



# SILVER TIMES



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

Vol 49 No 10

October 2025



CITY OF SAN DIMAS

## Community Health and Resource Fair

**DATE: WEDNESDAY, OCTOBER 15, 2025**  
**TIME: 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!

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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

**October 2023**  
MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS @11:00AM

Monday	Tuesday	Wednesday	Thursday	Friday
YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	<b>YWCA IS ON A MISSION</b>	1 Lentil Soup Baked Pollack Yellow Squash Broccoli Salad Applesauce Barley Pilaf	2 BBQ Chicken Tri Color Coleslaw Canned Pear Macaroni Cheese Roll	3 Hot Turkey Sandwich Green Beans Spinach Salad Orange Whole Grain Bread
6 Vegetarian Chili Broccoli Mixed Salad Greens Pineapple Bread	7 Hawaiian Chicken Breast Mesclun Salad Cantaloupe or Tangerine Rice	8 Turkey Milanese Zucchini Chopped Mixed Salad Banana Whole Grain linguine	9 Split Pea Soup Salmon w/Dill Sauce Green beans Beet Salad Orange Roll	10 Hot & Sour Soup Asian Beef Stir Fry Mixed Asian Veg Salad Carrot Raisin Salad Kiwi Brown Rice
13 Indigenous Peoples Day	14 Mushroom Soup Spaghetti with Meat Sauce Green Beans Chopped Salad w/ Kale Pear/Peach	15 Beef Fajita Pinto Beans Tossed Green Salad Cantaloupe Tortilla	16 Roast Turkey Baked Yam or Sweet Potato Herbed Brussel Sprouts Pineapple Mango Cup Bread	17 Corn Chowder Tuna Salad Herbed Potato Salad Creamy Coleslaw Baked Apple Roll
20 Korean BBQ Herb Zucchini Broccoli Salad Pineapple Herbed Brown Rice	21 Garden Veg Soup Fish Vera Cruz Black Beans Creamy Coleslaw Banana Bread	22 Tomato Basil Soup Chicken Dijon Chopped Salad Peaches Roll	23 Stuffed Bell Pepper Green Peas Romain Salad Orange Barley	24 Veg Paella Broccoli Spinach Salad Mango Brown Rice
27 Butternut Squash Soup Breaded Fish Yam Beets and Mandarins Peaches Bread	28 Meatloaf w/ Gravy Mashed Potato Brussels Sprouts Fruit Cup Roll	29 Veg Soup Turkey Veg Stir Fry Salad Poached Ginger Pear Bread	30 Caribbean Chicken Red Beans Mesclun Salad Kiwi Brown Rice	31 <b>HALLOWEEN</b> Bolognese w/ Penne Pasta. Herbed Zucchini Caesar Salad Fruit Cup



## 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.

**October 17**  
**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**  
**9:30am-12:00pm**

Check-in begins at 9:30am  
Lunch is served at 11:00am

No advance reservations required.

Age 60+

\$3.00 suggested donation



### NOTARY SERVICE

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

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

Notary Commission #2360356



### BLOOD PRESSURE CHECK

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

**Tuesday, October 7**  
**10:00am-11:30am**



### ATTORNEY SERVICE

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

**October 17**  
**2:00pm-4:00pm**

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



### FINANCIAL LITERACY

**Gain financial confidence!**

**October 2 & October 30**  
**9:00am-11:00am**

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

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

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



## BOOK PARTY

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

**Wednesday, October 1**  
**10:30am-12:00pm**

10/1: The Art Thief by Michael Finkel  
11/5: Good Dirt by Charmaine Wilkerson  
12/3: The Reading List by Sara Nisha Adams



## WRITERS WORKSHOP

**Wednesdays**  
**1:00pm-3:30pm**

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

## ROADWALKERS

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



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

## QUILTING WORKSHOP

**Mondays**  
**6:00pm-8:30pm**

Share ideas and work on quilting projects with friends



## ARTIST WORKSHOP

**Fridays**  
**12:30 pm**

Calling all inner artists! Bring your own materials and ideas to this collaborative group! For more information or to sign up call the senior center



# GAME SCHEDULE

### MONDAY

**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**

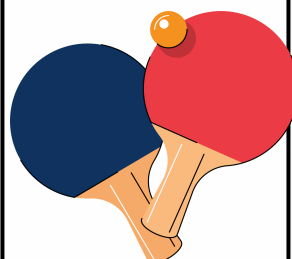
**CANASTA**  
**1:00PM - 4:00PM**

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

### FRIDAY

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

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





Join Us!

