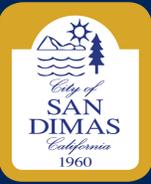




SILVER TIMIES



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

Vol 50 No 3

March 2026

CITY OF SAN DIMAS



POTS OF GOLD & *PLATES OF FOOD*

FRIDAY **20** MARCH

Senior Dinner



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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

60+

eliminating racism
 empowering women
ywca
 San Gabriel Valley

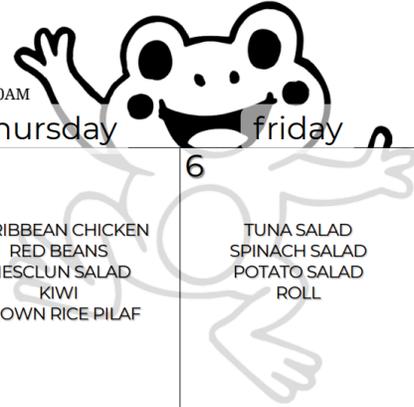


Administered by YWCA San Gabriel Valley and funded in part by the Los Angeles County Area Agency on Aging through the Older Americans Act of 1965 as amended.

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

\$3.00 suggested donation

March 2026



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

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

monday	tuesday	wednesday	thursday	friday
<p>2</p> <p>BUTTERNUT SQUASH SOUP BREADED BAKED FISH W/ TARTAR SAUCE YAM OR SWEET POTATO BEET & MANDARIN PEACHES BREAD</p>	<p>3</p> <p>MEATLOAF WITH GRAVY GARLIC MASHED POTATOES BRUSSELS SPROUTS PINEAPPLE MANGO FRUIT CUP ROLL</p>	<p>4</p> <p>VEG SOUP TURKEY VEG STIR FRY SALAD GINGER PEAR LO MEIN NOODLES BREAD</p>	<p>5</p> <p>CARIBBEAN CHICKEN RED BEANS MESCLUN SALAD KIWI BROWN RICE PILAF</p>	<p>6</p> <p>TUNA SALAD SPINACH SALAD POTATO SALAD ROLL</p>
<p>9</p> <p>CHICKEN ADOBO GREEN PEAS MARINATED BELL PEPPER PEAR OR PEACH SPANISH BROWN RICE</p>	<p>10</p> <p>ITALIAN WEDDING SOUP QUICHE BROCCOLI CAESAR SALAD ORANGE BREAD</p>	<p>11</p> <p>SHEPHERDS PIE CARROTS MIXED SALAD GREENS KIWI ROLL</p>	<p>12</p> <p>ARROZ CON POLLO PINTO BEANS SHREDDED CABBAGE</p>	<p>13</p> <p>BAKED FISH ALMANDINE GREEN BEANS W/ HERBS SPINACH SALAD BARLEY WITH HERBS YOGURT PARFAIT</p>
<p>16</p> <p>SAVORY BEEF STEW HERBED BRUSSELS SPROUTS MASHED POTATOES FRESH FRUIT ROLL</p>	<p>17 St Patrick's Day CORN BEEF RED POTATOES STEAMED CABBAGE CARROTS KIWI OR GRAPES ORANGE JUICE RYE BREAD VANILLA PUDDING</p>	<p>18</p> <p>LENTIL SOUP BAKED POLLACK N' LEMON SUACE YELLOW SQUASH BROCCOLI SALAD APPLE SAUCE BARLEY PILAF</p>	<p>19</p> <p>BBQ CHICKEN GREEN PEAS COLESLAW CANNED PEAR MAC N CHEESE</p>	<p>20</p> <p>VEG FRITTATA GREEN BEANS SPINACH SALAD ORANGE ROLL</p>
<p>23</p> <p>HAWAIIAN CHICKEN BREAST MESCLUN SALAD CANTALOUPE OR TANGERINE BROWN RICE</p>	<p>24</p> <p>VEG CHILI BROCCOLI MIXED SALAD GREENS PINEAPPLE & MANGO BREAD</p>	<p>25</p> <p>TURKEY MILANESE ZUCCHINI CHOPPED MIXED SALAD BANANA</p>	<p>26</p> <p>HOT N' SOUR SOUP ASIAN BEEF STIR FRY MIXED ASIAN VEG CARROT RAISIN SALAD KIWI BROWN RICE</p>	<p>27</p> <p>SPLIT PEA SOUP SALMON WITH DILL SAUCE GREEN BEANS BEET SALAD ORANGE ROLL</p>
<p>30</p> <p>Cesar Chavez Day</p>	<p>31</p> <p>Cesar Chavez Meal CHICKEN MOLE PEAS & CARROTS TOMATO CUCUMBER SALAD FRESH FRUIT SPANISH BROWN RICE FLAN WITH CINNAMON</p>			<p>YWCA IS ON A MISSION YWCA San Gabriel Valley Senior Services Department 101 S. Barranca Avenue, Covina, CA 91724 Phone: 626-214-9456</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.

