



HELLO SPRING

April

**Arcadia Senior Services**

**April 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.

**April 01** -Linda Herman  
**April 15** -Eric Ekstrand  
**April 29** -Rhythm Kings



## Blood Pressure Screening

**Free!** Tuesday, April 9~10-11am  
 Community Center- Billiards Room

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



## Senior Cinema

Wednesdays ~1pm

04/03	Rock My Heart	1h 49m
04/10	Blue Back	1h 42m
04/17	Good Sam	1h 52m
04/24	The Hill	2h 06m



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

Fit for free will meet every Thursday in the Arcadia Community Center for a fun, easy, and free workout.  
 Please call to RSVP at 626.574.5130.

04/04	<b>Zumba:</b> Hard
04/11	<b>Seated Workout:</b> Easy
04/18	<b>Dance Exercise:</b> Moderate
04/25	<b>Seated Zumba:</b> Moderate



Neighborhood Legal Services  
of Los Angeles County

## Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, April 5  
10am-12pm

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



Free!

### Tech Talk

Friday, April 12 ~ 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

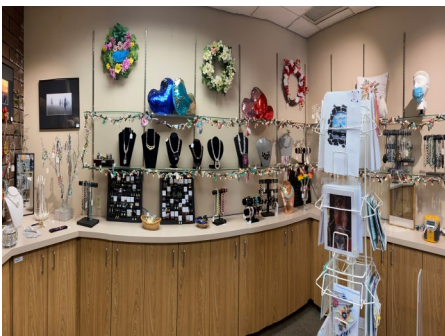
Camino Grove Park  
1420 S 6th Ave

**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:** April 12



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

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

**Table Tennis 8am-12pm only:** 4/15 & 4/29

**Table Tennis after 1pm:** 4/12 & 4/26



**Free! Walk - in Programs**

**Billiard Room**

M - F - 8am - 5pm

**Board games**

Community Center - Lobby

M - F - 8am - 4:30pm

**Pinochle**

Community Center - Craft Room

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

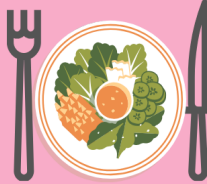
**MONDAY - FRIDAY**

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

**COST**

**\$4 age 50-54**

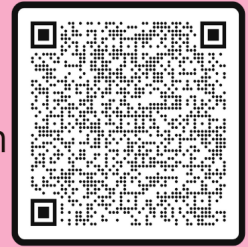
**\$2 age 55+**



- 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.**



### PAJAMA DAY

Thursday, April 4



Participate in National Pajama Day and wear your favorite pajamas.

### EXERCISE DAY

Thursday, April 18



Participate in an interactive exercise activity. Must purchase a Senior Meal ticket to participate.

### EARTH DAY

Monday, April 22



Participate in a fun activity to celebrate Earth Day. Must purchase a Senior Meal ticket to participate.

# MEDICARE SEMINAR

Presented by: HICAP  
Tuesday, April 9 | 12:30pm



Learn how Medicare works including eligibility, benefits and costs from a HICAP Counselor.

## 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!

# HERNIA SEMINAR

Provided by:

USC Arcadia Hospital

Tuesday, April 16 | 12:30pm

A topic that is not often talked about and is common in all ages. One of USC Arcadia Hospital's physicians who specializes on hernia and gastric disease will be discussing these topics.

# Taste the Town

## Cabrera's Mexican Restaurant

Come and enjoy a new restaurant every month in Arcadia.  
Pre-registration is required to participate.

**Thursday, April 18 ● \$20**

### Meal:

Rice, beans, chicken fajitas, cheese enchiladas, and pan dulce.



### Transportation:

Meet at the Community Center at 10:30am

**OR** Meet at restaurant at 11am  
625 East Live Oak Ave, Arcadia



## 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!

## HEARING SCREENING

Connect Hearing

Friday, April 19 | 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.



AARP Presents:

# AARP Smart DriverTek Workshop



Stay up to date with the latest safety technology in your current or future car. Learn all about what new technologies are available, how they work, and how you can improve your peace of mind on the road.

**Tuesday, April 23 at 12:30pm**

## Free Estate Planning and Probate Clinic

Wednesday, April 24 | 10am-2pm

Museum Education Center

Neighborhood Legal Services (NLSLA) will be assisting seniors by answering questions and preparing a Living Trust or Power of Attorney. Get a free one-on-one appointment with one of their representatives.

Walk-ins are allowed.



## Breathing Retraining Seminar

Tuesday, April 30

12:30pm

Presented by: Prim Desai R.P.T

Be a part of an interactive seminar with practical demonstration and tips to improve your breathing capacity while enhancing activity.



**\$16**

# Cinco De Mayo Celebration

**Friday, May 3** ○ **11:30am**

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

..... Registration now open! .....



*All-Star*

# BINGO

**Friday, May 17 10am • \$13**

**Bring on 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!**





*Surf up*

# Bunco



Arcadia Community Center

Friday, June 14

12:30pm | \$15

Surf into the summer and enjoy three sets of six rounds of bunco. A light lunch and raffle prizes are included.

**Registration now open!**



## Summer *Luau*

Arcadia Community Center

**FRIDAY, JUNE 21 | 11:30AM | \$16**

Enjoy a Hawaiian lunch, Polynesian entertainment and raffle.

**Registration now open!**



Registration now open!



**FREE!**

## *Senior* **SOCIAL HOUR**

June 28 • 12:30-1pm

Want to meet new people? Pop into social hour where you'll get to meet new people while enjoying freshly popped popcorn and lemonade. Sign up at the Arcadia Community Center 626.574.5130

# 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

### Center for Healthcare Rights

- The Center for Health Care Rights are a nonprofit public service funded by the state, city, and county government. They help older adults, people with disabilities, and their family members/caregivers to navigate Medicare and get the health care they need.
- Speak one-to-one with a state-registered Health Insurance Counseling and Advocacy Program (HICAP) counselors for answers to your Medicare questions.
- You must be a resident of Los Angeles County and ages 60 and older. You can schedule a free telephone appointment at 800-434-0222.



