



# SILVER TIMES



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

Vol 48 No 6

June 2024

City of San Dimas

# Fiesta

Time

**SENIOR DINNER**

Friday, June 14  
4:30pm-7:00pm.

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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](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

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

# JUNE 2024

**YWCA is on a MISSION**

YWCA San Gabriel Valley  
Senior Services  
Department  
101 S. Barranca Avenue,  
Covina, CA 91724  
Phone: 626-214-9456

Monday

Tuesday

Wednesday

Thursday

Friday

3 Lentil Soup

Chicken Parmesan  
Winter Squash  
Broccoli Slaw  
Banana  
Spaghetti

4

Meatloaf  
Carrots  
Mesclun Salad  
Cantaloupe or Tangerine  
Dinner Roll

5

Chicken Divan  
Corn  
Spinach Salad W/ Mandarin  
Fresh or Canned Pear  
Brown Rice

6

Stuffed Peppers  
Mashed Potatoes  
Mixed Romain & Ice Berg  
Pineapple Mango  
Roll

7

Vegetarian Lasagna  
Cauliflower & Green Peas  
Caesar Salad  
Mandarin Juice Pack  
Roll

10

Mexican Beef Stew  
Black Beans  
Salad  
Pineapple & Mango  
Flour Tortilla

11

Chicken Cilantro Soup  
BBQ Pulled Pork Sandwich  
Potato Wedges  
Coleslaw  
Fresh Grapes or Pear

12

Spaghetti W/ Meat Sauce  
Broccoli & Carrots  
Romaine Salad  
Fruit Cocktail

13

*Fathers Day Meal*  
Yankee Pot Roast  
Peas & Corns  
Mashed Potato  
Waldorf Salad  
Roll

14

Baked Fish W/ Lemon Sauce  
Fresh Baked Yams  
Marinated Tomato Green Pepper Salad  
Peach  
Roll

17

Chicken Alfredo  
Brussels Sprouts  
Mesclun Salad W. Celery  
Fruit

18

Beef Fajitas  
Pinto Beans  
Spinach Salad  
Orange or Cantaloupe  
Brown Rice

19

**JUNETEENTH**

20

Cream of Mushroom Soup  
Pork Chop Suey  
Broccoli  
Mandarin beet Salad  
Applesauce

21

Quiche  
Peas & Onions  
Carrot Raisin Salad  
Pineapple & Mango  
Rotini Pasta W/ Tomato Sauce

24

Taco Salad  
Pinto Beans  
Salad  
Cinnamon Apple sauce  
Roll

25

BBQ Chicken  
Yams  
Salad  
Pineapple & Mandarin  
Barely Pilaf

26

Lentil Soup  
Chili Mac  
Sauteed Spinach  
Marinated Tomato Bell Pepper Salad  
Fruit Cocktail  
Corn Bread

27

Lemon Pepper Chicken  
Cauliflower  
Cucumber Salad  
Peas  
Banana  
Roll

28

Baked Fish Veracruz  
Broccoli  
Spinach Salad W/ Mushroom  
Peach  
Seasoned Brown Rice

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 A 8OZ CARTON OF MILK\*\*\*SUGGESTED DONATION OF \$3\*\*\*

Trio AZ

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.

**June 21**  
**1:00pm-4:00pm**

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

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

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

## YWCA LUNCH PROGRAM



Socialize with others while enjoying a hot, nutritious lunch.

### Dine-In Hot Lunch Program

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

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

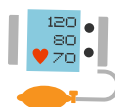
**No advance reservations required.**

**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, June 4**  
**10:00am-11:30am**  
**\*subject to change\***



## ATTORNEY SERVICE

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

**June 21**  
**10:00am-12:00pm**

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



## FINANCIAL LITERACY

**Gain financial confidence!**

**June 27**

**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, June 5**

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

**5/1: Four Treasures of the Sky by Jenny Zhang**

**6/5: The Library of Lost and Found by Phaedra Patrick**

**7/3: Meredith, Alone by Claire Alexander**



## 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.

## 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.**

## ROADWALKERS

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



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

# GAME SCHEDULE

### MONDAY

**CRIBBAGE  
8:15AM - 12PM**

**CANASTA  
1:00PM - 4:00PM**

**BRIDGE  
1:00PM - 4:00PM**

**TABLE TENNIS  
7:30am-8:30pm**

### TUESDAY

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

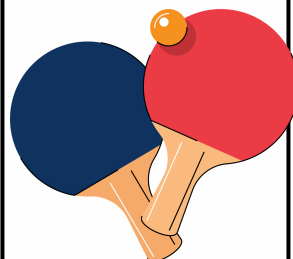
**PACKET SALES  
10:30AM -12:00PM  
GAMES  
12:30PM-3:00PM  
\*There is a cost to play**

