BREAD	31 SKELETON BONES (CHICKEN) MONSTER TEARS (PEAS) TOADSTOOL (BOILED POTATO) GOBLIN SALAD ORANGE JUICE AND A SOFT ROCK (BREAD)	YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	

SERVICES

YWCA CASE MANAGEMENT



Available by appointment only on the third Friday each month.

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

Friday, October 18

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

Please call the San Dimas Senior Center for more information or to schedule an in-person appointment .
909-394-6290

eliminating racism
empowering women
ywca
San Gabriel Valley

YWCA LUNCH PROGRAM



Socialize with others while enjoying a hot, nutritious lunch.

Dine-In Hot Lunch Program

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

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

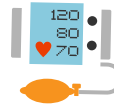
No advance reservations required.

Age 60+

\$3.00 suggested donation

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

**For menu
see page 2**



BLOOD PRESSURE CHECK

Free blood pressure check by a certified American Red Cross volunteer. Offered on the 1st Tuesday each month. No appointment needed.

**Tuesday, October 1
10:00am-11:30am
*subject to change***



ATTORNEY SERVICE

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

Waitlisted

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



FINANCIAL LITERACY

Gain financial confidence!

Thursday, October 31

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

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

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

BOOK PARTY

Sponsored by

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

Wednesday, October 2

10:30am-11:30am

10/2: *Lessons In Chemistry* by Bonnie Garmus

11/6: *Nature of Fragile Things* by Susan Meissner

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



WRITERS WORKSHOP

Wednesdays

1:00pm-3:30pm

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

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



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

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

GAME SCHEDULE

MONDAY

CRIBBAGE
8:15AM - 12PM

CANASTA
1:00PM - 4:00PM

BRIDGE
1:00PM - 4:00PM

TABLE TENNIS
7:30am-8:30pm

TUESDAY

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

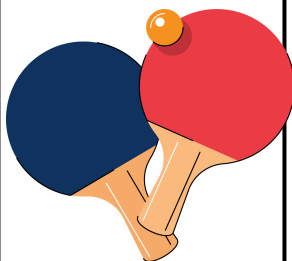
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
*There is a cost to play

TABLE TENNIS
7:30am-8:30pm

WEDNESDAY

PINOCHLE
8:15AM - 12:00PM

TABLE TENNIS
7:30am-8:30pm



THURSDAY

RUMMY TILE
9:15AM - 11:30AM

CANASTA
1:00PM - 4:00PM

BILLIARDS
7:30am-8:30pm



FRIDAY

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





San Dimas Senior Citizens Club

JOIN NOW



Ages 55+

 Senior Center MPR

Tuesdays | 9:30 AM-10:30 AM

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

Enrich your life & make lifelong friends!



SAN DIMAS SENIOR CLUB PRESENTS

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING 

Package Fees

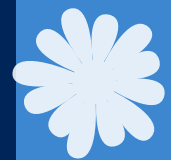
1st Packet: \$7

2nd Packet: \$5

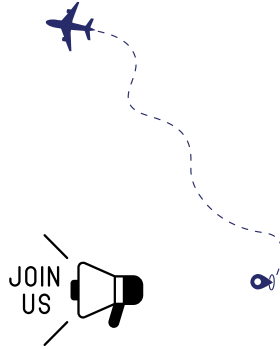
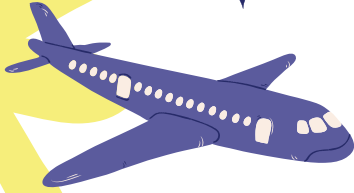
Additional Packets: \$3

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

NO BINGO ON OCTOBER 29 & NOVEMBER 5



San Dimas Travel Club



Thursday, October 17
3:30PM-4:30PM
Senior Center MPR



CITY OF SAN DIMAS



PRESENTS

WHAT'S ALL THIS ABOUT MEDICARE???



