



February Connection



Arcadia 50+
Services

February
2026

Arcadia Community Center
365 Campus Drive Arcadia, CA 91007
(626) 574-5130 | ArcadiaCA.gov/50



All activities and services are for adults 50 and over.



Monday Dance

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

Bring your partner and friends! Exact change appreciated. Includes refreshments and snack.

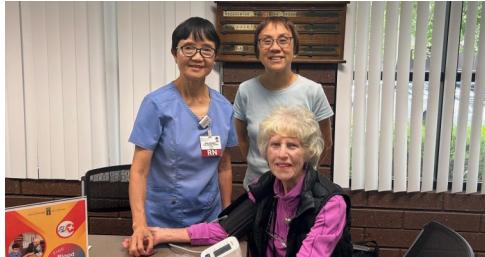
February 2 | Linda Herman

February 16 | Facility Closed

Blood Pressure Screening

Tuesday, February 10 | 10-11am | Free
Dance Room

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



Senior Cinema

Tuesdays | 12:30pm | Free

2/3	Materialists (R) + Us Again	1h 56m +7m
2/10	Fly Me to the Moon (PG-13)	2h 15m
2/17	The Big Sick (R)	2h
2/24	La La Land (PG-13)	2h 8m

Fit & Talk

Thursdays | 10am | Free
Museum Education Center

Try a new, fun, and engaging workout each week!

- 2/5 **Walk to Arcadia Park** | Moderate
- 2/12 **Yoga** | Moderate
- 2/19 **Zumba** | Moderate
- 2/26 **Senior Olympics** | Easy





Seminars

Ballroom | Free

2/9 **1:30pm** | Plant Workshop
 2/19 **12:30pm** | USC Arcadia Hospital
 Understanding AFib
 2/23 **12:30pm** | Declutter Workshop
 2/25 **6pm** | Health Education Series, Heart Health

Neighborhood Legal Services Of Los Angeles Organization

Friday, February 27 | 10am | Free

Need assistance or have legal questions?

Call to make an appointment with
a representative for a 30-minute consultation.



Neighborhood Legal Services
of Los Angeles County



The Gift Shop

Monday—Friday | 10am - 1pm

Calling all crafters and shoppers! Are you
interested in selling your homemade
creations? Do you love to shop for good quality
handmade items? The Gift Shop is the place
for you! Crafters interested in selling their
creations, please call the Community Center.

You've Got A Friend

This free 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 call the Community Center.



HICAP

Health Insurance Counseling & Advocacy Program

Tuesday, February 17 | 10am | Free

The Center for Health Care Rights is a non profit
organization that provides Los Angeles County
residents with free information & assistance with
Medicare. Appointment required.

Walk-in Programs | FREE

American Mahjong Lessons

Tue | 12:30-3pm | Ballroom

Billiard Room

Mon - Fri | 7:30am - 5pm

* No Billiards 2/16

Board Games & Card Games

Mon - Fri | 7:30am - 5pm | Lobby

* Ask Front Desk for supplies

Bridge

Wed | 9:30am -12:30pm | Ballroom

Fri | 1-4pm | Museum Education Center

Karaoke

Thu | 12:30 – 3pm | Ballroom

February 12 & 26

Pinochle & Puzzles

Mon | 9am – 2pm | Craft Room

* No Pinochle 2/16

Sing Along with James

Wed | 1 – 3pm | Lobby

Traditional Mahjong

Fri | 12:30-4pm | Dance Room

Table Tennis

Mon– Fri | 8am-3:30pm | Patio

Table Tennis 8am-12pm : 2/2

* No Table Tennis: 2/13, 2/16, 2/27

Tai Chi

Tues | 8-10am | Ballroom D

Tech Talk

Fri | 4-5pm | Ballroom

February 20 & 27



50+ 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 age 55+ can now purchase Senior Meal Lunch tickets online. A completed CDBG form is required before enrolling. Online purchases are available daily from 7:30-10:00 AM and are limited.