**TABLE TENNIS  
7:30am-8:30pm**

### WEDNESDAY

**PINOCHLE  
8:15AM - 12:00PM**

**TABLE TENNIS  
7:30am-8:30pm**



### THURSDAY

**RUMMY TILE  
9:15AM - 11:30AM**

**CANASTA  
1:00PM - 4:00PM**

**BILLIARDS  
7:30am-8:30pm**



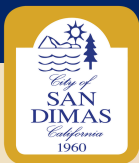
### FRIDAY

**EUCHRE  
8:15AM - 12:00 PM**

**BILLIARDS  
7:30am-7:30pm**







# SAN DIMAS SENIOR CLUB

5



## 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

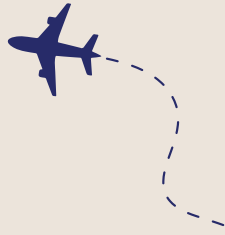
2nd Packet: \$5

Additional Packets: \$3

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



San Dimas



# Travel Club



Thursday, June 20  
3:30PM-4:30PM  
Senior Center MPR



City of San Dimas


**FREE SEMINAR!**
**Humana®**
**PRESENTS**

## GIVE YOUR BRAIN A BOOST

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

**WEDNESDAY, JUNE 19, 2024**  
**1:00PM**  
**SENIOR CENTER MPR**  
**REGISTRATION REQUIRED**

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





**FREE**

# JOIN US FOR JUNE HAPPY HOUR

**THURSDAY, JUNE 13  
3PM-4PM**



Sponsored by

REGISTRATION  
REQUIRED!

**Humana.**



## **SAN DIMAS SENIOR CENTER GRAB AND GO FROZEN MEAL PROGRAM**

BEGINNING 5/2/24-6/27/24  
PICK UP 7 FROZEN MEALS  
EVERY THURSDAY AFTER THE  
CONGREGATE MEALTIME

INTAKE FORM REQUIRED  
TO SIGN UP  
NO NEED TO BE IN THE HOT MEAL  
PROGRAM TO BE ELIGIBLE  
MUST BE 60+ YEARS OLD TO  
PARTICIPATE

FIRST COME FIRST SERVED

INQUIRE AT FRONT DESK  
201 E BONITA AVE  
SAN DIMAS, CA 91773

San Gabriel Valley  
**YWCA IS ON  
A MISSION**

FOR GENERAL QUESTIONS  
(626)-214-9456



# JUNE BIRTHDAY



**FREE!  
3PM-4PM**

Sponsored by



**SOCIAL**

**THURSDAY, JUNE 13**

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



**Thursday, June 27  
2PM-4PM**

**Registration Required  
\$5/person**



# FRIDAY Movie Matinee

MAY 3 • 2 PM

FREE

ADAM SANDLER

## CLICK

KATE BECKINSALE CHRISTOPHER WALKEN

© 2006 Sony Pictures Digital Inc. All rights reserved.

Michael Newman (Adam Sandler) seems to have it all but his wife, Donna (Kate Beckinsale), is increasingly frustrated by the amount of time he has to spend at work. Michael cannot find time to be at home until he meets an eccentric inventor (Christopher Walken) who gives him a universal remote that controls time. At first he happily skips the boring times until he realizes the remote is in control of his life and he learns to cherish all the precious moments with his family.

REGISTRATION  
REQUIRED



# "ASK THE MEDICARE +

Third Wednesday of each month  
1PM-3PM



**SANDRA MARTINEZ; BROKER/AGENT**  
JD, SHRM-SCP, SPHR  
CA INSURANCE LICENSE #0M99326

Sandra is a licensed Health Care professional with extensive knowledge in Medicare and a passion to help people who are new to Medicare and/or current Medicare recipients that need help with understanding what Medicare coverage is available, how different plans work, and answers to general questions.

If that's you, your family members or someone you know who has questions, drop in and ask Sandra!

