



SILVER TIMES



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

Vol 50 No 7

July 2026

JOIN US FOR

RED, WHITE & **BBO** SENIOR DINNER

FRIDAY, JULY 17 ★ 4:30PM

\$12 PER PERSON



SPONSORED BY:



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

60+

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 OFFERED MONDAY-FRIDAY!

CHECK-IN BEGINNING AT 10:30AM. LUNCH SERVED AT 11:00AM.

ADVANCE RESERVATIONS ARE NOT REQUIRED.

\$3.00 suggested donation

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

JULY 2026

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



monday	tuesday	wednesday	thursday	friday
YWCA IS ON A MISSION YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 E. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 928-214-9456	ADMINISTERED BY YWCA, SAN GABRIEL VALLEY AND FUNDED IN PART BY THE LOS ANGELES COUNTY AREA AGENCY ON AGING THROUGH THE OLDER AMERICANS ACT OF 1965 AS AMENDED.	1 BEEF STRAGNOFF PARSLIED CARROTS MESCLUN SALAD PINEAPPLE OR KIWI NOODLES	2 Independence meal BBQ CHICKEN TRI COLOR COLESLAW BAKED BEANS FRESH MELON ROLL PEACH PIE	3 4th of July (In Observance)
6 CORN CHOWDER TURKEY BURGER BAKED BEANS CARROTS	7 SAVORY BEEF STEW GREEN PEAS MASHED POTATO FRUIT CUP ROLL	8 CHICKEN MOLE SQUASH MEDLEY SPRING SALAD MANGO SPANISH BROWN RICE CHOCOLATE CHIP	9 GARDEN YEG SOUP BAKED FISH WITH GARLIC MARSALA SAUCE HERBED-CANNELLINI BEANS BROCCOLI SALAD CUBBANI APPLE SAUCE PASTA	10 LENTIL SOUP SOUTHWEST CHICKEN BOWL SHREDDED CABBAGE MARINATED BELL PEPPER FRESH OR UNSWEETENED PEACHES OR MELON ROLL
13 VEGETARIAN CHILI BROCCOLI MIXED SALAD GREENS FRUIT CUP OR KIWI QUINOA PILAF	14 EGG DROP SOUP CHINESE CHICKEN SALAD CRUNCHY RICE NOODLE MIXED SALAD CARROT PINA COLESLAW FRESH FRUIT IN SEASON ROLL	15 CREAM OF MUSHROOM SOUP POTATO CRUSTED POLLOCK SANDWICH HERBED LENTILS ORANGE	16 HOUSE MADE TURKEY MEATLOAF CORN SPINACH KALE SALAD BANANA	17 HOT & SOUR SOUP ASIAN BEEF STIR FRY MIXED ASIAN VEG ROMAINE SALAD MANGO FRUIT CUP PINEAPPLE SA
20 TOMATO BASIL SOUP TUNA SALAD HERBED POTATO SALAD CREAMY COLESLAW BAKED APPLE OR APPLE SAUCE ROLL	21 LINGUINE W/ MEAT SAUCE BROCCOLI CHOPPED SALAD WITH KALE PEAR OR PEACH	22 TANDOORI CHICKEN PEAS & CORN SPINACH SALAD PINEAPPLE & MANDARIN RICE PILAF	23 FIDEO SOUP BEEF FAJITA PINTO BEANS SPRING MIX CANTALOUPE WARM TORTILLA	24 GREEK CHICKEN BREAST ROASTED CARROTS W/HERBS DILL CUCUMBER SALAD ORANGE OR TANGERINE QUINOA
27 TURKEY ENCHILADA CASSEROLE BEANS MESCLUN MIXED SALAD MANGO SPANISH BROWN RICE	28 HOUSE MADE BEEF MEATLOAF ROSEMARY MASHED POTATO GREEN BEANS W/ HERBS ORANGE ROLL	29 GARDEN YEG SOUP BAKED FISH JAMBALAYA CARROTS BROCCOLI SLAW PLUM OR PEAR BROWN RICE PILAF	30 BBQ PULLED CHICKEN SANDWICH OVEN ROASTED BRUSSELS SPROUTS CHOPPED SALAD WITH KALE APPLE ROLL	31 CHICK GHANA MASALA SWEET POTATO SPINACH SALAD BANANA COUSCOUS

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.

