



50+ Services

October 2026

Connection

(626) 574-5130 | ArcadiaCA.gov/50

Arcadia Community Center | 365 Campus Drive Arcadia, CA 91007

All activities and services are for adults 50 and over.



Monday Dance

1st, 3rd, and 5th Monday of the Month
1:30 - 3:30pm | Ballroom | \$3
Bring your partner and friends!
Exact change appreciated.
Includes refreshments and snack.

October 5 - Nightlife
October 19 - Gerry Rothschild



Blood Pressure Screening

Tuesday, October 13
10-11am | Dance Room | Free
Stop by to get your blood pressure checked.
Meets the second Tuesday of the month.



Senior Cinema

Tuesdays | 12:30pm | Free
*10/27 at 2pm

10/6 - Practical Magic PG-13	1h 43m
10/13 - Shape of Water R	2h 3m
10/20 - Jurassic World Rebirth PG-13	2h 13m
*10/27 - Beetlejuice PG	1h 32m



Fit & Talk

Thursdays | 10am | Free
Museum Education Center
Try a new, fun, and engaging workout each week!

October 1 - Walk to Arcadia Park | Easy
October 8 - Chair Kickboxing | Moderate
October 15 - Tai Chi | Easy
October 22 - Chair Zumba | Easy
October 29 - Standing Full Workout | Moderate



Seminars

Ballroom | Free



10/6 6pm | USC Arcadia - Girl Talk

10/21 6pm | USC Arcadia - Breast Cancer Awareness

10/26 12:30pm | LA County- Public Health 101

10/27 12:30pm | USC Arcadia - Holiday Cooking Demo



The Gift Shop

Monday—Thursday | 10am - 1pm

Calling all crafters and shoppers! Shop unique handmade items or sell your own creations at the Gift Shop. Interested vendors, please contact 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.



Neighborhood Legal Services
of Los Angeles County

Neighborhood Legal Services Of Los Angeles Organization

Friday, October 23 | 10am | Free

Need assistance or have legal questions?

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



HICAP

Health Insurance Counseling & Advocacy Program
Tuesday, October 20 | 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. Call (213) 383-4519.

Free Walk-in Programs

American Mahjong Lessons

Tue | 12:30 - 3pm | Ballroom

Billiard Room

Mon - Fri | 7:30am - 5pm

Board Games & Card Games

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

* Ask Front Desk for supplies

Bridge

Wed | 1 - 4pm | Ballroom

Fri | 1 - 4pm | MEC

Karaoke

Thu | 12:30 - 3pm | Ballroom

October 1 & October 22

Pinochle & Puzzles

Mon | 9am - 2pm | Craft Room

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: 10/5, 10/19

* **No Table Tennis:** 10/16, 10/23, 10/30

Tai Chi

Tues | 8:30 - 10am | Ballroom D

Tech Talk

Fri | 4-5pm | Ballroom

October 23 & 30



50+ Lunch Program

Now Serving: Meals from Café Fusion

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.
- Hot well balanced meal.
- Meals are to be consumed in the facility.
- Limited lunch meals.

Lunch Program Tickets Available Online

Seniors age 55+ can purchase Senior Meal Lunch tickets online from 7:30-10am and are limited.



Thursday, October 1 Breast Cancer Awareness Month

Receive a pin during Lunch Program to help raise awareness about Breast Cancer



Friday, October 2 National Pumpkin Spice Day



Enjoy a pumpkin spice treat during Lunch Program.



Music Mondays - Enjoy your favorite songs.



Trivia Tuesdays - Test your knowledge with trivia.



Crafternoon Wednesday - Get crafty every first Wednesday of the month.



Throwback Thursdays - Discover the movies, music, and trends from your favorite eras.



Fun Fact Friday - Learn or share a fun fact.

** Must purchase a lunch ticket to participate.

Nature Hike

7:30am | 8 + yrs | \$26



SATURDAY, OCTOBER 3

**West Fork
National Scenic Bikeway**

Trail Difficulty: Easy
150 ft. Elevation Gain

3.5 MILES

Includes round trip transportation from the Arcadia Community Center, a staff guided hike, and a sandwich packed lunch.

*Minors must be accompanied by an adult.
Hikes may include steep inclines and uneven terrain. May not be suitable for all individuals.*



Friday, October 16 | 10am | \$15 | Arcadia Community Center

Enjoy eight Bingo games, a light lunch, and prizes!

