



SILVER TIMES



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

Vol 50 No 9

September 2026

YOU ARE INVITED TO THE



MASQUERADE BALL

Senior Prom



SEPTEMBER

FRIDAY

18

4pm-7:30pm

2026

COMMUNITY BUILDING 245 E. BONITA AVE.

\$15 PER PERSON

SPONSORED BY:



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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.

\$3.00 suggested donation

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

SEPTEMBER 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 Linguine w/
Meat Sauce
Broccoli
Chopped Salad
Peach or Pear

2 Tandoori Chicken
Peas & Corn
Spinach Salad
Pineapple & Mandarin
Rice Pilaf

3 Beef Fajita
Pinto Beans
Spring Mix Salad
Cantaloupe or Mango
Tortilla

4 **DAY OF LABOR MEAL**
CHEESE BURGER
BROCCOLI SALAD
GREEN SALAD
CANTALOUPE OR
STRAWBERRIES
MAC SALAD

LABOR DAY

8 Beef Meatloaf
Mashed Potato
Green Bean
Orange
Roll

9 Garden Veg Soup
Baked Fish Jambalaya
Carrots
Broccoli Slaw
Plum or Pear
Brown Rice

10 BBQ Pulled Chkn
Sanwich
Brussels Sprouts
Chopped Salad
Apple
Roll

11 Chick Chana Masala
Sweet Potato
Spinach Salad
Banana
Couscous

14 Bolognese w/ Penne
Pasta
Zucchini & Yellow Sqsh
Caser Salad
Orange

15 Leek Soup
Baked Salmon
w/ Thai Chili
Carrots
Cauliflower
Pina Y Mango Cup
Roll

16 Oven Fried Chicken
Baked Beans
Spinach Kale
Banana
Stuffing

17 Tofu Veg Soup
Korean BBQ Beef
Steamed Broccoli
Dill Cucumber Salad
Mandarin Fruit Cup
Brown Rice

18 Stuffed Bell Pepper
Green Peas
Romaine Salad
Fresh Fruit
Barley in Entree

21 Arroz Con Polo
Pinto Bean
Shredded Cab
Apple

22 Butternut
Squash Soup
Curried Lentils
Broccoli
Salad
Orange
Quinoa

23 Beef Straganoff
Parslied Carrots
Mesclun Salad
Pineapple or Kiwi

24 Chicken Cobb
Mixed Salad Greens
Fruit
Roll

25 Tomato Soup
Herb Crusted
Tilapia
Green Beans
Kale Salad
Banana
Roll

28 Corn Chowder
Turkey Burger
Baked Beans
Carrots

29 Savory Beef Stew
Green Peas & Onions
Mashed Potatoes
Roll

30 Chicken Mole
Squash Medley
Spring Salad
Mango
Spanish Brown Rice

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.

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.

September 18
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, September 1
10:00am-11:30am



ATTORNEY SERVICE

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

September 18
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.

September 24
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!

September 24
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, September 2

10:30am-12:00pm

- 9/2/26: Only the Beautiful by Susan Meissner
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

QUILTING WORKSHOP

**Mondays
6:00pm-8:30pm**

Share ideas and work on quilting projects with friends



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

ARTIST WORKSHOP

**Fridays
12:30 pm**

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



GAME SCHEDULE

MONDAY

**CANASTA
1:00PM - 4:00PM**

**BRIDGE
1:00PM - 4:00PM**

**TABLE TENNIS
7:30am-8:30pm**

TUESDAY

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

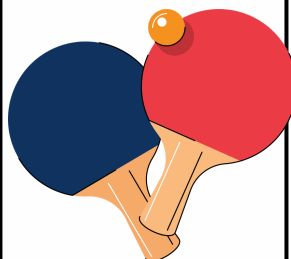
**PACKET SALES
10:30AM -12:00PM
GAMES
12:30PM-3:00PM
*There is a cost to play**

**TABLE TENNIS
7:30am-8:30pm**

WEDNESDAY

**PINOCHLE
8:15AM - 12:00PM**

**TABLE TENNIS
7:30am-8:30pm**



THURSDAY

**RUMMY TILE
9:15AM - 11:30AM**

**CANASTA
1:00PM - 4:00PM**

**BILLIARDS
7:30am-8:30pm**



FRIDAY

**EUCHRE
8:15AM - 12:00 PM**

**BILLIARDS
7:30am-7:30pm**



Join Us!

Enrich your life and make lifelong friends!



**EVERY
TUESDAY**



9:30AM-10:30AM



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



909-394-6290
San Dimas Senior Center



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

WHAT IS THE SAN DIMAS SENIOR CLUB?

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

ANNUAL DUES

\$12 per year

WHY JOIN?

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

WEEKLY SCHEDULE

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

San Dimas Senior Club Presents

COMMUNITY BINGO!

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

TUESDAYS

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



DOOR PRIZES, HOLIDAY CELEBRATIONS, AND FUN!

Reserved Seating Available

EFFECTIVE SEPTEMBER 2

NEW PRICING

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

NEW PAYOUTS

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

INCLUDES POWERBALL!



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

SEPTEMBER 4 • 2 PM

FREE



TWINS

Sponsored by:



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



San Dimas Heros

WANTED:

SAN DIMAS VETERANS

HONORING ALL WHO SERVED

Are you currently a resident of San Dimas or have you previously lived in San Dimas for at least one year?
Do you have an Honorable Discharge? If so, **WE WANT YOU.**

We would like to add your name to our permanent granite wall at Freedom Park in San Dimas.

