



HELLO

# MARCH



Arcadia Senior Services

March 2024

# Connection

Arcadia Community Center  
365 Campus Drive  
Arcadia, CA 91007



City of Arcadia  
626.574.5130  
[ArcadiaCA.gov/Seniors](http://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.

**March 4-Rhythm Kings**  
**March 18-Tony DiGiovanni**



**Blood Pressure Screening**  
 Free! Tuesday, March 12~10-11am  
 Community Center- Billiards Room

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



**Senior Cinema**  
 Wednesdays ~1pm

03/06	Made in Italy	1h 33m
03/13	Lulli	1h 30m
03/20	A Perfect Fit	1h 52m
03/27	Plus One	1h 38m



**Free! Fit & Talk**  
 Thursdays ~10am

One Thursday per month, Fit & Talk will meet at a nearby location with a staff member to experience a different area of Arcadia. All other Thursdays, Fit & Talk will meet at the Community Center for a fun easy and workout. Please call to RSVP at 626.574.5130.

03/7	<b>Walk to Arcadia Library:</b>	Hard
03/14	<b>Seated Workout:</b>	Easy
03/21	<b>Dance Exercise:</b>	Moderate
03/28	<b>Zumba:</b>	Moderate



Neighborhood Legal Services  
of Los Angeles County

## Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, March 1  
10am-12pm

Need assistance or have legal questions?  
Call to make an appointment with



Free!

### Tech Talk

Friday, March 15 ~ 4 -5pm

Do you need assistance with your  
phone or tablet? Get assistance from a  
volunteer. Appointment required.

**Limit one device/30-minutes per person.**



Free!

### Pickle Ball– Open Play

Tuesdays & Fridays  
10am-12pm

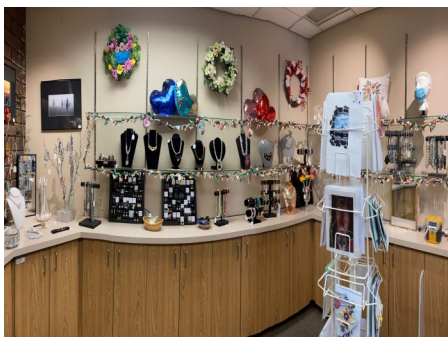
Camino Grove Park  
1420 S 6th Ave

**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

M/T/W 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 Recreation Coordinator Denisse  
Bringas for more information at 626.574.5138.



**Free! Traditional Mahjong**  
 Fridays 12:30- 3pm  
 &  
**American Mahjong**  
 Tuesdays 1-4pm

Traditional and American Mahjong are both a tile game played by four players with tiles that are drawn and discarded until a player secures a winning hand. Walk-ins are welcome!

**Traditional Mahjong with the Mayor:** March 8



**Free! Table Tennis**  
 M-F 8am-4pm

No Table Tennis on special program, event & rainy days. See calendar for specific dates.

**Table Tennis after 1pm: 3/8, 3/22**  
**No Table Tennis: 3/1**



**Free! Walk - in Programs**

**Billiard Room**

M - F ~ 8am - 5pm

**Board games**

M - F ~ 8am - 4:30pm

**Pinochle**

Community Center- Craft Room  
 Meets Mondays ~ 9am -2pm

**Bridge**

Community Center- Craft Room  
 Wednesdays ~ 10am-1pm

**Sing Along with James**

Community Center - Lobby  
 Wednesdays ~ 1-3pm

**Chess Club**

Community Center- Lobby  
 Thursdays ~ 9:30-11:30am





# Let's Do Lunch

**MONDAY - FRIDAY**

**11:30am-12:15pm**

**COST**

**\$4 age 50-54**

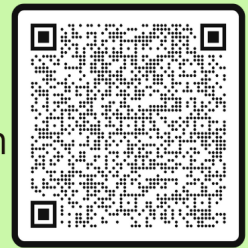
**\$2 age 55+**



- Lunch is sold on a first-come, first-served basis beginning at 7:30am.
- Limited lunch meals sold each day.
- Celebrate birthdays the 2nd Tuesday of each month.