July 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



BLOOD PRESSURE CHECK

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

Tuesday, July 7
10:00am-11:30am



ATTORNEY SERVICE

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

July 17
Waitlisted

2:00pm-4:00pm

To make an appointment or call the Senior Center at 909-394-6290

Legal Consultation

Free 1 on 1 legal consultation with Margarita Karasik-McGee. This is a great opportunity to ask questions and receive guidance from a trusted legal professional.

No appointments this month
3:30pm-4:00pm

Topics Covered Include:

- Wills and Trusts
- Power of Attorney
- Healthcare Directives
- Asset Protection
- Legacy Planning and Family Wealth Transfer



FINANCIAL LITERACY

Gain financial confidence!

July 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, July 1
10:30am-12:00pm**

7/1/26: Everyone Here is Lying by Shari Lapena
8/5/26: Miss Morgan's Book Brigade by Janet Skeslien Charles
9/2/26: Only the Beautiful by Susan Meissner

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



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

GAME SCHEDULE

MONDAY

**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**

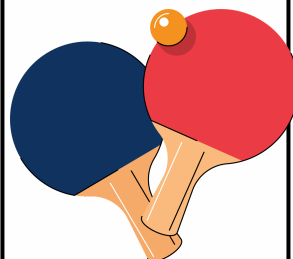
**PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
*There is a cost to play**

**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

\$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 (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
1:00pm-2:00pm
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773



FRIDAY
Movie Matinee
JULY 10 • 2 PM

FREE

Sally FIELD Dolly PARTON Shirley MACLAINE Daryl HANNAH Olympia DUKAKIS Julia ROBERTS

Steel Magnolias

M'Lynn (Sally Field) is the mother of bride-to-be Shelby Eatenton (Julia Roberts), and as friend Truvy Jones (Dolly Parton) fixes the women's hair for the ceremony, they welcome a helping hand from aspiring beautician Annelle Dupuy DeSoto (Daryl Hannah). Diabetic Shelby has a health scare, which is averted but doesn't bode well for her hopes of having children. Time passes, and the women and their friends encounter tragedy and good fortune, growing stronger and closer in the process.

JOIN US FOR

JULY 55+

HAPPY HOUR

JULY 9 3PM-4PM

REGISTRATION REQUIRED
RSVP OPEN JUNE 2

July 55+

Birthday Social

July 9 Free
3pm-4pm

Register with us if you are celebrating a birthday in July!
Rsvp opens June 2

JOIN US FOR

RED, WHITE & BBQ

SENIOR DINNER

FRIDAY, JULY 17 ★ 4:30PM

\$12 PER PERSON

DINNER MENU
HAMBURGERS
POTATO SALAD
BAKED BEANS
WATERMELON

ENTERTAINMENT BY: RUDY

SPONSORED BY:

San Dimas SENIOR CLUB
Active • Generous • Proud




San Dimas Heros

WANTED:

SAN DIMAS VETERANS

HONORING ALL WHO SERVED

Are you currently a resident of San Dimas or have you previously lived in San Dimas for at least one year?
Do you have an Honorable Discharge? If so, **WE WANT YOU.**

We would like to add your name to our permanent granite wall at Freedom Park in San Dimas.

For more information, visit our website at SanDimasHEROES.org (go to the bottom of our home page and click on Applications) or call us at (909) 677-9557.



Act now as our deadline for submittal is **September 30, 2026**.
All new names will be unveiled on Veterans Day, November 11, 2026. Thank you for your service.

Home Equity Solutions in Retirement

IS A REVERSE MORTGAGE RIGHT FOR YOU?

PRESENTED BY

Rate

Thinking about your retirement finances? Join Diva Alfaro for an easy-to-understand Reverse Mortgage Seminar. Learn how it works, who it's for, and whether it could be a smart option for you!

JULY
31ST

SAN DIMAS SENIOR CENTER
201 E BONITA AVE
SAN DIMAS, CA 91773
TIME: 1:00 PM - 2:00 PM

Pre-registration is required.
Call (909) 394-6290



I'm looking forward to talking business and showing you our latest, greatest marketing material!



Diva Alfaro
VP Reverse Mortgage Specialist

3940 N Ravenswood | Chicago, IL 60613

Rate

Diva Alfaro NMLS ID: 1209736; CA - CA-DFP11209736

FEDERAL RESERVE BANK NMLS ID #2611, (Nationwide Mortgage Licensing System www.nmlsconsumeraccess.org) Rate marketing materials will be made available at this event.

