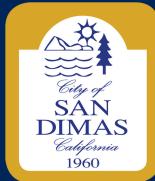




# SILVER TIMES



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

Vol 50 No 2

February 2026

## CITY OF SAN DIMAS

### OLDER AMERICAN HONOREE

# 2026

### NOMINATIONS

The San Dimas Older American Honoree must be at least 60 years old, be active in City of San Dimas and a resident.

**DEADLINE: FRIDAY, FEBRUARY 20TH**

**NOMINATION FORMS AVAILABLE AT THE SAN DIMAS  
SENIOR CENTER**

## INSIDE THIS ISSUE

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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 NUTRITION PROGRAM



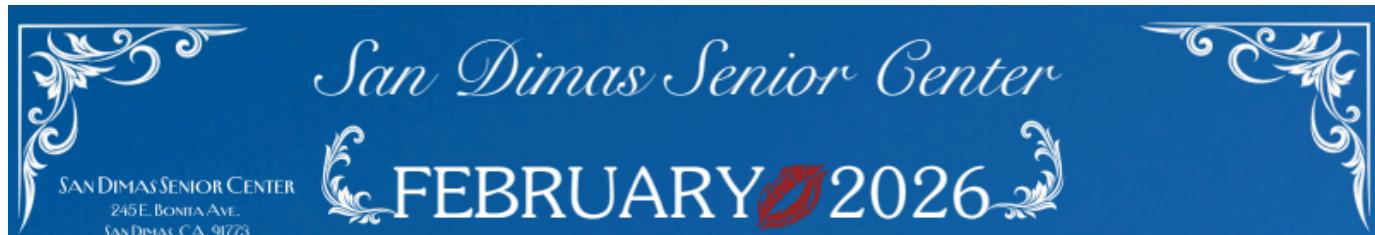
## YWCA SGV Senior Lunch Program

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.

 <p><i>San Dimas Senior Center</i></p> <p><b>FEBRUARY 2026</b></p> <p>MONDAYS, TUESDAYS, WEDNESDAYS, THURSDAYS AND FRIDAYS @11:00AM</p>				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
2 SAVORY BEEF STEW HERBED BRUSSELS SPROUTS MASHED POTATOES FRESH FRUIT ROLL	3 ENCHILADA CASSEROLE BLACK BEANS MESCLUN SALAD KIWI BROWN RICE	4 LENTIL SOUP BAKED POLLACK N' LEMON SUACE YELLOW SQUASH BROCCOLI SALAD APPLE SAUCE BARLEY PILAF	5 BBQ CHICKEN GREEN PEAS COLESLAW CANNED PEAR MAC N CHEESE	6 CHICKEN SOUP HOT TURKEY SANDWICH GREEN BEANS SPINACH SALAD
9 VEG CHILI BROCCOLI MIXED SALAD GREENS PINEAPPLE & MANGO BREAD	10 HAWAIIAN CHICKEN BREAST MESCLUN SALAD CANTALOUPE OR TANGERINE BROWN RICE	11 TURKEY MILANESE ZUCCHINI CHOPPED MIXED SALAD BANANA	12 SPLIT PEA SOUP SALMON WITH DILL SAUCE GREEN BEANS BEET SALAD ORANGE ROLL	13 HOT N' SOUR SOUP ASIAN BEEF STIR FRY MIXED ASIAN VEG CARROT RAISIN SALAD KIWI BROWN RICE
<i>Presidents Day</i>	17 MUSHROOM SOUP SPAGHETTI N' MEAT SAUCE GREEN BEANS BROCCOLI CHOPPED SALAD N' KALE PEAR	18 BEEF FAJITA PINTO BEANS GREEN SALAD CANTALOUPE OR TANGERINE TORTILLA	19 ROAST TURKEY BREAST BAKED YAM OR SWEET POTATO HERBED BRUSSEL SPROUTS PINEAPPLE N' MANGO CUP BREAD	20 BEEF FAJITA PINTO BEANS GREEN SALAD CANTALOUPE OR TANGERINE TORTILLA
23 KOREAN BBQ HERB ZUCCHINI BROCCOLI SALAD PINEAPPLE HERBED BROWN RICE	24 GARDEN VEG SOUP FISH VERA CRUZ BLACK BEANS CREAMY COLESLAW BANANA BREAD	25 TOMATO BASIL SOUP CHICKEN DIJON GREEN BEANS CHOPPED SALAD WITH KALE PEACH ROLL	26 STUFFED BELL PEPPER GREEN PEAS ROMAINE SALAD ORANGE OR TANGERINE BARLEY OATMEAL COOKIE	27 VEG PAELLA BROCCOLI SPINACH SALAD MANGO BROWN RICE