**JOHN BENNETT, LICENSED
INSURANCE AGENT WILL BE
HERE
TO GO OVER THE NEW
MEDICARE INFORMATION FOR
2025**

THURSDAY, OCTOBER 10
12:00PM
SENIOR CENTER MPR
PRE- REGISTRATION REQUIRED

Medicare Annual Enrollment Period
Important Dates and Deadlines



October 15th through
December 7th

Coverage begins
January 1st



CITY OF SAN DIMAS

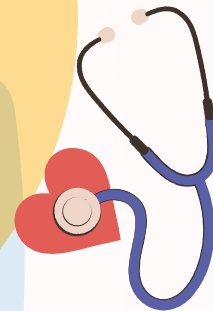
COMMUNITY HEALTH AND RESOURCE FAIR

Wednesday
October 16, 2024

10:00am - 1:00pm

Location:

Community Building
(245 E. Bonita Ave)



Enjoy free flu shots, COVID-19 vaccines,
and access valuable community
resources. Visit our health booths for
more information and support.
Also includes an opportunity drawing with
chance to win FREE Prizes!

For more information:
Contact Parks and Recreation (909) 394-6230

SENIOR CENTER EVENTS

Please join us for a Spooky Halloween

BIRTHDAY Social

55+

Sponsored by:

FREE!

October 10
3PM-4PM

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

SPOOKY HAPPY HOUR

55+

Sponsored by:

FREE!

OCTOBER 10 | 3PM-4PM
REGISTRATION REQUIRED!

THE NIGHTMARE BEFORE CHRISTMAS Senior Dinner

Friday, October 11
4:30pm-7pm
\$9.00 per person

SOLD OUT

Sponsored by: San Dimas Senior Citizens Club

Tickets on sale
Residents: September 3
Non-Res. September 4

HAUNTED HOUSE BUNCO

\$5 PER PERSON

OCTOBER 24
2PM-4PM

TICKETS ON SALE
RESIDENTS: SEPTEMBER 3
NON-RES. SEPTEMBER 4



FRIDAY

Movie Matinee

OCTOBER 4 • 2 PM

FREE

BEETLEJUICE

The Name In Laughter From The Hereafter

AFTER BARBARA (GEENA DAVIS) AND ADAM MAITLAND (ALEC BALDWIN) DIE IN A CAR ACCIDENT, THEY FIND THEMSELVES STUCK HAUNTING THEIR COUNTRY RESIDENCE, UNABLE TO LEAVE THE HOUSE. WHEN THE UNBEARABLE DEETZES (CATHERINE O'HARA, JEFFREY JONES) AND TEEN DAUGHTER LYDIA (WINONA RYDER) BUY THE HOME, THE MAITLANDS ATTEMPT TO SCARE THEM AWAY WITHOUT SUCCESS. THEIR EFFORTS ATTRACT BEETLEJUICE (MICHAEL KEATON), A RAMBUNCTIOUS SPIRIT WHOSE "HELP" QUICKLY BECOMES DANGEROUS FOR THE MAITLANDS AND INNOCENT LYDIA.



REGISTRATION REQUIRED



City of San Dimas

LAUGHTER YOGA CLASS

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

'Free!'



THURSDAY, OCTOBER 3

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.

Yoga Mats are not required

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




Join us for a free wellness presentation

FRIDAY, OCTOBER 18TH
FROM 1:00-2:00
Senior Center MPR

"Preserving your Memory" - learn tips and brain exercises to sharpen thinking and help keep moments of forgetfulness to a minimum.

Pre-Registration Required!
For more information, call
The San Dimas Center at
(909) 394-6290






City of San Dimas

Silver Surfers Tech Club

New!

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

Pre-Registration Required!!! **Time: 4:30-6:00pm**

Location: San Dimas Senior Center
201 E. Bonita Ave

Date: Last Friday of every month

Assistance with

- SMART PHONES
- LAPTOPS
- TABLETS

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

FREE!

