



Arcadia Senior Services

April 2025

# Connection

Arcadia Community Center  
365 Campus Drive  
Arcadia, CA 91007



City of Arcadia  
626.574.5130  
[ArcadiaCA.gov/Seniors](https://ArcadiaCA.gov/Seniors)

All activities and services are for adults 50 and older.



## **Monday Dance**

**\$3**  
1st, 3rd, and 5th Monday of the Month  
1:30 - 3:30pm

Bring your partner and friends! Only \$3 at the door. Includes refreshments and snack.

**April 7** – Eric Ekstrand  
**April 21**– Nightlife



## **Blood Pressure Screening**

Tuesday, April 8 ~10-11am

**Free!** Community Center- Billiard Room

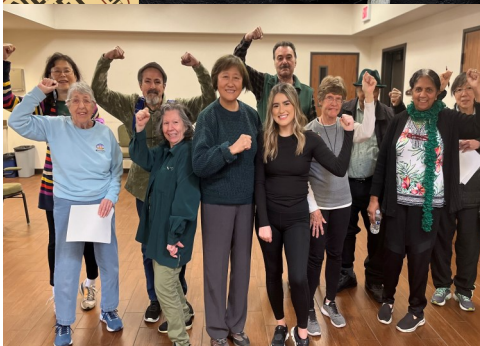
Stop by and get your blood pressure checked.  
Meets the second Tuesday of the month.



## **Senior Cinema**

**Free!**  
Tuesdays~12:30pm

4/1	Father Figures (R)	1h 53m
4/8	Ferris Bueller's Day Off (PG-13)	1h 43m
	For the Birds (Short)	3 min
4/15	Big (PG)	1 h 44m
4/22	Free Guy (PG-13)	1h 55 m
4/29	Barbie (PG-13)	1h 54m



## **Fit & Talk**

**Free!**  
Thursdays ~10am

Fit & Talk will meet every Thursday in the Arcadia Museum Center for a fun, easy, and free workout.

- 4/3 **Line Dance:** Moderate
- 4/10 **Seated Disco:** Easy
- 4/17 **Circuits:** Variable Difficulty
- 4/24 **Walk & Talk:** Easy





## Senior Health Seminars

Tue 4/15 Hearing Life Seminar at 12:30pm

Tue 4/22 Discover Ancient Breathing  
Techniques at 12:30pm

Free!

Mon 4/28 Geriatric Health at 1:30pm

Tue 4/29 Manage Symptoms of Asthma at  
12:30pm



Neighborhood Legal Services  
of Los Angeles County

## Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, April 25

Need assistance or have legal questions?

Call to make an appointment with  
a representative for 30 minutes.



## Pickle Ball– Open Play

Free!

Tuesdays & Fridays  
10am-12pm

Camino Grove Park  
1420 S. 6th Ave

**Equipment Is Provided**



## You've Got A Friend

This program provides a friendly phone call to  
those in need. If you or anyone you know may be  
interested in receiving a call from an Arcadia  
staff or volunteer, please contact the  
Arcadia Community Center.



## The Gift Shop

Monday–Wednesdays~ 10am - 1pm

The gift shop sells hand crafted items like baby  
blankets, sweaters, scarves, jewelry,  
and many other unique items.

Interested in volunteering for the gift shop?  
Reach out to the Arcadia Community Center for  
more information at 626.574.5130.



Free!

## Table Tennis

M&W 8am-4pm

TU, TH, & F 8am-3:30pm

No Table Tennis on special program, events & rainy days. See calendar for specific dates.

**Table Tennis 8am-12pm :** 4/7, 4/11, 4/21, & 4/28

**Table Tennis after 2pm :** 4/18 & 4/25



Free!