Taste the Town

Enjoy a new Arcadia restaurant every month

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**Thursday, October 15
11am**

400 S Baldwin Avenue, Arcadia, CA 91007

Meet at restaurant | No shuttle available

\$28

Family Style Meal

Enjoy Din Tai Fung
family style with your
Arcadia family!

Includes the following dishes:

- Cucumber Salad
- Hot & Sour Soup
- Kurobuta Pork Xiao Long Bao
- String Beans with Garlic
- Fried Rice with Shrimp
- Chocolate & Mochi Xiao Long Bao
- Choice of Drink



CITY OF
ARCADIA

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



Craft Fair



APPLY TO
BE A
VENDOR



Saturday, October 24 | 9am-1pm
Arcadia Community Center

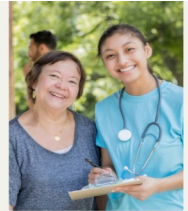
Shop unique, handmade items and holiday items from local crafters and artisans. Enjoy live music and raffle prizes!

Free Seminar

PUBLIC HEALTH 101

Monday, October 26
12:30pm | 50+ yrs
Arcadia Community Center

Learn about County of Los Angeles Public Health activities and services, how Public Health has improved health outcomes in LA, and how you can access services.





Cooking Demo: Protein and Healthy Aging



Come and join us for a fall cooking demonstration featuring Victoria Buxton-Pacheco MS, RD who is the outpatient dietitian at USC Arcadia Hospital. Victoria will talk about the myths and benefits of protein. She will discuss the difference between

animal and plant-based protein and why both are beneficial in the diet. Victoria will also demonstrate a fall inspired dish with butternut squash and chicken sausage. You will also taste a protein packed soup and a baked apple crisp. Recipes will be provided. Hope to see you all there.

**Tuesday
October 27
12:30 to 1:30 p.m.**

Address:

Arcadia Community Center
365 Campus Dr.
Arcadia, CA 91007

Learn about future lectures on our website:
keckmedicine.org/community

Free Physician Referral
888-388-2838

USC Arcadia Hospital
Keck Medicine of USC

Formerly Methodist Hospital of Southern California



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

Unable to attend in person?

We're on Facebook

Watch live at:

www.facebook.com/USCArcadiaHospital

MONSTER MASH

FRIDAY, OCTOBER 30
11:30AM | \$15

Join us for a **SPOOKTACULAR** celebration
with lunch, games, and a costume contest!



VETERANS = DAY =

☆ Lunch ☆



Tuesday, November 10 | 11:30am | Free
Arcadia Community Center

Join us as we honor those who have served our country
with presentations, lunch, and patriotic entertainment.
Open to all.

Sweater Weather BUNCO



Friday, November 13 | 12:30pm | \$15

Arcadia Community Center

Enjoy three rounds of Bunco, a light lunch, and a raffle.
No experience needed!

Senior of the Year NOMINATIONS

Deadline:
Tuesday, November 10

Applications are
available online
and at the Arcadia
Community Center

Nominees must be:

- 55 years of age or older
- Current Arcadia resident
- Contributed to better the Arcadia community



**Arcadia shines because of the people who
make our community special.
Celebrate someone who makes a difference
by nominating them today!**

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.

October HIGHLIGHT *Disaster and Emergency Preparedness for Adults*



- Preparedness programs are national, standardized and free for community members taught by certified presenters.
- Designed to help participants understand, prepare for and respond appropriately to emergencies and disasters.
- Sign up for topics such as Home Fire Campaign, Be Red Cross Ready, Hands Only CPR & more.
- To make a request visit www.redcross.org/la-request or call 562-277-4261 to learn more.



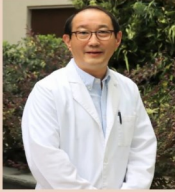
**American
Red Cross**

SCAN QR CODE FOR MORE INFORMATION



HEALTH EDUCATION SERIES

Arcadia Community Center at 6pm
Free and open to all. Pre-registration recommended.



Wednesday, September 23

Staying Healthy this Fall:
Understanding the Flu &
Importance of Adult Vaccines

Hua Jiang, MD
Internal Medicine, Board Certified Infectious
Diseases at USC Arcadia Hospital



Wednesday, October 21

Breast Cancer Awareness

Hong Yoon Plurad, MD, FACS
Chief of General Surgery
Kaiser Permanente Baldwin Park Medical Center



Thank you for your continued interest! The Health Education Series will return in January 2027.