# 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.

**February 20**  
**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**

For menu  
see page 2

**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, February 3**  
**10:00am-11:30am**



## ATTORNEY SERVICE



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

**Wait Listed**  
**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!**

**February 26**  
**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**

# SENIOR CENTER PROGRAMS

4



## BOOK PARTY

Sponsored by

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

Wednesday, February 4  
10:30am-12:00pm

2/4/26: The Heaven & Earth Grocery Store by James McBride



## 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.

## 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

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

CANASTA  
1:00PM - 4:00PM

BRIDGE  
1:00PM - 4:00PM

TABLE TENNIS  
7:30am-8:30pm

**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

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

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

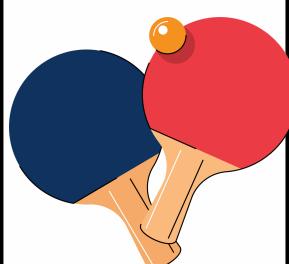
**RUMMY TILE**  
9:15AM - 11:30AM

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

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

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

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





# SAN DIMAS SENIOR CLUB



5

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

**\$12 per year**

## 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**
- **2ND PACKET: \$6**
- **ADDITIONAL PACKETS: \$3**

## NEW PAYOUTS

- **REGULAR GAMES (15): \$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.



Every Tuesday  
11:00 AM - 1:30 PM  
San Dimas Senior Citizens Center  
201 E Bonita Ave  
San Dimas, CA 91773



### IMPORTANT NOTICE



Contact YWCA SGV for more information:  
[www.ywcasgv.org](http://www.ywcasgv.org) or 626-214-9456

### PRE- REGISTRATION REQUIRED

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

## Mandarin Learning & Cultural Immersion



January 8<sup>th</sup> - March 24<sup>th</sup>

Thursdays

**9 AM - 10 AM**

(Beginner; Hands-on  
Cultural Activities)

**10 AM - 11 AM**

(Level 2 | Level 3;  
Mandarin Learning)

### REGISTRATION REQUIRED!

San Dimas Senior Center  
201 E Bonita Ave, San Dimas, CA  
(909) 394 - 6290

## City of San Dimas Silver Surfers Tech Club

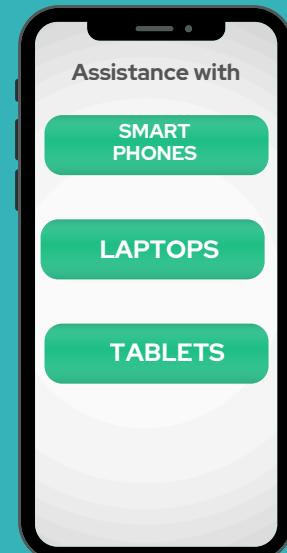


**Is Back!**

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**

**February 3  
February 24**

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



# SENIOR CENTER EVENTS

JOIN US FOR A



**55+**

**Valentine's**  
**HAPPY HOUR**

FEB 12 | 3PM-4PM

Free! Registration Required  
RSVP opens on January 6

**Sponsored by:**



**3pm-4pm**

**Birthday**  
**Social**

Celebrate February birthdays with us!

**Feb 12 2026**

**3pm-4pm**

**RSVP opens on Jan. 6**

**FREE!**



**Sponsored by:**



**3pm-4pm**

**CITY OF SAN DIMAS**

**JOIN US**

**TRAVEL**  
**CLUB**

**PRESENTATION BY:**  
**PREMIER TRAVEL**

**SAVE THE DATE**

**FEBRUARY 19 2026\***  
**3:30PM**

**SAN DIMAS SENIOR CENTER MPR**

**BMO**



**HOW TO SPOT FRAUD/STOP FRAUD**

Join us for an informative seminar hosted and presented by BMO. Enjoy light refreshments while connecting with business and industry experts and learning about fraud prevention and community programs. This engaging event is designed to help you stay informed and protected.