## Walk - in Programs

### Air Hockey & Foosball

Community Center - Billiard Room

M - F - 7:30am - 5pm

### Billiard Room

M - F - 7:30am - 5pm

### Board Games

Community Center - Lobby

M - F - 8am - 4:30pm

### Bridge

Community Center-Ballroom

Wednesdays 9:30am -12:30pm

Museum Education Center

Fridays 1-4pm

### Karaoke

Community Center-Ballroom

Thursday, April 3 & 24 at 12:30 - 2:30pm

### Pinochle

Community Center - Craft Room

Mondays - 9am - 2pm

### Sing Along with James

Community Center - Lobby

Wednesdays - 1 - 3pm

### Traditional Mahjong

Community Center - Ballroom D

Friday, April 4 & 11 at 12:30-4pm

Community Center - Dance Room

Friday, April 18 & 25 at 12:30-3:30pm

### Tech Talk

Community Center- Lobby

Friday, April 11 & April 25



# Senior Lunch Program

**MONDAY – FRIDAY**

**11:30am-12:15pm**

**COST**

**\* \$4 age 50-54**

**\* \$3 age 55+**

- Lunch is sold on a first-come, first-served basis beginning at 7:30am.
- Limited lunch meals
- Hot well balanced meal
- Meals are to be consumed in the facility.

## Senior Lunch Program Tickets Now Online!

Seniors who are 55+ are now eligible to purchase Senior Meal Lunch tickets online. Online ticket sales begin every morning from 7:30-10am. Ticket availability is limited. All participants need to fill out a CDBG form at the community center prior to their first lunch.

**\*\* Must purchase a Senior Meals Lunch Ticket in order to participate.**



**National  
Almond Cookie**

**Day  
Wednesday,  
April 9**

**Enjoy Almond  
Cookies with Senior  
Meals Lunch.**

**National  
Banana Day**

**Wednesday,  
April 16**

**Enjoy bananas &  
banana treat during  
Senior Meals lunch.**



**National Boba  
Tea Day**

**Wednesday,  
April 30**

**Enjoy a boba tea  
during Senior  
Meals lunch.**





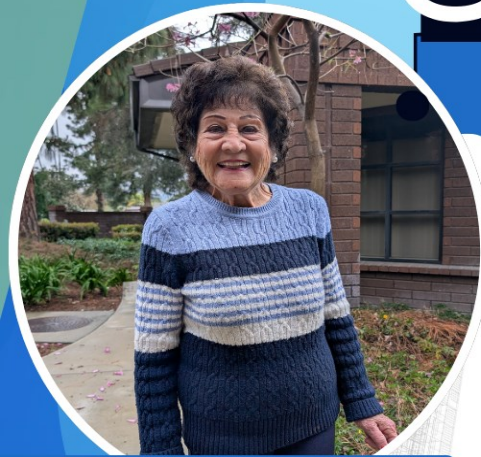
## SWEET ORANGES BUNCO

FRIDAY, APRIL 11  
12:30PM | \$15

Play a set of Bunco games at the  
Arcadia Community Center. It will  
include a light lunch and sweet  
raffle prizes.  
Registration is now open!

City of Arcadia

# 2024 Senior Of The Year



Arlene Weiss

The City of Arcadia would like to congratulate Arlene Weiss, the recipient of the 2024 Senior of the Year, for going above & beyond for the Arcadia Community. Arlene is a regular volunteer at the Arcadia Community Center, assisting with Senior Meals, special events, "Call a Friend" program, and Monday Dances.

Arlene will be honored at the Arcadia City Council Meeting on Tuesday, May 6, 2025

Friday, April 18

## Spring Fling Royal Ball

\$16 | 11:30am

Take part in this Royal Ball themed dance. Formal attire encouraged. Awards will be given to best dressed. Enjoy lunch, live music, and games.