Coffee with the Mayor

Tuesday, October 20 at 9am



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

Connection Newsletter Annual Subscription \$12

Don't miss out on programs and events! Get the 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: _____

10/26

☐ Check the box if you would also like to receive the Connection by email

(A receipt will be emailed once payment is received)

GOLDEN SENIOR CLUB

Address: 100 S Santa Anita Ave
Meeting times: 11am-3pm

10/1 Regular meeting
10/8 Regular meeting
10/15. Regular meeting & board meeting
10/22. Regular meeting
10/29. Halloween party, Luncheon, Costume gift
for top 3. Birthday celebration.

Happy birthday, Soli Kreig!



President - Angie Slemaker | Vice President - Diane Stuve
Assistant Treasurer - Rachel Salazar
Treasurer & Senior Citizens Commissioner - Doris Arbour

Do You Have Questions About Medicare?

HICAP

HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM

The Center for Health Care Rights offers free Medicare information and assistance to Los Angeles County residents.

Make an appointment

3rd Tuesday of the month
10am - 1pm
Arcadia Community Center
(213) 383-4519

Arcadia Travelers- Proud Member of Chamber of Commerce



arcadiatravelers.org

General Meeting -
Friday, October 23, 2026

Coffee 9:30am / Meeting 10am

President: Joyce Platt

Senior Citizens Rep:
Marilyn Mazone

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

Guest Speaker:

Brandon Dore: Collette

Annual Membership \$10

Credit cards not accepted

Make checks payable to:
Arcadia Travelers Club, Inc.

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

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

Day Trips

October 2026

MISSIONS – San Juan Capistrano and San Luis Rey in Oceanside (LI) - Friday, October 2, 2026, LV 9:00 am. RET. 6:00 pm. Majestic Adventures \$175.00. This will be a fun and educational day as we will have a “Mission Expert” as our Tour Guide. We will visit San Juan Capistrano and San Luis Rey Missions. In keeping with the culture of the day, we will enjoy a Mexican buffet lunch at El Adobe Restaurant in Capistrano. Difficulty 2 - moderate. **ON SALE NOW.**

MURDER MYSTERY AT LAWRY'S THE PRIME RIB RESTAURANT (LI) - Thursday, October 22, 2026, LV 10:00 am. RET 4:00 pm. Main Street Tours \$180.00. To put you in the spirit of Halloween, we're off to Lawry's for a Halloween Murder Mystery. It will be an afternoon you will not want to miss. Choice of entrée at sign-up: Prime Rib, Grilled Salmon or Vegetarian, complete with Lawry's house salad, dessert, iced tea and coffee. Difficulty 1 - easy. **WAITLISTED.**

November 2026

OLD TOWN MUSIC HALL, GREAT DAY – GOOD FOOD – LIVE MUSIC (LI) - Saturday, November 7, 2026, LV 10:30 am. RET. 5:30 pm. Main Street Tours \$161.00. The day will start with lunch at Truxton's American Bistro (choice of entrée on sign-up). Then it's off to the Old Town Music Hall in El Segundo for a live performance on the magnificent Wurlitzer Theatre Pipe Organ before viewing a classic Hollywood movie on the big screen. Make the day a celebration of the glamour of Old Hollywood! Difficulty 1 - easy. **ON SALE NOW.**

December 2026

THE ALLEY CATS SWINGIN' CHRISTMAS (LI) - Thursday, December 3, 2026, LV 11:00 am. RET 5:30 pm. \$125.00. Limited to 40 reservations. It will be an enjoyable day with the Alley Cats at Almansor Court as we listen to 4-part harmony arrangements of all of our holiday favorites, plus the ever popular 50's and 60's hits. Choice of lunch entrée upon signup. Difficulty 1 easy. **ON SALE NOW.**

SURF, SAND AND SANTA (DI) - Friday, December 18, 2026, LV 1:30 pm. RET 9:30 pm. Tucker Tours \$193.00. This is always a fun trip Traveling to Newport for an early dinner of (choice upon signup) pot roast, salmon, chicken or vegetarian. We will board our own private tiki boat (one beverage included) with both covered and uncovered seating areas and cruise the waters to see houses and landscapes that are transformed into a magical holiday experience. Difficulty 2 moderate. **ON SALE NOW.**

CELEBRATE NEW YEAR'S (LI) - Thursday, December 31, 2026, LV 11:30 am. RET 5:30 pm. \$130.00 per person. Limited to 40 reservations. Join Arcadia Travelers to celebrate New Year's at The Grand in Long Beach, with a Show and Lunch. You'll start 2027 by listening to all your favorites, as this is sure to be an "afternoon music event to bring in the New Year". Difficulty 1 easy. Choice on signup of Salmon or Vegetable Lasagna.