In compliance with Executive Order 14218, all applicants must complete a declaration of their U.S. citizenship or eligible immigration status

National Wear Red Day

Friday February 6



Wear red during
Lunch program,
and help raise
awareness about
heart disease

National Chocolate Mint Day

Thursday, February 19



Enjoy a
Chocolate
Mint treat
during Lunch
Program

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

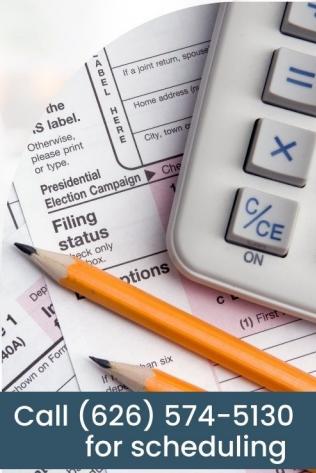
Free INCOME TAX ASSISTANCE

Receive free AARP tax preparation services!
Must be 50+ years and low-income to qualify.

Thursdays & Fridays, February 5 - April 10
Arcadia Community Center

Appointment scheduling dates:
February - April appointments
Now open!

You must have received all of your tax paperwork prior to making an appointment. All returns are filed electronically.



Call (626) 574-5130
for scheduling



Friday, February 6

1pm | \$5

Arcadia Community Center

Step into the golden age of Hollywood with a deep dive into the 1936 iconic musical "Swing Time", starring the legendary Fred Astaire and Ginger Rogers.

ArcadiaCA.gov/RecReg
(626) 574-5130



* *Reel Reflections* *



Documentary Series

Join us on select Wednesdays at the Museum Education Center to uncover the hidden stories of Southern California's history. Following the film, join us for an engaging craft activity.





California Friendly® Plant Workshop

Monday, February 9

1:30-2:30pm

Arcadia Community Center

Participants will learn how to:

- Build healthy, living soil that retains water and supports plant growth.
- Capture and use rainwater through simple, effective techniques.
- Select climate-appropriate and native plants that are low-maintenance and water-wise.
- Use high-efficiency irrigation systems to reduce water waste and save money.



LUNAR NEW YEAR LUNCH

Friday, February 13
11:30am | 50+ yrs | \$15

Celebrate with us as we welcome in the Year of the Horse! Enjoy an afternoon of live performances and authentic Chinese cuisine.



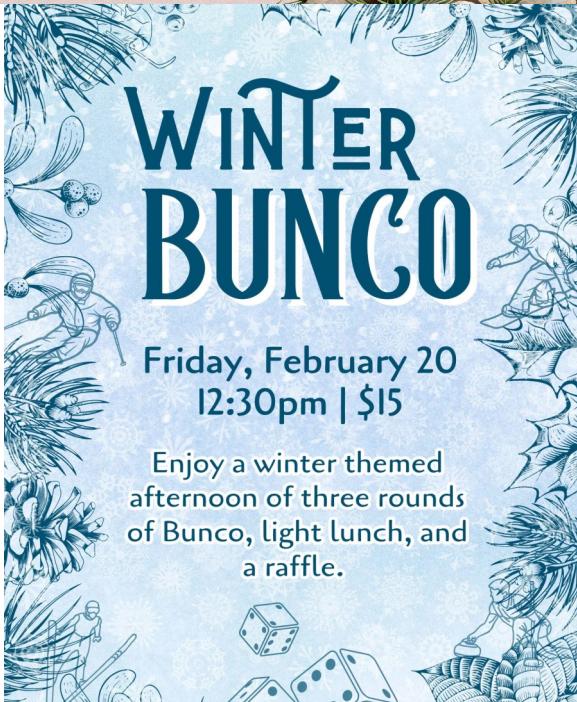
Arcadia Chinese Association
亞凱迪亞華人協會



WINTER BUNCO

Friday, February 20
12:30pm | \$15

Enjoy a winter themed afternoon of three rounds of Bunco, light lunch, and a raffle.



Coffee with the Mayor

Tuesday, February 17
9am



Join the conversation at the Arcadia Community Center as the Mayor discusses timely topics and answers questions about items of personal interest.

Free Declutter Workshop

★ **Downsizing Made Simple**

Making space, one step at a time

Monday, February 23

12:30-1:30pm

Arcadia Community Center



Hatlen
Properties

Learn simple strategies to downsize and declutter, creating a home that supports aging in place.