## Senior Meal Lunch Tickets NOW ONLINE!

Seniors who are 55+ are now eligible to purchase Senior Meal Lunch tickets online. Be sure to fill out a CDBG form before enrolling. Online ticket sales begin every morning from 8-10am. Ticket availability is limited.



**Scan the barcode to purchase lunch ticket.** 

  
**St. Patrick's Day**  
**Thursday, March 14**  
Celebrate St. Patrick's during Senior Meals lunch program at 12pm. Must purchase a Senior Meal ticket to participate. 

  
**MARCH MADNESS DAY**  
**Monday, March 18**  
Come participate in a fun activity to honor a popular college basketball tournament. Must purchase a Senior Meal ticket to participate.

  
**National Ravioli Day**  
**Wednesday, March 20**  
Enjoy a Ravioli lunch on National Ravioli Day. Must purchase a Senior Meal ticket to participate. 

# Afternoon of Music in "PARIS"

Friday, March 1 | 12-2:30pm

**\$16**

Come enjoy an afternoon of dancing,  
Pasta, live Jazz music, and pastries.

**Registration is now open!**



## FALL PREVENTION SEMINAR

**Tuesday, March 5  
12:30pm**

*Learn to control falls, stay safe, and  
get more active.*



Presented by:  
Huntington Health

**MARCH MADNESS**

# **BINGO**

**Friday, March 8**

**10am  \$13**

**Bring on the Bingo Madness and enjoy eight games  
of bingo, a light lunch and raffle prizes.**

**Registration is now open!**

**Wear your favorite basketball gear!**

Free

# HEARING SCREENING

Provided by:

**Connect Hearing**



**Friday, March 15 | 10am-12pm**



Connect Hearing will be providing a hearing screening at the Arcadia Community Center. Seniors will be able to schedule an appointment with a Connect Hearing representative.

## Coffee with the Mayor

Tuesday, March 19 | 9am



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



## Taste the Town

*Monja Taiker*

Enjoy and sample different cuisines around Arcadia.

Thursday, March 21 | 11am-12:30pm

**Includes:**

**Transportation:**

**Meet at the Community Center at 10:30am**

OR

**Meet at restaurant at 11am**

**Meal Option:**

All meals include:

Bean curd vegetable, assorted stew combo, spicy szechuan chicken.

**A. Red grain pork rice and milk tea**

**B. Popcorn chicken rice and green milk tea**

**C. Tomato beef noodle soup and green tea**

**\$18**

Registration  
now open!

FREE

# Senior SOCIAL HOUR

Want to meet new people? Pop into social hour where you'll get to pop the questions provided by the hostess of the hour. Come in and enjoy freshly popped popcorn and lemonade.

Registration now open!

March 22



12:30-1:30pm

Free

## DIABETES SEMINAR



Tuesday, March 26  
12:30pm



Presented by: USC Arcadia Hospital

Urologist Kshitij Hemal, MD will provide detailed information about diabetes.

## Free Income Tax Assistance



AARP offers free tax preparation services for low income individuals below 75k and are 50 years and older. You must have received all of your tax paperwork prior to making an appointment. All returns are filed electronically.

- ✓ February 8-April 12
- ✓ All appointments will be open by March
- ✓ Every Thursday & Friday





# Spring Fling Disco Party

Friday, April 12

10:30am

\$16

Let's dance the day away! Be part of this disco themed event. Enjoy food, music, and entertainment.

Registration is now open!



# BUNCO tea party

Friday, April 19



12:30pm | \$15



Come enjoy three sets of six rounds of Bunco. Tea, sandwiches and raffle prizes are included.



Registration is now open!

**\$16**

# Cinco De Mayo Celebration

**Friday, May 3 11:30am**

**Join the fiesta and enjoy  
tacos, agua frescas, and live  
entertainment with an  
afternoon of dancing.**

Registration now open!