San Dimas

★ 2026 ★

July 3, 2026
4pm - 9:30pm
Civic Center Park (245 E. Bonita Ave.)

★ **Live Entertainment** ★
★ **Farmers Market** ★
★ **Beer Garden (Opens @ 6pm)** ★
★ **Car Display** ★
★ **Games & Activities** ★

★ **Stars, Stripes & Drone Lights** ★
★ **Drone Show @ 9pm** ★



Instagram icon @cityofsandimas

sandimasca.gov/special-events



End of Summer Roll Bunco



One last summer celebration!

55+

Thursday, August 27
2:00 PM – 4:00 PM
\$7/person

Tickets go on sale: July 7

Friday, August 21 4:30pm-7:00pm \$12/person

SUMMER

55+



BREEZE

TICKET SALES
RESIDENTS: JULY 7
NON-RESIDENTS: JULY 8

SENIOR DINNER



You are invited to:

August Birthday Social

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



RSVP Opens:
July 7

Thursday,
Aug. 13

3PM-4PM

FREE!
REGISTRATION
REQUIRED



August HAPPY HOUR

Thursday,
August 13
3pm-4pm

55+

Registration Required!
RSVP Opens: July 7

FREE!





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



 YOU'RE INVITED TO A

PROM

Theme
DINNER & DANCE

A NIGHT TO REMEMBER

FOR SENIORS
55+

Dust off your dancing shoes, dress to impress, and join us for an elegant evening of memories, music, and celebration!

Where every
KING & QUEEN
gets their
NIGHT!

 FRIDAY SEPTEMBER 18, 2026 4:00PM - 7:30PM	 DINNER DELICIOUS MEAL & DESSERT	 DANCING GREAT MUSIC & GOOD TIMES	 MEMORIES PHOTO BOOTH & DOOR PRIZES
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 **LOCATION**
COMMUNITY BUILDING
245 E. Bonita Ave., San Dimas

\$15
PER PERSON

Come for the night, leave with lasting memories.

 JOIN US FOR THE

September Birthday Social

THURSDAY, SEPTEMBER 10
3PM - 4PM

Register with us if you are celebrating a birthday in September!
RSVP opens: August 4

Free! Registration Required!

 Join us for

September Happy Hour

55+

SEPTEMBER 10 | AT 3:00PM

Registration Required!

Free
RSVP opens: August 4

SPONSORED BY:

 Tina Brownell
TRUB INSURANCE SERVICES
909-630-2576

"Ride and Go" Transportation

Transportation Programs for
Seniors (Age 62+) and
Individuals with Disabilities



Mileage Reimbursement Program

Get Reimbursed for Mileage!

If your personal driver takes you to medical appointments or other essential destinations, you qualify for mileage reimbursement.

Eligible Cities:

- Azusa
- Claremont
- Covina
- Diamond Bar
- Glendora
- La Verne
- Pomona
- San Dimas
- Walnut
- West Covina

Volunteer Driver Program

We are looking for individuals 25 years and older who are interested in providing transportation to seniors.

Providing transportation for seniors to:

- Doctor's Appointments
- Grocery Stores
- Lunch with friends

Call For More Information

agingnext
small group

Berenice/Jackie
909-621-9900
Hablamos Español

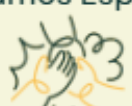


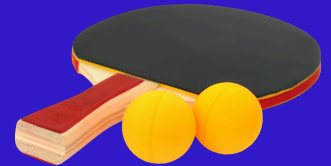
TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, JULY 1
11:00 AM



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

GET YOUR
VOCALS
READY
AND
JOIN US FOR
KARAOKE!

FREE!

