



SILVER TIMES



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

Vol 50 No 10

October 2026



CITY OF SAN DIMAS

COMMUNITY HEALTH AND RESOURCE FAIR

Enjoy free flu shots and COVID-19 vaccines provided
by Elements Pharmacy, along with access to valuable
community resources. No insurance? No problem!
Everyone is welcome.

Visit our health booths for more information and
support. Also includes an opportunity drawing with
chance to win FREE Prizes!

DATE: WEDNESDAY, OCTOBER 14, 2026

TIME: 10:00AM - 1:00PM

**LOCATION: COMMUNITY BUILDING
245 E. BONITA AVE**



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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

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.

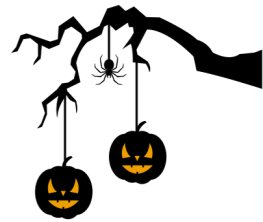
DINE-IN LUNCH IS OFFERED MONDAY-FRIDAY!
CHECK-IN BEGINNING AT 10:30AM. LUNCH SERVED AT 11:00AM.
ADVANCE RESERVATIONS ARE NOT REQUIRED.

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

October 2026

\$3.00 suggested donation

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	ADMINISTERED BY YWCA SAN GABRIEL VALLEY AND FUNDED IN PART BY THE LOS ANGELES COUNTY AREA AGENCY ON AGING THROUGH THE OLDER AMERICANS ACT OF 1965 AS AMENDED.		1 Garden Veg Soup baked fish herbed cannellin beans broccoli salad cinnamon applesauce pasta	2 Chefs Choice BBQ Chicken or Pork ** Collard Greens Coleslaw w/ Red Cabbage & Carrots Fruit in season Macaroni & Cheese
5 veg chili broccoli mixed salad greens fruit cup or kiwi quinoa pilaf	6 jamaican jerk chicken sweet potato pineapple coleslaw fruit in season brown rice	7 Mushroom Soup Potato Crusted palloc sandwich herbed lentils orange	8 house made turkey meatloaf corn spinach kale salad banana bread pudding	9 hot & sour soup asian beef stir fry mixed asian veggies romain salad mango fruit cup pineapple sautee brown rice
12 Indigenous Peoples Day	13 Linguine w/ Meat Sauce Broccoli Chopped Salad Peach or Pear	14 Tandoori Chicken Peas & Corn Spinach Salad Pineapple & Mandarin Rice Pilaf	15 Fideo Soup Beef Fajita Pinto Beans Spring Mix Salad Cantaloupe or Mango Tortilla	16 Greek Chicken Breast Roasted Carrots with Herbs Dill Cucumber Salad Orange or Tangerine Quinoa
19 Turkey Enchilada Casserole Beans Mesclun Salad Mango Fruit Cup Spanish Brown Rice	20 Beef Meatloaf Mashed Potato Green Bean Orange Roll	21 Garden Veg Soup Baked Fish Jambalaya Carrots Broccoli Slaw Plum or Pear Brown Rice	22 BBQ Pulled Chicken Sanwich Brussels Sprouts Chopped Salad Apple Roll	23 Chicken Chana Masala Sweet Potato Spinach Salad Banana Couscous
26 Bolognese w/ Penne Pasta Zucchini & Yellow Sqsh Caser Salad Orange	27 Leek Soup Baked Salmon w/ Thai Chili Carrots Cauliflower Pina Y Mango Cup Roll	28 Oven Fried Chicken Baked Beans Spinach Kale Banana Stuffing	29 Tofu Veg Soup Korean BBQ Beef Steamed Broccoli Dill Cucumber Salad Mandarin Fruit Cup Brown Rice	30 Stuffed Bell Pepper Green Peas Romaine Salad Fresh Fruit Barley in Entree

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.

October 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



BLOOD PRESSURE CHECK

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

Tuesday, October 6
10:00am-11:30am



ATTORNEY SERVICE

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

October 16
Waitlisted

2:00pm-4:00pm

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

Legal Consultation

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

Monday, October 26
9:00am-9:30am

Topics Covered Include:

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



FINANCIAL LITERACY

Gain financial confidence!

October 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, October 7

10:30am-12:00pm

10/7/26: Let Us Descend by Jesmyn Ward

11/4/26: North Woods by Daniel Mason

12/2/26: Hello Beautiful, by Ann Napolitano

1/6/27: The Frozen River by Ariel Lawhon



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

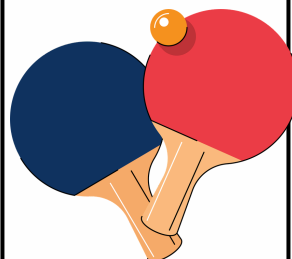
***There is a cost to play**

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

No Games on Oct. 27 & November 3

INCLUDES POWERBALL!



