



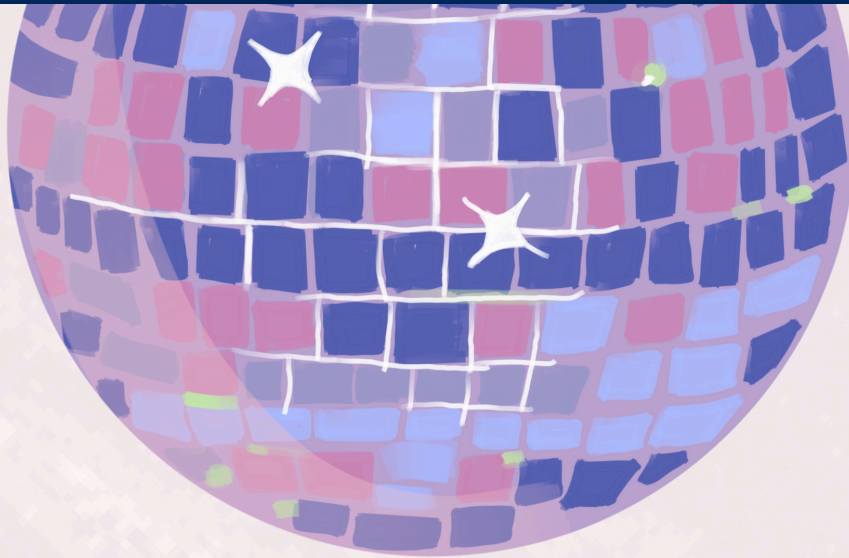
SILVER TIMES



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

Vol 49 No 1

January 2025



Ring in the New Year Senior Dinner

JANUARY

17

4:30-7:00PM



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		JANUARY 2025			Monday, Tuesday, Wednesday, Thursday, and Friday at 11am
Monday	Tuesday	Wednesday	Thursday	Friday	
<p>eliminating racism empowering women ywca San Gabriel Valley</p>	<p>YWCA SAN GABRIEL VALLEY SENIOR SERVICES DEPARTMENT 101 S. BARRANCA AVENUE, COVINA, CA 91724 PHONE: 626-214-9456</p>	<p>1 Happy NEW YEAR</p>	<p>2 BEEF FAJITAS PINTO BEANS SPINACH SALAD FRESH ORANGE BROWN RICE FLOUR TORTILLA</p>	<p>3 SPLIT PEA SOUP TUNA SANDWICH CARROT RAISIN SALAD LETTUCE & TOMATO SLICE PINEAPPLE AND MANGO BREAD</p>	
<p>6 CORN CHOWDER BEEF STRIPS WITH MUSHROOM SAUCE STEAMED SPINACH GREEN SALAD STRAWBERRIES PASTA</p>	<p>7 LEMON PEPPER CHICKEN CAULIFLOWER MARINATED CUCUMBER SALAD BANANA BREAD</p>	<p>8 TACO SALAD PINTO BEANS CABBAGE FRUIT BREAD TORTILLA CHIPS</p>	<p>9 BBQ CHICKEN BAKED YAM MIXED ICEBERG AND ROMAIN SALAD KIWI BARLEY PILAF CORN BREAD</p>	<p>10 SWEET AND SOUR PORK BROCCOLI SPINACH SALAD TANGERINE BROWN RICE</p>	
<p>13 CHICKEN CURRY WINTER SQUASH ASIAN CUCUMBER SALAD FRESH PEAR ORANGE JUICE WHITE RICE BREAD</p>	<p>14 SWEDISH MEAT BALLS GREEN PEAS ROMAINE CELERY KIWI NOODLES</p>	<p>15 CRM OF BROCCOLI CHICKEN CHIPOTLE CAULIFLOWER MIXED GREEN SALAD BANANA BROWN RICE</p>	<p>16 BEEF LASAGNA CARROTS CREAMY COLESLAW PEACHES NOODLES</p>	<p>17 BAKED FISH W/ CRUMB TOPPING BEETS ORANGE BARLEY PILAF</p>	
<p>20 Martin Luther King Day</p>	<p>21 BUTTERNUT SQUASH SOFT CHICKEN TACO PINTO BEANS LETTUCE AND TOMATO MANDARIN ORANGE BROWN RICE FLOUR TORTILLA</p>	<p>22 HOT ROAST BEEF MASHED POTATO MARINATED BEET SALAD APPLESAUCE BREAD</p>	<p>23 CABBAGE SOUP CRISPY CHICKEN BROCCOLI SPRING MIX SALAD BANANA BREAD</p>	<p>24 PORK CARNITAS BAKED YAMS PINEAPPLE MANGO CILANTRO BROWN RICE</p>	
<p>27 CHICKEN DIVAN GREEN BEANS SPINACH SALAD PEACH OR PEAR BROWN RICE</p>	<p>28 MEATLOAF MASHED POTATOES ROMAINE AND ICEBERG LETTUCE PINEAPPLE AND MANGO</p>	<p>29 CRM OF MUSHROOM CHICKEN PARMESAN WINTER SQUASH BROCCOLI SLAW BANANA SPAGHETTI</p>	<p>30 STUFFED BELL PEPPER CARROTS MASLUN SALAD CANTALOUPE BREAD</p>	<p>31 BREADED FISH CAULIFLOWER & PEAS CEASAR SALAD FRUIT ROLL</p>	

