



Happy MAY



*"To the world you are a mother, but
to your family you are the world."*

Arcadia Senior Services

May 2025

Connection

Arcadia Community Center
365 Campus Drive
Arcadia, CA 91007



City of Arcadia
626.574.5130
ArcadiaCA.gov/Seniors

All activities and services are for adults 50 and older.



\$3 Monday Dance
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.

May 5 – Tony DiGiovanni
May 19– Global Affair



Blood Pressure Screening

Free! Tuesday, May 13 ~10-11am
Community Center- Billiard Room

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



Free! Senior Cinema
Tuesdays~12:30pm

5/6	Everything, Everywhere, All at Once (R)	2h 19m
	Bao (G)	8 m
5/13	The Swimmers (PG-13)	2h 14m
5/20	Parasite (R)	2h 12m
5/27	The Boy & the Heron (PG-13)	2h 5m



Free! Fit & Talk
Thursdays ~10am

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

5/1	Walk & Talk- Santa Anita Mall:	Moderate
5/8	Zumba:	Moderate
5/15	Senior Olympics:	Easy
5/22	Chair Yoga:	Easy
5/29	Line Dancing:	Moderate



Free! **Senior Health Seminar** **12:30pm**

Tue 5/20 Early Detection of Breast Cancer &
Women's Wellness



Neighborhood Legal Services
of Los Angeles County

Neighborhood Legal Services Of Los Angeles Organization

Free! Friday, May 30
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–Wednesday~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 : 5/5, 5/19, & 5/30

Table Tennis after 2pm : 5/2, 5/16, & 5/23

No Table Tennis: 5/9



Free!

Walk - in Programs

Air Hockey & Foosball

Community Center - Billiard Room

M - F - 7:30am - 5pm

American Mahjong Tutorial

Community Center - Lobby

Tuesdays-1-3pm

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, May 1 & 22 at 12:30 - 3:00pm

Pinochle

Community Center - Craft Room

Mondays - 9am - 2pm

Sing Along with James

Community Center - Lobby

Wednesdays - 1 - 3pm

Traditional Mahjong

Community Center - Dance Room

Fridays at 12:30-3:30pm

Tech Talk

Community Center- Lobby

Friday, May 9 & 23



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.



National Have a Cola Day

Thursday, May 8



Enjoy a Coca Cola Beverage during Senior Lunch Program.

National Buttermilk Biscuit Day

**Thursday,
May 15**

Enjoy a biscuit during Senior Lunch Program.



National Lucky Penny Day

Friday, May 23



Test your luck during Senior Lunch Program.

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



CINCO
de
MAYO
celebration

Friday, May 2

11:30am | 50+ yrs | \$16
Arcadia Community Center

Let's fiesta! Enjoy a celebration of Mexican culture including lunch, entertainment, and dancing.



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!



Lunch is Included
thanks to our generous sponsor, Optum!
Meals will be available on first come, first serve basis!



FREE FOR ALL AGES

7 MILE RIDE

NO TRAINING WHEELS

Youth under 18 must be accompanied by an adult

Register online
ArcadiaCA.gov/BikeRide



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



Arcadia
Community
Center
365 Campus Drive

TASTE THE TOWN

Enjoy a new Arcadia restaurant every month

Kyuramen

Thursday, May 15

7 Las Tunas Dr. Ste B

50+ years | \$23

Transportation:

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

Meal Options:

- Classic Japanese Omurice
- Honeycomb Platter
- Tokyo Tonkotsu Shoyu
Ramen
- Katsuobushi Pork Ramen
- Vegetable Miso Ramen

Each meal comes with a Thai
Iced Tea or Amazing
Lemonade



For any questions call 626.574.5130

Learn to Play American Mahjong



一萬 二萬 三萬 四萬 伍萬 六萬 七萬 八萬 九萬



**FOR
FREE**

Hosted by:
**ROSANNE
JACOY**

6 weeks of free lessons on
Tuesdays from 1-3pm
Sign up at the Community
Center front desk if interested