Living Through Loss

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

PRE- REGISTRATION REQUIRED

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

VITAS®
Healthcare

Every Tuesday
1:00pm-2:00pm
San Dimas Senior Citizens Center
201 E Bonita Ave
San Dimas, CA 91773



FRIDAY
Movie Matinee
OCTOBER 2 • 2 PM

FREE

The Addams Family

The products of a genetic experiment, fraternal twins Julius (Arnold Schwarzenegger) and Vincent (Danny DeVito) are separated at birth. Their mother, Mary Ann (Bonnie Bartlett), is told they're dead. Now Vincent, an unscrupulous street hustler, ekes out a living in Los Angeles. Julius, raised by a scientist (Tony Jay), grows up humble, intelligent and strong, but very naive about the larger world. When Julius learns of his mother and brother, he heads to Los Angeles to find his family.

Mandarin Learning & Cultural Immersion

Offering:

Level 1 - Beginner
Level 2 - Continuing

September 10th -
December 10th
Thursdays
9 AM - 11:00 AM



Registration Required!

San Dimas Senior Center
201 E Bonita Ave,
San Dimas, CA
(909) 394-6290



Silver Surfers Tech Club



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

Dates:

September 23, 2026
October 7 & 21
November 4 & 18
December 9

Assistance with

**SMART
PHONES**

LAPTOPS

TABLETS



FOR MORE INFORMATION CONTACT THE SAN DIMAS SENIOR CENTER
(909) 394-6290



JOIN US TO CELEBRATE

Ghouls Night Out

SENIOR DINNER

55+
\$12/PERSON

COSTUME CONTEST!

October 16, 2026

4:30PM-7:00PM

TICKET SALES:
RESIDENTS: SEPT. 1
NON-RESIDENTS: SEPT. 2

SPONSORED BY:



ROLLIN' WITH GHOULS

Sponsored by:

SOLD OUT

BUNCO
2PM-4PM

LUNCH INCLUDED!

TICKET \$7

THURSDAY, OCT 22

Tickets go on sale Tuesday, September 1



SPONSORED BY:

JOIN US FOR A MONSTER MASH

55+

Birthday Social

FREE!

Thursday October 8
3pm-4pm

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

RSVP OPENS OCTOBER 1ST



55+

FREE!

JOIN US FOR A

Monster Mash

HAPPY HOUR

SPONSORED BY:

THURSDAY, OCTOBER 8
3PM-4PM

REGISTRATION REQUIRED!
RSVP OPENS: SEPTEMBER 1



FREE!

55+

LET'S CELEBRATE THE SEASON OF
THANKFULNESSNovember Happy
HourThursday
November 123pm-4pm
Registration
required!

RSVP opens Oct.6

SPONSORED BY:



55+

Please Join Us For
GRATEFUL GATHERINGS
SENIOR DINNERTo Celebrate
Thanksgiving

\$15

Friday
13thNovember, 2026
4:30pm-7pmTicket Sales:
Residents: Oct. 6
Non-Residents: Oct. 7

55+

FREE!

PLEASE JOIN US FOR A

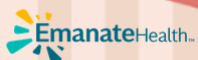
NOVEMBER
Birthday Social

NOVEMBER 12

3pm-4pm

RSVP opens Oct. 6

SPONSORED BY:

REGISTER WITH US IF YOU ARE CELEBRATING A
BIRTHDAY IN NOVEMBER!TRAUMA AND
HEALINGJoin Glendora PHP, for an informative
seminar focused on understanding
trauma, exploring the healing process,
and learning helpful tools and
resources to support emotional well-
being and personal growth.WHEN: THURSDAY, OCTOBER 1, 2026
TIME: 1:00 PM-2:00 PM
WHERE: SAN DIMAS SENIOR CENTER
201 E. BONITA AVEPRE- REGISTRATION REQUIRED
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

MINIUM AGE FOR PARTICIPATION IN ANY FACILITY AMENITIES IS 16 YEARS OLD. PARTIICPANTS 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





JOIN US FOR A HOLIDAY SENIOR DINNER!

