

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



*Cheers to the New Year
Senior Dinner*

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

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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 NUTRITION PROGRAM



YWCA SGV Senior Lunch Program

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

eliminating racism
empowering women
ywca
San Gabriel Valley

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

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

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

For menu
see page 2

No advance reservations required.

Age 60+
\$3.00 suggested donation

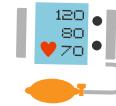


NOTARY SERVICE

TBD 11:30am-12:30pm.
Appointment Required

provided by: Sona Baghdassarian, Relator & Notary
Free notary services will be available by appointment only. For seniors 60 years and older, only one single-page document will be notarized per appointment.

Notary Commission #2360356



BLOOD PRESSURE CHECK

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

Tuesday, 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

SENIOR CENTER PROGRAMS

4



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

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

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

CANASTA
1:00PM - 4:00PM

BRIDGE
1:00PM - 4:00PM

TABLE TENNIS
7:30am-8:30pm

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

PACKET SALES
10:30AM -12:00PM

GAMES
12:30PM-3:00PM
*There is a cost to play

TABLE TENNIS
7:30am-8:30pm

PINOCHLE
8:15AM - 12:00PM

TABLE TENNIS
7:30am-8:30pm

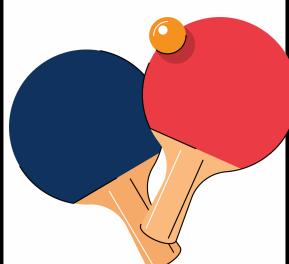
RUMMY TILE
9:15AM - 11:30AM

CANASTA
1:00PM - 4:00PM

BILLIARDS
7:30am-8:30pm

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





SAN DIMAS SENIOR CLUB



5

Join Us!

Enrich your life and make lifelong friends!



**EVERY
TUESDAY**



9:30AM-10:30AM



SAN DIMAS SENIOR CENTER
201 E. Bonita Ave., San Dimas, CA 91773



909-394-6290
San Dimas Senior Center



Are you looking to be more involved in your community and meet like-minded individuals? The San Dimas Senior Club is perfect for you! Our club is made up of dedicated, community-driven individuals who make a big difference through fun and meaningful activities.

WHAT IS THE SAN DIMAS SENIOR CLUB?

A group of seniors committed to fostering a vibrant community. Through regular meetings and special events, members connect, support each other, and contribute to the local community.

ANNUAL DUES

\$12 per year

WHY JOIN?

As a club member, you'll have access to **exclusive**, members-only activities, including Holiday Luncheons, special events & speakers, plus Bingo!

WEEKLY SCHEDULE

- **1st Tuesday of the Month - Entertainment:** Enjoy live performances, fun shows, opportunity drawing and more!
- **2nd Tuesday - Business Meeting:** Stay informed about club news, community updates & birthday celebrations.
- **3rd Tuesday - Guest Speaker:** Hear from engaging and informative speakers on various topics relative to seniors.
- **4th Tuesday - Bingo: for All Members.** Everyone's favorite!
- **5th Tuesday (if applicable)-Bingo**

San Dimas Senior Club Presents

COMMUNITY BINGO!

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

TUESDAYS

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



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

Reserved Seating Available

EFFECTIVE SEPTEMBER 2

NEW PRICING

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

NEW PAYOUTS

- **REGULAR GAMES (15): \$100**
- **SPECIAL GAMES (5): \$100-\$250**

INCLUDES POWERBALL!



Living Through Loss

Struggling with the loss of a loved one? VITAS® offers supportive bereavement groups in a warm, compassionate environment where you can share feelings and connect with others who understand. We provide a safe, confidential space to gain insights into grief, learn coping strategies, and find strength in shared experiences. Family and friends are welcome, and there is no cost to attend.



PRE- REGISTRATION REQUIRED

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

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



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

MUST BE 60 YEARS OLD +

**YWCA
IS ON A
MISSION**

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

City of San Dimas Silver Surfers Tech Club

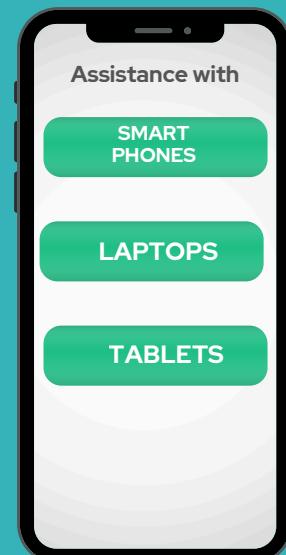


Is Back!

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



SENIOR CENTER EVENTS

 55+

January Birthday Social

REGISTER WITH US IF YOU ARE CELEBRATING A BIRTHDAY IN JANUARY



JANUARY 8
3PM-4PM

RSVP opens on December 2

FREE !

Sponsored by: 

 55+

January Happy Hour

JANUARY 8, 2026
3PM-4PM

FREE! REGISTRATION REQUIRED

RSVP opens: December 2



 **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

 **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



SENIOR CENTER EVENTS

FRIDAY
Movie Matinee
JANUARY 9 • 2 PM

FREE

BLACK STILLER DOWNEY JR.
TROPIC THUNDER

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

Lucky in Love
Dance

FEB 26 | 12:00-4:00PM

\$7/person

Tickets go on sale
January 6th

Sponsored by:
Emanate Health

CITY OF SAN DIMAS

INCOME TAX ASSISTANCE

FREE

TAX HELP!

Sponsored by **AARP**

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

February 4 - TBD
Tuesdays and Wednesdays

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



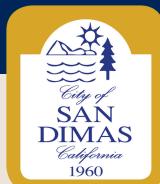
Appointments begin January 12

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

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



"YOUR PLACE TO STAY FIT SAN DIMAS!"



