



Arcadia 50+
Services

April 2026

Connection

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.

April 6 | Global Affair

April 20 | Tony DiGiovanni

Blood Pressure Screening

Tuesday, April 14 | 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



4/7	Wicked for Good (PG)	2h 17m
4/14	Mamma Mia! (PG-13) + Lava	1h 48m + 7m
4/21	Rocketman (R)	2h 1m
4/28	Tick, Tick....Boom! (PG-13)	1h 55m

Fit & Talk

Thursdays | 10am | Free
Museum Education Center

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

- 4/2 **Walk to Arcadia Park** | Moderate
- 4/9 **Chair Zumba** | Moderate
- 4/16 **Stretching** | Easy
- 4/23 **Circuit Training** | Moderate
- 4/30 **Senior Olympics** | Moderate





Seminars

Ballroom | Free

- 4/13 **12:30pm** | One Generation presents Building Resiliency Workshop
- 4/27 **1:30pm** | Your Health & Wealth

Neighborhood Legal Services Of Los Angeles Organization

Friday, April 24 | 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, April 21 | 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.



Walk-in Programs | FREE

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

Fri | 1 - 4pm | Museum Education Center

Karaoke

Thu | Ballroom

April 9 at 2pm & April 23 at 12:30pm

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: 4/6 & 4/20

* No Table Tennis: 4/10 & 4/24

Tai Chi

Tues | 8 - 10am | Ballroom D

Tech Talk

Fri | 4-5pm | Ballroom

April 17 & 24



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 Almond Cookie Day

Thursday, April 9



Treat yourself to a
tasty almond
cookie during
Lunch Program

National Oatmeal Raisin Cookie Day

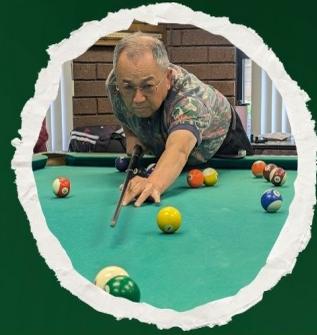
Thursday, April 30



Enjoy a yummy
oatmeal raisin
cookie during
Lunch Program

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

Billiards Tournament



Thursday, April 2 | 9am | 50+ yrs
Arcadia Community Center

Earn the chance to win prizes and
claim bragging rights!
Food and drinks will be provided.

Double Elimination
8-Ball

\$15



Earth Day BUNCO

Bunco, light lunch, and raffle



No
experience
needed!

Friday, April 17
12:30pm | \$15 | 50+ yrs
Arcadia Community Center

SPRING FLING

NEW YORK, NEW YORK

Friday, April 10

11:30am-2pm | \$16

Arcadia Community Center



Central Park



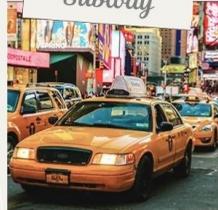
Subway



Brooklyn



Lady Liberty



Times Square



Vendors

Spring has sprung in New York!
Enjoy a New York inspired lunch,
entertainment, dancing, and a raffle.

Nature Hike

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



SATURDAY, APRIL 18

**Hastain Trail
In Franklin Canyon Park**

Trail Difficulty:
Moderate

2.5 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.*

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, April 21

9am



HAPPY VOLUNTEER APPRECIATION MONTH!

With deepest appreciation, we want to thank all the amazing volunteers at the Arcadia Community Center. Your time, dedication, and kindness make a lasting impact on our programs and the community we serve. We truly couldn't do it without you!

thank you



If you're interested in volunteering, you can pick up an application in person or apply online by scanning the QR code.



Free Workshop

YOUR HEALTH & WEALTH



Monday, April 27

1:30–2:30pm

50+ yrs

Arcadia Community Center

Take control of your future—explore the connection between health and finances, learn how to build and protect your wealth, plan for your final wishes, and prepare for the true cost of medical care.



ArcadiaCA.gov/50



(626) 574-5130



Free Workshop

PATHWAY TO HEALING

Building Resiliency



Monday, April 13
12:30-1:30pm
50+ yrs
Arcadia Community Center

Have you experienced a life-changing event that has affected your well-being?

Join ONEgeneration's Mental Health and Wellbeing Department to gain tools to build resilience and support your healing.



HEALTH EDUCATION SERIES

Fourth Wednesday of every month at 6pm

Free and open to all | Pre-registration recommended

Wednesday, April 22

The Aging Colon

Wednesday, May 27

Mental Health

Wednesday, June 24

Fatty Liver



Location

Arcadia Community Center
365 Campus Drive



For more information visit ArcadiaCA.gov/HealthSeries

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

Find a free online class that's just right for you.