March 20
1:00pm-4:00pm

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

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

909-394-6290

eliminating racism
empowering women
ywca
San Gabriel Valley

Legal Consultation

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

March 23
3:30pm-4:00pm

Topics Covered Include:

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

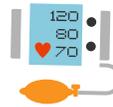


NOTARY SERVICE

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, March 3
10:00am-11:30am



ATTORNEY SERVICE

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

Wait Listed

2:00pm-4:00pm

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



FINANCIAL LITERACY

Gain financial confidence!

No Appointments this month

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, March 4
10:30am-12:00pm

3/4/26: The Women by Kristin Hannah
4/1/26: Lula Dean's Little Library of Banned Books by Kirsten Miller
5/6/26: Happiness Falls by Angie Kim
6/3/26: The Heiress by Rachel Hawkins

QUILTING WORKSHOP

Mondays
6:00pm-8:30pm



Share ideas and work on quilting projects with friends

ARTIST WORKSHOP



Fridays
12:30 pm

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

WRITERS WORKSHOP



Wednesdays
1:00pm-3:30pm

If you are a professional, a novice or simply interested in the craft of writing, you may join **Writer's Workshop**. Bring a story to share or be inspired by other writers.

ROADWALKERS



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

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

GAME SCHEDULE

MONDAY

CANASTA
1:00PM - 4:00PM

BRIDGE
1:00PM - 4:00PM

TABLE TENNIS
7:30am-8:30pm

TUESDAY

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

PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM

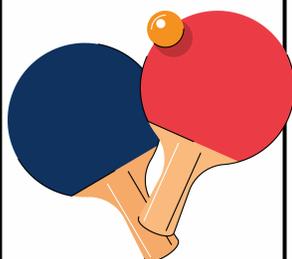
***There is a cost to play**

TABLE TENNIS
7:30am-8:30pm

WEDNESDAY

PINOCHLE
8:15AM - 12:00PM

TABLE TENNIS
7:30am-8:30pm



THURSDAY

RUMMY TILE
9:15AM - 11:30AM

CANASTA
1:00PM - 4:00PM

BILLIARDS
7:30am-8:30pm



FRIDAY

EUCHRE
8:15AM - 12:00 PM

BILLIARDS
7:30am-7:30pm





Join Us!

Enrich your life and make lifelong friends!



EVERY TUESDAY



9:30AM-10:30AM



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



909-394-6290
San Dimas Senior Center



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

WHAT IS THE SAN DIMAS SENIOR CLUB?

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

ANNUAL DUES

\$12 per year

WHY JOIN?

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

WEEKLY SCHEDULE

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

San Dimas Senior Club Presents

COMMUNITY BINGO!

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

TUESDAYS

PLAY: 12:30PM-3:00PM

COMMUNITY BUILDING



DOOR PRIZES, HOLIDAY CELEBRATIONS, AND FUN!

Reserved Seating Available

EFFECTIVE SEPTEMBER 2

NEW PRICING

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

NEW PAYOUTS

- REGULAR GAMES (13): \$100
- SPECIAL GAMES (5): \$100-\$250

INCLUDES POWERBALL!



Living Through Loss

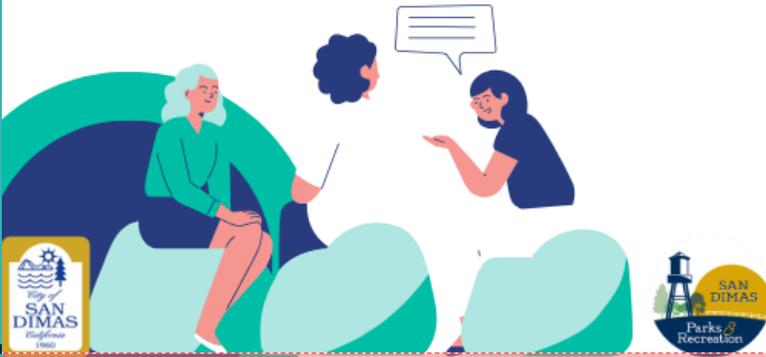
Struggling with the loss of a loved one? VITAS® offers supportive bereavement groups in a warm, compassionate environment where you can share feelings and connect with others who understand. We provide a safe, confidential space to gain insights into grief, learn coping strategies, and find strength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