Taste the Town

Enjoy a new Arcadia restaurant every month

Lan Noodle

Thursday, February 19

411 E Huntington Drive

Meet at the Community Center at
10:30am or at the restaurant at 11am

Create your own combo

Each meal comes with a noodle dish, a
veggie side dish, a tea egg, and a soft drink

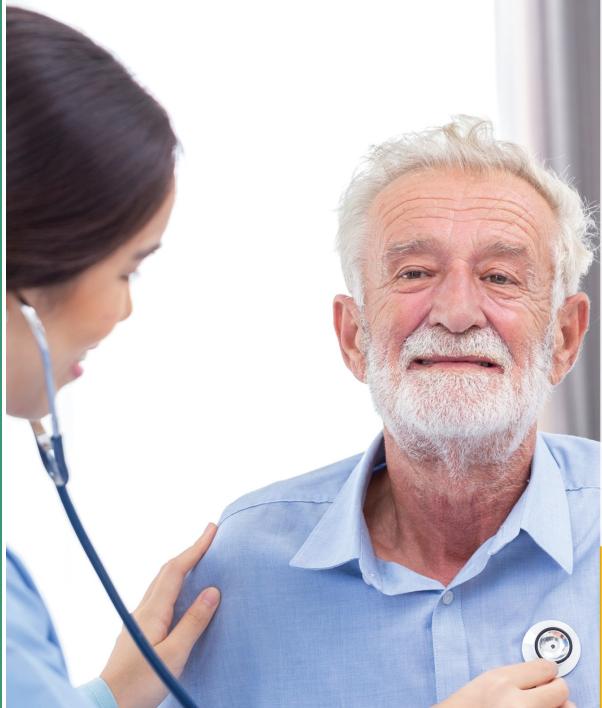
How to create your combo:

1. Choose your noodle dish
2. Choose your type of noodle
3. Choose your veggie side dish
4. Choose your soft drink

Limited space!
Don't miss out



ArcadiaCA.gov/RecReg | (626) 574-5130



USC Arcadia Hospital and City of Arcadia Recreation and Community Services will cosponsor this lecture.

For future lectures, go to our website at www.uscarchadiahospital.org/commoutreach.

Free Physician Referral
888-388-2838
www.uscarchadiahospital.org/findadoc

USC Arcadia Hospital

Keck Medicine of **USC**

Formerly Methodist Hospital of Southern California



Understanding AFib and Keeping Your Heart Healthy



An irregular heartbeat, also known as AFib, can lead to blood clots, strokes, heart failure, and other heart-related complications. Join us for an educational talk on managing AFib for a healthier heart with USC Arcadia Hospital Cardiologist Suzy Liu, MD. Dr. Liu will discuss the causes, common symptoms, risk factors, and current treatments for AFib.

**Thursday
February 19
12:30 to 1:30 p.m.**

TWO WAYS TO JOIN

In Person:
Arcadia Community Center
365 Campus Dr. Arcadia, CA 91007

Have a question?
Please contact 626-574-5130.

Facebook Live:
Watch live or review previous lectures on the USC Arcadia Hospital Facebook page:
www.facebook.com/USCArcadiaHospital



HEALTH EDUCATION SERIES

Fourth Wednesday of every month at 6pm

Free and open to all | Pre-registration recommended

Wednesday, February 25

Heart Health

Wednesday, March 25

Diabetes Medications

Wednesday, April 22

The Aging Colon



Location

Arcadia Community Center
365 Campus Drive



For more information visit ArcadiaCA.gov/HealthSeries

FREE

SEWING TECHNIQUES

for older adults



Tuesdays, February 24- June 9
1-4:20pm at the Museum Education Center



Build your sewing confidence in this free class!
Adjust commercial patterns to achieve a proper fit, learn
speed-sewing tips, solve craft challenges, and create
personalized projects with ease. All supplies will be provided.