[Center for Health Care Rights Info Page](#)



*City of Arcadia*

# **CITY-WIDE HEALTH EDUCATION SERIES**

*Hosted by the Arcadia City Health Committee*

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

**Arrive at 5:45pm for  
refreshments & onsite registration**

## *April Seminar*

### **Treating Developmental Delays and Pediatric Disabilities**

**Wednesday, April 24 at 6pm**

**Museum Education Center**

**382 W Huntington Dr**

*In between the Community Center & Museum*

Presented by experts in Development

from the San Gabriel/Pomona Regional Center



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

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

# Senior Friendship Club

MEETS WEDNESDAYS AT 11AM

## MEETING DATES

- 4/03 Easter Celebration
- 4/10 Regular Meeting
- 4/17 Regular Meeting
- 4/24 Snack Attack



Margie Gardner  
Howard Rubin

## CLUB NEWS

We will be having an Easter Bonnet contest, so get out your prettiest bonnet's. There will be a gift for first, second and, third place winners. There will also be some Easter candy and goodies. Our club is coming along. We have a good group of men and women. Can't forget about bingo, we all love bingo.

### 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

- 4/04 Regular Meeting
- 4/11 Regular Meeting
- 4/18 Regular & Officer's Meeting
- 4/25 Regular Meeting

## CLUB NEWS

If you are looking to relax and have fun, come out and join our club. We offer many activities to choose from, including Bingo every Thursday each week.

### President

Nilo Salazar

### 1st Vice

Angie Slemaker

### President

### 2nd Vice

### President

Olivia Alfonso

### Secretary

Cyndi Salazar

### Treasurer

Doris Arbour

### Assistant

### Treasurer

Rachel Salazar



## March Highlight Afternoon of Music

On Friday, March 1, the Arcadia Community Center held Afternoon of Music. Participants enjoyed a lunch, a bakery bar and danced the afternoon away with the lovely music played by Ray Briggs and his colleagues.

## 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)

04/24

## 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, April 26, 2024  
Coffee 9:30am / Meeting 10am  
Guest Speaker: Laurie Lincoln  
Main Street Tours  
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

### April 2024

**SPEND THE DAY WITH LEONARDO (LI)** - Monday, April 8, 2024—Main Street Tours. LV 10:00 am. Approx. RET 5:00 pm. \$135.00. We will travel for lunch at Philippe’s (Sandwich choice upon arrival). After lunch we will head to the California Science Center for the IMAX film “Deep Sky,” and explore the genius of Leonardo Da Vinci: “Inventor, Artist, Dreamer.” This exhibition offers a captivating journey into the mastery of science and art by one of history’s greatest minds. Difficulty 2, average. **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. 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. Difficulty 2, moderate with several stops. **ON SALE NOW.**

**RETRO REVIVAL (LI)** – Thursday, May 30, 2024 – Curt Tucker Tours, LV 9:30 am. Approx. RET 5:00 pm. \$136.00. 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 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 NOW.**

**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 NOW.**

**SOFI TOUR, LUNCH AT LAWRY’S RESTAURANT (LI)** – Thursday, June 27, 2024 – Main Street Tours - 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 NOW.**

## July 2024

**LONG BEACH TREASURES (LI)** – Tuesday, July 9, 2024 – Main Street Tours - LV 9:00 am. Approx. RET 4:00 pm. \$168.00. Join us for a one-hour Glory Days Historical Tour on the completely renovated Queen Mary. We will also have some time to explore the shops and main deck before we head for lunch at Bubba Gumps. Choice of entree upon sign-up Chicken Linguine, Fish & Chips, Coconut Shrimp, Fried Shrimp or Half Rack of Ribs and Chicken Combo. After lunch we will have a narrated Long Beach Harbor Cruise. Difficulty 2+, on and off stops and walking on the tour. **On Sale April 17.**

**SIP, SWIRL & SAVOR IN SANTA YNEZ (LI)** – Friday, July 19, 2024 – Curt Tucker Tours – LV 8:30 am. Approx. RET 6:30 pm. \$156.00. Today you will travel to the Santa Ynez Valley and savor the fruits of its bounty. The day will include wine tasting, olive oil tasting, lunch at AJ Spurs Steakhouse (choice of entrée at restaurant) and a visit to an ostrich and emu farm where you will learn more about these rare and unique birds. This tour involves walking with standing. Difficulty 2. **On Sale April 1.**



**CIRQUE DU SOLEIL – KOOZA** - Saturday, July 27, 2024 – Main Street Tours – LV 1:30 pm. Approx. RET 7:00 pm. \$143.00. Enjoy your lunch at home and join us for an afternoon show of KOOZA. It's a captivating return to the circus's roots, seamlessly blending acrobatics and clowning. The fantastic show will be performed Under the Big Top in Laguna Hills and we have floor seats with backs. Thirty (30) tickets are available. Difficulty 1. **On Sale April 10.**

## Extended Trips 2024

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

**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.

**NORMANDY, PARIS & THE SEINE RIVER CRUISE** October 29-November 6, 2024. 9 Days. Cruise rate schedule listed on trip brochure. Premier 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.

**SPECTACULAR SOUTH AFRICA** March 6-19, 2025. 14 days, 25 meals. D\$5,234, S\$6,234. 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 Travelers monthly meeting)**

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



# 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.

- ✓ April 1 - 12
- ✓ Every Thursday & Friday

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。