



January 2026

Connection

50+ Services



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



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.

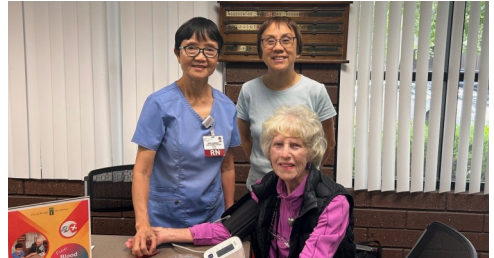
January 5 | Tony DiGiovanni

January 19 | Facility Closed

Blood Pressure Screening

*Tuesday, January 13 | 10-11am | Free
Billiards Room*

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



Senior Cinema

Tuesdays | 12:30pm | Free

1/6	<i>Green Book</i> (PG-13)	2h 10m
1/13	<i>Dog</i> (PG-13)	1h 41m
1/20	<i>Around the World in 80 Days</i> (PG)	2h
1/27	<i>The Way</i> (PG-13) + <i>Life Lessons</i>	2h 2m
	<i>From a 7-Thousand- Mile Bike</i>	7m
	<i>Ride</i>	

Fit & Talk

*Thursdays | 10am | Free
Museum Education Center*

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

- 1/1 **Facility Closed**
- 1/8 **Walk to Arcadia Park** | Moderate
- 1/15 **Zumba** | Moderate
- 1/22 **Senior Olympics** | Easy
- 1/29 **Stretching** | Easy





Seminars

Ballroom | Free

- 1/16 **10am** | Senior TAP Card Workshop
- 1/26 **1:30pm** | DRE's Real Estate Fraud
- 1/29 **12:30pm** | USC Arcadia Hospital's Managing Diabetes & High Blood Pressure

Neighborhood Legal Services Of Los Angeles Organization

Friday, January 23 | 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, January 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.





Walk - in Programs | Free

American Mahjong Lessons

Tue | 12:30-3pm | Ballroom

Billiard Room

Mon - Fri | 7:30am - 5pm

* No Billiards 1/1 & 1/19

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

January 8 & 22

Pickle Ball

Tue & Fri | 10am-12pm | Camino Grove Park

Pinochle & Puzzles

Mon | 9am – 2pm | Craft Room

*No Pinochle 1/19

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 : 1/5

No Table Tennis: 1/1, 1/9, 1/16, 1/19, 1/23

Tech Talk

Fri | 4-5pm | Ballroom

January 23 & 30

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 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 Milk Day

Monday, January 12



Enjoy your
milk with fun
flavors during
Lunch
Program

National Fig Newton Day

Friday, January 16



Enjoy a Fig
Newton 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
open January 2

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**



Coffee with the Mayor

Tuesday, January 20
9am



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

A RESOLUTION YOU CAN KEEP!

New Year Bingo

Friday, January 9
10am | \$15

Start the New Year off right
with Bingo!
Enjoy eight games, a light
lunch, and prizes!

Table Tennis **TOURNAMENT**

Friday, January 16 | 11:30am

Grab your paddle and
show off your skills!
Food and drinks
will be provided.



\$15

Get past your fear of falling and enjoy life again!

A Matter of Balance—Managing Concerns About Falls



98% of class participants would recommend *A Matter of Balance* to other older adults with fears about falling – so what are you waiting for?

- Learn to control falls, stay safe and get more active
- Exercise for better strength, balance and flexibility
- Make new friends in familiar community places
- Get moving, stop worrying, enjoy living!



Space is limited. Sign up NOW for eight free 2 hour sessions.

Location:

Arcadia Community Center
365 Campus Drive
Arcadia, CA 91007

Time:

12:30pm - 2:30pm

Dates:

Wednesdays

**1/14, 1/21, 1/28, 2/4,
2/11, 2/18, 2/25, 3/4**

Contact:

Please call 626-574-5130
for more information!

Senior TAP Card Workshop

Apply for, renew, or reload your Senior TAP card!

**Friday, January 16
10am-12pm**

62+ yrs

Arcadia Community Center



Taste the Town

Enjoy a new Arcadia restaurant each month

Ramen Yukinoya

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Thursday, January 15
11am

Ramen Yukinoya

1423 S Baldwin Avenue

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



\$22

Meal Choices:

Each meal comes with four pieces
of California Rolls and a drink

- Tonkotsu Ramen
- Miso Ramen
- Chicken Yakisoba
- Veggie Ramen



Real Estate Fraud Prevention

What You Need to Know



Monday, January 26
1:30-2:30pm
50+ yrs
Arcadia Community Center

This free seminar will cover:

- Common real estate scams
- Safety tips such as avoiding cash or wire transfers
- Verifying licenses
- The Victim's Fund of Last Resort, which can compensate victims for qualifying losses



Senior Social Hour

12:30 pm | January 30 | Free
50+ yrs
Arcadia Community Center

Meet new people while playing the game
20 Questions. Snacks and drinks provided.



HEALTH EDUCATION SERIES

Fourth Wednesday of every month at 6pm

Free and open to all | Pre-registration recommended

Wednesday, January 28

Joint Health & Mobility

Wednesday, February 25

Heart Health

Wednesday, March 25

Diabetes Medications



New Location
Arcadia Community Center
365 Campus Drive



For more information visit ArcadiaCA.gov/HealthSeries



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

Managing Diabetes & High Blood Pressure in the New Year



According to American Diabetes Association, two of three people with diabetes report having high blood pressure or take prescription medications to lower their blood pressure. Join us for an educational talk with Keck School of Medicine of USC Family Medicine Resident Physician Srishty Amarnani, MD, who will discuss how to effectively manage diabetes and high blood pressure during colder months.