**For more information, call the Arcadia
Community Center at 626.574.5130**



Garden Bingo

10am | Friday, May 16 | \$15

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



LAW DAY 2025

In collaboration with
 

**SATURDAY, MAY 17
10am-1pm
Arcadia Community Center
365 Campus Drive**

Free 20-minute legal counseling with attorney
Appointment **REQUIRED**
Bring all materials related to issue
Legal expertise in a wide range of areas

➔ To book an appointment, scan the QR code





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

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

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

USC Arcadia Hospital
Keck Medicine of USC
Formerly Methodist Hospital of Southern California



Breast Health and Early Detection of Breast Cancer



Join us for an educational lecture on breast health, focusing on the latest technologies for screening and diagnosing breast cancer, presented by Mary Yamashita, MD.

Dr. Yamashita is a Clinical Professor of Radiology and Surgery at Keck Medicine of USC. She will share her expert advice on maintaining breast health throughout your life, including the importance of early detection, regular screenings, and breast care at any age.

**Tuesday
May 20
12:30 to 1:30 p.m.**

TWO WAYS TO JOIN

In Person:

Register today by calling the Arcadia Community Center at 626-574-5130.

Location:

375 Campus Dr, Arcadia, CA 91007

Facebook Live:

Watch live or review previous lectures on the USC Arcadia Hospital Facebook page:

www.facebook.com/USCArcadiaHospital

Coffee with the Mayor

9AM

TUESDAY
MAY 20



Enjoy coffee & an
engaging
conversation with
the new mayor.

Space BUNCO

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

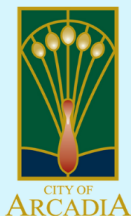
Ready for an intergalactic adventure?
Join us for a cosmic Bunco that's out of this world!
Light lunch and raffle included.

Congratulations to the

SENIOR BILLIARDS TOURNAMENT WINNER



Rod Macapagal



CITY-WIDE HEALTH EDUCATION SERIES

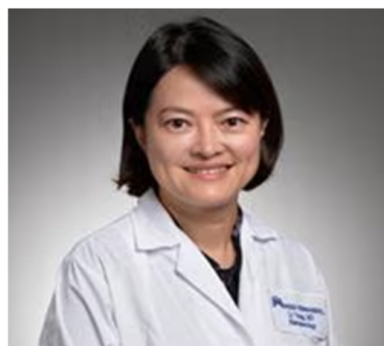
Free and open to all
Pre-registration recommended
Arrive at 5:45pm for onsite registration

*For more information, please call the
Recreation & Community Services Department at 626.574.5113*

May Seminar

“Living Well with Osteoarthritis”

Wednesday, May 28 at 6pm
Arcadia Public Library, 20 W Duarte Rd
Li Yang, MD
Department of Rheumatology
Kaiser Permanente Baldwin Park



To register, scan the QR code
or visit ArcadiaCA.gov/HealthSeries

Pursuant to the City of Arcadia's Language Access Services Policy, limited-English proficient speakers who require translation services in order to participate in a meeting may request the use of a volunteer or professional translator by contacting Gina Hernandez at (626) 821-4328 at least 72 hours prior to the meeting.

根據亞凯迪亞市的“語言便利服務政策”，如果參加會議者英語能力有限，需要口譯服務，可以致電Gina Hernandez (626)821-4328，請求提供志願或專業口譯員，但請務必至少在會前72小時提出該請求

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

MAY HIGHLIGHT *Emergency Department Guide from the California Department of Aging*

- The Emergency Preparedness Guide is specifically designed to help older adults and people with disabilities prepare for emergencies to ensure they stay safe before, during, and after disasters and other emergency events.
- Guides are available online in English, Spanish, Traditional Chinese, Korean, Vietnamese, Tagalog, & Armenian.

Scan the QR code for more information.




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)

525



Senior Friendship Club

MEETS WEDNESDAYS AT 11AM



MEETING DATES

5/7 Regular Meeting

5/14 Regular Meeting

5/21 Regular Meeting

5/28 Regular Meeting

CLUB NEWS

We have treats to eat
and games to play.