*All-Star*

# BINGO

**Friday, May 17 10am • \$13**

**Bring your all-star bingo skills and enjoy  
eight bingo games along with a light lunch  
and raffle prizes.**

**Registration now open!**

**Wear your favorite baseball team gear!**



# 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

## MARCH HIGHLIGHT Arcadia Paramedic Membership Program

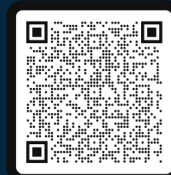
- The Paramedic Membership Program (PMP) is an official program of the City of Arcadia. The City offers this program to all Arcadia residents (including seniors) as an alternative to paying higher fees for emergency services.
- This is a FREE unlimited 24-hour emergency paramedic and ambulance service for a nominal yearly fee.
- Contact them at [626-574-5126](tel:626-574-5126) or [PMP@ArcadiaCA.gov](mailto:PMP@ArcadiaCA.gov).

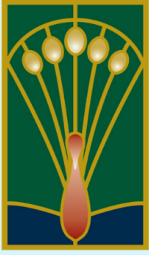


PMP  
Application



PMP  
FAQ's





# City of Arcadia

## CITY-WIDE HEALTH EDUCATION SERIES

*Hosted by the Arcadia City Health Committee*

**Free and open to all  
Pre-registration recommended**

### March Seminar

### Headaches & Migraines

Wednesday, March 27 at 6pm

Arcadia Public Library

20 W Duarte Rd

Dr. Kenneth K. Wogensen, M.D.

Neurology

Former Chief of Staff at USC Arcadia Hospital



To register, scan the QR code  
or visit [ArcadiaCA.gov/HealthSeries](https://ArcadiaCA.gov/HealthSeries)

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

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。



# Senior Friendship Club

MEETS WEDNESDAYS AT 11AM

## MEETING DATES

- 3/06 Regular Meeting
- 3/13 St. Patrick's Day
- 3/20 Regular Meeting
- 3/27 Regular Meeting

Goodies on St. Patrick's Day

## CLUB NEWS

If you have no where to go on a Wednesday morning, please come and join the Arcadia Friendship Club. We have drawings, food for special occasions, speakers and of course Bingo. We have the best bingo caller, Doris. You will make new friends and have a great time! Give us a try, you'll be glad you did.

### President

Judy Regalado

### Vice President

Victoria Nance

### Secretary

Doris Arbour



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



# Golden Senior Club

MEETS THURSDAYS AT 11AM

## MEETING DATES

- 3/07 Regular Meeting
- 3/14 Regular Meeting & St. Patrick's Celebration
- 3/21 Regular & Officer's Meeting
- 3/28 Regular Meeting

## CLUB NEWS

If you are looking to relax and have fun come out and join our club. Come to our St. Patrick's celebration to hear the wonderful accordion music from a wonderful 98 year old lady. We offer many activities to choose from, including Bingo every Thursday each week. Welcome to our new member Grace Strickman.

### President

Nilo Salazar

### 1st Vice

Angie Slemaker

### President

### 2nd Vice

### President

Olivia Alfonso

### Secretary

Cyndi Salazar

### Treasurer

Doris Arbour

### Assistant

### Treasurer

Rachel Salazar



## Bunco

On Friday, February 9, the Arcadia Community Center held a Sweethearts themed bunco with 39 participants who enjoyed three rounds of bunco, a light lunch and ice-cream.

## FREE LIONS SIGHT PROGRAM

Arcadia Lions Club offers a certificate for a free eye exam, frames, and bifocal lenses every Thursday. You must be 62 years or older.

