



November



Arcadia Senior Services

November 2024

Connection

Arcadia Community Center
365 Campus Drive
Arcadia, CA 91007



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

November 4-Linda Herman

November 18-Tony DiGiovanni



Blood Pressure Screening

Free! Tuesday, November 12 ~10-11am
Community Center- Billiard Room

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



Senior Cinema

Wednesdays ~1pm

11/6	Megan Leavy	1h 56m
11/13	The Secret: Dare to Dream	1h 47m
11/20	Aloha	1h 44m
11/27	Race	2h 14m



Free! Fit & Talk

Thursdays ~10am

Fit & Talk will meet every Thursday in the Arcadia Museum Center for a fun, easy, and free workout.

Please call to RSVP at 626.574.5130.

- 11/7 **Zumba:** Hard
- 11/14 **Standing Cardio:** Moderate
- 11/21 **Seated Pilates:** Easy
- 11/28 **No Fit & Talk**



Neighborhood Legal Services
of Los Angeles County



Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, November 8
10am-12pm

Need assistance or have legal questions?
Call to make an appointment with
a representative for 30 minutes.

Free!

Tech Talk

Friday, November 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

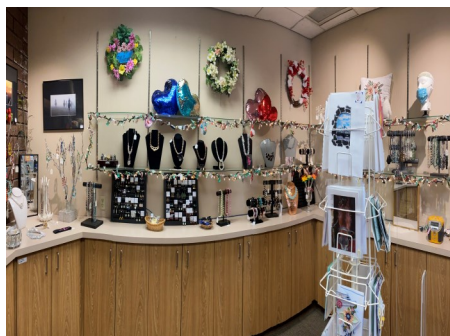
Camino Grove Park
1420 S. 6th Ave

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

Monday–Thursday 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 the Arcadia Community Center for
more information at 626.574.5130.



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 : 11/4 & 11/18

Table Tennis after 2pm : 11/8, 11/22 & 11/27



Free!

Walk - in Programs

Billiard Room

M - F - 8am - 5pm

Air Hockey & Foosball

Community Center - Billiard Room

M - F - 8am - 5pm

Board games

Community Center - Lobby

M - F - 8am - 4:30pm

Pinochle

Community Center - Craft Room

Mondays - 9am - 2pm

Karaoke

Community Center

Thursday, November 7 & 21 - 12:30 - 2:30pm

American Mahjong

Community Center - Lobby

Tuesdays - 1- 3pm

Bridge

Community Center

Wednesdays 9:30am -12:30pm

Museum Education Center

Fridays -1-4pm

Sing Along with James

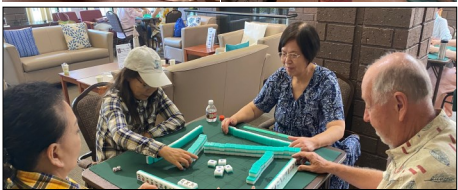
Community Center - Lobby

Wednesdays - 1 - 3pm

Traditional Mahjong

Community Center - Dance Room

Fridays -12:30 - 3pm



Let's Do Lunch

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 sold each day.
- Celebrate birthdays on the 2nd Tuesday of each month with dessert.
- Meals are to be consumed in the facility.

Senior Meal Lunch Tickets Available 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 7:30-10am. Ticket availability is limited.



Scan the barcode to purchase lunch ticket.

Bingo



**Tuesday,
November 5**

Play a game of Bingo during Senior Meals lunch. Must purchase a Senior Meal ticket to participate.

National Shopping Day



**Monday,
November 25**

Guess the price of everyday items during Senior Meals lunch. Must purchase a Senior Meal ticket to participate.

FREE

50+ Karaoke

NOVEMBER 7 & 21 | THURSDAY'S | 12:30-2:30PM



The Arcadia Community Center is hosting Karaoke every 1st AND 3rd Thursday of the month for seniors. Be a part of this **FREE** walk-in program. Sing along with many different songs while making new friends!



On the Move Rider's Program



LA Metro will be hosting an educational workshop on the benefits of riding public transportation. Capitalize on senior discounts by applying for a Senior TAP card and connect with new friends through its travel training clubs.