Enrich your life and make lifelong friends!



**EVERY  
TUESDAY**



**9:30AM-10:30AM**



**SAN DIMAS SENIOR CENTER**  
201 E. Bonita Ave., San  
Dimas, CA 91773



**909-394-6290**  
San Dimas Senior Center



Are you looking to be more involved in your community and meet like-minded individuals? The San Dimas Senior Club is perfect for you! Our club is made up of dedicated, community-driven individuals who make a big difference through fun and meaningful activities.

## WHAT IS THE SAN DIMAS SENIOR CLUB?

A group of seniors committed to fostering a vibrant community. Through regular meetings and special events, members connect, support each other, and contribute to the local community.

## ANNUAL DUES

\$6 per year plus \$0.25 per meeting

## WHY JOIN?

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

## WEEKLY SCHEDULE

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

San Dimas Senior Club Presents

## COMMUNITY BINGO!

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

**TUESDAYS**

**PLAY: 12:30PM-3:00PM**  
**COMMUNITY BUILDING**



**DOOR PRIZES, HOLIDAY CELEBRATIONS, AND FUN!**

Reserved Seating Available

**EFFECTIVE SEPTEMBER 2**

## NEW PRICING

- 1ST PACKET: \$9
- 2<sup>ND</sup> PACKET: \$6
- ADDITIONAL PACKETS: \$3

## NEW PAYOUTS

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

**INCLUDES POWERBALL!**



## Living Through Loss

Struggling with the loss of a loved one? VITAS® offers supportive bereavement groups in a warm, compassionate environment where you can share feelings and connect with others who understand. We provide a safe, confidential space to gain insights into grief, learn coping strategies, and find strength in shared experiences. Family and friends are welcome, and there is no cost to attend.

**PRE- REGISTRATION REQUIRED**

For more information:  
Contact  
**San Dimas Senior Center**  
(909)394-6290

**VITAS®**  
Healthcare

Every Tuesday  
2:00 PM - 3:30 PM  
**San Dimas Senior Citizens Center**  
201 E Bonita Ave  
San Dimas, CA 91773



## CITY OF SAN DIMAS SOCIAL SECURITY & TAX STRATEGIES SEMINAR

THIS PRESENTATION WILL TEACH YOU:

- WHAT TO CONSIDER WHEN DECIDING TO APPLY FOR SOCIAL SECURITY BENEFITS
- WHEN IT MAKES SENSE TO CLAIM EARLY AND WHEN TO DELAY BENEFITS
- MISTAKES THAT RETIREES MAKE WHEN FILING FOR SOCIAL SECURITY
- STRATEGIES FOR SPOUSES, DIVORCED SPOUSES, AND WIDOWS
- HOW TO MINIMIZE AND EVEN ELIMINATE TAXES ON SOCIAL SECURITY BENEFITS
- ETC...

JOIN BRIAN AS HE COVERS THE BASICS OF SOCIAL SECURITY AND SHOWS STRATEGIES FOR MAXIMIZING YOUR BENEFITS.



**FREE SEMINARS**

SAN DIMAS SENIOR CENTER - MPR  
201 E BONITA AVE,  
SAN DIMAS, CA 91773

**WEDNESDAY, OCTOBER 8, 2025  
& WEDNESDAY, OCTOBER 15, 2025**

Brian Vosberg  
CA Insurance License # 0D00267

**@6:30PM**

SECURITIES AND ADVISORY SERVICES OFFERED THROUGH CENTAURUS FINANCIAL, INC., MEMBER FINRA AND SIPC. A REGISTERED INVESTMENT ADVISOR. SUPERVISORY OFFICE - 2300 E. KATELLA AVE., SUITE 200, ANAHEIM, CA 92806. 800.880.4234. CENTAURUS FINANCIAL INC. AND VOSBERG WEALTH MANAGEMENT ARE NOT AFFILIATED.