## *Arcadia Senior Services Mission*

**The mission of Arcadia 50+ Services is to promote healthy living for older adults by providing a broad spectrum of recreational and leisure experiences while striving to assist the 50+ population by staying active, independent, and engaged.**

# Nature Hikes

9am | 8 + yrs | \$26

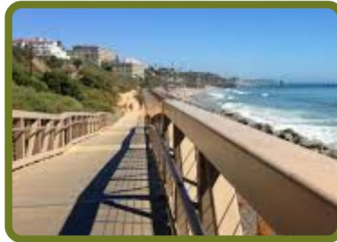


**APRIL 19**

**Weir Canyon**

Trail Difficulty:  
Moderate

4 MILES



**JUNE 14**

**San Clemente Beach Trail**

Trail Difficulty:  
Easy

4 MILES

Includes round trip transportation to and from the Arcadia Community Center, a staff guided hike, and a sandwich packed lunch. Hikes may include steep inclines and uneven terrain. May not be suitable for all individuals.

Join us and Have Some fun!



## CINCO DE MAYO CELEBRATION



**Friday, May 2**

**11:30am • \$16**



Enjoy a celebration of  
Mexican culture that  
includes lunch,  
entertainment, and dancing.



## Learn about your hearing *with* Hearing Life

Learn about hearing loss and discover the hidden connections between hearing loss and other health conditions.

Plus, receive free hearing screenings and complementary hearing aid cleanings.

**Tuesday,  
April 15**

**12:30pm**

**Arcadia Community Center**



626.574.5113 | [ArcadiaCA.gov/50](http://ArcadiaCA.gov/50)

## Community Bike Ride



**Saturday,  
May 3, 2025  
Registration 7am  
Ride 8am**



**Arcadia  
Community  
Center  
365 Campus Drive**

**FREE FOR ALL AGES | 7 MILE RIDE | NO TRAINING WHEELS**  
Youth under 18 must be accompanied by an adult

Register online  
[ArcadiaCA.gov/BikeRide](http://ArcadiaCA.gov/BikeRide)



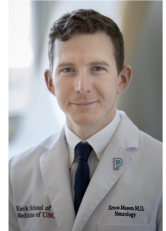
## CITY-WIDE HEALTH EDUCATION SERIES

*Hosted by the Arcadia City Health Committee*

**Free and open to all  
Pre-registration recommended**

### April Seminar

**Parkinson's Disease  
Essentials:  
Recognizing Symptoms  
and Navigating Treatment**



**Wednesday, April 23 at 6pm  
Arcadia Public Library, 20 W Duarte Rd  
Xenos Mason, MD  
Assistant Professor of Neurology, Keck  
School of Medicine of USC**

## 50+ Resource Fair

**FREE**

**Friday, May 9  
10:30am-1:30pm  
Arcadia Community Center**

Find resources and referrals  
for essential services such as...

- ✓ **Housing**
- ✓ **Transportation**
- ✓ **Food Assistance**
- ✓ **Legal Services**
- ✓ **Veterans Resources**
- ✓ **Sustainability**
- ✓ **Homeless Resources**
- ✓ **Volunteering**
- ✓ **Social Connections**
- ✓ **Education *and more!***



Connect with  
**Over 30**  
different organizations  
from around the  
San Gabriel Valley



# TASTE THE TOWN

Enjoy a new Arcadia restaurant every month

Thursday, April 17

Dings Garden

733 W Naomi Ave

50+ yrs | \$20



### Transportation:

Meet at the Arcadia Community Center  
at 10:30am to take the bus or meet at  
the restaurant at 11am

### Meal Options:

- Shrimp Pan Fried Noodle
- Pork Sliced Noodle Soup
- Kale Beef Rice
- House Special Leek + Pork Dumplings

Each meal comes with  
Dings special cold  
appetizer & a drink

# Garden Bingo

10am | Friday,  
May 16 | \$15

Enjoy eight Bingo  
games, a light lunch,  
and a chance to  
enter a raffle.

