



# SILVER TIMES



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

Vol 48 No 9

September 2024



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FRIDAY, SEPTEMBER 20

4:30 PM-7:00 PM

SAN DIMAS SENIOR CITIZEN

San Dimas Senior Citizen/Community Center

### HOURS:

Monday-Thursday

7:30am-8:30pm

Friday

7:30am-7:30pm

(909)394-6290

[www.sandimasca.gov](http://www.sandimasca.gov)

## YWCA SGV Senior Lunch Program

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

eliminating racism  
 empowering women  
**ywca**  
 San Gabriel Valley



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

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

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

september 2024

monday, tuesday, wednesday,  
 thursday, and friday at 11am

monday	tuesday	wednesday	thursday	friday
2 labor day	3 lemon pepper chicken cauliflower marinated cucumber salad banana roll	4 taco salad pinto beans cabbage peaches or nectarines bread roll	5 bbq chicken baked yam mixed iceberg & romaine kiwi barley pilaf	6 sweet and sour pork broccoli spinach salad tangerine brown rice
9 chicken curry winter squash asian cucumber salad fresh pear orange juice white rice	10 swedish meatballs green peas romaine salad kiwi	11 broccoli soup cauliflower mixed green salad banana brown rice	12 beef lasagna carrots creamy coleslaw peaches	13 baked fish with crumb topping harvard beets marinated bean salad orange barley pilaf
16 beef hamburger carrot salad sliced lettuce & tomato strawberries	17 butternut squash soup soft chicken taco pinto beans lettuce & tomato mandarin orange brown rice	18 hot roast beef mashed potatoes marinated beet salad applesauce or watermelon bread	19 cabbage soup crispy chicken broccoli spring mix salad banana bread	20 pork carnitas baked yam pineapple/mango cilantro brown rice
23 chicken divan green beans spinach salad peach or pear brown rice	24 meatloaf mashed potatoes romaine, iceberg with cucumber pineapple & mango bread	25 cm of mushroom soup chicken parm winter squash broccoli slaw banana bread	26 stuffed bell pepper carrots masclun salad cantaloupe/tangerine bread	27 breaded fish cauliflower & peas cesar salad mandarin orange bread
30 spaghetti with meat sauce broccoli and carrots bean salad fruit in season bread	31 butternut squash chicken a la trio brussels sprouts spinach salad with mushrooms banana bread		eliminating racism empowering women YWCA San Gabriel Valley	YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456

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.

\*\*\* subject to change without notice \*\*\*all entrees include an 8 oz carton of milk \*\*\* suggested donation of 3\$ \*\*\*

azusa  
kitchen

san dimas senior center



# 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.

### No appointments in September

- 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

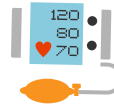
No advance reservations required.

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, September 3**

**10:00am-11:30am**

**\*subject to change\***



## ATTORNEY SERVICE

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

**Waitlisted**

Visit [sandimasca.gov](http://sandimasca.gov) to make an appointment or call the Senior Center at 909-394-6290



## FINANCIAL LITERACY

**Gain financial confidence!**

**No September Appointments**

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

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

Visit [sandimasca.gov](http://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, September 4**

**10:30am-11:30am**

- 9/4: *Good Night Irene* by Luis Alberto Urrea
- 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**

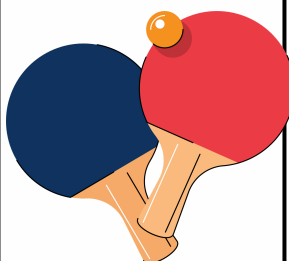
**PACKET SALES**  
**10:30AM -12:00PM**  
**GAMES**  
**12:30PM-3:00PM**  
**\*There is a cost to play**

**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**

**PLUMBER COMMUNITY BUILDING**



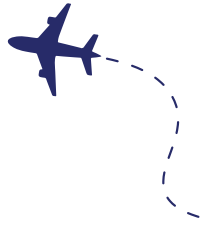
**Package Fees**

- 1st Packet: \$7
- 2nd Packet: \$5
- Additional Packets: \$3

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



San Dimas



# Travel Club

Thursday, September 19  
3:30PM-4:30PM  
Senior Center MPR



Presentation by:

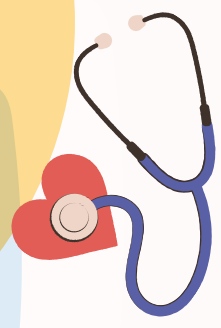


## CITY OF SAN DIMAS COMMUNITY HEALTH AND RESOURCE FAIR

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





# Hello

## FALL HAPPY HOUR

FREE! 55+

Sponsored by:



### THURSDAY, SEPTEMBER 12

### 3:00 PM-4:00 PM

REGISTRATION REQUIRED!



you are invited to

# Hello Fall

## Birthday Social



### SEPTEMBER 12

### 3PM-4 PM

FREE!  
55+



Sponsored by:



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



SENIOR DINNER THEME:

# VIVA LAS

## Vegas

**SOLD OUT**



FRIDAY, SEPTEMBER 20 ♠ 4:30 PM-7:00 PM

\$9

MENU: FRIED CHICKEN, COLESLAW,  
LEMON BUNDT CAKE, BAKED  
BEANS

FREE TO  
SENIORS 60+

# YWCA-SGV MINI MARKET

## A SENIOR SHOPPING EXPERIENCE

RESOURCES | FRESH FRUITS & VEGGIES | MUCH MORE!