Call for additional information 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)

03/24

# 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, March 22, 2024  
Coffee 9:30am / Meeting 10am  
Guest Speaker: Pete Siberell  
Santa Anita Race Track  
Annual Membership \$10  
**Credit cards not accepted**  
Make checks payable to:  
**Arcadia Travelers Club, Inc.**

President, Stephani Tyler  
Senior Citizens Rep.  
Joyce Platt  
arcadiatravelers.org

Office Hours  
M-F 9am - 12:30pm  
Phone: 626.821.4377

 ADA Policy on file in Travelers Office

## Day Trips

### March 2024

**HISTORY AWAITS US IN ORANGE (LI)** – Thursday, March 7, 2024 – Curt Tucker Tours. LV 8:30am. Approx. RET 5:00pm. \$135.00. Day begins with a docent tour of the awe-inspiring Christ Cathedral (formerly Crystal Cathedral), a true marvel of modern architecture. After the tour we will enjoy lunch at Saddle Ranch before our journey continues through Southern California’s oldest court building. Difficulty 2, moderate walking. **ON SALE NOW.**

**FLOWER FIELDS IN CARLSBAD (LI)** – Friday, March 29, 2024 – Tucker Tours. LV 7:45 am. Approx. RET 5:00pm. \$155.00. Join Curt as we travel along the coast of northern San Diego County to visit The Flower Fields at Carlsbad Ranch. We will enjoy lunch at Hunter Steakhouse with your choice of entrée upon sign-up: Prime Rib, Top Sirloin, Lemon Herb Chicken or Roasted Salmon. Difficulty 1, easy walking. **ON SALE NOW.**

### April 2024

**LOS ANGELES MARVELS (LI)** – Monday, April 8, 2024 – Main Street Tours. LV 9:00 am. Approx. RET 5:00 pm. \$135.00. We will travel to the LA Memorial Coliseum for a tour. This 100-year-old iconic stadium has witnessed countless legendary events. After lunch at Philippe’s (choice of sandwich upon arrival) we’ll head to the California Science Center for an IMAX film. Difficulty 2-3, able to walk longer distances and some steps. **ON SALE NOW.**

**IN OUR BACKYARD (LI)** – Friday, April 19, 2024 – Main Street Tours. LV 9:30 am. Approx. RET 5:00 pm. \$130.00. Pio Pico State Historic Park will be our first stop for a guided tour to learn more about Pio Pico’s life, in the completely restored adobe home.

Lunch will be enjoyed at the El Cholo Restaurant, serving memories since 1923. We'll travel to Whittier for a tour of the Bailey House. Difficulty 2, average walking. **ON SALE NOW.**

## May 2024

**JERSEY BOYS AT THE LA MIRADA THEATRE (LI)** – Saturday, May 4, 2024 – Main Street Tours, LV 10:30 am. Approx. RET 5:30 pm. \$193.00. Phenomenal music, memorable characters and great storytelling. Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons. We will have Orchestra Seats for the matinee performance. Lunch (before show) at North Woods Inn in La Mirada. Choice of entrée upon sign-up: Top Sirloin, Grilled Chicken, or Grilled Mahi Mahi. Difficulty 1, easy. **ON SALE NOW.**

**FLAMES TO FAME (LI)** – Thursday, May 9, 2024 – Curt Tucker Tours, LV 9:00 am. Approx. RET 4:30 pm, \$150.00. Tour through time with Curt: Bellflower Fire Museum, Columbia Memorial Space Center in Downey, treat at World's Oldest Surviving McDonalds, donut at Randy's Donuts. Authentic Italian lunch at Marino's Italian Restaurant with your choice of entrée upon sign-up of Lasagna or Spaghetti. Difficulty 2, moderate with several stops. **ON SALE NOW.**

**RETRO REVIVAL (New trip) (LI)** – Thursday, May 30, 2024 – Curt Tucker Tours, LV 9:30 am. Approx. RET 5:00 pm. \$136.00. Journey through vintage and timeless treasures. Day begins at the former 1940 Bullocks Pasadena building. Before lunch a visit to the Museum of Neon Art. Lunch at Bike Shed Moto Co., located in a massive 1945 warehouse. Choice upon sign-up of grilled steak sandwich, pulled pork sandwich, pulled jackfruit (vegan) sandwich, crispy chicken sandwich or vegan grilled chicken sandwich. Final stop is the William Andrews Clark Memorial Library, a breathtaking Beaux Arts style building from 1926. Difficulty 2, moderate. **ON SALE NOW**

