



SILVER TIMES



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

Vol 49 No 9

September 2025



SENIOR PROM

55+

SOLD OUT

a night to remember

Senior Dinner & Dance

Special Entertainment & Dinner

September 19
4:00pm-7:30pm

Community Building
245 E. Bonita Ave.
San Dimas, CA 91773



INSIDE THIS ISSUE

YWCA Lunch Menu	2
Senior Services	3
Senior Activities & Games	4
Senior Club & Bingo	5
Senior Center Events	6-8
San Dimas Recreation Center	9
Upcoming Senior Events	10
Senior Sports	11
Calendar	12-13
Free Classes	14
Excursions	15-16
City-Wide Events	17-18
Community Links	19
Important Phone Numbers	20

**San Dimas Senior
Citizen/Community
Center**

HOURS:

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

Friday
7:30am-7:30pm
(909)394-6290

www.sandimasca.gov



YWCA SGV Senior Lunch Program

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

eliminating racism
empowering women
ywca
San Gabriel Valley

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

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

SAN DIMAS SENIOR CENTER
201 E. BONITA AVE.
SAN DIMAS, CA. 91773

September 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY	2 BBQ Chicken Baked Yam Salad Kiwi Barley Pilaf Corn Bread	3 Beef Strip Mushrooms Creamed Spinach Green Salad Strawberries Pasta	4 Bean Soup Turkey Open Faced Sam Mash potatoes Cucumber Salad Banana	5 Sweet & Sour Pork Broccoli and Cauliflower Spinach Salad Tangerine Brown Rice
8 chicken chipotle cauliflower Salad Fruit Cocktail Cilantro Couscous Bread	9 Beef Lasagna Carrots Coleslaw Pear Bread	10 Barley Soup Chicken Taco Pinto Bean	11 Swedish Meatballs Green Peas Romaine Kiwi Pasta	12 Tomato Soup Baked Fish W/ Wine and Herbs Sauce Beet Salad Pineapple Mango Couscous Bread
15 Hamburger Baked Beans Strawberries with Yogurt	16 Crn Of Mushroom Chicken Mole Broccoli Spring Mix Banana Cilantro Brown Rice	17 Hot Roast Beef Mashed Potato Beet Salad	18 Chicken Curry Butternut Squash Cucumber Salad	19 Beef Barley Soup Pork Carnitas Baked Yam Shredded Cabbage Cantaloupe Flour Tortilla
22 Chicken Parm Broccoli Slaw Pear Spaghetti Bread	23 Butternut Squash Soup meatloaf mashed potatoes Salad Pineapple/Mango Bread	24 Chicken Divan Green Beans Spinach Salad Barley Pilaf	25 Lentil Soup Beef Chop Suey Carrots Kiwi or Strawberry Brown Rice	26 Veg lasagna Cauliflower and Peas Caesar Salad Orange Bread
29 Mexican Beef Stew Black Beans Spinach Salad Kiwi Brown Rice Tortilla	30 Cream of Broccoli BBQ Pork Riblets Green Peas Coleslaw Pear Bun	YWCA IS ON A MISSION	YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456	

SERVICES

YWCA CASE MANAGEMENT



Available by appointment only on the third Friday each month.

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

September 19
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

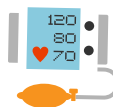


NOTARY SERVICE

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, September 2
10:00am-11:30am



ATTORNEY SERVICE

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

September 19
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!

No appointments this month

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, September 3
10:30am-12:00pm

9/3: Remarkably Bright Creatures by Shelby Van Pelt



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

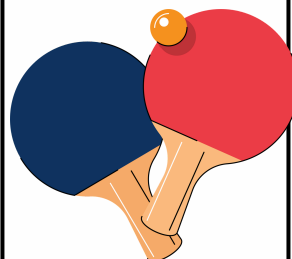
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
***There is a cost to play**

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!**

TUESDAYS

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



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

Reserved Seating Available

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

NEW PRICING

- 1ST PACKET: \$9
- 2ND PACKET: \$6
- ADDITIONAL PACKETS: \$3

EFFECTIVE SEPTEMBER 2

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



Don't let falls trip you up.

Join **VNAcare** and the San Dimas Senior Center for a free community in-service on fall prevention. Learn practical tips, resources, and proactive strategies to reduce your risk of falls and stay safe, independent, and active.

DATE: Friday, September 12, 2025

TIME: 1:00 PM to 2:30 PM

PLACE: San Dimas Senior Center
201 E. Bonita Avenue
San Dimas, CA 91773
Multipurpose Room

Pre-registration is required.
909-394-6290

VNAcare 
For People. Not for Profit.

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 need to be in the hot meal program to be eligible. **First come first serve.**

YWCA
IS ON A
MISSION

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

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

City of San Dimas Silver Surfers Tech Club

Is Back!

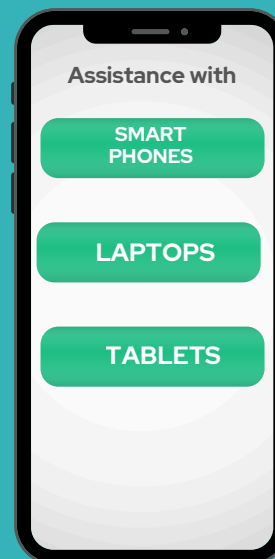
The San Dimas High School Silver Surfers Tech Club, are providing essential digital literacy skills, facilitated by the support and guidance of SDHS students.