First come,  
first served &  
one sign-in  
per person!

SEPTEMBER 5, 2024 **SAN DIMAS SENIOR CENTER**  
11:30AM-1:00PM **201 EAST BONITA AVE.**  
YWCA IS ON A MISSION **SAN DIMAS, CA 91773**



**FRIDAY**  
*Movie Matinee*  
**SEPTEMBER 6 • 2 PM**

**FREE**



ROBERT LANGDON, A PROFESSOR OF RELIGIOUS SYMBOLOGY FROM HARVARD UNIVERSITY, IS THE PRIME SUSPECT IN THE GRISLY AND UNUSUAL MURDER OF LOUVRE CURATOR JACQUES SAUNIÈRE. ON THE BODY, THE POLICE FIND A DISCONCERTING CIPHER AND START AN INVESTIGATION.



**REGISTRATION REQUIRED**



## Community YARD SALE

Proceeds from this event will enhance Senior Programs

Saturday, September 14, 2024  
7 am - 1 pm

San Dimas Civic Center Park, 245 E. Bonita Ave.  
Size of space: 10x10, First space cost \$20.00, \$15.00 for each additional space.  
(BRING YOUR OWN TABLE, CHAIRS, E Z-UP)  
Vendors check in at 5:30 am and setup.

Please make checks payable to: San Dimas Senior Citizens Club

**VENDOR DEADLINE  
AUGUST 30TH**

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

City of San Dimas




**Humana. PRESENTS TECH 101 STAYING CONNECTED**



**FREE SEMINAR!**

Learning how to use technology can be frustrating, but it can be a great tool for helping you stay connected to friends and family who are far away. Learn how to protect yourself from scams too.

**THURSDAY, SEPTEMBER 26  
1:30PM  
SENIOR CENTER MPR  
REGISTRATION REQUIRED**



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



**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

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

## PASS RATES

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

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

MONTHLY PASS: \$35    DAILY RATE: \$2

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

## FITNESS CLASS SCHEDULE

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



# UPCOMING 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

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



# TABLE TENNIS

55+

*tournament*

SENIOR CENTER  
GAME ROOM

WEDNESDAY, SEPTEMBER 4  
11:00 AM



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



## BOCCE BALL

55+

FRIDAY, SEPTEMBER 27, 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



September

2024



Closed

2



October Senior Dinner Tickets on Sale- Residents

3

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

9

10

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

9:00am Handcrafted Needlework  
 9:00am Consumer Skills  
 9:30am Senior Club Meeting  
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16

17

8:00am Aerobics (Plummer Building)  
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9:00am Handcrafted Needlework  
 9:00am Consumer Skills  
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 6:00pm Quilting Workshop

23

24

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

9:00am Handcrafted Needlework  
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 6:00pm Quilting Workshop

30

Sunday, September 8 is...

HAPPY GRANDPARENTS DAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# 13

October Senior Dinner Tickets on Sale-Non-Residents

Oktoberfest Registration-Residents

4

Oktoberfest Registration-Non-Residents

YWCA Mini Mart-11:30am

5

Movie Matinee 2PM

Palm Springs Tramway Excursion

6

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

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

8:15am Euchre  
 9:00am **Tai Chi (Plummer Buidling)**  
 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

11

Happy Hour/Birthday Social

3-4pm

12

13

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  
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 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

East Meets West Excursion

18

Travel Club 3:30pm

19

Senior Dinner 4:30pm-7:00pm

20

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

10:30am **YWCA Lunch Dine-In**  
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 1:00pm Canasta  
 1:00pm Brain Health 1

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 9:00am **Tai Chi (Plummer Buidling)**  
 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

25

26

27

8:15am Pinochle  
 9:00am Creative Computing  
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 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





