



SILVER TIMES



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

Vol 50 No 1

January 2026



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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

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

JANUARY 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 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456			1 	2 DAY AFTER NEW YEARS
5 Turkey Rice Soup Tuna Sandwich Carrot Pineapple Shredded Brussels Apple Sauce bread	6 Spaghetti Broccoli Romaine Caesar Salad Sourdough bread	7 Chicken Enchilada Black Beans Creamy Cucumber Salad Orange Tortilla	8 Cabbage & Tomato Soup Lemon Pepper Fish Corn Green Beans Kiwi Roll	9 Roast Beef Sandwich Carrot Apple Bell Pepper & Celery Salad Lettuce Tomato Canned Peaches Roll
12 Northern Bean Beef Chili Mac Peas & Onion Spinach and Kale Salad Pear	13 CHEFS CHOICE** Herb Baked Fish or Roast Pork** Steamed Cabbage Waldorf Salad Couscous	14 Butternut Squash Turkey A La King Cauliflower Marinated Beet Salad Canned Peach Pasta Biscuit	15 Meatloaf w/Red Sauce Mash Potato Mediterranean Salad Fruit Cocktail Bread	16 Chicken Mole Pinto Beans Carrot Kiwi Spanish Brown Rice Tortilla
19 Martin Luther King Day	20 Beef Picado Black Beans Chopped Romaine Salad Mandarin Oranges Brown Spinach Rice	21 Fideo Soup Fish Vera Cruz Potato Salad Garden Salad Cantaloupe	22 Oven Baked Chicken Cauliflower Carrot and Raisin Salad Peach Cornbread Stuffing	23 Minestrone Soup Beef Broccoli Chopped Spinach Salad Banana Bread
26 Beef Lasagna Cauliflower Caesar Salad Apple Sauce Cookie	27 Cream of Broccoli Shepherds Pie Green Beans Chopped Kale Salad Pear Bread	28 tomato soup chicken brussels sprouts chopped salad tropical fruit barley with parsley	29 Beef Asian Veggies garden salad pineapple and mango brown rice	30 bbq chicken collard greens black eyed peas orange whole grain roll

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 16
1:00pm-4:00pm

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

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

eliminating racism
empowering women
ywca
San Gabriel Valley

YWCA LUNCH PROGRAM



Socialize with others while enjoying a hot, nutritious lunch.

Dine-In Hot Lunch Program

Monday - Friday
9:30am-12:00pm

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

No advance reservations required.

Age 60+

\$3.00 suggested donation

For menu
see page 2



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, January 6
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!

January 29
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, January 7
10:30am-12:00pm

1/7/26: Cannery Rox by John Steinbeck
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.



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

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP

Fridays
12:30 pm



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

GAME SCHEDULE

MONDAY

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

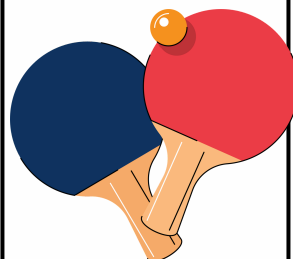
PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
***There is a cost to play**

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!

24

13

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



Mandarin Learning & Cultural Immersion



January 8th - March 24th

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

GRAB & GO FROZEN MEAL PROGRAM



SAN DIMAS SENIOR CENTER



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

MUST BE 60 YEARS OLD +

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

YWCA
IS ON A
MISSION

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

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

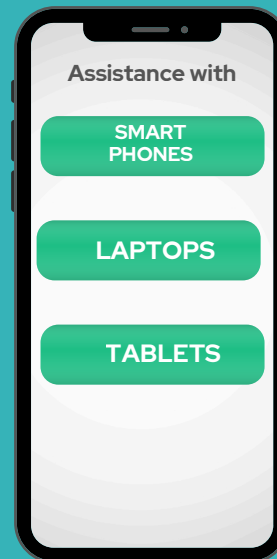
City of San Dimas Silver Surfers Tech Club

Is Back!

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

Come sign up today!!!

Pre-Registration Required!!!



Time: 4:30pm-6:00pm

Location: San Dimas Senior Center 201 E. Bonita Ave

January Dates
TBD

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





55+

January Birthday Social

REGISTER WITH US IF YOU ARE
CELEBRATING A BIRTHDAY IN
JANUARY



JANUARY 8

3PM-4PM

Sponsored by:



RSVP opens on December 2

FREE!



January Happy Hour

55+

JANUARY 8, 2026
3PM-4PM

RSVP opens:
December 2

FREE! REGISTRATION
REQUIRED



SOLD OUT

Cheers to the New Year Senior Dinner

January 16, 2026
4:30pm-7:00pm



\$12/PERSON

TICKET SALES:
RESIDENTS: DECEMBER 2
NON-RESIDENTS: DECEMBER 3



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

Good Sleep for Emotional Wellbeing

Friday, January 23rd
from 1:00-2:00

Join us for a free presentation where
we will discuss the importance of
getting a good night's sleep and get
helpful tips on healthy sleep habits.