PASADENA CITY COLLEGE
Noncredit Division

Register in person at the
Arcadia Community Center
ArcadiaCA.gov/50 | (626) 574-5130

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

FEBRUARY HIGHLIGHT

Benefit from In-Home Supportive Services (IHSS)

- In-Home Supportive Services (IHSS) helps eligible seniors and adults with disabilities pay for help at home so they can live safely and independently.
- Considered an alternative to out-of-home care such as nursing homes or board and care facilities.
- Applications online are available in English, Chinese Spanish & Armenian.



SCAN QR CODE FOR MORE INFORMATION



LIONS SIGHT PROGRAM



FREE VISION
CARE

The Arcadia Lions Club provides certification for a cost-free eye exam, frames, and bifocal lenses redeemable at a local optometrist. Must be at least 62 years old, resident of Arcadia or surrounding areas, and have a yearly income below \$29,900. Call to schedule an appointment at (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)

2/26

GOLDEN SENIOR CLUB

Address: 100 S Santa Anita Ave, Arcadia, CA

Meeting times: 11am-3pm

2/5- Regular meeting + Birthday celebration



2/12-Regular meeting

2/19- Regular meeting + Board meeting + Happy Birthday to
Doris Arbour!



2/26- Regular Meeting +

Join the fun as we play bingo and celebrate all holidays



President | Angie Slemaker. Vice President | Diane Stuve.

Assistant Treasurer | Rachel Salazar

Treasurer & Senior Citizens Commissioner | Doris Arbour

History of European Arts

Embark on a colorful journey through Europe's most inspiring eras of art!

From the drama of the Renaissance to the bold brushstrokes of Impressionism, discover how history, culture, religion, and politics shaped the masterpieces we love today.

Gain a deeper appreciation for artistic trends, styles, and vocabulary as you explore the great minds and movements that defined European art.

Mondays February 23 - June 8

1-3:20 pm | 50+ yrs

Arcadia Community Center



PASADENA CITY COLLEGE
Noncredit Division





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, February 27, 2026 President, Joyce Platt
Coffee 9:30am / Meeting 10am

Guest Speaker:

Will Reece: Premier World Discovery

Annual Membership \$10

Credit cards not accepted

Make checks payable to:

Arcadia Travelers Club, Inc.

Senior Citizens Rep.
Marilyn Mazone

[Office Hours](#)

M-F 9am - 12:30pm

Phone: 626.821.4377

Gift Cards now on sale in the Travel Office.

Day Trips

February 2026

ALPACAS, FARM FRIENDS & BBQ – Thursday, February 5, 2026. Mainstreet Tours. LV 8:30 am. RET 5:30 pm. \$183.00. Today we travel for a guided tour at Hawk Ranch. You'll encounter alpacas, goats, sheep, pigs, and donkeys. Enjoy the peaceful, rustic ranch setting. After time at the Ranch, you will enjoy an included BBQ Buffet Lunch at Phil's BBQ. On our way home, we will stop at Tom's Farm, a local favorite filled with unique shops, fresh produce, home décor and charming boutiques. Difficulty 2.

ON SALE NOW.

STEP INSIDE THE CHOCOLATE FACTORY – LITERALLY? – Friday, February 20, 2026. Tucker Tours. LV 9:00 am. RET 5:00 pm.. \$175.00 - This will be a "chocolate" day, complete with an included chocolate themed lunch. We'll travel to COSM's brand new Shared Reality Experience; the beloved classic film comes to life in a way you have never seen before. You'll immerse yourself in every scene, with every detail wrapping around you in dazzling, breathtaking clarity. This definitely will be a fun day. Difficulty 1. **ON SALE NOW.**

March 2026

ST. PATRICK'S DAY CELEBRATION (LI) – Monday, March 16, 2026. The Grand Event Center in Long Beach. LV 11:30 am. RET 5:30 pm. \$120.00. Today we travel to enjoy lunch and an Irish Celebration with "The Ploughboys", Dublin's very own group. The group has headlined national Celtic and Irish festivals, including the Las Vegas Highland Games, the Celtic Music Festival and the Age of Chivalry Renaissance Festival in Dublin. Upon sign-up choose Corned Beef & Cabbage or Mushroom Ravioli for your lunch entrée. Difficulty 1. **ON SALE NOW.**