For more information, visit our website at SanDimasHEROES.org (go to the bottom of our home page and click on Applications) or call us at (909) 677-9557.



Act now as our deadline for submittal is September 30, 2026.
All new names will be unveiled on Veterans Day, November 11, 2026. Thank you for your service.



YOU ARE INVITED TO THE



MASQUERADE BALL ⁵⁵⁺ Senior Prom

SPONSORED BY:



SEPTEMBER

FRIDAY

18

4PM-7:30PM

2026

COMMUNITY BUILDING 245 E. BONITA AVE.

\$15 PER PERSON

TICKET SALES:
RESIDENTS: AUG. 4
NON-RESIDENTS: AUG. 5



JOIN US FOR THE

September Birthday Social

THURSDAY, SEPTEMBER 10
3PM-4PM

Register with us if you are celebrating a birthday in September!
RSVP opens: August 4

Sponsored by:



Alignment Health Plan®

Free Registration Required!



55+

September Happy Hour

SEPTEMBER 10 | AT 3:00PM

Registration Required!

Free

RSVP opens: August 4

SPONSORED BY:



SEPTEMBER

CORNER CUP

Come and enjoy a delicious cup of coffee the month of September thanks to our sponsor, The San Dimas Senior Club. While supplies last!

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

FREE COFFEE





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:

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



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



FREE!

55+

LET'S CELEBRATE THE SEASON OF
THANKFULNESS

November Happy Hour

Thursday
November 12

3pm-4pm
Registration
required!

SPONSORED BY:

Tina Brownell
TMB INSURANCE
SERVICES
909-630-2576

RSVP opens Oct.6



55+

Please Join Us For
**GRATEFUL GATHERINGS
SENIOR DINNER**

To Celebrate Thanksgiving

\$15

Friday 13th	November, 2026 4:30pm-7pm
-----------------------	-------------------------------------

Ticket Sales:
Residents: Oct. 6
Non-Residents: Oct. 7

Sponsored by
SAN DIMAS
COMMUNITY HOSPITAL
A Prime Healthcare Service Hospital



55+

FREE!

PLEASE JOIN US FOR A

NOVEMBER Birthday Social

NOVEMBER 12

3pm-4pm
RSVP opens Oct. 6

SPONSORED BY:

EmanateHealth..

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



City of San Dimas LAUGHTER YOGA CLASS

**PRESENTED BY A.K. PATEL & DEE PATEL,
CERTIFIED LAUGHTER YOGA TEACHERS**

Yoga Mats are not required

'Free!'

THURSDAY, SEPTEMBER 24

1:00PM-2:00PM

SENIOR CENTER MPR

Laughter yoga uses diaphragmatic breathing to increase
happiness, strengthen the immune system,
reduce pain, lower stress/anxiety and increase overall
well-being.

Registration Required!
for more information call (909)394-6290

City of San Dimas
Parks & Recreation

TABLE TENNIS

55+

tournament
SENIOR CENTER
GAME ROOM

WEDNESDAY, SEPTEMBER 2
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,
September 25

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





October Dinner Registration-Residents

1

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



7

Closed
 LABOR DAY

8

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

14

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

15

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

21

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

22

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

28

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

29

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

September

2026



WEDNESDAY

THURSDAY

FRIDAY 13

October Dinner Registration-Non-Residents

2

Oktoberfest Registration-Residents

8:15am Pinochle
9:00am Digital Media Basics
9:00am Drawing
9:30am Chair Exercise
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

Oktoberfest Registration-Non-Residents

3

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**

4



9

8:15am Pinochle
9:00am Digital Media Basics
9:00am Drawing
9:30am Chair Exercise
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

10

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

11

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

16

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

17

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 4:00pm

18

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

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

Laughter Yoga 1pm

24

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

Karaoke 1pm

25

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

Fantasy Springs Registration- Residents

30

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



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.

Danish Days in Solvang**SOLD OUT**

Activity Level: 3

Saturday, September 19 7:30am-7:30pm

Fee: \$47.00 Residents/Senior Club; \$48.50 Non-Residents

Resident Registration: Wednesday, August 5**Non-Resident Registration: Thursday, August 6**

Excursion features transportation to Solvang, travel pack, and driver gratuity. It's the annual Danish Days festival in Solvang. This weekend is the 89th annual Danish Days Festival, free to the public. This quaint town is rich in Danish heritage and features many special events throughout the day for you to enjoy. This afternoon is the Parade with floats, equestrians, dancers, and the Solvang Village Band. All meals are on your own today.

Big Bear Oktoberfest (21+)

Activity Level: 2

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.



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



EVERY WEDNESDAY

APRIL 1-SEPTEMBER 16

4:00PM-8:30PM

245 E. BONITA AVE, SAN DIMAS

LIVE BANDS-FRESH PRODUCE-HOME DECOR-HAND CRAFTED VENDORS

2026 RUNNIN' SCARED



**5K 1MILE & TODDLER TROT
SEPTEMBER 26, 2026
CIVIC CENTER PARK (245 E. BONITA AVE)**

PRE-REGISTRATION:

**Pre-Registration Deadline:
Thursday, September 17th
@ 5:30pm**

DAY OF REGISTRATION:

**Day of Registration:
Saturday, September
26th @ 6:30am**





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

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



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