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

## GRAB & GO FROZEN MEAL PROGRAM



PICK UP 7 FROZEN MEALS EVERY **THURSDAY**  
AFTER THE CONGREGATE MEALTIME

**MUST BE 60 YEARS OLD +**

Intake form required to sign up. No  
to be in the hot meal program  
to be eligible. **First come first serve.**

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

**YWCA  
IS ON A  
MISSION**

**YWCA San Gabriel Valley**  
For general questions  
626-214-9456

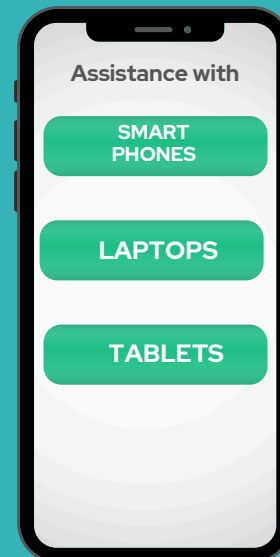
## City of San Dimas Silver Surfers Tech Club

**Is Back!**

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

**Come sign up today!!!**

**Pre-Registration Required!!!**



**Time: 4:30pm-6:00pm**

**Location: San Dimas Senior Center 201 E. Bonita Ave**

**September 23, 2025  
October 14 & 28, 2025  
November 18, 2025  
December 9, 2025**

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





**WAIT LISTED**

JOIN US FOR  
**BIRTHDAY  
SOCIAL** 55+

**3PM-4PM**

**OCTOBER  
9TH**

**FREE!**  
REGISTRATION  
OPENS  
SEPTEMBER 2

Register with us if you are  
celebrating a birthday in October



**WAIT LISTED**

**LET'S HAVE  
SKELE-FUN** 55+

**OCTOBER 9 | 3PM-4PM**

Happy Hour

**FREE!**  
REGISTRATION REQUIRED!  
REGISTRATION OPENS  
SEPTEMBER 2

SPONSORED BY:




Scary

**SKELE-BRATION** **SOLD OUT**

Senior Dinner

55+

**FRIDAY  
OCT  
24**

**\$12**

San Dimas Community Building  
4:30pm - 7:00pm

Tickets go on sale September 2 for residents & September 3 for non-residents



**WITCH WAY TO BUNCO?** 55+

**THU 30 OCT**

**FROM 2 PM TO 4 PM**

**\$7/PERSON**

**TICKETS GO ON SALE SEPTEMBER 2**

**SOLD OUT**



SPONSORED BY: **Optum** &





FRIDAY

Movie Matinee  
OCTOBER 3 • 2 PM

FREE

THE  
AMITYVILLE  
HORROR

WHEN GEORGE LUTZ (RYAN REYNOLDS) AND HIS WIFE, KATHY (MELISSA GEORGE), FIND A BEAUTIFUL NEW HOUSE IN THE SMALL TOWN OF AMITYVILLE, N.Y., THEY THINK THE PLACE IS TOO GOOD TO BE TRUE. AFTER THEY MOVE IN WITH THEIR KIDS, THEY FIND OUT THE CHEAP PRICE TAG IS THANKS TO THE HOUSE'S SORDID HISTORY: THE FORMER TENANT MURDERED HIS FAMILY AFTER SUPPOSEDLY BEING POSSESSED BY THE DEVIL. BELIEVING THE HOME IS HAUNTED, THE COUPLE FIND A PRIEST (PHILIP BAKER HALL) TO HELP THEM RID THE PLACE OF EVIL SPIRITS.

Sponsored by  
*America's Choice in Home Care®*  
**VisitingAngels®**  
LIVING ASSISTANCE SERVICES

REGISTRATION REQUIRED

WRITING YOUR LIFE  
STORY

OAD LS - CRN 24912

NEW!

Through a series of lectures, activities, and writing exercises, students will learn the necessary skills to construct and document their life stories.