**Tuesday, November 12
12:30pm**

Coffee with the Mayor

**Tuesday, November 19
9am**

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

Post Acute Care

Seminar

Post acute care is a common and essential for seniors recovering from a specific injury. Get some tips on searching for the correct care and understand the various nuances.

Tuesday, November 19 | 12:30pm
Presented by: Home Instead

How to Use WeChat

November 26 | 12:30pm |
Asian Youth Center (AYC)

Seniors will learn how to use the social media platform and messaging app WeChat in order to stay connected with their friends and family.

This will be presented bilingually in Mandarin and English.



Interested in being a part of the Community Center?

Become a Volunteer!

The City of Arcadia is looking for individuals who are willing to volunteer in many of the Senior programs and events such as Senior Meals, Special Events, Gift Shop, and Notary!

For more information, contact the Arcadia Community Center at: 626.574.5130 or scan the application below!



Applications are available online and at the Arcadia Community Center. Volunteers are needed between the hours of 10am-1pm (varying on program).

VETERANS

= DAY =

CELEBRATION



Friday, November 8 | 11:30am
\$18

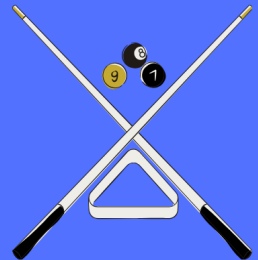
Come celebrate Veterans Day by honoring all the veterans who served and sacrificed for our country with lunch, entertainment, and Veterans presentation.

COMPLIMENTARY LUNCH FOR VETERANS

Registration now open!



Senior Billiards *Tournament*



Thursday, November 14

11:30am

\$15

**Sign up for this double elimination 8-Ball
Tournament. Food and drinks will be provided.
Registration is limited!**

\$22

Taste the Town

Little Provence Cafe

Enjoy a new restaurant every month in Arcadia.
Pre-registration is required to participate.

Thursday, November 21

Choice of Sandwich:

- Roasted Turkey with pesto aioli.
- Roast Beef with sauteed mushrooms & caramelized onions.
- Pesto Panini
- Ham and Provolone
- All meals include a cookie

Beverage:

- Coffee
- Tea
- Soda
- Ice Tea

Choice of side:

- Green Salad
- Homemade Tomato bisque



Transportation:

Meet at the Community Center at 10:30am **or** Meet at restaurant at 11am
1326 S Baldwin Ave, Arcadia, 91007



Fall Bingo



November 22
10am | \$15

Fall into bingo and enjoy
eight bingo games along
with a light lunch and
raffle prizes.

Registration now open!



THANKSGIVING FEAST



Wednesday, November 27
11:30am | \$18

Let's celebrate together! Enjoy a
traditional Thanksgiving meal with dessert
served by the Arcadia Fire Department.

\$5

Registration now open!



Musical Moments

Proudly Presents

HOLIDAY CLASSICS

Friday, December 13 • 1pm

Enjoy an afternoon of a special musical performance and discussion on holiday classics.

Holiday Brunch

Friday, December 20



10:30am

\$16



Enjoy a brunch with friends, classic holiday songs performed by carolers, and a photo with Santa!

Registration now open!

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.

NOVEMBER HIGHLIGHT Center for Healthcare Rights

- The *Center for Health Care Rights* are a nonprofit public service funded by the 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 *Health Insurance Counseling and Advocacy Program (HICAP)* counselor 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 OR in-person appointment by calling 800-434-0222.



Fact Sheets
Page



Contact
Information



LIONS SIGHT PROGRAM

FREE

Arcadia Lions Club offers a certificate for a free eye exam, frames, and bifocal lenses every Thursday call to Schedule an appointment. You must be 62 years or older & low income.

FOR MORE INFORMATION CALL

 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)

11/24

Senior Friendship Club

MEETS WEDNESDAYS AT 11AM

MEETING DATES

11/06 Regular Meeting
11/13 Regular Meeting
11/20 Thanksgiving Luncheon
11/27 Closed for Holiday



Lanelle Rose

CLUB NEWS

The cost for the luncheon is \$17 and the last day to pay is November 13. Bingo is coming along great. We have the best caller, Doris is her name and Betty Jo does a good job assisting her. Have a wonderful Thanksgiving!