Appointments required

Call the San Dimas Senior Center at 909-391-6290



SOLD  
OUT

# FIESTA TIME

SENIOR DINNER

SPONSORED BY:

**Humana.**

FRIDAY, JUNE 14  
4:30PM-7:00PM

**MENU:**  
MEATLOAF, MASHED POTATO, GREEN  
BEANS, & ICE CREAM



# Corner Cup

\*WHILE SUPPLIES LAST\*

FREE COFFEE

SPONSORED BY

**Humana.**

HUMANA REPRESENTATIVE WILL BE ONSITE & PROVIDING FREE  
COFFEE THE MONTH OF JUNE.

CALL THE SENIOR CENTER FOR MORE DETAILS & DATES!







# 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





**JOIN US**

**JULY HAPPY HOUR**

**FREE**

**REGISTRATION REQUIRED**

**THURSDAY, JULY 11**  
**3PM-4PM**

**SAN DIMAS Parks & Recreation**



**July Birthday Social**

**July 11 | 3PM-4PM**

**FREE!**

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

**SAN DIMAS Parks & Recreation**



**JULY SENIOR DINNER**

**JULY 19**  
**4:30PM-7:00PM**  
**\$9**

**SAN DIMAS Parks & Recreation**

TICKETS GO ON SALE FOR RESIDENTS JUNE 4 &  
FOR NON-RESIDENTS JUNE 5



**Take a Stand!**

**FREE**

Reducing Your Fall Risk

**Friday, July 12**  
**1:00 PM**  
**San Dimas Senior Center**  
**Registration Required**

Presented By:  
**Amy J. Belk**  
*National Board-Certified Occupational Therapist*  
MA, MS, OTL

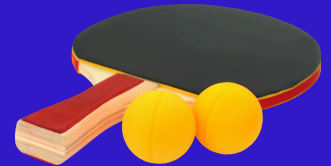
Facts about falling — Interactive self-check list — 8 Fall Prevention Exercises

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



# TABLE TENNIS

55+

*tournament*SENIOR CENTER  
GAME ROOMWEDNESDAY, JUNE 5  
11:00 AM

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



## BOCCE BALL

55+

FRIDAY, JUNE 28, 2024 AT  
10:30

CIVIC CENTER PARK

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

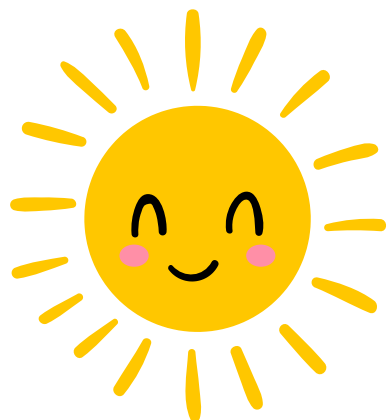
## SENIOR 55+ *Fitness Class*

### *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



June  
2024



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

HAPPY  
FATHER'S  
DAY

8:15am Cribbage  
9:30am Chair Exercise  
10:30am YWCA- Lunch Dine-In  
1:00pm Canasta  
1:00pm Bridge  
  
5:25pm Sewing & Design  
6:00pm Quilting Workshop

3

July Senior Dinner Tickets on Sale

4

8:00am Aerobics (Plummer Building)  
9:00am Tai Chi (Plummer Building)  
  
9:00am Handcrafted Needlework  
9:00am Money Skills  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Internet Research  
1:00pm Watercolor

8:15am Cribbage  
9:30am Chair Exercise  
10:30am YWCA- Lunch Dine-In  
1:00pm Canasta  
1:00pm Bridge  
  
5:25pm Sewing & Design  
6:00pm Quilting Workshop

10

11

8:00am Aerobics (Plummer Building)  
9:00am Tai Chi (Plummer Building)  
  
9:00am Handcrafted Needlework  
9:00am Money Skills  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Internet Research  
  
1:00pm Watercolor

8:15am Cribbage  
9:30am Chair Exercise  
10:30am YWCA- Lunch Dine-In  
1:00pm Canasta  
1:00pm Bridge  
2:15pm Starting a Home Business  
5:25pm Sewing & Design  
6:00pm Quilting Workshop

17

18

8:00am Aerobics (No Class)  
9:00am Tai Chi (No Class)  
  
9:00am Handcrafted Needlework  
9:00am Consumer Skills  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Basic Computing-Level 1  
  
1:00pm Watercolor

8:15am Cribbage  
9:30am Chair Exercise  
10:30am YWCA- Lunch Dine-In  
1:00pm Canasta  
1:00pm Bridge  
2:15pm Starting a Home Business  
5:25pm Sewing & Design  
6:00pm Quilting Workshop