REGISTRATION
REQUIRED

FRIDAY,
JULY 31

1PM

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



JOIN YWCA-SGV
FOR A PRESENTATION ON:

CalFresh

THURSDAY, JULY 9 AT 9:00 AM
AT
SAN DIMAS SENIOR CENTER

STAFF WILL STAY ON-SITE UNTIL 11 AM FOR ANYONE WHO WANTS TO APPLY

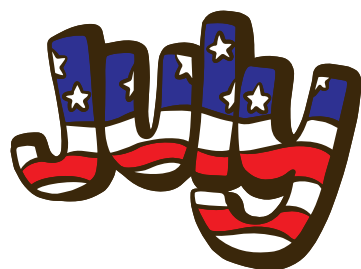
eliminating racism
empowering women
ywca
San Gabriel Valley

MAIN OFFICE LINE:
626-960-2995

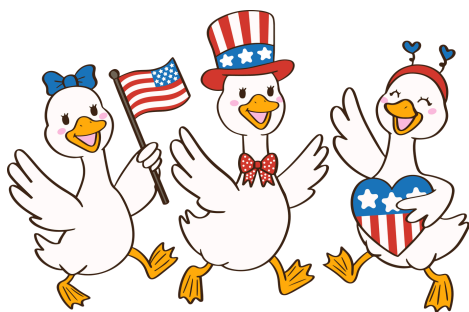
EMAIL:
INFO@YWCASGV.ORG

REGISTRATION REQUIRED!
909-394-6290

YWCA
IS ON A
MISSION



2026



6

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

August Dinner Registration-Residents

7

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

13

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

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

20

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

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

27

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

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**
 12:25pm Basic Computing 3
 1:00pm Watercolor
 5:30pm Writing Class

WEDNESDAY		THURSDAY		FRIDAY 13	
1		2		3	
8:15am Pinochle 9:00am Internet Safety 9:00am Drawing 9:30am Chair Exercise 10:30am Book Party-Book Club 10:30am YWCA Lunch Dine-In 1:00pm Writer's Workshop 1:15pm Brain Health 2 1:00pm Local Food Communities		Hollywood Bowl Excursion 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		Closed	
August Dinner Registration-Non-Residents Sunset Luau Registartion-Residents 8		CalFresh Workshop 9am Happy Hour/Birthday Social 3-4pm Sunset Luau Registartion-Non-Residents 9		10	
8:15am Pinochle 9:00am Internet Safety 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 Local Food Communities		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		8:15am Euchre 8:55am Jewelry Production 9:00am Office Cloud 9:00am Tai Chi * 9:30am Chair Exercise 10:30am Yoga * 10:30am YWCA Lunch Dine-In 12:30pm Artist Workshop 2:00pm Movie Matinee	
15		16		17	
8:15am Pinochle 9:00am Internet Safety 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 Local Food Communities		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		Senior Dinner 4:30pm 8:15am Euchre 8:55am Jewelry Production 9:00am Office Cloud 9:00am Tai Chi (CB) 9:30am Chair Exercise 10:30am Yoga (CB) 10:30am YWCA Lunch Dine-In 12:30pm Artist Workshop	
22		23		24	
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FREE CLASSES FOR OLDER ADULTS



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



Summer Session Dates: June 22-August 15

No Class on July 3

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

SCHEDULE OF SPRING SESSION CLASSES

Class schedule is subject to change

CLASS

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

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 9:30-11:50am
Tue 5:30-7:00pm

LOCATION

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

CLASS

Chair Exercise
Watercolor Painting
Local Food Communities

DAY/TIME

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

LOCATION

Senior Center
Senior Center
Senior Center

Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Intro to Money Management (Special Needs)
Drawing

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

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 9:00-10:10am
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.

Hollywood Bowl 4th of July Spectacular

Activity Level: 4

SOLD OUT**Thursday, July 2 5:00pm-11:45pm**

Fee: \$80.00 Residents/Senior Club; \$81.50 Non-Residents

Resident Registration: Wednesday, June 3**Non-Resident Registration: Thursday, June 4**

Excursion features transportation to the Hollywood Bowl for the 4th of July Spectacular featuring The Beach Boys with special guest John Stamos tickets, travel pack and driver gratuity included. Bring a picnic dinner to enjoy under the stars or you can purchase food and drinks upon arrival. End the evening with the spectacular fireworks show.

Sunset Luau with Curt Tucker

Activity Level: 3

**Thursday, August 6 3:00pm-11:50pm**

Fee: \$170.00 Residents/Senior Club; \$171.50 Non-Residents

Resident Registration: Wednesday, July 8**Non-Resident Registration: Thursday, July 9**

Excursion features transportation to the shores of Mission Bay, entertainment, lei greeting, Mai Tai with souvenir take home glass, all-you-can-eat buffet, travel pack & driver gratuity. Join Curt Tucker for a San Diego summer tradition as we celebrate the rich Polynesian culture with a sunset luau at the Catamaran Resort & Spa.