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

11/07 Regular Meeting
*Member's Birthday Celebration
11/14 Regular Meeting
11/21 Regular Meeting
*Thanksgiving Luncheon
11/28 Closed- Thanksgiving

CLUB NEWS

Club is just doing great. You can attend as a guest or become a member of our club. We have lots of activities like chair yoga, music, singing, tips for healthy living, games, guest speakers, snacks, food and bingo.



Cyndi Salazar

President

Nilo Salazar

1st Vice

President

Angie

Slemaker

2nd Vice

President

Olivia Alfonso

Secretary

Cyndi Salazar

Treasurer

Doris Arbour

Assistant

Treasurer

Rachel Salazar

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, November 15

Coffee 9:30am / Meeting 10am

Guest Speaker:

Yee-Horn Shuai: Adventurer/Photographer

Annual Membership \$10

Credit cards not accepted

Make checks payable to:
Arcadia Travelers Club, Inc.

President, Joyce Platt

Senior Citizens Rep.
Joyce Platt

arcadiatravelers.org

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

Gift Cards now on sale in the Travel Office.

Day Trips

November 2024

PIES AND PANORAMAS (LI) –Tuesday, November 5, 2024 – Tucker Tours – LV 8:30 am Approx. RET 6:30 pm. \$150.00. Difficulty 2. Curt has newly designed this tour, which not only features San Diego's most historic and picturesque sites, but has numerous "pie" tastings. We begin at the "San Diego "Chicken Pie Shop." Other features include Balboa Park, Liberty Public Market, Cabrillo National Monument, Point Loma Peninsula, Greatest Generation Walk, and the Gaslamp Quarter. Along the way, many food treats will be yours to enjoy. **ON SALE NOW.**

FIDDLER ON THE ROOF (LI) – **Trip Requested by Arcadia Travelers.** Saturday, November 16, 2024 – Main Street Tours – LV 10:30 am. Approx. RET 5:30 pm. \$193.00. Difficulty 1. After a lunch at Buca di Beppo, we will travel to the La Mirada Theatre for a matinee performance of "Fiddler on the Roof." Jason Alexander (George Costanza in "Seinfeld") is scheduled to star as Tevye. You will enjoy all of the beloved music from this beautiful production and have an orchestra seat. **ON SALE NOW.**

December 2024

CASH, CULTURES, AND CLASSICS (LI) – Thursday, December 5, 2024 - Main Street Tours - LV 8:30 am. Approx. RET. 8:00 pm. - \$195.00. Difficulty 2. We will travel to Johnny Cash's Home in Casita Springs for a tour and BBQ lunch. Our next stop will be the Ojai Valley Museum, which preserves and showcases the rich heritage of the Ojai Valley. Before we depart for home we'll stop (weather permitting) at Bart's Books. **ON SALE NOW.**

NEWPORT HARBOR "RING OF LIGHTS" HOLIDAY CRUISE (LI) – Thursday, December 12, 2024 – Main Street Tours – LV 2:30 pm. Approx. RET 7:00 pm. - \$153.00. Difficulty 1. We'll start the trip with dinner at the Old Spaghetti Factory. It is on to Newport Bay to a cruise viewing the Bayfront estates that come alive in a "Ring of Lights" holiday display. (dress warmly).

ON SALE NOW.

EQUESTFEST AND LUNCH AT THE SMOKE HOUSE RESTAURANT (LI) – Sunday, December 29, 2024 – Main Street Tours—LV 10:00 am. Approx. RET 5:00 pm. - \$198.00. Difficulty 2. Let's enjoy the Rose Parade's equestrian units as they are showcased in an exciting show. Your ticket also includes an Official Souvenir Seat Cushion. Lunch will be at the Smoke House Restaurant. **ON SALE NOW.**

January 2025

THOSE WERE THE DAYS (William Florian - Songs of the 60's) (LI) – Wednesday, January 1, 2025 – Main Street Tours – LV 12:00 pm. Approx. RET 7:30 pm.- \$191.00. Difficulty 1. Start the New Year Right! Enjoy the "Songs of the 60's" starring William Florian, former singer with The New Christy Minstrels. Concert will be held at the Hilton Orange County. We'll enjoy a buffet lunch before the show at Newport Rib Company. **ON SALE NOW.**