24

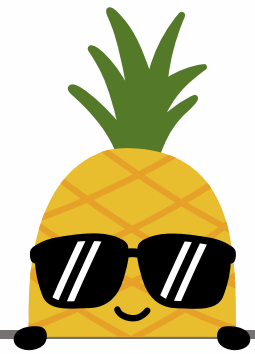
25

8:00am Aerobics (No Class)  
9:00am Tai Chi (No Class)  
  
9:00am Handcrafted Needlework  
9:00am Consumer Skills  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Basic Computing-Level 1  
  
1:00pm Watercolor

# WEDNESDAY

# THURSDAY

# FRIDAY 13



5

8:15am Pinochle  
9:00am Desktop Publishing  
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 Home Gardening

6

8:00am Aerobics (Plummer Building)  
9:00am Yoga (Plummer Building)  
  
9:00am Digital Photo  
9:15am Rummy Tile  
10:30am **YWCA Lunch Dine-In**  
  
11:00am Dancercise (Plummer Building)  
  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1

7

**Movie Matinee 2PM**

8:15am Euchre  
  
9:00am Yoga (Plummer Buidling)  
10:30am Tai Chi (Plummer Building)  
  
9:00am Excel Level 3  
9:30am Chair Exercise  
10:30am **YWCA Lunch Dine-In**  
12:30pm Artist Workshop

12

8:15am Pinochle  
9:00am Desktop Publishing  
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 Home Gardening

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

13

8:00am Aerobics (Plummer Building)  
9:00am Yoga (Plummer Building)  
9:00am Digital Photo  
9:15am Rummy Tile  
10:30am **YWCA Lunch Dine-In**  
11:00am Dancercise (Plummer Building)  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1

14

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

**Catalina Excursion**

8:15am Euchre  
  
9:00am Yoga (Plummer Buidling)  
10:30am Tai Chi (Plummer Building)  
  
9:00am Excel Level 3  
9:30am Chair Exercise  
10:30am **YWCA Lunch Dine-In**  
12:30pm Artist Workshop

19

**"Ask the Medicare Expert"-Appointments**

**No Lunch Program Today-Holiday**

**No Mt. Sac Classes-Holiday**

**Humana Seminar 1PM**

8:15am Pinochle  
  
1:00pm Writer's Workshop

**Travel Club 3:30pm**

20

8:00am Aerobics (Plummer Building)  
9:00am Yoga (Plummer Building)  
  
9:00am Digital Photo  
9:15am Rummy Tile  
10:30am **YWCA Lunch Dine-In**  
  
11:00am Dancercise (Plummer Building)  
  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1

21

8:15am Euchre  
9:00am Tai Chi (Plummer Buidling)  
10:30am Yoga (Plummer Building)  
  
9:00am Internet Research  
9:30am Chair Exercise  
10:00am Attorney Appointments  
10:30am **YWCA Lunch Dine-In**  
12:30pm Artist Workshop  
1:00pm YWCA Case Management

**Big Bear Resident Registration**

26

8:15am Pinochle  
9:00am Basic Computing-Level 3  
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 Home Gardening

**Bunco 2pm-4pm**

27

**Big Bear Non-Resident Registration**

8:00am Aerobics (Plummer Building)  
9:00am Yoga (Plummer Building)  
  
9:00am Digital Photo  
9:15am Rummy Tile  
10:30am **YWCA Lunch Dine-In**  
  
11:00am Dancercise (Plummer Building)  
  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1

