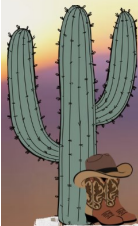




September



50+ Services

September 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.

September 7 - CLOSED FOR LABOR DAY
September 21 - Tony DiGiovanni



Blood Pressure Screening

Tuesday, September 8
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

9/1 - School of Rock PG-13	1h 48m
9/8 - Freedom Writers PG-13	2h 3m
9/15 - Akeelah and the Bee PG	1h 52m
9/22 - Stand and Deliver PG	1h 43m
9/29 - Ferris Bueller's Day Off PG-13	1h 43m



Fit & Talk

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

September 3 - Qigong | Easy
September 10 - Walk to Santa Anita Mall | Easy
September 17- Full Body Chair Workout | Easy
September 24- Indoor Walk Exercise | Easy



Seminars

Ballroom | Free



9/14 1:45pm | Discover Qigong

9/22 12:30pm | USC Arcadia - Common Urologic Conditions with ages 50+

9/23 6pm | USC Arcadia - Understanding Flu & Importance of Adult Vaccines

9/28 12:30pm | Waste Sorting Regulations Workshop

The Gift Shop

Monday—Friday | 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 Organization

Friday, September 25 | 10am | Free

Need assistance or have legal questions?

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



Neighborhood Legal Services
of Los Angeles County

HICAP

Health Insurance Counseling & Advocacy Program

Tuesday, September 15 | 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

September 10 & September 24

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: 9/21

* No Table Tennis: 9/7, 9/18, 9/25

Tai Chi

Tues | 8 - 10am | Ballroom D

Tech Talk

Fri | 4-5pm | Ballroom

September 18 & 25



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.



Wednesday, September 16

National Cinnamon Raisin Bread Day

Enjoy a slice of cinnamon raisin bread as a treat during Lunch Program.



Wednesday, September 30

National Coffee Day



Enjoy a cup of coffee 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.**



FREE

SOCIAL HOUR

Arts & Crafts

Friday, September 4

12:30pm | 50+ yrs

Arcadia Community Center

Meet new people while painting with watercolors.
Snacks and supplies will be provided by the
instructor. Registration required.



Discover Qigong

氣功

Monday, September 14

1:45pm | 50+ yrs

Arcadia Community Center

FREE SEMINAR

Participate in this gentle practice that combines flowing movements with natural breath to promote relaxation, improve circulation, and support overall health and vitality. Easy to learn and suitable for older adults.





HEALTH FAIR

**Saturday,
September 12, 2026**

9am-12pm

**Arcadia Community Center
365 Campus Drive, Arcadia**

Free and open to all

- **Diabetic Retinopathy Screening**
- **Mammogram Screening**
- **Dental Exams**
- **Flu Shots**
- **Screenings, Resources, and Consultation Booths**

All services available on a first come first served basis

Overflow parking available at the Arcadia Performing Arts Center and Holy Angels Church parking lots.

ArcadiaCA.gov/Recreation



**USC Arcadia
Hospital**
Keck Medicine of **USC**



Coffee with the Mayor



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

Tuesday, September 15
9am

Taste the Town *Shwe Taung*

Enjoy a new Arcadia restaurant every month

Thursday, September 17
12pm

305 N Santa Anita Ave, Suite A

Meet at resturant | No shuttle available

See flyer for meal options.
All meals come with a samosa and a drink.



50+ MOON FESTiVAL

Friday, September 25

11:30am | \$16

Arcadia Community Center

*Enjoy a cultural
celebration
of the Autumn harvest
with a Chinese lunch,
moon cakes, &
entertainment.*

moon FESTIVAL

SATURDAY, SEPTEMBER 26

5-8:30pm | Free

Arcadia City Hall Lawn
240 W. Huntington Drive

Entertainment • Kids Activities
Food • Mooncake Making

In collaboration with



Sponsored by





Common Urologic Conditions in Men and Women Over 50



As we age, urinary and reproductive health concerns become increasingly common—but many are treatable and should not be considered a normal part of aging. Join us for an educational talk on common urologic conditions affecting men and women over 50 with urologist Jamal Nabhani, MD. Dr. Nabhani will discuss urinary symptoms, kidney stones, infections, incontinence, and prostate health. He will also provide guidance on when to seek medical evaluation and the latest treatment options.