# Senior SOCIAL HOUR

Friday, May 30 | 12:30pm | Free  
Meet new friends as we play Jeopardy  
Games, snacks, & drinks provided



# Space BUNCO

Friday, June 6 | 12:30pm | \$15

Ready for an intergalactic adventure?  
Join us for a cosmic Bunco that's out of this world!  
Light lunch and raffle included.



## Senior Billiards Tournament

2v2 Double Elimination 8-Ball

Thursday, June 12

11:30am

\$15 per person

Pair up with a partner  
to compete in this  
2v2 tournament.  
Food and drinks  
will be provided.



## Summer Luau

FRIDAY, JUNE 20

11:30AM | \$16

Hula on over for an  
afternoon of fun and enjoy a  
Hawaiian lunch, Polynesian  
entertainment, and activities.

# INFORMATION & REFERRAL (I&R) PROGRAM

Do you need help filling out a form or finding an important resource? We can help you figure these things out. For referral assistance, please call 626.574.5130

## APRIL HIGHLIGHT *Free Bilingual Mental Health Warmline from MHACC*

- Were you impacted by the wildfires ? Call the Mental Health Association for Chinese Communities at 1-800-881-8502 for emotional support, guidance with coping strategies, and connections to local resources
- Mandarin, Cantonese, and English speakers available on the warmline
- Warmline open every day 9am-9pm PST

Scan the QR code for more information.




美國華裔精神健康聯盟  
**MHACC**  
Mental Health  
Association for Chinese  
Communities

# LIONS SIGHT PROGRAM

**FREE**

Arcadia Lions Club offers a certificate for a free eye exam, frames, and bifocal lenses every Thursday. Call to schedule an appointment. You must be 62 years or older & low income.

**FOR MORE INFORMATION CALL**

 626.574.5130



## Connection Newsletter Annual Subscription \$12

Don't miss out on programs and events!  
Get your Connection Newsletter by mail.



**Make check payable to:**  
City of Arcadia  
**Mail to:** City of Arcadia,  
Community Center, 365  
Campus Dr, Arcadia CA

FIRST & LAST NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

(A RECEIPT WILL BE EMAILED ONCE PAYMENT IS RECEIVED)

4/25

# Senior Friendship Club

MEETS WEDNESDAYS AT 11AM



## MEETING DATES

- 4/2 Regular Meeting We will have treats to  
4/9 Regular Meeting eat and a game to play.  
4/16 Easter Meeting  
4/23 Regular Meeting Come and visit our club!  
4/30 Snack Attack We're a friendly group!

## CLUB NEWS

President

Judy Regalado

Vice President

Doris Arbour

Secretary

Victoria Nance

Senior Citizens

Commissioner

Margaret Swope



Maggie  
Gardner



Both clubs meet at the Assistance League  
100 S. Santa Anita Ave  
626.446.7605

# Golden Senior Club

MEETS THURSDAYS AT 11AM

## MEETING DATES

- 4/3 Regular Meeting  
4/10 Regular Meeting  
4/17 Regular Meeting  
Member's Birthday  
Celebration  
Easter  
Guest Speaker  
4/24 Regular Meeting

## CLUB NEWS

The Golden Senior  
Club is doing great!  
See what we are all  
about! If you love  
Bingo, singing, or yoga,  
we're the club for you!  
We have it all!

President

Nilo Salazar

1st Vice

President

Angie

Slemaker

Secretary

Cyndi Salazar

Treasurer

Doris Arbour

Assistant

Treasurer

Rachel Salazar

Senior Citizens

Commissioner

Cyndi Salazar



Borinka Hanrahan  
James Hanrahan  
Anita Lim



## Arcadia Travelers- Proud Member of Chamber of Commerce



1 = **Easy**: Little walking, good for all

2 = **Moderate**: Light walking, must be able to walk long distance

3 = **Active**: Lots of walking, may include multiple staircases

LI = Lunch Included LOYO = Lunch On Your Own

General Meeting - Friday, April 25, 2025

Coffee 9:30am / Meeting 10am

Guest Speaker:

**Will Reece— Premier Tours**

Annual Membership \$10

**Credit cards not accepted**

Make checks payable to:  
**Arcadia Travelers Club, Inc.**

President, Chris  
Ohrmund

Senior Citizens Rep.  
Joyce Platt

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

**Gift Cards now on sale in the Travel Office.**

## Day Trips

### April 2025

**MYSTERY OLYMPICS TRIP (LOYO)** – Wednesday, April 2, 2025 – Tucker Tours – LV 8:30 am. Approx. return 5:30 pm. - \$150. Difficulty 2. This is a NEW tour in advance of the Los Angeles 2028 Games. Every now and then we need to be surprised! It's fun to see where Curt Tucker will go to preview the venues. Lunch will be on your own at a surprise location. Your only clue to the day's travel theme will be the Games of the XXXIV Olympiad. **ON SALE NOW.**

**THAT'S AMORE! Italian Tour (LOYO)** – Wednesday, April 30, 2025—Tucker Tours – LV 8:30 am. Approx. return 4:30 pm. – \$125. Difficulty 2. Italians and Italian-Americans have played an instrumental role in the development and heritage of Los Angeles, as one of the world's greatest cities. This NEW tour highlights the Italian-inspired treasures around the city and emphasizes the positive influences that Italian culture has had on the architecture, fashion, art, food, and cinema. Difficulty 2. **ON SALE NOW.**

### May 2025

**MADE IN ORANGE COUNTY (LOYO)**- Wednesday, May 7, 2025 – Main Street Tours – LV 8:30 am. Approx. return 5:00 pm. - \$113.00. Difficulty 2. Tour the Yakult probiotic drink factory where they make over 400,000 bottles a day in this state-of-the-art factory. Lunch will follow at the Irvine Spectrum with its large variety of eateries to enjoy lunch on your own. It's strawberry time at Tanaka Farms. See all the seasonal fruits and vegetables. All will take home a 1-pound basket of strawberries. **ON SALE NOW.**

**SAN DIEGO ZOO – GIANT PANDAS (LOYO)** – Thursday, May 22, 2025 – Main Street Tours – LV 7:00 am. Approx. return 5:30 pm - \$182.00. Difficulty 2. World Famous San Diego Zoo has two new popular residents – giant pandas! We'll visit Panda Ridge for a unique opportunity to view these lovable animals. Trip includes rides on the Guided Bus Tour and Kangaroo Bus for transportation around the park. Lunch is on your own at any of the many food locations in the zoo. **ON SALE NOW.**

## June 2025

**DAYCATION TO CATALINA (LOYO)** – Tuesday, June 10, 2025 – Tucker Tours – LV 7:30 am. Approx, return 7:00 pm. – \$198. Difficulty 2. Curt Tucker will lead the group on this trip, as the Catalina Express boat will transport you to & from the Island. Enjoy the enchantment of Avalon to explore, shop and eat. After lunch embark on a guided open-air tram tour. Experience all the wonderful sights of the Island. There are **only 44 available seats**, so don't delay getting your ticket. **ON SALE NOW.**

**PARAMOUNT STUDIOS TOUR (LOYO)** – Tuesday, June 24, 2025 - Main Street Tours – LV 10:00 am. Approx. return 5:00 pm. - \$148. Difficulty 2. Begin the trip at the Original Farmers Market for your own lunch choice from over 100 food vendors. After lunch you'll head over to Paramount Studios where you'll have a behind-the-scenes look at Hollywood Magic. Explore sound stages, historic backlots, and the inner workings of this legendary film studios. **ON SALE NOW.**

## July 2025

**COSM REVEALED! A JOURNEY INTO IMMERSION** – Wednesday, July 3, 2025 – Main Street Tours – LV 9:30 am. Approx, return 5:30 pm. – \$149. Difficulty 1. Travel to the state-of-art immersive Dome venue designed to transport you to new worlds. You'll be amazed with 2-short films and a guided tour of Cosm. Enjoy lunch on your own in Marina del Rey, followed with a stop at Galco's Soda Pop store. **ON SALE APRIL 28, 2025**