**Tuesdays, 9/30-12/17**  
**5:30-7:00pm**

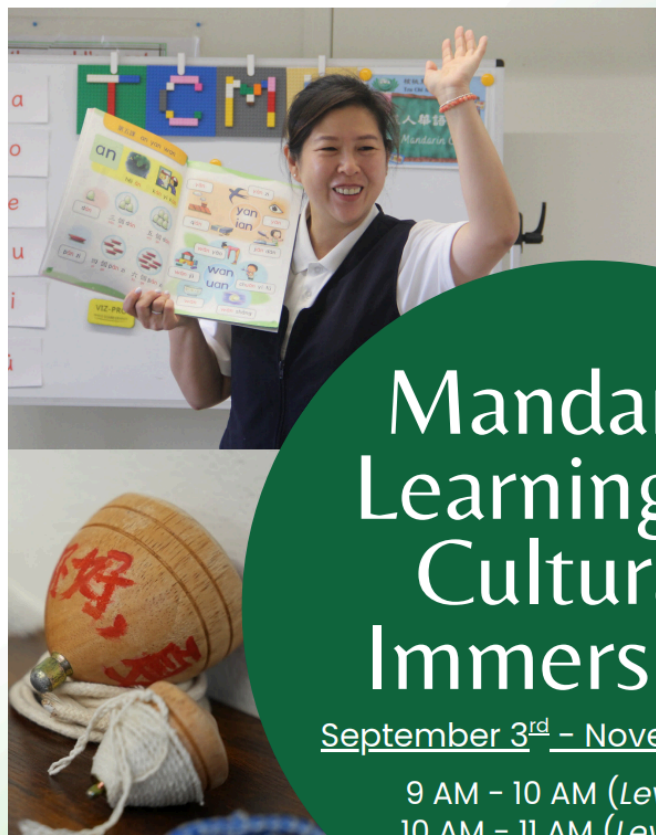
San Dimas  
Senior/Community Center  
201 E. Bonita Ave.  
San Dimas, CA 91773

The course will cover topics such as :

- timeline creation
- memory recall
- life purpose
- the importance of sharing stories

**MT. SAC**  
SCHOOL OF  
CONTINUING EDUCATION

www.mtsac.edu/eoa  
(909) 274-4192  
eoa@mtsac.edu

Mandarin  
Learning &  
Cultural  
ImmersionSeptember 3<sup>rd</sup> - November 19<sup>th</sup>

9 AM - 10 AM (Level 1)

10 AM - 11 AM (Level 2)

REGISTRATION REQUIRED!

San Dimas Senior Center

201 E Bonita Ave, San Dimas, CA 91773

(909) 394 - 6290



Complimentary Workshop

## Estate Planning 101

You are invited to attend Estate Planning 101, a complimentary informational workshop designed specifically to discuss the basic fundamentals of estate planning. Topics covered include:

- Common estate planning terms and definitions
- Essential estate planning documents
- Tips to avoiding probate
- Estate and gift taxation

## Seminar Workshop and Sales Presentation

## Date:

10/2/25

## Time:

1:00 pm

## Location:

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

## RSVP:

San Dimas Senior Center  
P: 909-394-6290



## Presented by:

Julia Saenz  
Agent  
California License # 4419029

## Hosted By:

New York Life Insurance Company  
140 Via Verde  
Suite 200

San Dimas, CA 91773

626-383-5763

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# SAN DIMAS RECREATION CENTER

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

## OUR MISSION

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

## HOURS OF OPERATION

**Monday - Thursday**

6:00am - 10:00pm

**Friday**

6:00am - 8:00pm

**Saturday**

7:00am - 5:00pm

**\*\*Closed Sundays\*\***

## AMMENITIES

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

## AGE REQUIREMENTS

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

## PASS RATES

	<u>Resident</u>	<u>Non-Resident</u>
ANNUAL	\$255	\$290
MONTHLY	\$35	\$45
DAILY	\$8	\$10
FAMILY	\$435	\$460

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

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

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

## FITNESS CLASS SCHEDULE

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





55+

Please join us for a  
Thanksgiving Time



## BIRTHDAY Social

FREE!