PRE- REGISTRATION REQUIRED

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



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

IMPORTANT NOTICE



GRAB & GO MEAL SERVICE DISCONTINUATION

DUE TO FUNDING CONSTRAINTS, GRAB & GO MEAL SERVICE WILL BE DISCONTINUED EFFECTIVE FEBRUARY 1, 2026

Alternative Meal Option:

Participants are strongly encouraged to attend their local congregate lunch program, which offers:

- Nutritious, balanced meals
- Opportunities for social connection
- A welcome and supportive environment



Contact YWCA SGV for more information:
www.ywcasgv.org or 626-214-9456

City of San Dimas Silver Surfers Tech Club

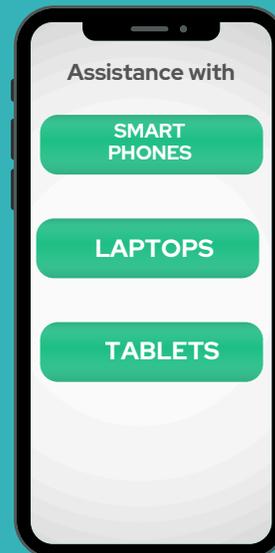


Is Back!

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

March 24

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



SHAMROCKIN' BIRTHDAY SOCIAL

55+

THURSDAY, MARCH 12
3PM-4PM
FREE!

Sponsored by:

REGISTER WITH US IF YOU ARE CELEBRATING A BIRTHDAY IN MARCH!

March

Happy Hour

55+

MARCH 12
3PM-4PM
RSVP Opens: February 3

Free!

\$12

SOLD OUT

POTS OF GOLD & PLATES OF FOOD

FRIDAY 20 MARCH

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

CORNER CUP

Come and enjoy a delicious cup of coffee the month of **March** thanks to our sponsor, San Dimas Community Hospital

While supplies last!

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

FREE COFFEE



Turning 65?

Join us to learn what you need to know about becoming eligible for Medicare. This seminar will cover enrollment timelines, Medicare Parts A, B, C, and D, potential penalties, and how to choose coverage that fits your healthcare needs and budget. It looks great, and thank you for making the changes.

MAR
13

San Dimas Senior Center

201 E. Bonita Ave
San Dimas, CA 91773

Time: 1pm-2pm

Pre- Registration Required
(909)394-6290

Currently we represent 12 organizations which offer 116 products in your area. You can always contact Medicare.gov, 1 800 MEDICARE, or your local State Health Insurance Program for help with plan choices.




FRIDAY
Movie Matinee
MARCH 6 • 2 PM

FREE

LEPRECHAUN
THE COMPLETE MOVIE COLLECTION

IN 1983, DAN O'GRADY RETURNS TO HIS HOME IN NORTH DAKOTA FROM A TRIP TO HIS NATIVE IRELAND, WHERE HE CAPTURED A LEPRECHAUN, WHO THEN GAVE HIM A POT OF GOLD, IN ACCORDANCE WITH THE LEPRECHAUN CODE. AFTER BURYING THE GOLD, O'GRADY DISCOVERS THAT THE LEPRECHAUN HAS FOLLOWED HIM HOME AND MURDERED HIS WIFE. O'GRADY USES A FOUR-LEAF CLOVER TO SUPPRESS THE LEPRECHAUN'S POWERS AND TRAP HIM INSIDE A CRATE.



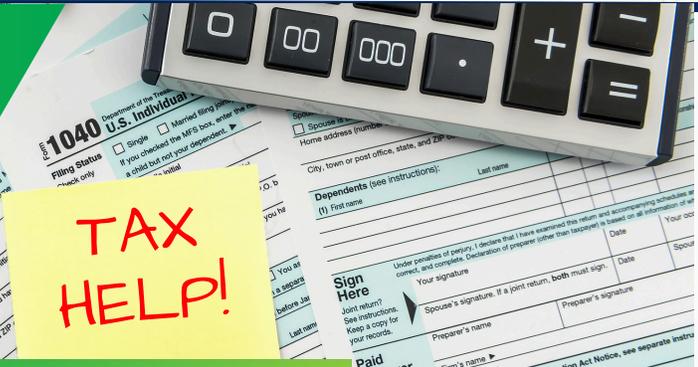
REGISTRATION REQUIRED





CITY OF SAN DIMAS

INCOME TAX ASSISTANCE



FREE

Sponsored by **AARP**

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

February 4 - TBD
Tuesdays and Wednesdays

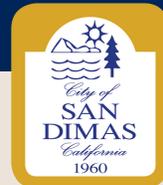
- By appointment only.
- One return per appointment
- Appointment times are between 8:30am and 3:00pm

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





"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	\$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

April birthdays, join us for

Spring Birthday Social



55+

THURSDAY, APRIL 9
3pm-4pm

Register with us if you are celebrating a birthday in April

See you there!