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.

January 17
1:00pm-4:00pm

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

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

eliminating racism
empowering women
ywca
San Gabriel Valley

YWCA LUNCH PROGRAM



Socialize with others while enjoying a hot, nutritious lunch.

Dine-In Hot Lunch Program

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

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

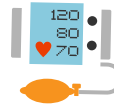
No advance reservations required.

Age 60+

\$3.00 suggested donation

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

**For menu
see page 2**



BLOOD PRESSURE CHECK

Free blood pressure check by a certified American Red Cross volunteer. Offered on the 1st Tuesday each month. No appointment needed.

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



ATTORNEY SERVICE

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

January 17
10:00am-12:00pm

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



FINANCIAL LITERACY

Gain financial confidence!

Thursday, January 30

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

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

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

BOOK PARTY



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

Wednesday, January 8
10:30am-12:00pm

1/8: Daisy Darker by Alice Feeney
2/5: Never Let Me Go by Kazuo Ishiguro
3/5: Dinners with Ruth by Nina Totenberg

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP



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

Participants needed!
Please call the senior center to be added to the interest list.

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

CRIBBAGE
8:15AM - 12PM

CANASTA
1:00PM - 4:00PM

BRIDGE
1:00PM - 4:00PM

TABLE TENNIS
7:30am-8:30pm

TUESDAY

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

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

TABLE TENNIS
7:30am-8:30pm

WEDNESDAY

PINOCHLE
8:15AM - 12:00PM

TABLE TENNIS
7:30am-8:30pm

THURSDAY

RUMMY TILE
9:15AM - 11:30AM

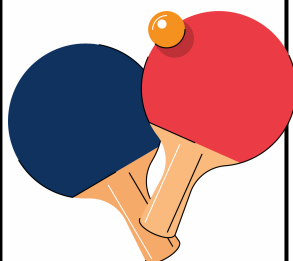
CANASTA
1:00PM - 4:00PM

BILLIARDS
7:30am-8:30pm

FRIDAY

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





San Dimas Senior Citizens Club

JOIN NOW



Ages 55+

 Senior Center MPR

Tuesdays | 9:30 AM-10:30 AM

\$6 Annual Dues | \$0.25 each meeting attended

Enrich your life & make lifelong friends!



SAN DIMAS SENIOR CLUB PRESENTS

BINGO!