**Tuesday
September 22
12:30 to 1:30 p.m.**

Address:

Arcadia Community Center
365 Campus Dr.
Arcadia, CA 91007

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

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

FREE

Waste Sorting Regulations

WORKSHOP



For apartments & other multi-family complexes

Monday, September 28

12:30pm

50+ yrs

Arcadia Community Center

Learn about California's SB 1383 recycling and organic waste requirements for multi-family properties.

Learn about recycling and organics collection, proper sorting practices, available resources, and how to stay compliant.

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.

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.

September HIGHLIGHT

Traditional Legal Assistance Program (TLAP)

- The Traditional Legal Assistance Program (TLAP) provides free legal advice, assistance, and representation to older adults 60+ and eligible caregivers.
- Services are provided by attorneys, paralegals, or law students working under the supervision of a licensed California attorney.
- Call (800) 510-2020 to request Traditional Legal Assistance Program (TLAP) and schedule an appointment at a designated community site.



SCAN QR CODE FOR MORE INFORMATION





HEALTH EDUCATION SERIES

Fourth Wednesday of every month at 6pm

Free and open to all | Pre-registration recommended

Wednesday, September 23

Understanding Flu &
Importance of Adult Vaccines
Presented by Hua Jiang, MD

Wednesday, October 28

Breast Cancer Awareness
Presented by Hong Yoon Plurad, MD



Location

Arcadia Community Center
365 Campus Drive



For more information visit ArcadiaCA.gov/HealthSeries

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

GOLDEN SENIOR CLUB

Address: 100 S Santa Anita Ave

Meeting times: 11am-3pm

9/3 - Luncheon and birthday celebration

9/10 - Regular meeting

9/17 - Regular meeting and board meeting

9/24 - Regular meeting

Happy Birthday Jimmy Ponnet!

Come and check us out!

We celebrate birthdays, holidays & we play bingo.

President - Angie Slemaker | Vice President - Diane Stuve

Assistant Treasurer - Rachel Salazar

Treasurer & Senior Citizens Commissioner - Doris Arbour

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!**

Arcadia Travelers- Proud Member of Chamber of Commerce



arcadiatravelers.org

General Meeting -
Friday, September 18, 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:

Will Reece - Premier World Discovery

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

Day Trips

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

September 2026

TROLLS, TOMBS, AND MYSTERIES (LI) - Thursday, September 3, 2026, LV 8:30 am. RET. 6:00 pm. Main Street Tours \$193.00. We'll travel to South Coast Botanical Garden, where you'll explore Thomas Dambo's TROLLS: A Field Study – an outdoor exhibit featuring hand-built troll sculptures. (Travelers with mobility issues will be able to see 3-4 trolls with limited walking.) Lunch will be a Mexican Buffet at the Red Onion. Then it's off to the CA Science Center to experience Mummies of the World, which is one of the largest collections of real mummies and ancient artifacts. Difficulty 2 - moderate. **ON SALE NOW**

RILEY'S AT LOS RIOS RANCHO (LI) - Wednesday, September 23, 2026, LV 10:15 am. RET 6:00 pm. Tucker Tours \$180.00. We'll be off to Apple Country/Oak Glen today, to enjoy the mountain air while we browse the unique gifts at Wilshire's Apple Shed and be treated to a delicious country meal (including a slice of apple pie), complete with entertainment. As a bonus, Tucker Tours has added a vintage tractor hayride. This is always a popular trip, so plan to join us. Difficulty 2 - moderate. **ON SALE NOW**

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 September 2, 2026**

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 vegetation. 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 Sept. 16, 2026**

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

Extended Trips 2026-2027

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

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

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

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

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. Price varies on 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 AND GRAND CANYONS Feb. 21-27, 2027. D\$3,525, S\$4,475. Premier Tours

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.

Future 2027 trips - Pacific Coast, Alaska, Quebec, 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

Craft Fair

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

APPLY TO
BE A
VENDOR

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

ArcadiaCA.gov/Recreation | (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。