November 13

3PM-4PM

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



Join us for

## HAPPY HOUR

NOVEMBER 13 • 3PM

55+



**FREE!**  
REGISTRATION  
REQUIRED



55+

"Talk Turkey  
to Me"  
SENIOR DINNER

November 14

4:30-7:00 PM

**\$15**

### Dinner Menu:

Turkey, stuffing, mashed  
potato, & pumpkin pie

Tickets on sale

Residents: October 7  
Non-Res. October 8

FOR MORE INFORMATION CONTACT PAM JOHNSON 909-319-3284

**\$20 PER  
PERSON**

## Community Bunco



PROCEEDS FROM THIS EVENT WILL ENHANCE SENIOR CLUB

FRIDAY, DECEMBER 5, 2025

DOORS OPEN AT 5PM

DINNER AT 6PM

HOSTED BY  
THE SAN DIMAS SENIOR  
CITIZENS CLUB

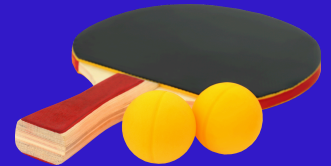
COMMUNITY BUILDING  
245 E. BONITA AVE., SAN  
DIMAS CA 91773

# TABLE TENNIS

55+

*tournament*
SENIOR CENTER  
GAME ROOM

WEDNESDAY, OCTOBER 1  
11:00 AM



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



## BOCCE BALL

55+

FRIDAY, OCTOBER 31, 2025  
AT 10:30

CIVIC CENTER PARK

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



## SENIOR *Fitness Class*

55+

### *Participants Wanted!*

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



 Civic Center Park  
 909-394-6290







The MPR will be closed from  
October 23-November 5. Please look  
at schedule for relocations or  
cancellations.



October  
2025



6

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

13

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

20

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

27

8:15am Cribbage  
9:30am Chair Exercise (CB)  
10:30am YWCA- Lunch Dine-In (CB)  
1:00pm Canasta  
~~1:00pm Bridge (will return 11/10)~~  
5:25pm Artisan Quilting  
~~6:00pm Quilting Workshop (will return 11/10)~~

7

November Senior Dinner Tickets go  
on sale-Residents

8:00am Aerobics (CB)  
9:00am Tai Chi (CB)  
9:00am Handcrafted Needlework  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Basic Computing 2  
1:00pm Watercolor  
5:30pm Writing Class

14

8:00am Aerobics (CB)  
9:00am Tai Chi (CB)  
9:00am Handcrafted Needlework  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Basic Computing 2  
1:00pm Watercolor  
5:30pm Writing Class

21

8:00am Aerobics (CB)  
9:00am Tai Chi (CB)  
9:00am Handcrafted Needlework  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In  
12:25pm Basic Computing 2  
1:00pm Watercolor  
5:30pm Writing Class

28

8:00am Aerobics (CB)  
9:00am Tai Chi (CB)  
9:00am Handcrafted Needlework  
9:30am Senior Club Meeting  
10:30am YWCA-Lunch Dine-In (CB)  
12:25pm Basic Computing 2  
1:00pm Watercolor (Art Room)  
~~5:30pm Writing Class (will return 11/18)~~



# WEDNESDAY

# THURSDAY

# FRIDAY

13

8:15am Pinochle  
9:00am Basic Computing 3  
9:00am Drawing  
9:30am Chair Exercise (CB)  
10:30am Book Party-Book Club  
11:30am Table Tennis Tourney  
**10:30am YWCA Lunch Dine-In**  
1:00pm Writer's Workshop  
1:15pm Brain Health 2  
1:00pm Gardening  
3:05pm Fundamentals of Sustainability

1

**Estate Seminar 1pm**  
8:00am Aerobics (CB)  
9:00am Yoga (CB)  
9:00am Digital Photo  
9:00am Calligraphy  
9:15am Rummy Tile  
10:30am Dancercise (CB)  
**10:30am YWCA Lunch Dine-In**  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1  
6:00pm Ceramics

2

8:15am Euchre  
8:55am Jewelry Production  
9:00am Internet Research  
9:00am Tai Chi (CB)  
9:30am Chair Exercise  
10:30am Yoga (CB)  
**10:30am YWCA Lunch Dine-In**  
12:30pm Artist Workshop  
**2:00pm Movie Matinee**

3



**November Senior Dinner Tickets go on sale-Non-Residents**

8

**Griffith Observatory Trip**

**Brian Vosberg seminar 6:30pm**

8:15am Pinochle  
9:00am Basic Computing 3  
9:00am Drawing  
9:30am Chair Exercise (CB)  
  
**10:30am YWCA Lunch Dine-In**  
1:00pm Writer's Workshop  
1:15pm Brain Health 2  
1:00pm Gardening  
3:05pm Fundamentals of Sustainability