On Sale September 21, 2026.

January 2027

2027 MEMBERSHIP CARDS NEEDED FOR JANUARY TRIPS.

SAN DIEGO'S BEST (LI) - Thursday, January 7, 2027, LV 8:00 am. RET. 7:00 pm. \$190.00 per person. Join Curt Tucker as we enjoy our adventure to America's Finest City! After an early lunch at the Chicken Pot Pie Shop (established in 1938), we'll explore the USS Midway, travel to Mount Soledad and then we'll wrap up our day in the charming beach town of Oceanside at the famous "Top Gun House". Difficulty 2 moderate walking. **On Sale October 7, 2026.**

A WORLD OF FLAVOR (Tastings Included) - Thursday, January 28, 2027, LV 9:00 am. RET. 5:00 pm. \$170.00 per person. A taste of cultures and a day to remember with Curt Tucker, as we enjoy a delicious journey of food from around the world without ever leaving Los Angeles. This is a unique experience, that's as fun as it is flavorful! Difficulty 2 moderate. **On Sale October 21, 2026.**

Extended Trips 2026-2027

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

NEW YORK CITY HOLIDAY Dec. 3-7, 2026. D\$2,999, S\$3,899, T\$2,949.

<https://gateway.gocollette.com/link/1369971>

VIENNA & XMAS MARKETS ON DANUBE Dec. 10-19, 2026. Prices vary see Amadeus Imperial. Premier Tour.

COLORS OF MOROCCO January 14-28, 2027. 15 Days, 27 Meals. D\$5,599, S\$6,599.

<https://gateway.gocollette.com/link/1409975>

GREAT TRAINS & GRAND CANYON Feb. 21-27, 2027. D\$3,525, S\$4,475. Premier

NEW ORLEANS & CAJUN COUNTRY March 14-21, 2027. 7 Days, 10 Meals. D\$3,775, S\$4,700. Premier Tour

JAPAN & SOUTH KOREA April 17-May 2, 2027. 16 Days, 23 Meals. D\$10,749, S\$11,749.

<https://gateway.gocollette.com/link/1369919>

GRAND HAWAIIAN ADVENTURE May 6-18, 2027. 13 Days, 17 Meals, 4 Islands. D\$7,499, S\$9,799. <https://gateway.gocollette.com/link/1369857>

MACKINAC ISLAND, GRAND HOTEL & NIAGARA FALLS May 7-14, 2027. D\$4,299, S\$5,349. Premier Tour

SPOTLIGHT ON PARIS June 23-29, 2027. 7 Days, 8 Meals. D\$5,399, S\$6,399.

<https://gateway.gocollette.com/link/1409990>

PACIFIC COAST ADVENTURE July 11-18, 2027. 11 Meals. D\$4,449, S\$5,799. Premier Tour

ALASKA: CALL OF THE WILD Aug. 5-11, 2027. 10 Meals. D\$5,999, S\$7,849. Premier Tour

CHARMS OF QUEBEC Sept. 10-17, 2027. 10 Meals. D\$4,999, S\$6,199.

<https://gateway.gocollette.com/link1401588>

Future 2027 trips - French Riviera, Prague & Budapest Xmas Markets, London & Paris Holiday

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

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

A Thanksgiving-themed poster with a warm orange and brown color palette. At the top, the words "THANKSGIVING" and "Feast" are written in a large, elegant script. Below the text is a detailed illustration of a roasted turkey, a cornucopia overflowing with pumpkins, gourds, and autumn produce like corn and grapes. A green circular badge on the left contains the text "We would be grateful if you joined us!". The bottom section of the poster is a solid dark brown with white text providing event details.

THANKSGIVING
Feast

We would be grateful if you joined us!

Wednesday, November 25
11:30am | \$20 | 50+ yrs
Arcadia Community Center

Spend the day with your Community Center family.
Enjoy live entertainment and a traditional holiday meal served by the Arcadia Fire Department.

ArcadiaCA.gov/50 | (626) 574-5130

很想知道这里讲的是什么呢？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。