ANACAPA ISLAND WHALE WATCHING AND WILDLIFE CRUISE (LOYO) – Wednesday, March 25, 2026. Tucker Tours. LV 9:00 am. RET 7:15 pm. \$160.00. This will be a fun and educational day discovering the treasures of the sea at Chanel Island National Park. You'll enjoy time for lunch (on your own) and shopping at the picturesque Ventura Harbor Village. In the afternoon you will be a passenger on an 3-hour narrated whale watching cruise through the waters of Santa Barbara Channel. Boat features a restroom on board and offers both indoor and outdoor seating on multiple decks. Dress in layers and wear comfortable, flat shoes. Bring binoculars and a camera. This definitely will be a fun day. Difficulty 2. **ON SALE NOW.**

April 2026

FLOWER FIELDS IN CARLSBAD with an included lunch at Hunter Steakhouse - (LI) Tucker Tours - Thursday, April 9, 2026. LV 8:00 am. RET 6:00 pm. \$175.00. A visit to "The Flower Fields at Carlsbad Ranch" in Northern San Diego County will surely delight you. Mother Nature has transformed these rolling hills (50 acres) into one of the most spectacular and coordinated displays of natural color and beauty anywhere. Included will be a trip through the Live Butterfly Encounter. After the "Fields", we'll have an enjoyable lunch at the Hunter Steakhouse with choice of entrée upon sign-up.
Difficulty 2 - moderate walking. **ON SALE NOW.**

GLASSWORKS TO GRAND PARLORS IN LOS ANGELES (LI) -Mainstreet-Thursday, April 23, 2026. LV 9:15 am. RET 5:00 pm. \$192.00 - Guided tour of the legendary Judson Studios, one of the oldest family-run stained-glass studios in the United States. We'll walk through their studios and discover their creative process behind their century-old craft. Our journey continues with a guided tour of the enchanting Grier-Musser Museum, a beautifully restored Victorian-era mansion filled with antiques, period furnishings and rotating seasonal displays. Your entrée for the included lunch at the Yard House will be chosen upon sign-up. This definitely will be an enjoyable and educational day.

Difficulty 2. **ON SALE NOW.**

May 2026

ANGELS vs. DODGERS - The Battle for L.A! (LO) "A Rivalry Rooted in Southern California Baseball History" - Tucker Tours - Saturday, May 16, 2026, LV 3:30 pm. RET 11:00 pm. \$190.00.mThe Angels vs. Dodgers Freeway Series is one of Major League Baseball's most intense, exciting and passionately followed rivalries. The two teams meet each year to battle for bragging rights. This will not only be an exciting game, but it will be followed by Spectacular Fireworks lighting the Anaheim sky. Difficulty 2 – walking level moderate. **On Sale February 2, 2026**

PATRIOTS & PLANES - (LI) Tucker Tours-Friday, May 29, 2026, LV 9:00 am. RET 5:00 pm. \$165.00 - Experience a day with Curt that celebrates the heart of America – our heroes, our history and the spirit that shaped a nation. We'll travel to Riverside National Cemetery, one of the most sacred military sites in America. Lunch will be Chicago-style at Portillo's, which began in the "Windy City". After lunch we will continue our tour at March Field Air Museum. There we will have a guided tour and hear the stories of pilots during wartime training, and heroic missions. Difficulty 2. Suggest comfortable walking shoes. **On Sale February 11, 2026.**

UP THE GOLDEN STATE TO THE GOLDEN GATE - June 1st - 4th, 2026. Tucker Tours. A

3-night and 4-day trip that will delight you. Cost is \$1,374.00-Double, \$1874.00-Single and \$1,290.00-Triple. Complete details available at Arcadia Travel Desk. Difficulty 2. Moderate walking.