EVERY TUESDAY

12:30PM-3:00PM

COMMUNITY BUILDING 

Package Fees

1st Packet: \$7

2nd Packet: \$5

Additional Packets: \$3

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



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



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



San Dimas
TRAVEL
Club

January 16
3:30pm-4:30pm
Senior Center MPR
Presentation by:
Premier Travel

SAN DIMAS SENIOR CENTER

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.**



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

Know the Scams, Don't Be a Victim

SCAM ALERT

Learn how to:

- Identify financial exploitation and common scam techniques
- Spot the warning signs of a scam
- Protect yourself with tips on prevention and dealing with scams

When: Thursday, January 23, 2025
Time: 1:00PM-2:00PM
Where: San Dimas Senior Center
201 E. Bonita Ave

Pre- Registration Required
909-394-6290

ALERT

LOS ANGELES COUNTY DEPARTMENT OF MENTAL HEALTH
hope. recovery. wellbeing.



YOU'RE INVITED TO
JANUARY

Happy Hour

55+



TOAST TO
THE NEW YEAR

THURSDAY, JANUARY
9

3:00PM-4:00PM

REGISTRATION REQUIRED!
FREE!



January
Birthday Social

55+

REGISTER WITH US IF YOU ARE
CELEBRATING A BIRTHDAY IN
JANUARY

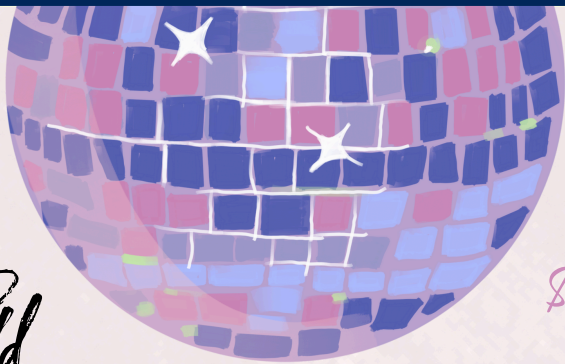
THURSDAY, JANUARY 9

3:00 PM-4:00 PM



free!

Sponsored by:



Sold out

\$9

Ring in the
New Year
Senior Dinner



JANUARY

17

4:30-7:00PM

MENU

CHICKEN MEDLEY, BUNDT CAKE,
GLAZED CARROTS, RICE

Sponsored by:



Entertainment by:
John C!



CORNER
CUP

Come and enjoy a delicious cup of
coffee the month of **January** thanks to
our sponsor, Emanate Health.

While supplies last!

EMANATE WILL BE ON-SITE:
JANUARY 8, JANUARY 15 & JANUARY 29
9AM-11AM

CALL THE SAN DIMAS SENIOR CENTER FOR
MORE INFORMATION
909-394-6290

FREE
COFFEE





Friday
Movie Matinee
JANUARY 3 • 2 PM

FREE

Jennifer Aniston Kevin Bacon
Picture Perfect

SHY AWKWARD YOUNG MERCER ADVERTISING AGENCY EXECUTIVE KATE MOSLEY'S LIFE BECOMES INCREASINGLY COMPLICATED WHEN SHE ATTEMPTS TO IMPRESS HER BOSS BY PRETENDING TO BE ENGAGED TO WEDDING PHOTOGRAPHER NICK, WHOM SHE HAS JUST MET.

REGISTRATION REQUIRED






MANDARIN LEARNING & CULTURAL IMMERSION



JAN 9TH - FEB 27TH, 2025
THURSDAYS | 10:00 AM - 11:30 AM
SAN DIMAS SENIOR CENTER
201 E BONITA AVE, SAN DIMAS, CA 91773
(909) 394-6290
REGISTRATION REQUIRED!







NEW

City of San Dimas Senior Center

Notary Service

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.

The 2nd Thursday of each month from 11:30am-12:30pm.

Beginning December 12th

Location:
San Dimas Senior Center
201 E. Bonita Ave
Appointment is Required
For more information:
Contact
San Dimas Senior Center
(909)394-6290



Notary Commission
#2360356



City of San Dimas

Silver Surfers Tech Club

NEW!

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: 4:30-6:00pm**

Location: San Dimas Senior Center
201 E. Bonita Ave

Date : Last Friday of every month

Friday, January 31

Assistance with

- SMART PHONES
- LAPTOPS
- TABLETS






"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 ACCOMPANIED BY AN ADULT AND WAIVERS MUST BE COMPLETED BY PARENT/GUARDIAN.