**Thursday
January 29
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:

365 Campus Dr, Arcadia, CA 91007

Facebook Live:

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

www.facebook.com/USCArcadiaHospital

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



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

JANUARY HIGHLIGHT

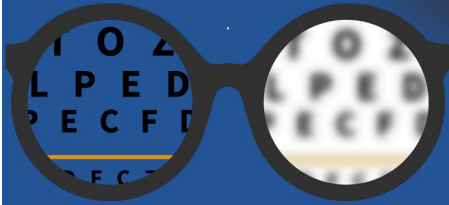
 *Your path to fitness starts here & at no extra cost!*

- Enjoy access to a wide range of gyms and class options, including outdoor walking groups, nutrition workshops, and more.
- Take advantage of on-demand workout classes if you prefer exercising from home.
- Check online today to see if your health plan includes SilverSneakers.

SCAN QR CODE FOR MORE INFORMATION



LIONS SIGHT P R O G R A M



**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)

1/26

Golden Senior Club

Address: 100 S Santa Anita Ave, Arcadia, CA

Meeting Dates at 11am-3pm

1/8 | Birthday Celebration

1/15 | Board Meeting

1/22 | Regular Meeting

1/29 | Regular Meeting

President | Angie Slemaker

Vice President | Diane Stuve

Assistant Treasurer | Rachel Salazar

Treasurer & Senior Citizens Commissioner | Doris Arbour

WATER SERVICE DISCOUNTS



Low-Income

Up to three units of water each month will be provided at no cost. Full exemption from the City's Utility Users' Tax.

Senior Low-Income

Low-income individuals 62+yrs will receive a 10% discount off Tier I* water usage and their meter service charge. Full exemption from the City's Utility Users' Tax.

Seniors

Individuals 62+yrs will receive a 10% discount off Tier I* water usage and their meter service charge.

Veterans

Individuals who served in a branch of the U.S. Armed Forces will receive a 10% discount off Tier I* water usage and their meter service charge.

**Tier I is up to 8 units of water or 5,984 gallons.*

Applications will be available beginning January 2026. To apply, please contact the Arcadia Public Works Department at (626) 254-2700 or visit ArcadiaCA.gov/UtilityBilling.

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, January 23, 2026
 Coffee 9:30am / Meeting 10am

Guest Speaker:

Mayor Sharon Kwan: Mayor of Arcadia
 Annual Membership \$10

Credit cards not accepted

Make checks payable to:
Arcadia Travelers Club, Inc.

President,
 Joyce Platt

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

January 2026

JANUARY, 2026 – 2026 MEMBERSHIP CARD NEEDED FOR ALL TRIPS.

FROM LIONS TO LUMMIS—A DAY OF HIDDEN LA HISTORY (LI) Friday, January 16, 2026– Tucker Tours. LV 9:00 am. RET 4:00pm. \$150. Old Los Angeles Zoo Lummis House– Autry Museum– Lunch at Tam O’ Shanter. Step off the beaten path into the wild, weird, and wonderful corners of Los Angeles– crumbling cages, stone castles, and cowboy legends. Lunch includes prime rib sliders, drink, and hot fudge sundae. Difficulty 2+. (Moderate walking, uneven surfaces at Old LA Zoo and Lummis House). **ON SALE NOW.**

5TH DIMENSION AT “THE GRAND EVENT CENTER” (LI) Monday, January 26, 2026– LV 11:30am. RET 5:30pm. \$115– **LIMITED TO 40 PEOPLE.** “The 5th Dimension– National Recording Artist: Starring Patrice Morris and Quadra Soul former members of the “5th Dimension”. Hear great hits like “One Less Bell to Answer”, “Up, Up and Away”, “Aquarius/Let the Sunshine In” and so many others with which you will surely remember to sing along. Lunch served at 1:00 pm. And show will follow. Choice of Chicken Plicata or Vegetarian upon sign-up. Difficulty 1. **ON SALE NOW.**

February 2026

ALPACAS, FARM FRIENDS & BBQ (LI) —Thursday, February 5, 2026. Mainstreet Tours. LV 8:30am. RET 5:30pm. \$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? (LI) - Friday, February 20, 2026. Tucker Tours. LV 9:00 am. RET 5:00pm. \$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. LV11:30am. RET 5:30pm. \$120.00. Today we travel to enjoy 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. **ON SALE NOW.**

ANCAPA ISLAND WHALE WATCHING AND WILDLIFE CRUISE (LOYO) - Wednesday, March 25, 2026. Tucker Tours. LV 9:00 am. RET 7:15pm. \$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 January 12, 2026**

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 January 7, 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, \$1,874.00– Single and \$1,290.00—Triple. Completed details available at Arcadia Travel Desk. Difficulty 2. **On Sale November 26, 2025.**

Extended Trips 2026

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

A CULINARY JOURNEY THROUGH TUSCANY & 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/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>

MT. RUSHMORE, YELLOWSTONE, & 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>

APLINE 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 September 19-25, 2026. 7 Days, 9 Meals. D\$3,949
S\$5,099 Premier Tour

NEW ENGLAND RAILS & 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 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



**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**
ARCADIA
亞凯迪亞華人協會

 **Arcadia Chinese Association**
ARCADIA
亞凯迪亞華人協會

ArcadiaCA.gov/RecReg | (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。