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

9

8:00am Aerobics (CB)  
9:00am Yoga (CB)  
9:00am Digital Photo  
9:00am Calligraphy  
9:15am Rummy Tile  
10:30am Dancercise (CB)  
**10:30am YWCA Lunch Dine-In**  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1  
6:00pm Ceramics

**Laughing Yoga 1pm**

10

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

**Brian Vosberg seminar 6:30pm**

15

8:15am Pinochle  
9:00am Basic Computing 3  
9:00am Drawing  
9:30am Chair Exercise (CB)  
  
**10:30am YWCA Lunch Dine-In**  
1:00pm Writer's Workshop  
1:15pm Brain Health 2  
1:00pm Gardening  
3:05pm Fundamentals of Sustainability

16

8:00am Aerobics (CB)  
9:00am Yoga (CB)  
9:00am Digital Photo  
9:00am Calligraphy  
9:15am Rummy Tile  
10:30am Dancercise (CB)  
**10:30am YWCA Lunch Dine-In**  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1  
6:00pm Ceramics

17

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

**Surf, Sand, & Santa Registration- Residents**

22

8:15am Pinochle  
9:00am Basic Computing 3  
9:00am Drawing  
9:30am Chair Exercise (CB)  
  
**10:30am YWCA Lunch Dine-In**  
1:00pm Writer's Workshop  
1:15pm Brain Health 2  
1:00pm Gardening  
3:05pm Fundamentals of Sustainability

**Surf, Sand, Santa Registration- Non-Residents**

23

8:00am Aerobics (CB)  
9:00am Yoga (CB)  
9:00am Digital Photo  
9:00am Calligraphy  
9:15am Rummy Tile  
10:30am Dancercise (CB)  
10:30am YWCA Lunch Dine-In (CB)  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1  
**6:00pm Ceramics (CB)**

**Senior Dinner 4:30pm @CB**

24

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

**Bunco 2pm @CB**

29

8:15am Pinochle  
9:00am Basic Computing 3  
9:00am Drawing  
9:30am Chair Exercise (CB)  
  
10:30am YWCA Lunch Dine-In (CB)  
1:00pm Writer's Workshop  
1:15pm Brain Health 2  
1:00pm Gardening  
3:05pm Fundamentals of Sustainability

30

8:00am Aerobics (CB)  
9:00am Yoga (CB)  
9:00am Digital Photo  
9:00am Calligraphy  
9:15am Rummy Tile  
10:30am Dancercise (CB)  
**10:30am YWCA Lunch Dine-In (CB)**  
1:00pm Int. Decorative Art Production  
1:00pm Canasta  
1:00pm Brain Health 1  
**6:00pm Ceramics (CB)**



31

8:15am Euchre  
8:55am Jewelry Production  
9:00am Internet Research  
9:00am Tai Chi (CB)  
9:30am Chair Exercise  
10:30am Yoga (CB)  
**10:30am YWCA Lunch Dine-In (CB)**  
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 25-December 21**

**No Class on September 1, November 11, November 27-28**

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

### **DAY/TIME**

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

### **LOCATION**

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

### **CLASS**

Chair Exercise  
Watercolor Painting  
Gardening  
Fundamentals of Sustainability  
Handcrafted Needlework  
Jewelry Production  
Artisan Quilting  
Int. Decorative Art Production  
Money Skills (Special Needs)  
Drawing

### **DAY/TIME**

Mon/Fri 9:30-10:20am  
Tues 1:00-4:05pm  
Wed 1:00-2:50pm  
Wed 3:05-5:10pm  
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  
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.

**Medication:** Participants must administer their own medication. Excursion personnel are not responsible for administering medication and may only assist by providing water. Individuals are accountable for emergencies and consequences that arise as a direct result of their non-compliance to prescription directives.

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

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

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

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

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

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

**See specific tour details for more information.**

**Dodger Stadium Tour**

Activity Level: 5

**SOLD OUT****Monday, September 15, 2025****8:30am-5:15pm**

Fee: \$56.00 Residents/Senior Club; \$57.50 Non-Residents

**Resident Registration: Wednesday, July 16****Non-Resident Registration: Thursday, July 17**

Excursion features transportation to Dodger Stadium, travel pack and driver gratuity included. Visit one of LA's historic spots-Chavez Ravine for a guided 75-minute walking tour and then head over to LA's Farmer's Market & The Grove for lunch and shopping on your own.