## June 2024

**BOB BAKER "HORRAY LA" LUNCH AT SMOKE HOUSE (LI)** – Thursday, June 6, 2024 – Main street Tours, LV 9:15 am. Approx. RET 3:00 pm. \$145.00. Bob Baker Marionette Theater, a whimsical journey that combines puppetry and storytelling to celebrate the rich tapestry of Los Angeles. After the show there will be a Q & A session and a peek behind the curtains. Lunch at the Smoke House. Choice of: Chicken Marsala, Filet of Sole, Tri-Tip Steak, Veggie Platter. Difficulty 1, easy. **On Sale March 6, 2024.**

**TRIBUTE TO PATSY CLINE & JOHNNY CASH/LUNCH INCLUDED** – Thursday, June 13, 2024 – LV 11:00 am., Approx. RET 4:30 pm. \$105.00. Event is at Almansor Court. Patsy Cline is played by Cory Kidder and Ben Hale performs Johnny Cash. This is a special show you will not want to miss. Choice of entrée upon sign-up: roast chicken, vegetarian pasta or vegan tartare. Difficulty 1, easy. **On Sale March 11, 2024.**



**SOFI TOUR, LUNCH AT LAWRY'S RESTAURANT (LI)** – Thursday, June 27, 2024 – LV 10:00 am. Approx. RET 6:00 pm. \$198.00. First stop is Lawry's for a fantastic lunch (choice upon sign-up) and then it's off to SoFi Stadium for a Behind-the-Scenes Tour. This will be a trip you will not want to miss. Entrée choices: Prime Rib (6 oz.) or Grilled Salmon. Difficulty 2, moderate. **On Sale March 20, 2024.**

## Extended Trips 2024

**For questions, contact Larry Trujillo at  
626.274.0011**

**NORMANDY, PARIS & THE SEINE RIVER CRUISE** April 16-24, 2024. Cruise rate schedule listed on trip brochure. Premier tour.

**EXPLORING BRITAIN & IRELAND** May 11-25, 2024. 15 days, 20 meals. D\$5,499, S\$6,899, T\$5,449. Collette tour.

**ALASKA DISCOVERY LAND & CRUISE** July 24-August 4, 2024. 12 days, 26 meals. Cruise rate schedule listed on trip brochure. Collette tour.

**BEST OF EASTERN CANADA** September 20-28, 2024. 9 days, 12 meals. D\$3,499, S\$ 4,499, T\$3,469. Collette tour.

**PHILADELPHIA, AMISH COUNTRY & BRANDYWINE VALLEY** September 24-29 2024. 6 days, 8 meals. D\$2,899, S\$3,699. Premier tour.

**MACKINAC ISLAND & NIAGRA FALLS** October 4-10, 2024. 8 days, 11 meals. D\$3,470, S\$4,445 Premier tour.

**SPOTLIGHT ON NEW YORK CITY** October 17-21, 2024. 5 days, 5 meals. D\$2,999, S\$3,499, T\$2,969. Collette tour.

**MUSIC CITIES CHRISTMAS** December 3-8, 2024. 6 days, 9 meals. D\$3,050, S\$3,815. Premier tour.

**DISCOVER HISTORIC GREENBRIER HOLIDAY** December 9-16, 2024. 8 days, 12 meals. D\$3,799, S\$4,849, T\$3,749. Collette tour.

**DISCOVER SOUTH PACIFIC WONDERS** March 12-26, 2025. 15 days, 22 meals. D\$6,389, S\$7,889. Collette tour.

**Visit the Travelers Club office for detailed brochures on any of our trips or online at [arcadiatravelers.org](http://arcadiatravelers.org) (also available in-person at the monthly meeting)**

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

# *Pearcock* BUZZ



- 1 OPEN YOUR CAMERA
- 2 SCAN THIS QR CODE
- 3 VIEW THE BUZZ & REGISTER

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。