55+

Jingle all the Way to Dinner

SPONSORED BY:
 San Dimas Community Hospital

FRI 11 DEC.
 4:30 PM - 7:00 PM

SAN DIMAS SENIOR CENTER
\$15 per person

Ticket Sales
 Residents: Nov. 3
 Non-Residents: Nov. 4



55+

JOIN US FOR A
DECEMBER
Happy Hour

DECEMBER 10 3PM-4PM
 REGISTRATION REQUIRED!
 RSVP OPENS NOV. 3

FREE!



55+

JOIN US FOR A

DECEMBER BIRTHDAY SOCIAL



THURSDAY, DECEMBER 10
 3PM-4PM
 RSVP OPENS NOVEMBER 3

FREE!

Join us for

COMMUNITY BUNCO

SOLD OUT

HOSTED BY THE
 SAN DIMAS SENIOR CITIZENS CLUB

 **FRIDAY, DECEMBER 4**
 **DOORS OPEN AT 4:30PM**
 **LUNCH IS SERVED AT 5:30PM**
 **\$20 PER PERSON**

COMMUNITY BUILDING
 245 E BONITA AVE.
 SAN DIMAS, CA

'TIS THE SEASON TO ROLL!

FOR MORE INFORMATION CONTACT PAM JOHNSON 909-319-3284

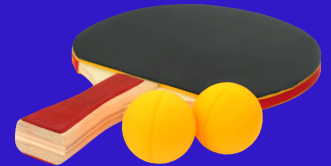
TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

TBD

11:00 AM



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

GET YOUR
**VOCALS
READY**
AND
JOIN US FOR
KARAOKE!



FREE!



REGISTRATION
REQUIRED



FRIDAY,
October 30



1PM

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



2027 Older American NOMINATIONS

HONORING OUR COMMUNITY HEROES 60+

The Los Angeles County Commission on Aging
is calling for nominations of older Americans to
participate in the **62nd Annual Older Americans
Recognition Day Awards Program.**



NOMINATION PERIOD
AUGUST 10 – OCTOBER 16

THE NOMINEE MUST BE:



A resident of San Dimas



60 years of age or older



Has not previously received the award



Is actively involved in service to the city
which directly benefits the community



Help us celebrate and recognize
outstanding older adults who
make *San Dimas* great!

Thank
You!



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





2026



***COMMUNITY BUILDING CLOSED 10/21-11/6
PLEASE CHECK WITH INSTRUCTORS FOR
RELOCATIONS***

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

November Dinner Registration-Residents

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

19

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

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 Excel 1
 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 (*)
 9:00am Tai Chi (*)
 9:00am Handcrafted Needlework
 9:30am Senior Club Meeting
10:30am YWCA-Lunch Dine-In
 12:25pm Basic Excel 1
 1:00pm Watercolor
 5:30pm Writing Class (Meeting Room)

WEDNESDAY



THURSDAY

FRIDAY 13

Fantasy Springs Registration-Non-Residents

1

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**



November Dinner Registration-Non-Residents

7

Silver Surfers 4:30pm

8:15am Pinochle
 9:00am Digital Media Basics
 9:00am Drawing
 9:30am Chair Exercise (CB)
 10:30am Book Party-Book Club
 10:30am **YWCA Lunch Dine-In**
 1:00pm Writer's Workshop
 1:15pm Brain Health 2
 1:00pm Gardening

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

8:15am 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

9

14

8:15am Pinochle
 9:00am Digital Media Basics
 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

15

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

Senior Dinner 4:30pm

16

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

Silver Surfers 4:30pm

21

8:15am Pinochle
 9:00am Digital Media Basics
 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

Bunco 2pm

22

8:00am Aerobics (*)
 9:00am Yoga (*)
 9:00am Digital Photo
 9:00am Calligraphy
 9:15am Rummy Tile
 10:30am Dancercise (*)
 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 (*)
 9:30am Chair Exercise
 10:30am Yoga (*)
 10:30am **YWCA Lunch Dine-In**
 12:30pm Artist Workshop

23

28

8:15am Pinochle
 9:00am Digital Media Basics
 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

29

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

Karaoke 1pm

30

8:15am Euchre
 8:55am Jewelry Production
 9:00am Basic Computing 2
 9:00am Tai Chi (*)
 9:30am Chair Exercise
 10:30am Yoga (*)
 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



Fall Session Dates: August 24-December 18

No Class on September 7, November 11, November 11, 26-27,

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

SCHEDULE OF SUMMER SESSION CLASSES

Class schedule is subject to change

CLASS

Brain Health 2
IDigital Media Basics
Basic Excel-1
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 9:00-11:30am
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

DAY/TIME

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

LOCATION

Senior Center
Senior Center
Senior Center

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

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

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

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

Thurs 9:00-10:20am
Tues/Fri 9:00-10:10am
Wed 9:30-10:20am
Tue/Thurs 8:00-8:50am
Thurs 10:30-11:55am
Fri 10:30-11:35am

Plummer Building
Plummer Building
Plummer Building
Plummer Building
Plummer Building
Plummer Building

POLICIES FOR ADULT EXCURSIONS



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

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

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

INFORMATION FOR ADULT EXCURSIONS

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

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

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

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

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

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

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

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

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

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

See specific tour details for more information.