**Griffith Observatory**

Activity Level: 4

**SOLD OUT****Wednesday, October 8, 2025 11:00am-6:30pm**

Fee: \$40.00 Residents/Senior Club; \$41.50 Non-Residents

**Resident Registration: Wednesday, August 20****Non-Resident Registration: Thursday, August 21**

Our First stop will be for lunch (included) at the famous Philippe's original –home of the beef dip. Choice of Beef, Turkey, Pork or Tuna sandwich with a choice side of Cole slaw, potato or macaroni salad, coffee, tea or lemonade and brownie or cookie for dessert. Next, we head to the Griffith Observatory and Planetarium.

**Fantasy Springs Casino**

Activity Level: 1

**SOLD OUT****Monday, November 17, 2025 8:30am-5:45pm**

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

**Resident Registration: Wednesday, September 17****Non-Resident Registration: Thursday, September 18**

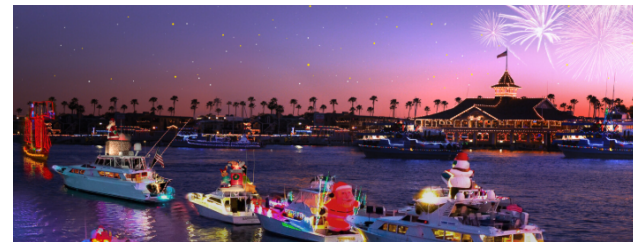
Excursion features transportation to Casino, upon checking in everyone will receive \$35.00 free play with their players card and \$5.00 food voucher. Bus will depart at 3:45pm

**Surf, Sand, and Santa**

Activity Level: 3

**Friday, December 19, 2025 1:00pm-9:00pm**

Fee: \$121.00 Residents/Senior Club; \$122.50 Non-Residents

**Resident Registration: Wednesday, October 22****Non-Resident Registration: Thursday, October 23**

A Curt Tucker tour! Excursion features transportation to Newport Beach for the Harbor Christmas Boat Parade, dinner at Harborside Restaurant (included), private boat, travel pack, and driver gratuity.





CITY OF SAN DIMAS

## Community Health and Resource Fair

**DATE: WEDNESDAY, OCTOBER 15, 2025**  
**TIME: 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**





**CITY OF SAN DIMAS**

# HALLOWEEN SPOOKTACULAR

**OCTOBER 18, 2025**

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

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

**ACTIVITIES:**  
**Trunk or Treat**  
**Costume Contest**  
**Food Vendors**  
**& MORE**

**SPONSORED BY**









 San Dimas Community Hospital

[sandimasca.gov/specialevents](http://sandimasca.gov/specialevents)    @cityofsandimas

909-394-6230



**City Of San Dimas**



## Bowser Bash

**Saturday, November 8, 2025**  
**10:00am - 1:00pm**  
**Horsethief Canyon Park**  
**(301 Horsethief Canyon Road)**

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

 **Pet Friendly Vendors**
 **Fun Activities for all!**
 **Pawsitively Fun Adventures**

 **For more information contact**  
**Parks and Recreation Department 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



## FAMILY OUTDOOR RECREATION HORSETHIEF HIKE

**SATURDAY, NOVEMBER 8**

**12PM-1PM**

**\$7 PER PERSON**



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

## MEALS ON WHEELS

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

Monday-Friday  
Noon-1:00pm

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

## YWCA SAN GABRIEL VALLEY SENIOR SERVICES HOME DELIVERED MEALS

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

## SENIOR HELP LINE

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

## HICAP

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

## OMBUDSMAN

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

## YWCA NUTRITION PROGRAM

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

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

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

See page 2 for menu.

## AGINGNEXT

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

## POMONA VALLEY TRANSPORTATION



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

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

### Get About

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

### Get About

**To register call: (909)596-7664**

**To reserve rides call: (909)596-5964**





# Senior Center Mission Statement

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

## IMPORTANT PHONE NUMBERS

A.A.R.P	800-424-3410	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**