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



"YOUR PLACE TO STAY FIT SAN DIMAS!"



SAN DIMAS RECREATION CENTER

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

OUR MISSION

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

HOURS OF OPERATION

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

AMMENITIES

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

AGE REQUIREMENTS

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

PASS RATES

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

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

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

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

FITNESS CLASS SCHEDULE

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



55+

Please join us for a Thanksgiving Time



BIRTHDAY Social

FREE!



November 14

3PM-4PM

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



Friendsgiving
SENIOR DINNER
November 15
4:30-7:00 PM
\$11

Dinner Menu:

Turkey, stuffing, mashed potato, & pumpkin pie

Tickets on sale
Residents: October 1
Non-Res. October 2



Join us for
HAPPY HOUR

NOVEMBER 14 • 3PM

55+



FREE!
REGISTRATION
REQUIRED

FOR MORE INFORMATION CONTACT PAM JOHNSON 909-319-3284

\$20 PER PERSON

Community Bunco



PROCEEDS FROM THIS EVENT WILL ENHANCE SENIOR CLUB

FRIDAY, DECEMBER 6, 2024

DOORS OPEN AT 5PM
DINNER AT 6PM

HOSTED BY
THE SAN DIMAS SENIOR
CITIZENS CLUB

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

TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, OCTOBER 2
11:00 AM



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



BOCCE BALL

55+

FRIDAY, OCTOBER 25, 2024
AT 10:30
CIVIC CENTER PARK

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



SENIOR 55+ *Fitness Class*

Participants Wanted!

We are currently taking an interest list for the upcoming Senior Fitness Class that is held at the outdoor gym located on the southwest corner of Civic Center Park. The class will cover safe ways to use the equipment and build your strength.



📍 Civic Center Park
☎ 909-394-6290



November Senior Dinner Tickets on Sale- Residents

1



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

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

1:00pm Watercolor



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

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

7

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

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

1:00pm Watercolor

8

OCTOBER



2024

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

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

14

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

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

1:00pm Watercolor

15

Laughlin Oct. 21-23

21

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

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

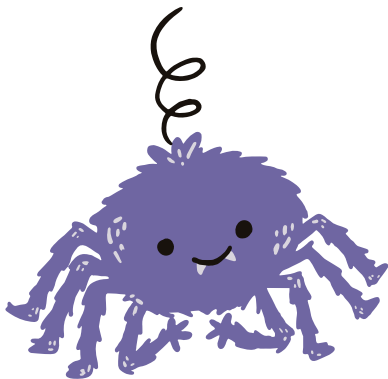
Laughlin Oct. 21-23

22

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

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

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8:15am Cribbage
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 1:00pm Canasta
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5:25pm Artisan Quilting for Retail Sales
 6:00pm Quilting Workshop

28

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

1:00pm Watercolor

29

WEDNESDAY

THURSDAY

FRIDAY 13

November Senior Dinner Tickets on Sale-Non-Residents **2**

Fantasy Springs Registration-Residents

8:15am Pinochle
 9:00am Creative Computing
 9:00am Drawing
 9:30am Chair Exercise (Plummer Building)
 10:30am Book Party-Book Club
 11:30am Table Tennis Tourney

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

Fantasy Springs Registration-Non-Residents **3**

Laughing Yoga-1pm

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

Movie Matinee 2PM **4**

8:15am Euchre

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

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

9

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

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

Happy Hour/Birthday Social 3-4pm **10**

Medi-Care Seminar 12 PM

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

Senior Dinner 4:30pm-7:00pm **11**

8:15am Euchre

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

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

Health Fair 10am-1pm **16**

8:15am Pinochle
 9:00am Creative Computing
 9:00am Drawing
 9:30am Chair Exercise (Senior Center)

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

Travel Club 3:30pm **17**

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

LA County Seminar 1pm **18**

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

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

Laughlin Oct. 21-23 **23**

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

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

Bunco 2pm **24**

9:00am Digital Photo
 9:15am Rummy Tile
 10:30am **YWCA Lunch Dine-In**

1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

25

8:15am Euchre

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

30

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

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

Happy Halloween! **31**

9:00am Digital Photo
 9:15am Rummy Tile
 10:30am **YWCA Lunch Dine-In**

1:00pm Int. Decorative Art Production
 1:00pm Canasta
 1:00pm Brain Health 1

Reminder: Community Building will be closed from October 23-November 7 for the Election.

