



# January



# January 2026 Connection

50+ Services



CITY OF  
ARCADIA

(626) 574-5130 | [ArcadiaCA.gov/50](http://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.

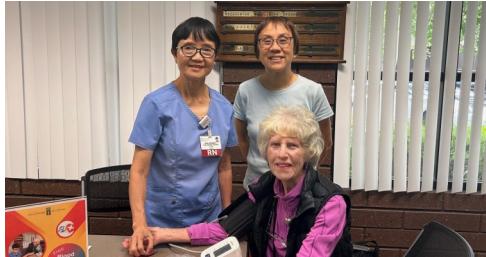
**January 5** | Tony DiGiovanni

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

### Fit & Talk

*Thursdays | 10am | Free*  
Museum Education Center

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

1/1	<b>Facility Closed</b>
1/8	<b>Walk to Arcadia Park   Moderate</b>
1/15	<b>Zumba   Moderate</b>
1/22	<b>Senior Olympics   Easy</b>
1/29	<b>Stretching   Easy</b>





### 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.



### 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

### 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.



### 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**

PACIFIC OCEAN

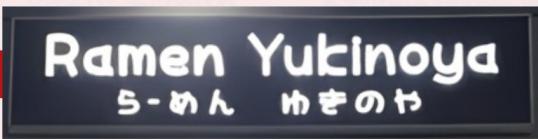
WILSHIRE BLVD

SANTA MONICA

LA LINEA

# Taste the Town

Enjoy a new Arcadia restaurant each month



**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](http://ArcadiaCA.gov/HealthSeries)





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

For future lectures, go to our website at [www.uscarchadiahospital.org/commoutreach](http://www.uscarchadiahospital.org/commoutreach).

Free Physician Referral  
888-388-2838  
[www.uscarchadiahospital.org/findadoc](http://www.uscarchadiahospital.org/findadoc)

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

Formerly Methodist Hospital of Southern California



## 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](http://www.facebook.com/USCArcadiaHospital)

# 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 PROGRAM



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](http://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 Mazon

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. LV8:30am. 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](mailto: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

**ALBURQUERQUE 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](http://arcadiatravelers.org) website.

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



Celebrate with us as we welcome in the Year of the Horse! Enjoy an afternoon of live performances and authentic Chinese cuisine.

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

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。