SAN DIMAS RECREATION CENTER

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



OUR MISSION

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

HOURS OF OPERATION

Monday - Thursday

6:00am - 10:00pm

Friday

6:00am - 8:00pm

Saturday

7:00am - 5:00pm

****Closed Sundays****

AMMENITIES

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

AGE REQUIREMENTS

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

PASS RATES

Resident

Non-Resident

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

ANNUAL \$255

\$290

MONTHLY \$35

\$45

DAILY \$8

\$10

FAMILY \$435

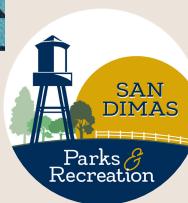
\$460

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

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

FITNESS CLASS SCHEDULE

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



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!

Feb 12 2026

3pm-4pm

RSVP opens on Jan. 6

FREE!



Sponsored by:
Emanate Health





**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

tournament

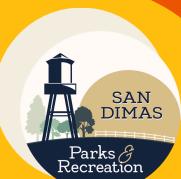
55+

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



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

5

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

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

12

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



19

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

26

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

WEDNESDAY

THURSDAY

FRIDAY 13

1

*Closed**Closed*

7

Happy Hour/Birthday Social

3-4pm

8

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

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

9



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
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15

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

16

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
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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

23

Harrah's Registration- Residents

28

Harrah's Registration- Non-Residents

28

30

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

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

POLICIES FOR ADULT EXCURSIONS



REFUNDS: Refunds must be requested 7 business days prior to day trips and 30 days prior to overnight trips.

No refunds issued after that time. There is a \$10 service charge for cancellation of each seat. Full refunds will be issued if the Department cancels an excursion. Excursions include transportation on a luxury liner coach; tickets are not sold separately. Return times are approximations; actual return times may vary.

BOARDING THE BUS ON TIME: Tour itinerary will be adhered to in order to ensure prompt departure and arrival times.

In general, please arrive at least 15 minutes prior to departure time. Individuals who are not at the boarding location upon departure or return time, shall forfeit the cost of the trip and will be responsible for their own transportation arrangements and all related expenses. Adult Excursion participants will board the bus 15 minutes prior to departure, in the order of registration, and sit in preferred available seats. Bus seats will not be selected prior to boarding the bus.

INFORMATION FOR ADULT EXCURSIONS

SAN DIMAS RESIDENTS Registration begins at 7:30am at the Senior Citizen/Community Center, 201 East Bonita Avenue, on the date specified for each trip. Proof of residency is required. Each resident may register themselves and one guest per trip on the first day of registration. Residency is not required for the guest of a San Dimas resident, but non-resident fees apply.

Non-Residents: Registration begins at 7:30am at the Senior Citizen/Community Center on the date specified for each trip. Non-residents may register themselves and one guest per trip on the first day of registration.

Resident/Non-Resident Mail-in Registration: Resident and Non-Resident registration is processed after the first day of resident/non-resident walk-in registration on the dates specified for each trip. Complete a registration form with check payment and you will receive a receipt via mail or email.

Medication: Participants must administer their own medication. Excursion personnel are not responsible for administering medication and may only assist by providing water. Individuals are accountable for emergencies and consequences that arise as a direct result of their non-compliance to prescription directives.

ACTIVITY LEVEL RANKING: The definition of each activity level listed here. If you have additional questions regarding a specific trip, please inquire prior to registration.

Level 1: Easy activity level with light/minimal physical activity, no required stairs or walking may be at leisure.

Level 2: Average physical activity. You should be able to climb stairs and tolerate light walking.

Level 3: Moderate physical activity. Walking tour or walking slightly longer distances, up stairs or uneven walking surfaces.

Level 4: More intense physical activity. Walking tour or walking slightly longer distances, up stairs or uneven terrain or periods of standing. Extended excursions.

Level 5: Very active physical activity. May include extensive walking, uneven or dusty terrain or high altitudes. Early or late hour activities. Participant should be physically fit to fully enjoy excursion.

See specific tour details for more information.

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**SOLD OUT**

Activity Level: 1

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:

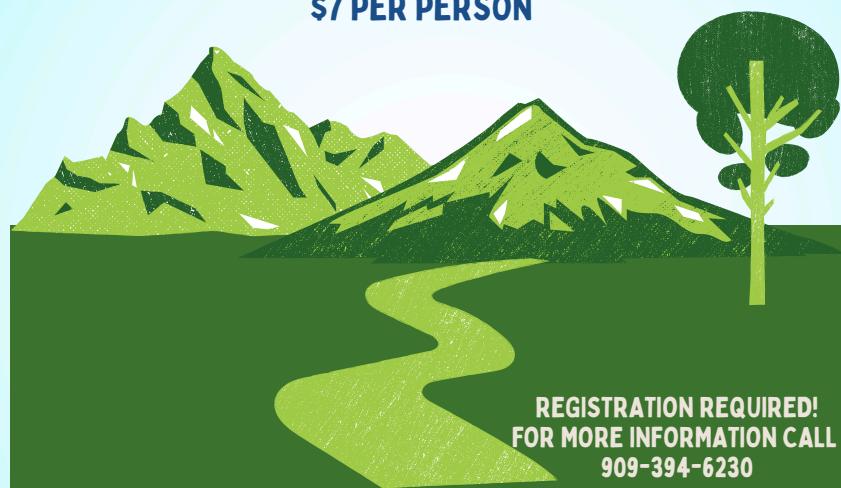
- Cell phones
- Laptops
- Power tools
- GPS devices
- Car batteries



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:

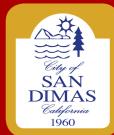
Facebook: San Dimas Historical Society

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**