FREE CLASSES FOR OLDER ADULTS



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



Fall Session Dates: August 26-December 20, 2024

No Class on 9/2, 11/11, 11/21, 11/29

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

SCHEDULE OF FALL SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 2
Creative Computing
Basic Computing-Level 2

DAY/TIME

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

LOCATION

Senior Center
Senior Center
Senior Center

Digital Photography
Brain Health 1
Digital Media Basics

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

Senior Center
Senior Center
Senior Center

CLASS

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

DAY/TIME

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

LOCATION

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

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

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

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

POLICIES FOR ADULT EXCURSIONS



REFUNDS: Refunds must be requested 7 business days prior to day trips and 30 days prior to overnight trips.

No refunds issued after that time. There is a \$10 service charge for cancellation of each seat. Full refunds will be issued if the Department cancels an excursion. Excursions include transportation on a luxury liner coach; tickets are not sold separately. Return times are approximations; actual return times may vary.

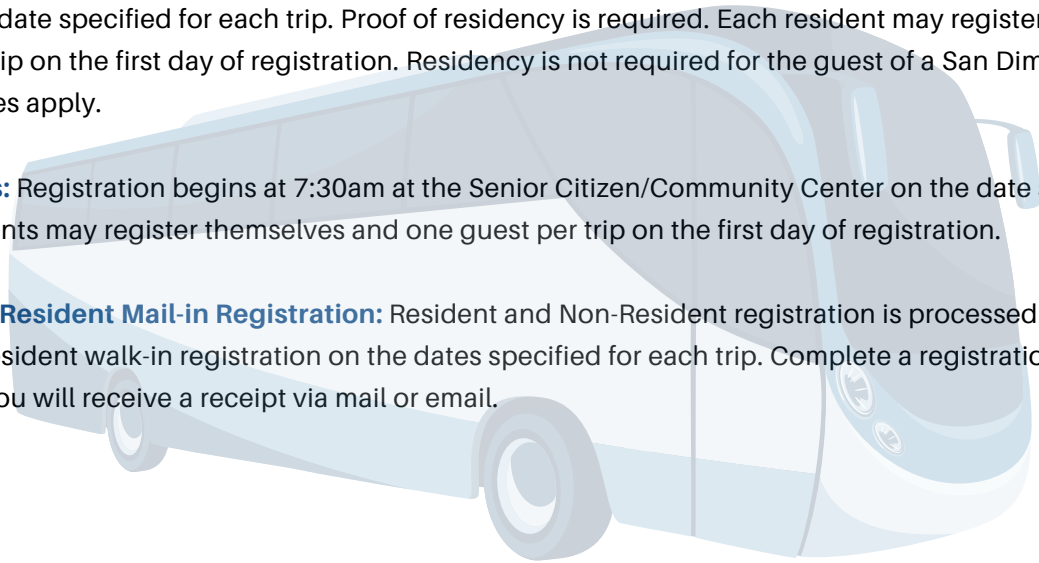
BOARDING THE BUS ON TIME: Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip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

INFORMATION FOR ADULT EXCURSIONS

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

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

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



ACTIVITY LEVEL RANKING: The definition of each activity level listed here. If you have additional questions regarding a specific trip, please inquire prior to registration.

Level 1: Easy activity level with light/minimal physical activity, no required stairs or walking may be at leisure.