- Choose from a variety of topics, including Health & Wellness, Technology, Social Connection, Life & Culture, Work & Money, Creativity, and more.
- Sign up for their newsletter and never miss a Senior Planet program, exclusive benefits, upcoming events, and more.
- Available in Spanish & Chinese



SENIOR PLANET
FROM AARP

SCAN QR CODE FOR MORE INFORMATION



FREE

50+ RESOURCE FAIR

- ✓ Transportation
- ✓ Food Assistance
- ✓ Housing
- ✓ Legal Services
- ✓ Veterans Resources

- ✓ Sustainability
- ✓ Homeless Resources
- ✓ Volunteering
- ✓ Social Connections
- ✓ Education *and more!*

Friday, May 8
10:30am-1:30pm
Arcadia Community Center

Free lunch will be available on a first come, first serve basis.

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)

4/26

GOLDEN SENIOR CLUB

Address: 100 S Santa Anita Ave, Arcadia

Meeting times: 11am-3pm

- 4/2- Regular meeting
- 4/9- Lunch + Birthday Celebration
- 4/16- Regular meeting
- 4/23- Regular meeting + Board meeting
- 4/30- Regular meeting + Happy Birthday to Borinka Hanrahan

President | Angie Slemaker

Vice President | Diane Stuve

Assistant Treasurer | Rachel Salazar

Treasurer & Senior Citizens Commissioner | Doris Arbour

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



Taste the Town 101 Hot Pot

All you can eat hot pot!

\$30

101 Pot | 55 E Duarte Road Unit 101

Thursday, April 16 at 11:30am



All you can eat meat, veggies, seafood,
and noodles.
Plus, tea & ice cream!



arcadiatravelers.org

General Meeting - Friday, April 24, 2026
Coffee 9:30am / Meeting 10am

President: Joyce Platt
Senior Citizens Rep:
Marilyn Mazone

Guest Speakers:

Cindy Bengston: Pasadena Showcase

House of Design Lynne Graves

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

- 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

Annual Membership \$10

Credit cards not accepted

Make checks payable to:

Arcadia Travelers Club, Inc.

Gift Cards now on sale in the Travel Office.

Day Trips

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. The 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 NOW.**

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 NOW.

June 2026

APRONS, ANTIQUES & AMERICANA – (LI) Tucker Tours – Saturday, June 20, 2026, LV 8:30 am. RET 6:00 pm. \$188.00 Step into a day that will remind you of warm and fuzzy days gone by. We will go to the 1872 ranch where Agnes White Tizard (Betty Crocker's creator) lived. It will be a day of antiques, vintage autos, an Italian buffet lunch on the grounds of the ranch, a trip to the Deer Park Winery and so much more. It will be a day for your Memory Book! Difficulty 2.

ON SALE NOW.

July 2026

CALIFORNIA SURF – (LI) HITS FROM THE BEACH BOYS - Wednesday, July 15, 2026, LV 11:00 am. RET 4:30 pm. \$120.00. A wonderful afternoon is planned at Almansor Court for lunch and a tribute concert. You will be singing along to all of our Beach Boys favorites. Choice of honey baked chicken or veggie pasta upon signup. Difficulty 1.

ON SALE APRIL 1, 2026.

THE PHANTOM OF THE OPERA at the Pantages Theatre Saturday, (LO) - July 25, 2026, LV 12:45 pm. RET 6:15 pm. Tucker Tours \$190.00. We will have orchestra seating for this fantastic musical "Phantom of the Opera". The Pantages, which was opened in 1930, is the perfect setting for this dark, yet romantic story. Difficulty 1. **ON SALE APRIL 6, 2026.**

August 2026

ESCAPE TO SAN DIEGO (LI) - Thursday, August 13th – Friday, August 14th, LV 11:30 am on 8/13 and RET 6:30 pm on 8/14. Tucker Tours. Single-\$714.00 and Double-\$616.00. Pack your bag and let's celebrate the summer tradition on Thursday night, Sunset Luau, with authentic island music and dance provided by the Pride of Polynesia. (Complete details of trip are on trip flyer.) Total cost of trip must be paid upon registering. Difficulty 2 – moderate. **ON SALE APRIL 15, 2026.**

Extended Trips 2026-2027

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

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/link/134523>

ALPINE LAKES & SCENIC TRAINS Sept. 5-14, 2026. 10 Days, 14 Meals. D\$6,699, S\$7,699.
<https://gateway.gocollette.com/link/1281753>

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. 6-11, 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 & 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 & CHRISTMAS MARKETS OF THE DANUBE Dec. 10-19, 2026. Pricing variable on Amadeus Imperial. Premier Tour

COLORS OF MOROCCO January 14-28, 2027. 15 Days, 27 Meals. D\$5,599, S\$6,599, T\$5,499.
<https://gateway.gocollette.com/link/1409975>

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

Future 2027 trips

New Orleans, Japan & Seoul, Hawaii, Mackinac Island, Thailand, Pacific Northwest, 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



Fall Prevention Workshop

Learn to identify common fall risks and explore practical solutions including home safety strategies, adaptive equipment, and supportive technology to maintain and promote independence at home.

Hosted by **Eva Yang**
*Loma Linda University - Entry Doctorate
Occupational Therapy*

Tuesdays in April
1-2:30pm
Arcadia Community Center

April 7 | English
April 14 | Chinese
April 21 | English
April 28 | Chinese

Registration required.
Limited spots available!

ArcadiaCA.gov/RecReg | (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。