**Date: Friday, February 13, 2026**  
**Time: 1:00 p.m. – 2:00 p.m. (PT)**  
**Where: 201 E. Bonita Ave**  
**San Dimas, CA 91773**

**Pre- Registration Required**  
**909-394-6290**

## SENIOR CENTER EVENTS

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

**A WALK TO REMEMBER**

SET IN NORTH CAROLINA, "A WALK TO REMEMBER" FOLLOWS THE RITE OF PASSAGE OF A JADED, AIMLESS HIGH SCHOOL SENIOR (SHANE WEST) WHO FALLS IN LOVE WITH A GUILELESS YOUNG WOMAN (MANDY MOORE) HE AND HIS FRIENDS ONCE SCORNED. THE TWO DEVELOP A POWERFUL AND INSPIRATIONAL RELATIONSHIP IN WHICH THEY DISCOVER TRUTHS THAT TAKE MOST PEOPLE A LIFETIME TO LEARN.

**REGISTRATION REQUIRED**

**FREE**

**SOLD OUT**

Please join us for  
**Lucky in Love  
Dance**

**FEB 26 | 2:00-4:00PM**

**\$7/person**

Tickets go on sale  
January 6th

**Sponsored by:**

**CITY OF SAN DIMAS**

**INCOME TAX ASSISTANCE**

**FREE**

**TAX HELP!**

Sponsored by **AARP**

Trained AARP volunteers will provide free tax assistance for low-to-moderate income tax payers

**February 4 - TBD**

**Tuesdays and Wednesdays**

- By appointment only.
- One return per appointment
- Appointment times are between 8:30am and 3:00pm

Ask Canva ...

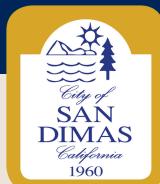
Appointments begin January 12

San Dimas Senior/Community Center  
201 E. Bonita Ave. San Dimas

For more information or to register call, 909-394-6290



"YOUR PLACE TO STAY FIT SAN DIMAS!"



# SAN DIMAS RECREATION CENTER

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



## OUR MISSION

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

## HOURS OF OPERATION

**Monday - Thursday**

6:00am - 10:00pm

**Friday**

6:00am - 8:00pm

**Saturday**

7:00am - 5:00pm

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

## AMMENITIES

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

## AGE REQUIREMENTS

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

## PASS RATES

Resident

Non-Resident

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

ANNUAL \$255

\$290

MONTHLY \$35

\$45

DAILY \$8

\$10

FAMILY \$435

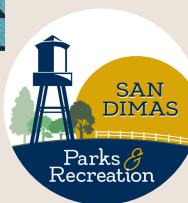
\$460

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	11:30AM-12:30PM: Senior Stretch & Tone	11:30AM-12:30PM: Stability Ball
5-6PM: TBF-Bootcamp	3-4PM: Aqua Fit	3-4PM: Aqua Fit	6-7PM: Zumba	3-4PM: Aqua Fit
6-7PM: Cardio Kickboxing	5-6PM: TBF-Bootcamp	5-6PM: TBF-Bootcamp		5-6PM: TBF-Bootcamp
	6-7PM: Cardio Kickboxing	6-7PM: Cardio Kickboxing		6-7PM: Cardio Kickboxing





# TABLE TENNIS

*tournament*

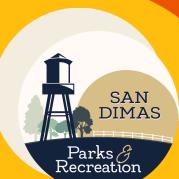
55+

SENIOR CENTER  
GAME ROOM

WEDNESDAY, FEBRUARY 4  
11:00 AM



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



## BOCCE BALL

55+

FRIDAY, FEBRUARY 27, 2026

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



12

MONDAY



♥ FEBRUARY ♥  
2026



TUESDAY

2

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

Dinner Ticket Sales-residents

Silver Surfers 4:30pm

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 3  
1:00pm Watercolor  
5:30pm Writing Class

9

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

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 3  
1:00pm Watercolor  
5:30pm Writing Class

10

*Closed*  
HAPPY  
**Presidents**  
\* Day \*

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 3  
1:00pm Watercolor  
5:30pm Writing Class