28

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

**Summer Session Dates: June 17-August 16 2024**

**Summer Class in-person registration was May 13, 2024.**

**No Class on 6/19 & 7/4**

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

## SCHEDULE OF SPRING SESSION CLASSES

*Class schedule is subject to change*

### CLASS

### DAY/TIME

### LOCATION

Brain Health 2

Wed

1:00-3:20pm

Senior Center

Basic Computing-Level 3\*

Wed

9:00-11:50am

Senior Center

Basic Computing-Level 1

Tues

12:25-3:30pm

Senior Center

Digital Photography

Thurs

9:00-11:50am

Senior Center

Brain Health 1

Thurs

1:00-3:20pm

Senior Center

Internet Research

Fri

9:00-11:50am

Senior Center

Starting a Home-Based Business

Mon

2:15-5:05pm

Senior Center

### CLASS

### DAY/TIME

### LOCATION

Chair Exercise

Mon/Fri

9:30-10:30am

Senior Center

Watercolor Painting

Tues

1:00-4:05pm

Senior Center

Home Gardening

Wed

1:00-3:15pm

Senior Center

Handcrafted Needlework

Tues

9:00-11:50am

Senior Center

Jewelry Production

Fri

8:55-12:00pm

Senior Center

Sewing and Design

Mon

5:30-8:15pm

Senior Center

Int. Decorative Art Production

Thurs

1:00-3:35pm

Senior Center

Consumer Skills (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

9:00-10:05am

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

## 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.

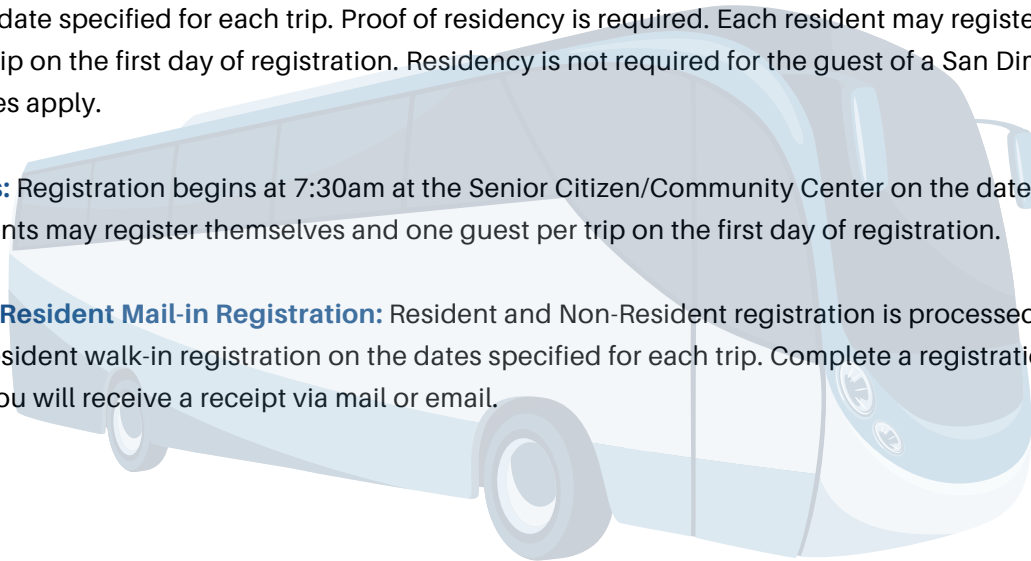
**BOARDING THE BUS ON TIME:** Tour itinerary will be adhered to in order to ensure prompt departure and arrival times. In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip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

**A Day in Catalina**

Activity Level: 4

**SOLD OUT****Friday, June 14****7:30am-7:00pm**

Fee: \$50.00 Residents/Senior Club; \$51.50 Non-Residents

**Resident Registration: Wednesday, April 17****Non-Resident Registration: Thursday, April 18****Excursion features transportation to roundtrip boat ride to Catalina, travel pack & driver gratuity.**

Upon your arrival you can book tours on your own, have lunch and explore what Catalina has to offer!

**Hollywood Bowl 4th of July Spectacular**

Activity Level: 3

**SOLD OUT****Wednesday, July 3****5:00pm-12:00am**

Fee: \$67.00 Residents/Senior Club; \$68.50 Non-Residents

**Resident Registration: Wednesday, May 15****Non-Resident Registration: Thursday, May 16**

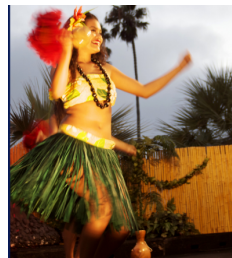
**Excursion features transportation to the Hollywood Bowl for the 4th of July Spectacular featuring Harry Connick Jr. tickets, travel pack and driver gratuity included.** The show will feature Grammy and Emmy-winning Harry Connick Jr. and the Hollywood Bowl orchestra. Bring a picnic dinner to enjoy under the stars or you can purchase food and drinks upon arrival. End the evening with the spectacular fireworks show.

**San Diego Sunset Luau**

Activity Level: 3

**NEW!****Friday, July 12****2:00pm-11:00pm**

Fee: \$150.00 Residents/Senior Club; \$151.50 Non-Residents

**Resident Registration: Wednesday, May 29****Non-Resident Registration: Thursday, May 30****Excursion features transportation to the shores of Mission Bay, dinner buffet, entertainment, lei greeting, travel pack & driver gratuity.**

Curt Tucker Tours are back! Join us for a San Diego summer tradition as we celebrate the rich Polynesian culture with a sunset luau at the Catamaran Resort &amp; Spa.