PASS RATES

	<u>Resident</u>	<u>Non-Resident</u>
ANNUAL	\$230	\$265
FAMILY	\$395	\$420
DAILY	\$5	\$7
MONTHLY	\$35	\$45

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

MONTHLY PASS: \$35 DAILY RATE: \$2

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

FITNESS CLASS SCHEDULE

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





You Are Invited To

Love Potion No. 9

HAPPY HOUR 55+

FEBRUARY **13** 3PM-4PM



Sponsored by:



Registration Required
FREE!



FEBRUARY Birthday Social 55+

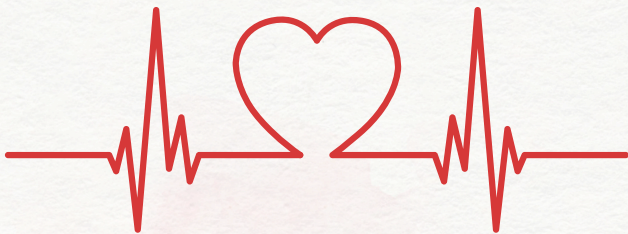
FEBRUARY 13
3PM - 4PM

Register with us if you are celebrating a birthday in February

Free!



HEARTBEAT HANGOUT BUNCO



\$5

FEBRUARY 27
2 PM-4 PM

MEAL INCLUDED!



TICKETS GO ON SALE
TUESDAY, JANUARY 7



CORNER CUP

Come and enjoy a delicious cup of coffee the month of **February** thanks to our sponsor, **Emanate Health**.

While supplies last!

CALL THE SAN DIMAS SENIOR CENTER FOR MORE INFORMATION

909-394-6290



TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, JANUARY 8
11:00 AM



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



BOCCE BALL

55+

FRIDAY, JANUARY 31, 2025
AT 10:30
CIVIC CENTER PARK

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



SENIOR *Fitness Class*

55+

Participants Wanted!

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



 Civic Center Park
 909-394-6290





* Denotes Classes held at CB-Plummer Community Building



Mt. Sac Winter Session Begins

6

7

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

- 8:00am Aerobics (CB)
- 9:00am Thai Chi (CB)
- 9:00am Handcrafted Needlework
- 9:30am Senior Club Meeting
- 10:30am **YWCA-Lunch Dine-In**
- 12:25pm Creative Computing
- 1:00pm Watercolor

JANUARY

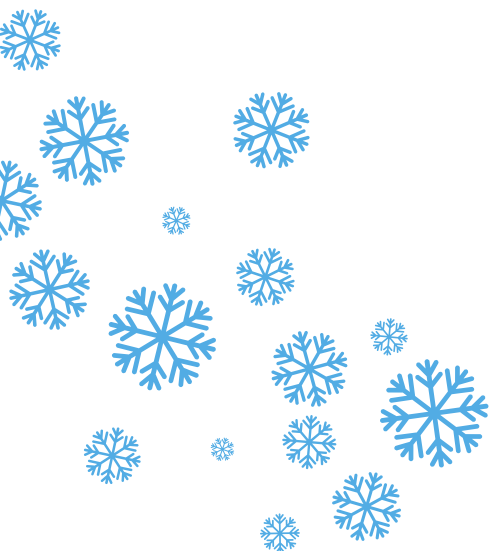
2025

13

14

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

- 8:00am Aerobics (CB)
- 9:00am Thai Chi (CB)
- 9:00am Handcrafted Needlework
- 9:30am Senior Club Meeting
- 10:30am **YWCA-Lunch Dine-In**
- 12:25pm Creative Computing
- 1:00pm Watercolor



20

21



- 8:00am Aerobics (CB)
- 9:00am Thai Chi (CB)
- 9:00am Handcrafted Needlework
- 9:30am Senior Club Meeting
- 10:30am **YWCA-Lunch Dine-In**
- 12:25pm Creative Computing
- 1:00pm Watercolor