Sunset Luau with Curt Tucker

Activity Level: 3

Danish Days in Solvang

Activity Level: 3

**Saturday, September 19 7:30am-7:30pm**

Fee: \$47.00 Residents/Senior Club; \$48.50 Non-Residents

Resident Registration: Wednesday, August 5**Non-Resident Registration: Thursday, August 6**

Excursion features transportation to Solvang, travel pack, and driver gratuity. It's the annual Danish Days festival in Solvang. This weekend is the 89th annual Danish Days Festival, free to the public. This quaint town is rich in Danish heritage and features many special events throughout the day for you to enjoy. This afternoon is the Parade with floats, equestrians, dancers, and the Solvang Village Band. All meals are on your own today.

Big Bear Oktoberfest (21+)

Activity Level: 2

**Sunday, October 18 10:30am-7:00pm**

Fee: \$64.00 Residents/Senior Club; \$65.50 Non-Residents

Resident Registration: Wednesday, September 2**Non-Resident Registration: Thursday, September 3**

Excursion features transportation to Big Bear Lake, admission, lunch, travel pack and driver gratuity included. Kick your feet up with some polkas, Macarena's and the Chicken dance before heading outside and take a big breath of fresh mountain air. Your lunch will be included today!



SAN DIMAS PARKS & RECREATION



CARS & COFFEE



CALLING ALL CAR ENTHUSIASTS! SAN DIMAS IS EXCITED TO INVITE YOU TO THE EXOTIC, SPORT, LUXURY, & CLASSIC CAR MEET UP. BRING YOUR RIDE AND ENJOY A CUP OF COFFEE.

PARKING SPOTS WILL BE BASED ON FIRST COME FIRST SERVE! ARRIVE EARLY TO SECURE YOUR SPOT.

JUNE 20

JULY 18

AUGUST 15

8AM TO 10AM

DOWNTOWN SAN DIMAS
LOCATED BEHIND THE WALKER HOUSE
(121 N. SAN DIMAS AVE.)

X @ CITYOFSANDIMAS

SANDIMASCA.GOV/SPECIALEVENTS

909-394-6230



EVERY WEDNESDAY

APRIL 1-SEPTEMBER 16

4:00PM-8:30PM

245 E. BONITA AVE., SAN DIMAS
LIVE BANDS—FRESH PRODUCE—HOME DECOR—HAND CRAFTED VENDORS

FOR MORE INFORMATION CONTACT SANDIMASCA.GOV/SPECIALEVENTS OR 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





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



SOLD OUT

MISSION CONTROL FAMILY CAMPOUT

\$15 PER PERSON

**JULY 24-
JULY 25
5PM-10AM**

HORSETHIEF CANYON PARK

**REGISTRATION OPENS
MAY 11TH**

**FOR MORE INFORMATION:
(909) 394-6230**

BRING YOUR TENT AND AN APPETITE FOR FUN IN THE OUTDOORS! CREATE MEMORIES WITH YOUR FAMILY AND FRIENDS AS YOU SET-UP YOUR CAMPSITE & GET READY TO LAUNCH INTO OUTER SPACE EXPLORE ALIENS AND TAKE PART IN THE NIGHT SKY VIEWING USING TELESCOPES.

DINNER WILL BE PROVIDED. THEN THERE WILL BE PLENTY OF FUN ACTIVITIES & FAMILY TIME BEFORE YOU EXPLORE THE NIGHT'S SKY, SO BRING YOUR TELESCOPE. YOUR OUTDOOR ADVENTURE WEEKEND WILL END WITH A CONTINENTAL BREAKFAST,

Refunds only if the Recreation Department cancels the event.
Children under 18 must be accompanied by an adult or legal guardian

Horsethief Canyon Hike

Saturday, July 11 8:00am - 9:00am

Fee: \$5 per person

Level: Intermediate - Moderate

Fee includes trail snacks, safety basics and guided supervision.

For more information and to register contact the parks and recreation (909) 394-6230 or visit sandimasca.gov

For all Outdoor Hikes: children under 18 years must be accompanied by a parent or guardian.

PLEASE WEAR APPROPRIATE HIKING SHOES OR BOOTS FOR A SAFE AND COMFORTABLE EXPERIENCE ON THE TRAIL.

LET'S

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