# 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.

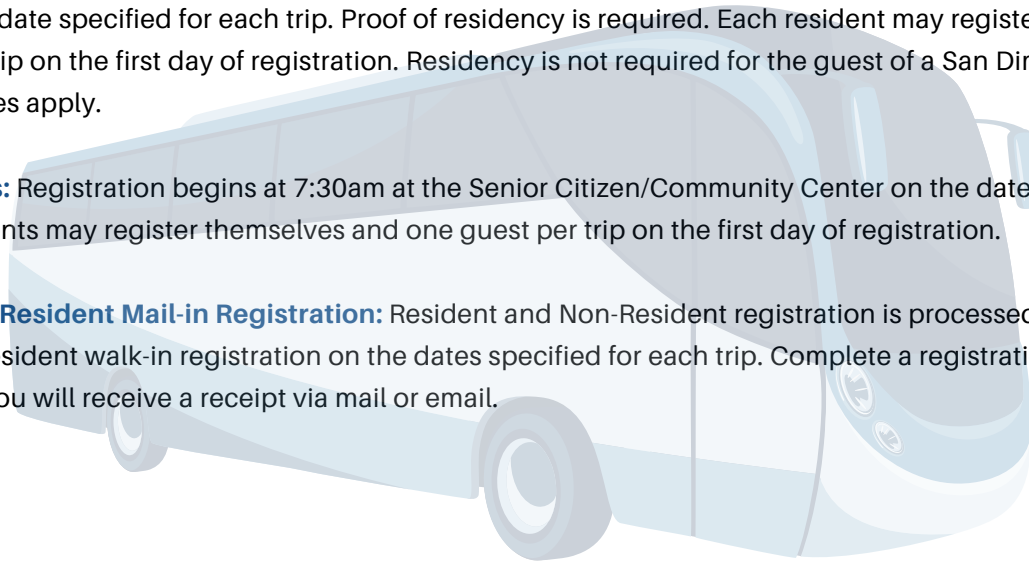
**BOARDING THE BUS ON TIME:** Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip 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.**

## East Meets West-Curt Tucker Tour

Activity Level: 4

**Wednesday, September 18 9:00am-5:30pm**

Fee: \$100.00 Residents/Senior Club; \$101.50 Non-Residents

**Resident Registration : Wednesday, August 28**

**Non-Resident Registration: Thursday, August 29**

*New sale Date!*



**Excursion features transportation to the Homestead Museum, The Hsi Lai Temple, teppan lunch, travel pack & driver gratuity. lunch, travel pack & driver gratuity.**

Curt Tucker takes you on a cultural adventure. First stop will be the Homestead Museum where you will see two gorgeous preserved homes with a lot of history. Next you will visit the Hsi Lai Temple and admire the gardens and Chinese architecture. Lunch included!

## Palm Springs Ariel Tramway

Activity Level: 3

**SOLD OUT**

**Friday, September 6**

**9:30am-5:00pm**

Fee: \$54.00 Residents/Senior Club; \$55.50 Non-Residents

**Resident Registration: Wednesday, August 7**

**Non-Resident Registration: Thursday, August 8**



**Excursion features transportation to Palm Springs, lunch, travel pack & driver gratuity.**

Head over to the Palm Springs Aerial Tramway to take the tramway up to the top. As you ride enjoy the view of pristine wilderness aboard the World's Largest Rotating Tramcars. Once at the top, you'll have lunch (included) at the Pines Cafe. Spend time on own at the top before riding back down to travel into Cabazon with a quick stop at Hadley's Fruit Orchards for some shopping before returning home.

## Oktoberfest-Big Bear

Activity Level: 3

**NEW!**

**Sunday, October 6**

**10:30am-7:00pm**

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

**Resident Registration: Wednesday, September 4**

**Non-Resident Registration: Thursday, September 5**



**Excursion features transportation to Big Bear Lake, admission, lunch, travel pack and driver gratuity included.**

Kick your feet up with some polkas, Macarena's and the Chicken dance before heading outside and take a big breath of fresh mountain air. Stroll down the Budenstrasse (Avenue of the Booths) where the outside vendors and game area features everything from antique slot machines for purchase, to handmade jewelry, candies and more. Your lunch will be included today!

## Laughlin-Edgewater Hotel & Casino

Activity Level: 1

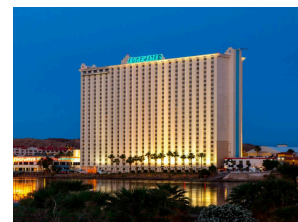
**MOST POPULAR**

**October 21-October 23 9:00am-5:30pm**

Fee: \$162.00 Double Occupancy; \$278 Single Occupancy

**Resident Registration: Wednesday, August 21**

**Non-Resident Registration: Thursday, August 22**



**Excursion features transportation to the Edgewater Hotel & Casino in Laughlin, Nevada, driver gratuity, travel pack, room accommodations for 2 nights, room tax each night, and round-trip luggage service.**

**Special Notes: Must be at least 21 years of age. You will not be able to board the bus or enter the casino without a valid picture identification card.**



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  
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)





# 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](http://www.SanDimasHistorical.org)

**MAILING ADDRESS**

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



**SAN DIMAS.**

## FARMERS MARKET

WEDNESDAYS

APRIL 3-SEPTEMBER 11

**4:00PM-8:30PM**

245 E. Bonita Ave., San Dimas

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

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



CITY OF SAN DIMAS  
PARKS & RECREATION

**REGISTER NOW!**  
**RUNNIN' SCARED**

5K, 1-MILE FUN RUN & TODDLER TROT

**SEPTEMBER 28, 2024**

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

**SCAN QR CODE OR VISIT OUR  
WEBSITE TO REGISTER TODAY!**

[SANDIMASCA.GOV/SDPR](http://SANDIMASCA.GOV/SDPR)





## 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**