RSVP OPENS MARCH 3



SIP INTO

Spring HAPPY HOUR

55+

Thursday, April 9
3pm-4pm
RSVP opens: March 3

FREE

Take me to



BUNCO

April 30th
2pm-4pm
\$7/person

Tickets go on sale March 3



YOU ARE INVITED TO

SPRING sensations SENIOR DINNER

APRIL

FRIDAY 17 4:30PM

2026

\$12/person

Ticket sales:

Residents: March 3

Non-residents: March 4

Sponsored by:



TABLE TENNIS

55+

tournament

SENIOR CENTER
GAME ROOM

WEDNESDAY, MARCH 4
11:00 AM



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



BOCCE BALL

55+

FRIDAY, MARCH 27, 2026 AT
10:30

CIVIC CENTER PARK

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



SENIOR *Fitness Class* 55+

Participants Wanted!

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



Civic Center Park
909-394-6290





MARCH

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

2

Dinner Ticket Sales-residents

3

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 Internet Safety
 1:00pm Watercolor
 5:30pm Writing Class

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

9

10

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 Internet Safety
 1:00pm Watercolor
 5:30pm Writing Class

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

16

17

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 Internet Safety
 1:00pm Watercolor
 5:30pm Writing Class

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

23

Silver Surfers 4:30pm

24

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 Internet Safety
 1:00pm Watercolor
 5:30pm Writing Class

No Lunch Program

30

No Mt. Sac Classes

31

9:30am Chair Exercise
 1:00pm Canasta
 1:00pm Bridge
 5:25pm Artisan Quilting
 6:00pm Quilting Workshop

9:00am Handcrafted Needlework
 9:30am Senior Club Meeting
10:30am YWCA-Lunch Dine-In

WEDNESDAY

THURSDAY

FRIDAY

13

Dinner Ticket Sales-Non-residents

4

Winery Registration-Residents

- 8:15am Pinochle
- 9:00am Basic Computing 3
- 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
- 3:05 Fundamentals of Sustainability

Winery Registration-Non-Residents

5

- 8:00am Aerobics (CB)
- 9:00am Yoga (CB)
- 9:00am Digital Photo
- 9:00am Calligraphy
- 9:15am Rummy Tile
- 10:30am Dancercise (CB)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Int. Decorative Art Production
- 1:00pm Canasta
- 1:00pm Brain Health 1

- 8:15am Euchre
- 8:55am Jewelry Production
- 9:00am Office Cloud
- 9:00am Tai Chi (CB)
- 9:30am Chair Exercise
- 10:30am Yoga (CB)
- 10:30am **YWCA Lunch Dine-In**
- 12:30pm Artist Workshop
- 2:00pm **Movie Matinee** 

6

11

Happy Hour/Birthday Social
3-4pm

12

13

- 8:15am Pinochle
- 9:00am Basic Computing 3
- 9:00am Drawing
- 9:30am Chair Exercise (Senior Center)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Writer's Workshop
- 1:15pm Brain Health 2
- 1:00pm Gardening

- 8:00am Aerobics (CB)
- 9:00am Yoga (CB)
- 9:00am Digital Photo
- 9:00am Calligraphy
- 9:15am Rummy Tile
- 10:30am Dancercise (CB)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Int. Decorative Art Production
- 1:00pm Canasta
- 1:00pm Brain Health 1

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

18

Travel Club 3:30pm

19

20

- 8:15am Pinochle
- 9:00am Basic Computing 3
- 9:00am Drawing
- 9:30am Chair Exercise (Senior Center)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Writer's Workshop
- 1:15pm Brain Health 2
- 1:00pm Gardening

- 8:00am Aerobics (CB)
- 9:00am Yoga (CB)
- 9:00am Digital Photo
- 9:00am Calligraphy
- 9:15am Rummy Tile
- 10:30am Dancercise (CB)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Int. Decorative Art Production
- 1:00pm Canasta
- 1:00pm Brain Health 1