Big Bear Oktoberfest (21+)

Activity Level: 2

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

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

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

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

Fantasy Springs Casino

Activity Level: 1

Monday, November 16 10:30am-7:00pm

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

Resident Registration: Wednesday, September 30**Non-Resident Registration: Thursday, October 1**

Excursion features transportation to Indio, CA, driver gratuity, and travel pack included. Everyone will receive a \$35 Free Play with their players card and a \$5 food voucher.

Dickens Christmas Carole at Lawry's the Prime Rib

Activity Level: 2

Thursday, December 17 8:30am-5:45pm

Fee: \$140.00 Residents/Senior Club; \$141.50 Non-Residents

Resident Registration: Wednesday, November 4**Non-Resident Registration: Thursday, November 5**

Excursion features transportation to Beverly Hills, lunch at Lawry's (included), driver gratuity, and travel pack. Step into the timeless world of Charles Dickens' A Christmas Carol as the Ghosts of Christmas past, present, and future guide Ebenezer Scrooge on a heartwarming journey of redemption. Experience the magic of the season and the enduring message of kindness compassion, and Christmas spirit in this enchanting holiday classic.

Soboba Casino

Activity Level: 1

**Friday, January 22 7:30am-7:30pm**

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

Resident Registration: Wednesday, December 16**Non-Resident Registration: Thursday, December 17**

Excursion features transportation to Soboba Casino, travel pack, and driver gratuity. Spend the day at Soboba Casino! Choice of an array of slot machines, tables, and more. Lunch will be on your own today.



CITY OF SAN DIMAS

COMMUNITY HEALTH AND RESOURCE FAIR

Enjoy free flu shots and COVID-19 vaccines provided by Elements Pharmacy, along with access to valuable community resources. No insurance? No problem! Everyone is welcome.

Visit our health booths for more information and support. Also includes an opportunity drawing with chance to win FREE Prizes!

DATE: WEDNESDAY, OCTOBER 14, 2026

TIME: 10:00AM - 1:00PM

**LOCATION: COMMUNITY BUILDING
245 E. BONITA AVE**



FOR MORE INFORMATION:

CONTACT PARKS AND RECREATION (909) 394-6230



City Of San Dimas

BOWSER BASH

 Pet Friendly
Vendors



 Pawsitively
Fun Time

Saturday, November 7, 2026

10:00am - 1:00pm

**Horsethief Canyon Park
(301 Horsethief Canyon Road)**

Join us for a paw-fectly good time! Whether you are 2-legged or 4-legged, there will be plenty of fun for everyone. All canines must be accompanied by a human companion and must be on a leash.



For more information contact
Parks and Recreation Department 909-394-6230



FAMILY OUTDOOR RECREATION HORSETHIEF HIKE

SATURDAY, NOVEMBER 7

12PM-1PM

\$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



"Ride and Go" Transportation

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



Mileage Reimbursement Program

Get Reimbursed for Mileage!

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

Eligible Cities:

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

Volunteer Driver Program

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

Providing transportation for seniors to:

Doctor's Appointments
Grocery Stores
Lunch with friends

Call For More Information

agingnext
(we call, you call)

Berenice/Jackie

909-621-9900

Hablamos Español



CITY OF SAN DIMAS HALLOWEEN SPOOKTACULAR

OCTOBER 24, 2026

530PM - 900PM

DOWNTOWN SAN DIMAS

ACTIVITIES:

**TRUNK OR TREAT
COSTUME CONTEST
FOOD VENDORS
GAMES & MORE**



"This material was not prepared by the Bonita Unified School District. Any programs and/or events described herein are not necessarily endorsed and will not be supervised by the Bonita Unified School District." "Este material no fue preparado por Bonita Unified School District. Todos los programas y/o eventos descritos en este documento no son aprobados y no serán supervisados por Bonita Unified School District."

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