17

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

Silver Surfers 4:30pm

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 3  
1:00pm Watercolor  
5:30pm Writing Class

24

# WEDNESDAY

# THURSDAY

# FRIDAY

13

Dinner Ticket Sales-Non-residents

4

Palm springs Trip

8:15am	Pinochle
9:00am	Creative Computing
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

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

5

8:15am	Euchre
8:55am	Jewelry Production
9:00am	Basic Computing 2
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



11

Happy Hour/Birthday Social  
3-4pm

8:15am	Pinochle
9:00am	Creative Computing
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

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

12

13

18

Travel Club 3:30pm

8:15am	Pinochle
9:00am	Creative Computing
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

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

19

20

25

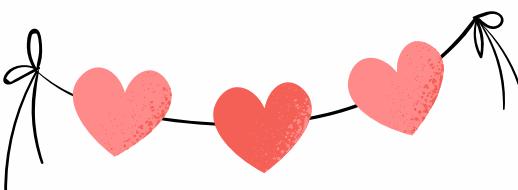
Bunco 2pm

8:15am	Pinochle
9:00am	Creative Computing
9:00am	Drawing
9:30am	Chair Exercise (CB)
10:30am	YWCA Lunch Dine-In
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10:30am	Dancercise (CB)
10:30am	YWCA Lunch Dine-In
1:00pm	Int. Decorative Art Production
1:00pm	Canasta
1:00pm	Brain Health 1

26

27



# FREE CLASSES FOR OLDER ADULTS



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

**Winter Session Dates: January 5-February 15**

**No Class on January 19 & February 16**

Instructors may add students during the semester if space is available.

See specific class for more information.

## **SCHEDULE OF WINTER SESSION CLASSES**

*Class schedule is subject to change*

<b>CLASS</b>	<b>DAY/TIME</b>	<b>LOCATION</b>
<b>Brain Health 2</b>	Wed 1:15-3:35pm	Senior Center
<b>Creative Computing</b>	Wed 9:00-11:50am	Senior Center
<b>Basic Computing 3</b>	Tues 12:25-3:30pm	Senior Center
<b>Calligraphy</b>	Thurs 9:00-11:50am	Senior Center
<b>Digital Photography</b>	Thurs 9:00-11:50am	Senior Center
<b>Brain Health 1</b>	Thurs 1:15-3:35pm	Senior Center
<b>Basic Computing 2</b>	Fri 9:30-11:50am	Senior Center
<b>Writing</b>	Tue 5:30-7:00pm	Senior Center
<b>CLASS</b>	<b>DAY/TIME</b>	<b>LOCATION</b>
<b>Chair Exercise</b>		
<b>Watercolor Painting</b>	Mon/Fri 9:30-10:20am	Senior Center
<b>Gardening</b>	Tues 1:00-4:05pm	Senior Center
<b>Fundamentals of Sustainability (cancelled)</b>	Wed 1:00-2:50pm	Senior Center
	Wed 3:05-5:10pm	Senior Center
<b>Handcrafted Needlework</b>	Tues 9:00-11:50am	Senior Center
<b>Jewelry Production</b>	Fri 8:55-12:00pm	Senior Center
<b>Artisan Quilting</b>	Mon 5:30-8:15pm	Senior Center
<b>Int. Decorative Art Production</b>	Thurs 1:00-3:35pm	Senior Center
<b>Money Skills (Special Needs)</b>	Tues 9:00-11:20am	Senior Center
<b>Drawing</b>	Wed 9:00-11:50am	Senior Center
<b>Yoga</b>	Thurs 9:00-10:20am	Plummer Building
<b>Tai Chi</b>	Tues/Fri 9:00-10:10am	Plummer Building
<b>Chair Exercise</b>	Wed 9:30-10:20am	Plummer Building
<b>Aerobics</b>	Tue/Thurs 8:00-8:50am	Plummer Building
<b>Dancercise (Special Needs)</b>	Thurs 10:30-11:55am	Plummer Building
<b>Yoga</b>	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.

**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.**

## Harrah's Resort Casino

Activity Level: 1

**SOLD OUT**

**Monday March 16, 2026 8:30am-5:30pm**

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

**Resident Registration: Wednesday, January 28**

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



Excursion features transportation to Harrah's Resort Southern California in Valley Center, CA, travel pack and driver gratuity included. The day is yours to enjoy as you please whether it's slot machines, tables, and matinee bingo there is so much for you to do today!