Come sign up today!!!

Location: San Dimas Senior Center 201 E. Bonita Ave

Date : TBD

Pre-Registration Required!!!



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



WAIT LISTED

JOIN US FOR SEPTEMBER
BIRTHDAY SOCIAL 55+

SPONSORED BY:
Optum

SEPTEMBER 11
3PM-4PM

FREE!

REGISTER WITH US IF YOU ARE CELEBRATING A BIRTHDAY IN SEPTEMBER

REGISTRATION REQUIRED!
REGISTRATION OPENS AUGUST 5



WAIT LISTED

HARVEST HANGOUT 55+
happy hour

FREE!

THURSDAY, SEPTEMBER 11

3:00PM-4:00pm

SPONSORED BY:
Optum

Registration Required!
Registration opens August 5



Choice. Options. Control.

Traditional (stand-alone) Long-Term Care Insurance offered by New York Life Insurance Company

Combination Life + Long-Term Care Insurance offered by New York Life Insurance and Annuity Corporation



The right long-term care strategy can help safeguard your family, your savings, your retirement, and your peace of mind. During this insurance sales presentation, we'll provide all of the information you need to prepare for a more secure future for you and your loved ones. Here's what we'll discuss:

- Why it's important to have a long-term care strategy
- Key questions to consider before creating a strategy
- What's covered and not covered by government programs
- How much long-term care services currently cost in your area
- Solutions that can help give you peace of mind about the future

Join us to learn more:

DATE: September 4, 2025

TIME: 1:00 PM

EVENT DETAILS:

San Dimas Senior Center

201 E. Bonita Ave San Dimas, CA 91773



For more information about this insurance sales presentation, or to schedule a personal consultation, contact:

Pre Registration is required
(909)394-6290

The purpose of this material is solicitation of individual insurance. An insurance agent may contact you. Policy forms ICC14-LTC6, LTC6, LTC6-U, ICC18-LTCD-PLCY (0218), LTCD-PLCY (0218), LTCD-U-PLCY (0218), and any state-specifics, are issued by New York Life Insurance Company, New York, NY. Policy forms ICC20-AF-MP, ICC20-AF-SP, AF-MP, AF-SP, and any state-specifics, are issued by New York Life Insurance and Annuity Corporation, Newark, DE, a wholly owned subsidiary of New York Life Insurance Company, New York, NY. These policies have exclusions and limitations. The amount of benefits and premium depend on the product options selected. Underwriting approval is required to purchase coverage and a medical exam may be required. Premiums vary by issue age. The company reserves the right to increase premiums in the future on policy forms ICC14-LTC6, LTC6, LTC6-U, ICC18-LTCD-PLCY (0218), LTCD-PLCY (0218), and LTCD-U-PLCY (0218). For costs and complete details of the coverage, contact your agent, or the company, New York Life Insurance Company and New York Life Insurance and Annuity Corporation each have sole financial responsibility for their own products.

1896798 (CA) | Exp. 12.31.2027



Community Bunco

\$20 PER PERSON

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

Event Includes:

Raffle, Door Prize, Bunco Prize, Dinner, & Dessert Bar. Pop up gift boutique too!

For more information please contact the San Dimas Senior Club

FRIDAY

Movie Matinee

SEPTEMBER 5 • 2 PM

FREE



JURASSIC PARK, LATER REFERRED TO AS JURASSIC WORLD, [1] IS AN AMERICAN SCIENCE FICTION MEDIA FRANCHISE CREATED BY MICHAEL CRICHTON, CENTERED ON A DISASTROUS ATTEMPT TO CREATE A THEME PARK OF CLONED DINOSAURS. IT BEGAN IN 1990 WHEN UNIVERSAL PICTURES AND AMBLIN ENTERTAINMENT BOUGHT THE RIGHTS TO CRICHTON'S NOVEL JURASSIC PARK BEFORE IT WAS PUBLISHED

REGISTRATION
REQUIRED

San Dimas

Travel Club

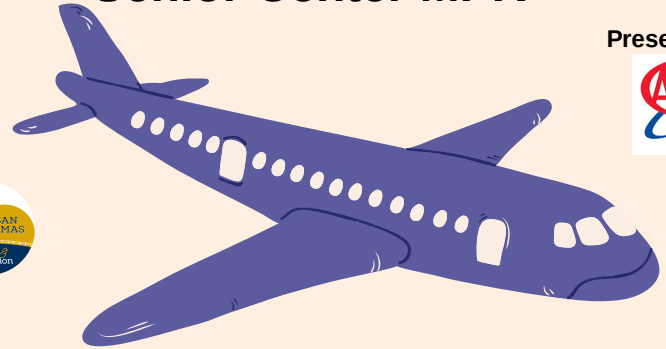


Thursday, September 18

3:30PM-4:30PM

Senior Center MPR

Presentation by:



Emergency Preparedness Roadshow

The Emergency Preparedness Roadshow is a resource fair where seniors can get free emergency backpacks, see safety demos, and connect with local organizations



Event includes

September 3, 2025
9:00 AM - 11:00 AM

Where?
San Dimas Senior Center

- Emergency backpack demo & distribution
- Giveaways
- Resource fair
- Connecting with local organizations



CONTACT US
626-430-1399

EMAIL
bayliff@ywcagav.org



TZU CHI &



Mandarin Learning & Cultural Immersion

September 3rd - November 19th

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





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



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



LET'S HAVE SKELE-FUN 55+

OCTOBER 9 | 3PM-4PM

Happy Hour

FREE!
REGISTRATION REQUIRED!
REGISTRATION OPENS
SEPTEMBER 2

SPONSORED BY:



Scary

SKELE-BRATION

Senior Dinner

55+

FRIDAY OCT 17

\$12



San Dimas Senior Center
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


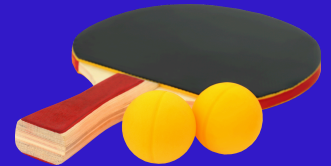


TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

WEDNESDAY, SEPTEMBER 3
11:00 AM



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



BOCCE BALL

55+

FRIDAY, SEPTEMBER 26, 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





hello
SEPTEMBER

2025



Closed

LABOR
★ DAY ★

1

October Senior Dinner Tickets go on
sale-Residents

2

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

8

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

9

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

15

Dodger Stadium Trip

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

16

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

22

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

23

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

29

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

30

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

WEDNESDAY

THURSDAY

FRIDAY 13

October Senior Dinner Tickets go on sale-Non-Residents

3

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

4

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

5

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**



10

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

11

Happy Hour/Birthday Social
3-4pm

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

12

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

Fantasy Springs Registration- Residents

17

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

Fantasy Springs Registration- Residents

18

Travel Club 3:30pm

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

19

Senior Dinner 4:00pm

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

24

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

25

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

26

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



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

NEW!**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**

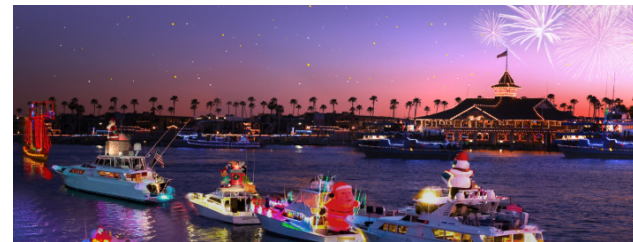
Excursion features transportation to Casino, upon checking in everyone will receive \$35.00 free play with their players card and \$5.00 food voucher. Bus will depart at 3:45pm

Surf, Sand, and Santa

Activity Level: 3

NEW!**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





REGISTER NOW!

CITY OF SAN DIMAS

RUNNIN' SCARED

5K, 1-MILE FUN RUN & TODDLER TROT
SEPTEMBER 27, 2025
CIVIC CENTER PARK (245 E. BONITA AVE)

SPONSORED BY



SCAN CODE TO REGISTER!



Co-sponsored by the City of San Dimas and the Los Angeles County Sheriff's Department. Proceeds benefit youth programs.

sandimasca.gov/run    [@cityofsandimas](https://www.facebook.com/cityofsandimas) 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





sandimasca.gov/speialevents    [@cityofsandimas](https://www.facebook.com/cityofsandimas) 909-394-6230



Free Guided Historical Downtown San Dimas WALKING TOUR

By the SAN DIMAS HISTORICAL SOCIETY

10:00am ON THE SECOND SATURDAY MONTHLY

Guided tours start and end at the historic **Walker House 121 N. San Dimas Avenue.**

This is great for anyone interested in learning about San Dimas and its history.

Meet on the north side of the Walker House - tours will take about an hour and a quarter.

The San Dimas Historical Society **Museum** and **Gift Shop** in the Walker House will be open the SECOND Saturday monthly from 10 to 1 p.m. for everyone.

Tour RSVP call / leave a message:

Dave Harbin: (951) 990-3395

SDHS office: (909) 592-1190

Follow us on:

Facebook: San Dimas Historical Society

Find us on: Instagram

Visit us at: www.SanDimasHistorical.org

MAILING ADDRESS

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



. SAN DIMAS . FARMERS MARKET

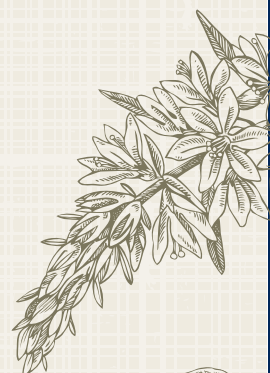
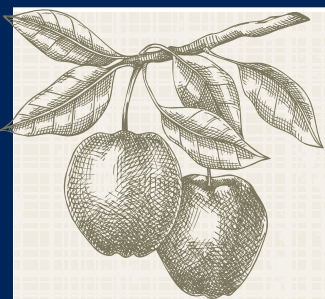
WEDNESDAYS
APRIL 2-SEPTEMBER 10

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 \$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