ON SALE NOW

Extended Trips 2026

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

A CULINARY JOURNEY THROUGH TUSCANY AND FLORENCE March 17-25, 2026. 9 Days, 14 Meals. D\$4,799, S\$5,799. Premier Tour

SOUTHERN CHARM March 23-29, 2026. 7 Days, 9 Meals. D\$3,699, S\$4,699, T\$3,669.
<https://gateway.gocollette.com/link1281760>

DISCOVER AMERICA'S 250th ANNIVERSARY April 5-13, 2026. 9 Days, 12 Meals. D\$4,399, S\$5,799, T\$4,399. <https://gateway.gocollette.com/link1281752>

DISCOVER HIGHLIGHTS OF NORWAY May 17-25, 2026. 9 Days, 12 Meals. D\$4,998, S\$6,099.
<https://gateway.gocollette.com/link1281773>

MT. RUSHMORE, YELLOWSTONE AND WESTERN FRONTIERS July 29-Aug. 6, 2026. 9 Days, 12 Meals. D\$4,425, S\$5,580. Premier Tour.

SHADES OF IRELAND August 21-30, 2026. 10 Days, 13 Meals. D\$5,499, S\$6,399, T\$5,499.
<https://gateway.gocollette.com/link134523>

ALPINE LAKES & SCENIC TRAINS Sept. 5-14, 2026. 10 Days, 14 Meals. D\$6,699, S\$7,699.
<https://gateway.gocollette.com/link1281753>

LANDSCAPES & LIGHTHOUSES OF MAINE Sept. 19-25, 2026. 7 Days, 9 Meals. D\$3,949, S\$5,099.
Premier Tour

NEW ENGLAND RAILS AND TRAILS Sept. 30-Oct. 8, 2026. 9 Days, 11 Meals. D\$4,625, S\$6,075. Premier Tour

ALBUQUERQUE BALLOON FIESTA & SANTA FE Oct. 6- Oct. 11, 2026. D\$3,749, S\$4,699. Premier Tour

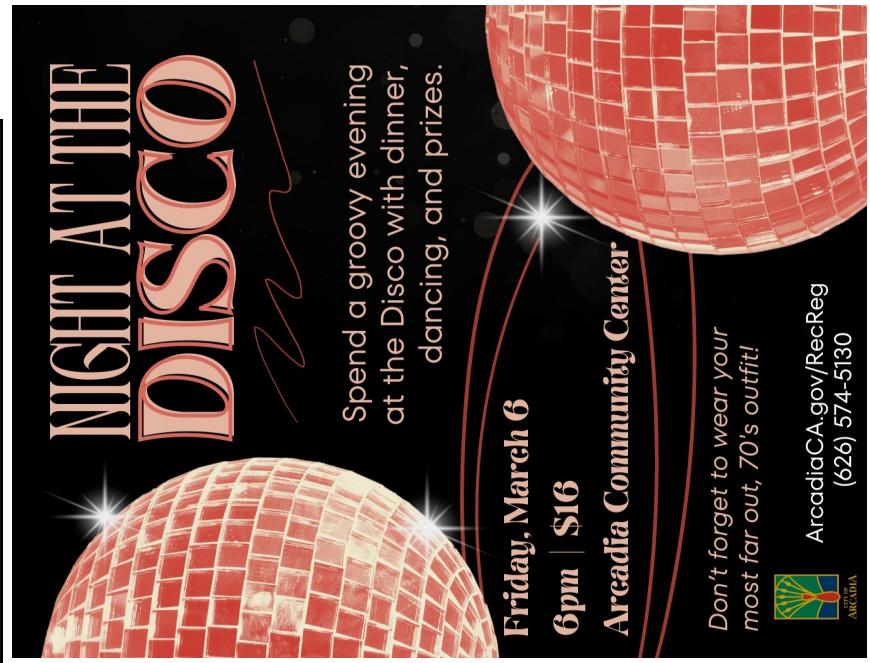
DISCOVER UTAH'S MIGHTY FIVE AND THE ROCKIES Oct. 5-13, 2026. D\$5,799, S\$6,999, T\$5,699.
<https://gateway.gocollette.com/link/1320268>

ATHENS & THE GREEK ISLANDS Oct. 6-14, 2026. D\$4,899, S\$6,099. Premier Tour.

FUTURE 2027 TRIPS New Orleans, Morocco, Japan & Seoul, Hawaii, Mackinac Island, Thailand, Pacific Northwest, Charms of Quebec

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

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



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。