**VICTORY & VIGILANCE: WWII and the COLD WAR** – Friday, July 18, 2025 - Tucker Tours – LV 9:00 am. Approx. Return 5:30 pm. - \$125. Difficulty 2. Special docent led designed just for our group of the USS Iowa. Battleship played a critical role in WWII and the Cold War. No-host lunch at Long Beach's Shoreline Village. Final stop at the Wende Museum that features items from the Cold War period. **ON SALE May 5, 2025**

## Extended Trips 2025

For questions, contact Karen Sexton at (626) 641-5568,  
[compukare@aol.com](mailto:compukare@aol.com)

**FALLing for Cambria** October 22-24, 2025, 2 Nights, 3 Days. Curt Tucker Tour with stops at Clydesdale Horse Farm, Scarecrow Festival, Avila Valley Barn, Monarch Butterfly Reserve and elephant seals. D \$766, S \$966. On sale now.

**MACKINAC ISLAND AND TULIP FESTIVAL** May 2-10, 2025, 9 Days, 13 Meals. By 11/2 for Discount. D\$3,999, S\$4,999. <https://gateway.gocollette.com/link/1287673>

**BEST OF CHICAGO** September 4-9, 2025, 6 Days, 8 Meals, D\$2,975, S\$3,675.  
Premier Tour.

**CANADIAN MARITIMES AND COASTAL WONDERS** September 7-17, 2025, 11 Days, 16 Meals. By 3/7/2025 for Discount. D\$4,399, S\$3,399, T\$4,439.  
<https://gateway.gocollette.com/link/1239475>

**ROME & the AMALFI COAST** October 9-18, 2025, 10 Days, 13 Meals. By 4/10/2025 For Discount. D\$4,999, S\$5,999. <https://gateway.gocollette.com/link/1282228>

**CUBA DISCOVERY** October 13-18, 2025. 6 Days, 12 Meals. D\$4,799, S\$5,599, Premier Tour.

**COLORFUL COSTA RICA ADVENTURE** November 5-13, 9 Days, 18 Meals. D\$3,845, S\$4,545. Premier Tour.

**CHRISTMAS SEASON IN VICTORIA AND VANCOUVER** December 10-17, 2025, 7 Days, 6 Nights, 3 Nights at Fairmont Empress in Victoria, 3 Nights at Fairmont in VANCOUVER. D \$4,199. S \$5,599. Premier Tour.

**PATAGONIA: EDGE OF THE WORLD** January 10-25, 2026, 15 Days, 29 Meals. Price \$11,699 to \$15,699 depending on configuration. Collette

**SOUTHERN CHARM** March 23-29, 2026, 7 Days, 9 Meals. D\$3,699, S\$4,699, T\$3,669.

Visit the Arcadia Travelers Club Office (M-F 9 am to 12:30 pm) for detailed trip brochures or online at [arcadiatravelers.org](http://arcadiatravelers.org) website

Arcadia Community Center  
Senior Services  
365 Campus Drive  
Arcadia, CA 91007

## THE SECRET TO STAYING YOUNG & HEALTHY

### *Discovering Ancient Breathing Techniques*



Tuesday, April 22  
12:30-1:30pm

### Arcadia Community Center

In this fun and relaxing workshop, explore the benefits of Tai Ji Men Qigong, an ancient practice that enhances physical, mental, and spiritual wellbeing through powerful breathing techniques.

*embrace a healthier & happier lifestyle*



For more information, please call the  
Arcadia Community Center at 626.574.5130.

很想知道这里讲的是什么吗？我们也希望你们了解这些信息。阿凯迪亚市向公众免费提供文件翻译服务。请致电  
(626) 574-5455，向市书记官办公室了解详情。