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

25

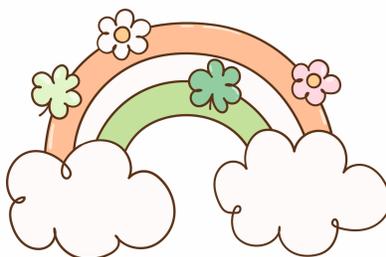
26

27

- 8:15am Pinochle
- 9:00am Basic Computing 3
- 9:00am Drawing
- 9:30am Chair Exercise (Senior Center)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Writer's Workshop
- 1:15pm Brain Health 2
- 1:00pm Gardening

- 8:00am Aerobics (CB)
- 9:00am Yoga (CB)
- 9:00am Digital Photo
- 9:00am Calligraphy
- 9:15am Rummy Tile
- 10:30am Dancercise (CB)
- 10:30am **YWCA Lunch Dine-In**
- 1:00pm Int. Decorative Art Production
- 1:00pm Canasta
- 1:00pm Brain Health 1

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



FREE CLASSES FOR OLDER ADULTS



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



Spring Session Dates: February 23-June 14

No Class on March 31 & May 25

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

SCHEDULE OF SPRING SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 2
Basic Computing 3
Internet Safety
Calligraphy
Digital Photography
Brain Health 1
Office Cloud
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

CLASS

Chair Exercise
Watercolor Painting
Gardening
Fundamentals of Sustainability
Handcrafted Needlework
Jewelry Production
Artisan Quilting
Int. Decorative Art Production
Intro to Banking (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

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.

Harrah's Resort Casino

SOLD OUT

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!

Europa Village Wineries & Resort



Activity Level: 2

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

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

Resident Registration: Wednesday, March 4

Non-Resident Registration: Thursday, March 5



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

Don Laughlin's Riverside Resort-Laughlin



Activity Level: 1

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

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

Resident Registration: Wednesday, April 1

Non-Resident Registration: Thursday, April 2



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

Spend the Day in Catalina



Activity Level: 4

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

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

Resident Registration: Wednesday, May 20

Non-Resident Registration: Thursday, May 21



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

CITY OF SAN DIMAS
PARKS & RECREATION



EASTER EGG HUNT

28 MARCH, 2026 | 10AM SHARP!

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

AGE GROUPS!

2-3

4-6

7-10

ARE WELCOME TO
PARTICIPATE IN THE
HUNT!



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

@CITYOFSANDIMAS

SANDIMASCA.GOV/SPECIALEVENTS

909-394-6230

City of San Dimas MUSIC IN THE PARK

2026

CONCERT SERIES

June 10 - August 5
Wednesdays
7pm-9pm

LOCATION: CIVIC
CENTER PARK

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

FREE ENTRY

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



FAMILY OUTDOOR RECREATION

WALNUT CREEK

SATURDAY, MARCH 21

8AM-9AM

\$7 PER PERSON



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



Free Guided Historical Downtown San Dimas WALKING TOUR

By the SAN DIMAS HISTORICAL SOCIETY

10:00am ON THE SECOND SATURDAY MONTHLY

Guided tours start and end at the historic **Walker House 121 N. San Dimas Avenue.**

This is great for anyone interested in learning about San Dimas and its history.

Meet on the north side of the Walker House - tours will take about an hour and a quarter.

The San Dimas Historical Society **Museum and Gift Shop** in the Walker House will be open the SECOND Saturday monthly from 10 to 1 p.m. for everyone.

Tour RSVP call / leave a message:

Dave Harbin: (951) 990-3395

SDHS office: (909) 592-1190

Follow us on:

Facebook: San Dimas Historical Society

Find us on: Instagram

Visit us at: www.SanDimasHistorical.org

MAILING ADDRESS

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



CITY OF SAN DIMAS

SAN DIMAS RECREATION CENTER OPEN HOUSE &
ARBOR DAY & EARTH DAY CELEBRATION

SATURDAY, APRIL 25, 2026

9AM-12PM

AT SAN DIMAS RECREATION CENTER (990 W. COVINA BLVD.)



Event Features

- **MULCH GIVEAWAY**
(WHILE SUPPLIES LAST)
- **E-WASTE COLLECTION**
- **PAPER SHREDDING**
- **FLOWER SEED GIVEAWAY**
(WHILE SUPPLIES LAST)
- **VENDORS**
- **CRAFTS**
- **GUIDED TOUR OF FACILITY**
- **FREE OPEN REC SWIM**
- **FREE TREE SAPLINGS**
(WHILE SUPPLIES LAST)

Thank You to our Sponsors



FOR MORE INFORMATION CONTACT

PARKS & RECREATION DEPARTMENT AT 909-394-6230 OR VISIT SANDIMASCA.GOV

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 \$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