27

28

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

- 8:00am Aerobics (CB)
- 9:00am Thai Chi (CB)
- 9:00am Handcrafted Needlework
- 9:30am Senior Club Meeting
- 10:30am **YWCA-Lunch Dine-In**
- 12:25pm Creative Computing
- 1:00pm Watercolor

WEDNESDAY

THURSDAY

FRIDAY 13

1

2

3



9:15am Rummy Tile
 10:30am **YWCA Lunch Dine-In**
 1:00pm Canasta

10:30am **YWCA Lunch Dine-In**
 12:30pm **Artist Workshop**
 2:00pm **Movie Matinee** 

8

Happy Hour/Birthday Social 3-4pm

9

10

8:15am Pinochle
 9:00am Excel Level 1
 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
 1:00pm Brain Health 1
 1:00pm Local Food Communities

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 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 2

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

Solvang Registration-Residents

15

Solvang Registration-Non-Residents

16

Senior Dinner 4:30pm-7pm

17

8:15am Pinochle
 9:00am Excel Level 1
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:00pm Brain Health 1
 1:00pm Local Food Communities

Travel Club 3:30pm

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 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 2

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

22

Scams Prevention Seminar 1pm

23

Art & Automobiles Excursion

24

8:15am Pinochle
 9:00am Excel Level 1
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:00pm Brain Health 1
 1:00pm Local Food Communities

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 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 2

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

29

30

31

8:15am Pinochle
 9:00am Excel Level 1
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:00pm Brain Health 1
 1:00pm Local Food Communities

8:00am Aerobics (CB)
 9:00am Yoga (CB)
 9:00am Digital Photo
 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 2

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

14 WINTER MT SAC CLASSES SCHEDULE

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 6-February 13

No Class on 1/20 & 2/17

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

CLASS

Brain Health 1
Basic Excel-Level 1
Creative Computing

DAY/TIME

Wed 1:00-3:20pm
Wed 9:00-11:50am
Tues 12:25-3:30pm

LOCATION

Senior Center
Senior Center
Senior Center

Digital Photography
Brain Health 2
Internet Research

Thurs 9:00-11:50am
Thurs 1:00-3:20pm
Fri 9:00-11:50am

Senior Center
Senior Center
Senior Center

CLASS

Chair Exercise
Watercolor Painting
Local Food Communities
Handcrafted Needlework
Jewelry Production
Artisan Quilting for Retail Sales
Int. Decorative Art Production
Consumer Skills (Special Needs)
Drawing

DAY/TIME

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

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

For more information call,
San Dimas Senior Citizen/Community Center (909)394-6290

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.

Art & Automobiles

Activity Level: 3



Friday, January 24, 2025

9:00am-4:30pm

Fee: \$85.00 Residents/Senior Club; \$86.50 Non-Residents

Resident Registration: Wednesday, December 4

Non-Resident Registration: Thursday, December 5



Excursion features admission to the Broad Art Museum and the Petersen Automobile Museum, lunch on your own at the Original Farmers Market in Los Angeles.

The fun begins at The Broad, a new contemporary art museum founded by philanthropists Eli and Edythe Broad. Next, see more than 300 very rare Carson display, everything from one-of-a-kind classics, turn of the century and historical rarities, and more. Enjoy lunch on your own at The Original Farmers Market, one of L.A.'s most treasured landmarks.

Morongo Casino

Activity Level: 1



Monday, February 24, 2025

8:30am-6:30pm

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

Resident Registration: Wednesday, December 18

Non-Resident Registration: Thursday, December 19



Excursion features admission to Cabazon to spend the day at Morongo Casino or the Cabazon Outlets, driver gratuity, travel pack, and lunch on your own.

Solvang Trail of Treats

Activity Level: 3



Wednesday, March 12, 2025

7:30am-6:00pm

Fee: \$120.00 Residents/Senior Club; \$121.50 Non-Residents

Resident Registration: Wednesday, January 15

Non-Resident Registration: Thursday, January 16



The tour includes driver gratuity, travel pack, a docent-led tour of the Old Mission Santa Ines, a voucher for a small box of assorted chocolates at Ingeborg's Chocolate shop, and a voucher for one dozen cookies from Solvang Bakery.