Pre-registration required

Contact San Dimas Senior Center
at (909) 394-6290



FRIDAY*Movie Matinee***JANUARY 9 • 2 PM****FREE**

WHILE SHOOTING A WAR FILM, THE DIRECTOR ATTEMPTS TO LIVEN UP PROCEEDINGS BY DROPPING THE PRINCIPLE ACTORS INTO THE MIDDLE OF A REAL JUNGLE, CLAIMING HE IS GOING TO CAPTURE THEIR PERFORMANCE WITH HIDDEN CAMERAS. THE HAPLESS GROUP INCLUDING DRUG-ADDLED COMEDY STAR JEFF PORTNOY AND PO-FACED METHOD MAN KIRK LAZARUS ARE COMPLETELY UNAWARE WHEN A SERIES OF UNFORTUNATE EVENTS LEADS THEM INTO THE MIDDLE OF A REAL WAR ZONE.

**REGISTRATION REQUIRED**

Please join us for a

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

**TAX
HELP!**

Sponsored by

**FREE**

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

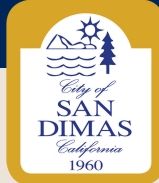
Ask Canva

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

Appointments begin January 12

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





SAN DIMAS RECREATION CENTER

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

OUR MISSION

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

HOURS OF OPERATION

Monday - Thursday

6:00am - 10:00pm

Friday

6:00am - 8:00pm

Saturday

7:00am - 5:00pm

****Closed Sundays****

AMMENITIES

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

AGE REQUIREMENTS

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

PASS RATES

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

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

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

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

FITNESS CLASS SCHEDULE

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



UPCOMING SENIOR CENTER EVENTS



JOIN US FOR A



55+

**Valentine's
HAPPY HOUR**

FEB 12 | 3PM-4PM

Free! Registration Required
RSVP opens on January 6



**Birthday
Social**

Celebrate February birthdays
with us!

55+

Feb | 12 | 2026

3pm-4pm
RSVP opens on Jan. 6

FREE!



Sponsored by:




CITY OF SAN
DIMAS

JOIN US

**TRAVEL
CLUB**

SAVE THE DATE

 JANUARY 15* 3:30PM

SAN DIMAS SENIOR CENTER MEETING ROOM



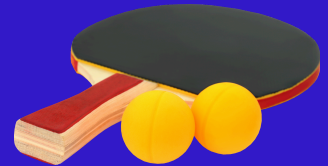
**POTS OF GOLD
&
PLATES OF FOOD**

FRIDAY **20** MARCH

Senior Dinner
Ticket sales:
Residents: Feb. 3
Non-residents: Feb. 4

TABLE TENNIS

55+

*tournament*SENIOR CENTER
GAME ROOM**WEDNESDAY, JANUARY 7
11:00 AM**

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



BOCCE BALL

55+

**FRIDAY, JANUARY 30, 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

TUESDAY



JANUARY

2026



5

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

6

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

12

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

13

8:00am 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

19



20

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

26

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

27

8:00am 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
	Closed	Closed
7	8	9
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 (CB) 3:05pm Fundamentals of Sustainability	Happy Hour/Birthday Social 3-4pm 8:00am Aerobics (CB) 9:00am Yoga (CB) 9:00am Digital Photo 9:00am Calligraphy 9:15am Rummy Tile 10:30am Dancercise (CB) 10:30am YWCA Lunch Dine-In 1:00pm Int. Decorative Art Production 1:00pm Canasta 1:00pm Brain Health 1	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 
14	15	16
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 3:05pm Fundamentals of Sustainability	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 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
21	22	23
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 3:05pm Fundamentals of Sustainability	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	Soboba Excursion 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
Harrah's Registration- Residents	Harrah's Registration- Non-Residents	
28	28	30
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 3:05pm Fundamentals of Sustainability	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 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

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

CLASS

Brain Health 2
Creative Computing
Basic Computing 3
Calligraphy
Digital Photography
Brain Health 1
Basic Computing 2
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
Gardening
Fundamentals of Sustainability
Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Money Skills (Special Needs)
Drawing

DAY/TIME

Mon/Fri 9:30-10:20am
Tues 1:00-4:05pm
Wed 1:00-2:50pm
Wed 3:05-5:10pm
Tues 9:00-11:50am
Fri 8:55-12:00pm
Mon 5:30-8:15pm
Thurs 1:00-3:35pm
Tues 9:00-11:20am
Wed 9:00-11:50am

LOCATION

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

Yoga
Tai Chi
Chair Exercise
Aerobics
Dancercise (Special Needs)
Yoga

Thurs 9:00-10:20am
Tues/Fri 9:00-10:10am
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.

Soboba Casino

Activity Level: 1

SOLD OUT**Friday, January 23, 2026 9:00am-5:30pm**

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

Resident Registration: Wednesday, November 19**Non-Resident Registration: Thursday, November 20**

Excursion features transportation to Soboba Casino in Indio, 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!

Remembering the 1960's

Activity Level: 1

SOLD OUT**Wednesday, February 4, 2026 9:30am-5:30pm**

Fee: \$46.00 Residents/Senior Club; \$47.50 Non-Residents

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

Excursion features transportation to Palm Springs for lunch on your own, show, travel pack, and driver gratuity. "Remembering the 1960's" is a musical tribute to 4 legendary American bandstand singers-Connie Francis, Bobby Rydel, Lesley Gore, and Bobby Dain. These wonderful performers will put on an exciting show and no lip syncing!

Harrah's Resort Casino

Activity Level: 1

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!



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 **ARE NOT** accepted:

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



FAMILY OUTDOOR RECREATION

BRACKETT TO BONELLI

SATURDAY, JANUARY 24

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

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