Come and visit our club;
we're a friendly group!



President

Judy Regalado

Vice President

Doris Arbour

Secretary

Victoria Nance

Senior Citizens

Commissioner

Margaret Swope

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



Golden Senior Club

MEETS THURSDAYS AT 11AM

MEETING DATES

5/1 Regular Meeting

5/8 Regular Meeting

5/15 Regular Meeting

Member's Birthday

Celebration

Mother's Day

Guest Speaker

5/22 Regular Meeting

5/29 Regular Meeting &

Officer's Meeting



Betty Jo Little
Nilo Salazar
Nancy Regino
Rachel Salazar
Jeanette Strep
Vernon Wickstrom



President

Nilo Salazar

1st Vice

President

Angie

Slemaker

Secretary

Cyndi Salazar

Treasurer

Doris Arbour

Assistant

Treasurer

Rachel Salazar

Senior Citizens

Commissioner

Cyndi Salazar

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, May 23, 2025

Coffee 9:30am / Meeting 10am

Guest Speaker:

Kathy Symons– World Traveler

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

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 (LOYO) – Wednesday, July 16, 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.**

VICTORY & VIGILANCE: WWII and the COLD WAR (LOYO)– Friday, July 18, 2025 - Tucker Tours. LV 9:00 am. Approx. return 5:30 pm. \$160. Difficulty 2. Special docent led designed just for our group of the USS Iowa, a battleship that served in World War II, the Korean War, and the Cold War. Known as the "Battleship of Presidents", the Iowa famously transported President Franklin D. Roosevelt across the Atlantic in 1943. You'll enjoy a docent-led main deck tour- an easy and accessible walk through some of the ship's most memorable spaces. Lunch is included at Bubba Gumps Restaurant. Next stop is the Terminal Island Memorial, dedicated to the Japanese American fishing community that once thrived here before World War II. Our final stop is the Wende Museum, home to one of the world's most extensive collections of Cold War-era artifacts outside of Europe. This one-of-a-kind museum offers an insider's look into life behind the Iron Curtain. **ON SALE May 5.**

August 2025

A TASTE OF FRANCE: FROM BISTROS TO BRUSHSTROKES (LI) - Wednesday, August 6, 2025- Tucker Tours – LV 9:00 am. Approx. return 5:00 pm. - \$150. Difficulty 2. Experience the elegance & richness of France at Monsieur Marcel. Begin with a rich cheese fondue, served bubbling hot with a selection of rustic bread, crisp vegetables, and savory dipping options. Then enjoy a hearty serving of Boeuf Bourguignon, a beloved French stew made from tender cuts of beef slowly braised in red wine with pearl onions, mushrooms, and aromatic herb. For dessert, delight in a delicate French macaroon, followed by a refreshing French iced tea, infused with subtle floral notes. Bon Appetite! After lunch you'll visit the Getty Center to see French Masters and view remarkable works by Monet, Manet, Renoir, and Degas, whose brushstrokes defined an era and captured the beauty of French landscapes and everyday life. "On se voit dans le bus!" (See you on the bus!) Limited to 40 guests. **ON SALE May 19.**

SANTA BARBARA BY LAND & SEA (LOYO)– Thursday, August 21, 2025 – Main Street Tours – LV 9:00 am. Approx. Return 6:30 pm. - \$158. Difficulty 2. On the coastal drive, we will stop for lunch on your own at Padaro Beach Grill. It has great food and ocean views. Into Santa Barbara you'll board the Land Shark amphibious vehicle. The tour will be on land and sea. A great way to beat the heat in cooler Santa Barbara. **ON SALE May 27.**

Extended Trips 2025

For questions, contact Karen Sexton at (626) 641-5568,
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.

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.

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/link/1281752>

DISCOVER HIGHLIGHTS OF NORWAY May 17-25, 2026. 9 Days, 12 Meals. D\$4,999, S\$6,099. <https://gateway.gocollette.com/link/1281773>

Visit the Arcadia Travelers Club Office (M-F 9 am 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。