**Big Bear Lake Escape**

Activity Level: 3

**NEW!****Wednesday, August 14****8:00am-5:30pm**

Fee: \$89.00 Residents/Senior Club; \$90.50 Non-Residents

**Resident Registration: Wednesday, June 26****Non-Resident Registration: Thursday, June 27****Excursion features transportation to Big Bear Lake, travel pack and driver gratuity included.**

Embark on an enchanting, guided adventure at the Big Bear Alpine Zoo then head over to Big Bear Village for lunch on your own. After lunch, it's all aboard the "Miss Liberty" paddle-wheeler for a narrated guided tour. You don't want to miss the breathtaking views!

**Soboba Casino**

Activity Level: 1

**NEW!****Monday, August 26****9:00am-6:00pm**

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

**Resident Registration: Wednesday, July 17****Non-Resident Registration: Thursday, July 18****Excursion features transportation to Soboba Casino, travel pack and driver gratuity included.**

Spend the day on your own at Soboba Casino! Casino also features 5 different restaurants so you can have lunch on your own.





City of San Dimas  
**MUSIC IN THE PARK**

Concert Series

JUNE 19 - AUGUST 14

WEDNESDAYS

7PM-9PM

LOCATION: CIVIC CENTER PARK

**FREE ENTRY**



- June 19 Cold Duck (Variety Band)
- June 26 Dynamite Dawson (Acoustic)
- July 3 The Silverados (Country)
- July 10 4 Lads From Liverpool (Beatles Tribute Band)
- July 17 Suave the Band (Jazz, Rock, Latin)
- July 24 Jonny Come Lately (Rockabilly, Soul, R&B & Cumbia)
- July 31 Nitro Express (Variety Band)
- August 7 Sterling Sylver (Country)
- August 14 OC3 (70's,80's,90's Hits)



CITY OF SAN DIMAS



**Puppets and Pajamas**

Family Campout:

June 21, 6:00pm - June 22, 10:00am

\$15.00 person

(Horsethief Canyon Park)

BRING AND WEAR YOUR FAVORITE PAJAMAS GET READY FOR A FUN NIGHT.

\*FOOD \* PUPPET SHOW\* FUN ACTIVITIES  
DINNER AND CONTINENTAL BREAKFAST INCLUDED

Pre-Registration required Register online or in person  
Refunds only if the Recreation Department Cancels the event.

For more information contact Parks and Recreation

909-394-6230

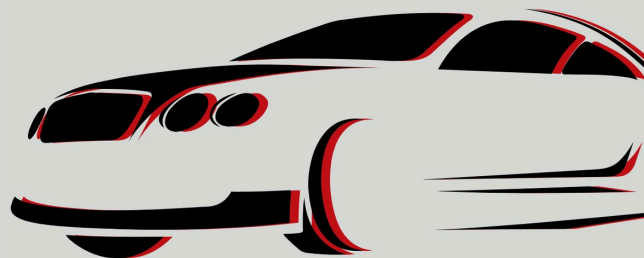
or visit SANDIMASCA.GOV



San Dimas Parks & Recreation



**CARS & COFFEE**



**APRIL 20**

**MAY 18**

**JUNE 15**

**JULY 20**

**AUGUST 17**

**8 AM to 10 AM**

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

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

**Register your vehicle online. Registration will  
make check in quicker the morning of the event.  
Registration is not required.**

**SANDIMASCA.GOV**

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

**MAILING ADDRESS**

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



## . SAN DIMAS . FARMERS MARKET

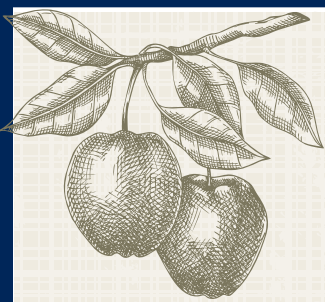
WEDNESDAYS  
APRIL 3-SEPTEMBER 11

**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





## MEALS ON WHEELS

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

Monday-Friday  
Noon-1:00pm

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

## YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

## SENIOR HELP LINE

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

## HICAP

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

## OMBUDSMAN

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

## YWCA NUTRITION PROGRAM

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

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

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

See page 2 for menu.

## AGINGNEXT

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

## POMONA VALLEY TRANSPORTATION



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

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

### 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**