FAMILY OUTDOOR RECREATION



WALNUT CREEK HIKE

SATURDAY, JANUARY 25

8AM-9AM

\$5 PER PERSON

FEE INCLUDES TRAIL SNACKS, SAFETY BASICS, & GUIDED SUPERVISION. CHILDREN UNDER 18 YEARS MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN.



LEVEL: MODERATE



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



City of San Dimas

Parent Sweetheart Dance



**FRIDAY
FEBRUARY 7, 2025
5:30 PM - 8:00 PM**



Put on your dancing shoes and bring your little one out for a night of music, dancing, dinner & fun!



**Grades PreK-6th & Parents/Guardians
\$11/per person.**

**Register at the Parks & Recreation Department, Senior Center,
Recreation Center
or visit: sandimasca.gov**



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

E-mail: office91773@sandimashistorical.org



Got old Batteries?

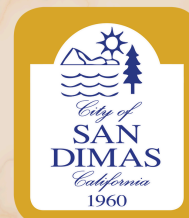
Make a difference by recycling your used batteries today.



Drop off old household batteries at the senior center lobby
in the designated recycle bin.

Please note the following household
electronic batteries aren't accepted:

- Cell phones
- Laptops
- Power tools
- GPS devices
- Car batteries



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 (PVT) offers transportation programs for the cities of San Dimas, La Verne, Claremont and Pomona

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

Get About

- Available to Seniors and Disabled persons living in the 4 cities served.
- Hours: Weekdays 6:00am-7:30pm
Saturday 8:30am-5:30pm
Sunday 7:30am-5:00pm
- Fares \$1.00 or 1 ride ticket each way. Extended boundary is \$2.00 each way or 2 tickets.
- Travel anywhere within the 4 cities. Also, includes Montclair Plaza and Montclair Medical Center.
- Extended boundaries to certain other locations.
- Door to door service.
- Reservations at least 1 day or up to 7 days advance of your trip.
- You must register prior to making reservations.

Get About

To register call: (909)596-7664
To reserve rides call: (909)596-5964



Senior Center Mission Statement

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

IMPORTANT PHONE NUMBERS

A.A.R.P	800-424-3410	HUD- Housing Authority	213-894-8000
Access Transportation	800-827-0829	Humane Society (SPCA)	909-623-9777
Adult Protective Services	877-477-3646	In-Home Support Services	866-613-3777
AgingNext	909-621-9900	Library- San Dimas	909-599-6738
American Cancer Society	626-795-7774	Meals on Wheels	909-596-1828
Center for Health Care Rights	800-824-0780	Medicare	800-633-4227
Chamber of Commerce	909-592-3818	Metro Access Services	800-827-0829
Chuckwagon Meal Reservations	909-394-6298	Mt. San Antonio College	909-594-5611
Center for Disease Control	800-232-4636	Ombudsman (Long-Term Care)	909-394-0416
City Hall- San Dimas	909-394-6200	Post Office- San Dimas	909-599-0651
Dial-a-Cab	909-622-4435	Recreation Center	909-394-6283
Edison- Power Outages	800-611-1911	Ready Now Transportation	909-770-8038
Elder Abuse Hotline	877-477-3646	Senior Information Assistance	800-510-2020
Eldercare Locator	800-677-1116	Sheriff's Station- San Dimas	909-450-2700
Fair Housing Association	800-225-5342	Social Security	800-772-1213
Fire Department- San Dimas	909-599-6727	SGV Vector Control	626-814-9466
Get About Reservations	909-596-5964	Volunteers of America	213-389-1500
Graffiti Hotline	626-442-6666	YWCA Case Management	626-214-9465
Historical Society	909-592-1190	YWCA Home Delivered Meals	626-214-9465
House of Ruth	877-988-5559		



City of San Dimas
Parks & Recreation Department
San Dimas Senior Citizen/Community Center
201 E. Bonita Avenue, San Dimas, CA 91773

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

San Dimas Senior Citizen/Community Center
(909)394-6290
Parks & Recreation Department
(909)394-6230