## Europa Village Wineries & Resort



Activity Level: 2

**Thursday, April 23, 2026 10:00am-6:30pm**

Fee: \$44.00 Residents/Senior Club; \$45.50 Non-Residents

**Resident Registration: Wednesday, March 4**

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



Excursion features transportation to Temecula, wine sampling, travel pack, and driver gratuity included. Start the day off at the Europa village Winery, wine sampling included. Lunch will be on your own today. Final stop will be in Temescal Valley at Tom's Farm for shopping on your own.

## Don Laughlin's Riverside Resort-Laughlin



Activity Level: 1

**Wednesday, May 6-Friday, May 8 (overnight trip)**

Single Occupancy: \$290.00 Double Occupancy: \$185 (per person)

**Resident Registration: Wednesday, April 1**

**Non-Resident Registration: Thursday, April 2**



Excursion features transportation to Laughlin, 2-night room accommodations at Don Laughlin's Riverside Resort, 2-night resort fee, room tax, luggage service and one buffet per person included! Special Notes: Must be at least 21 years of age. You will not be able to board the bus or enter the casino without a valid picture identification card.

## Spend the Day in Catalina



Activity Level: 4

**Friday, June 26 7:00am-8:30pm**

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

**Resident Registration: Wednesday, May 20**

**Non-Resident Registration: Thursday, May 21**



Excursion features transportation to Catalina Island, travel pack and driver gratuity included. Everyone will spend the day on their own for lunch and shopping at Catalina Island. You won't want to miss this one!

**CITY OF SAN DIMAS  
PARKS & RECREATION**

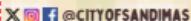
# EASTER EGG HUNT

**28 MARCH, 2026 | 10AM SHARP!**

**CIVIC CENTER PARK (245 E BONITA AVE.)  
& VIA VERDE PARK (1010 PUENTE ST.)**

**AGE GROUPS!**  
**2-3**  
**4-6**  
**7-10**  
**ARE WELCOME TO  
PARTICIPATE IN THE  
HUNT!**

**SELFIES WITH THE EASTER BUNNY  
STARTS AFTER EGG HUNT UNTIL 11:15AM**

 @CITYOFSDIMAS

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

909-394-6230

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

**2026  
CONCERT SERIES**

**June 10 - August 5  
Wednesdays  
7pm-9pm**

**LOCATION: CIVIC  
CENTER PARK**

June 10: Suave the Band (Latin Rock Hits)  
 June 17: The Tokens (Doo-Wop/Pop)  
 June 24: Midnight Riders (Top 40)  
 July 3: **(Friday Special Event)**: The Wrecking Crew (A 60s Experience)  
 July 8: OC3 (70's,80's,90's Hits)  
 July 15: The Silverados (Country)  
 July 22: Tom Nolan Band (Rock N Roll Soul and Motown)  
 July 29: The Answer (Classic Rock)  
 August 5: Cold Duck (Latin Dance Band)

**FREE ENTRY**

For more information contact:  
 San Dimas Parks & Recreation Department at  
 909-394-6230



## FAMILY OUTDOOR RECREATION

### WALNUT CREEK

**SATURDAY, MARCH 21  
8AM-9AM  
\$7 PER PERSON**

**REGISTRATION REQUIRED!  
FOR MORE INFORMATION CALL  
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:

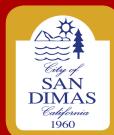
**Facebook:** San Dimas Historical Society

**Find us on:** Instagram

**Visit us at:** [www.SanDimasHistorical.org](http://www.SanDimasHistorical.org)

**MAILING ADDRESS**

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



## Parent Sweetheart Dance

**FRIDAY**  
**FEBRUARY 6, 2026**  
**5:30 PM - 8:00 PM**

Location:

San Dimas Senior Center

201 E. Bonita Ave

San Dimas, CA 91773



**Grades PreK-6th & Parents/Guardians**

**\$15/per person. (Dinner & Entertainment included)**

**Register at the Parks & Recreation Department, Senior Center,  
or Recreation Center.**

**For more information, please call (909) 394-6290.**

## 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**