Level 2: Average physical activity. You should be able to climb stairs and tolerate light walking.

Level 3: Moderate physical activity. Walking tour or walking slightly longer distances, up stairs or uneven walking surfaces.

Level 4: More intense physical activity. Walking tour or walking slightly longer distances, up stairs or uneven terrain or periods of standing. Extended excursions.

Level 5: Very active physical activity. May include extensive walking, uneven or dusty terrain or high altitudes. Early or late hour activities. Participant should be physically fit to fully enjoy excursion.

See specific tour details for more information.

Fantasy Springs Casino

Activity Level: 1

Friday, November 22

9:00am-6:15pm

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

Resident Registration: Wednesday, October 2

Non-Resident Registration: Thursday, October 3



Excursion features transportation to Fantasy Springs Casino in Indio, \$35 free play, \$5 food voucher, travel pack and driver gratuity included. The day is yours to enjoy as you please whether it's slot machines, tables, and matinee bingo there is so much for you to do today!

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

Activity Level: 3

Thursday, December 12

2:00pm-9:00pm

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

Resident Registration: Wednesday, November 6

Non-Resident Registration: Thursday, November 7



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

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

Huntington Harbour Cruise of Lights

Activity Level: 3

Wednesday, December 18

2:30pm-8:45pm

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

Resident Registration: Wednesday, November 20

Non-Resident Registration: Thursday, November 21



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

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



CITY OF SAN DIMAS

BOWSER BASH



Pet Friendly Vendors

SATURDAY, NOVEMBER 2, 2024

10:00AM - 1:00PM

HORSETHIEF CANYON PARK
(301 HORSETHIEF CANYON ROAD)

Fun Activities for all!

JOIN US FOR A PAW-SOME EVENT! WHETHER YOU HAVE 2 LEGS OR 4, THERE'S FUN FOR EVERYONE. ALL CANINES MUST BE ON A LEASH AND ACCOMPANIED BY A HUMAN COMPANION.



FOR MORE INFORMATION CONTACT
PARKS AND RECREATION DEPARTMENT 909-394-6230



FAMILY OUTDOOR RECREATION

HORSETHIEF HIKE

SATURDAY, NOVEMBER 2

12PM-1PM

\$5 PER PERSON



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



CITY OF SAN DIMAS

14TH ANNUAL

HOLIDAY EXTRAVAGANZA



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

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

PRE-EVENT ACTIVITY

2:30 PM - CRAFTS WITH MRS. CLAUS

LOCATION: WALKER HOUSE
NO REGISTRATION REQUIRED. CRAFTS AVAILABLE BY WHILE SUPPLIES LAST.

EVENT TIMELINE

4:00 PM - "LET IT SNOW" PARADE

5:00 PM - ALL ACTIVITIES BEGIN

(GAMES, JUMPERS, SNOW SLIDE, FOOD, DRINKS & MORE)

6:00 PM - TREE LIGHTING

6:30 PM - SANTA & COMMUNITY PERFORMANCES





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



CITY OF SAN DIMAS
PARKS & RECREATION



HALLOWEEN SPOOKTACULAR OCTOBER 19, 2024

**Trunk or Treat • Games •
Costume Contest • Food Vendors**

5:30 pm - 9:00 pm

**CIVIC CENTER PLAZA
(245 E. BONITA AVE)**



MEALS ON WHEELS

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

Monday-Friday
Noon-1:00pm

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

YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

SENIOR HELP LINE

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

HICAP

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

OMBUDSMAN

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

YWCA NUTRITION PROGRAM

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

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

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

See page 2 for menu.

AGINGNEXT

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

POMONA VALLEY TRANSPORTATION



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

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

Get About

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

Get About

To register call: (909)596-7664

To reserve rides call: (909)596-5964



Senior Center Mission Statement

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

IMPORTANT PHONE NUMBERS

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



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

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

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