GIBBONS AND GUIDE DOGS – Wednesday, January 15, 2025 – Main Street Tours – LV 8:30 am Approx. RET 6:30 pm. - \$118. Difficulty 2. Enjoy a visit with some furry friends at the Gibbons Conservation Center. No-Host lunch at Valencia Town Center. In the afternoon, you'll see where and how Guide Dogs of America breeds, raises and trains these dedicated animals. **ON SALE NOW.**

ICONS AND LEGENDS – Wednesday, January 29, 2025 – Main Street Tours – LV 9:00 am Approx. RET 6:30 pm. - \$180. Difficulty 1. Back into the glory Hollywood days of Palm Springs. See over 50 celebrity homes and historic sites. Tour includes a step-on guide with some on and off stops during the tour. Enjoy lunch at famed J's Deli where you'll choose a sandwich with all the fixin's. **ON SALE NOW.**

February 2025

FLIGHT PATHS & COURT VIEWS (LOYO) – Thursday, February 6, 2025 – Main Street Tours – LV 9:30 am. Approx. RET 5:30 pm. - \$148. Difficulty 2. Visit So Cal's newest arena for a tour of the new 18,000 seat Intuit Dome. This new home of the Los Angeles Clippers, is a \$2 billion arena located in Inglewood. Next visit the Santa Monica Museum of Flying showcasing historic aircraft along with interactive displays & exhibits. Lunch stop will be at the Original Farmers Market in Los Angeles. **On Sale October 28th.**

MOSAICS AND MOTORCARS (LI) – Wednesday, February 19, 2025 – Main Street Tours – LV 9:30 am. Approx. RET 5:30 pm – \$177. Difficulty 2. Our first stop is the Venice Mosaic Tile House, which is like the Watt's Towers, with more colored tiles. Lunch at Alejo's Presto Trattoria. Afternoon will take you to the Zimmerman Driving Museum with a great collection of vintage and classic cars. **On Sale November 6th.**

Extended Trips 2024

For questions, contact Larry Trujillo at 626.274.0011

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.

PLAN EARLY – PARTIAL LISTING 2025 TRIPS

Questions & Information - Karen Sexton (626)641-5568,
compukare@aol.com

SPECTACULAR SOUTH AFRICA March 6-19, 2025, 14 Days, 25 Meals. D\$5,234, S\$6,234. <https://gateway.gocollette.com/link/1239450>

DISCOVER SOUTH PACIFIC WONDERS March 12-26, 2025, 15 Days, 22 Meals. D\$6,389, S\$7,889. <https://gateway.gocollette.com/link/1222141>

HIGHLIGHTS OF ENGLAND, SCOTLAND & WALES March 19-27, 2025, 9 Days, 10 Meals. D\$4,199, S\$5,199. Premier tour.

WASHINGTON DC CHERRY BLOSSOMS April 7-12, 2025, 6 Days, 8 Meals. D\$3,575, S\$4,400. Premier tour.

MACKINAC ISLAND & TULIP FESTIVAL May 2-10, 2025, 9 Days, 13 Meals. D\$3,999, S\$4,999. <https://gateway.gocollette.com/link/1287673>

BEST OF EASTERN CANADA May 23-31, 2025, 9 Days, 12 Meals. D\$3,899, S\$4,999, T\$3,849. <https://gateway.gocollette.com/link/1239473>

BEST OF CHICAGO September 4-9, 2025, 6 Days, 8 Meals, D\$2,975, S\$3,675. Premier Tour.

CANADIAN MARITIMES AND COASTAL WONDERS September 7-17, 2025, 11 Days, 16 Meals. D\$4,399, S\$5,399, T\$4,349. <https://gateway.gocollette.com/link/1239475>

CUBA DISCOVERY October 13-18, 2025, 6 Days, 12 Meals. D\$4,799, S\$5,599. Premier tour.

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

Snow Festival

Saturday, December 7
9am-2pm
Arcadia Community Center

Snow sledding | Holiday crafts
Face painting | Games | Photobooth

Free parking shuttle service at the Arcadia
Performing Arts Center beginning at 7:45am



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。