

Hello
April



Arcadia Senior Services

April 2025

Connection

Arcadia Community Center
365 Campus Drive
Arcadia, CA 91007



City of Arcadia
626.574.5130
ArcadiaCA.gov/Seniors

All activities and services are for adults 50 and older.



Monday Dance
 \$3
 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 7 – Eric Ekstrand
April 21– Nightlife



Blood Pressure Screening

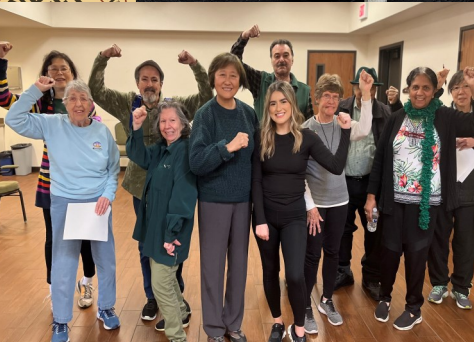
Tuesday, April 8 ~10-11am
 Free! Community Center- Billiard Room

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



Free! **Senior Cinema**
 Tuesdays~12:30pm

4/1	Father Figures (R)	1h 53m
4/8	Ferris Bueller's Day Off (PG-13)	1h 43m
	For the Birds (Short)	3 min
4/15	Big (PG)	1 h 44m
4/22	Free Guy (PG-13)	1h 55 m
4/29	Barbie (PG-13)	1h 54m



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

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

4/3	Line Dance: Moderate
4/10	Seated Disco: Easy
4/17	Circuits: Variable Difficulty
4/24	Walk & Talk: Easy





Senior Health Seminars

- Tue 4/15 Hearing Life Seminar at 12:30pm
- Tue 4/22 Discover Ancient Breathing Techniques at 12:30pm
- Mon 4/28 Geriatric Health at 1:30pm
- Tue 4/29 Manage Symptoms of Asthma at 12:30pm

Free!



Neighborhood Legal Services
of Los Angeles County

Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, April 25

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



Pickle Ball– Open Play

Free!

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–Wednesdays~ 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&W 8am-4pm

TU, TH, & F 8am-3:30pm

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

Table Tennis 8am-12pm : 4/7, 4/11, 4/21, & 4/28

Table Tennis after 2pm : 4/18 & 4/25



Free!

Walk - in Programs

Air Hockey & Foosball

Community Center - Billiard Room

M - F - 7:30am - 5pm

Billiard Room

M - F - 7:30am - 5pm

Board Games

Community Center - Lobby

M - F - 8am - 4:30pm

Bridge

Community Center-Ballroom

Wednesdays 9:30am -12:30pm

Museum Education Center

Fridays 1-4pm

Karaoke

Community Center-Ballroom

Thursday, April 3 & 24 at 12:30 - 2:30pm

Pinochle

Community Center - Craft Room

Mondays - 9am - 2pm

Sing Along with James

Community Center - Lobby

Wednesdays - 1 - 3pm

Traditional Mahjong

Community Center - Ballroom D

Friday, April 4 & 11 at 12:30-4pm

Community Center - Dance Room

Friday, April 18 & 25 at 12:30-3:30pm

Tech Talk

Community Center- Lobby

Friday, April 11 & April 25



Senior 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.

**** Must purchase a Senior Meals Lunch Ticket in order to participate.**



**National
Almond Cookie**

**Day
Wednesday,
April 9**

**Enjoy Almond
Cookies with Senior
Meals Lunch.**

**National
Banana Day**

**Wednesday,
April 16**

**Enjoy bananas &
banana treat during
Senior Meals lunch.**



**National Boba
Tea Day**

**Wednesday,
April 30**

**Enjoy a boba tea
during Senior
Meals lunch.**





SWEET ORANGES BUNCO

FRIDAY, APRIL 11
12:30PM | \$15



Play a set of Bunco games at the Arcadia Community Center. It will include a light lunch and sweet raffle prizes.
Registration is now open!

City of Arcadia

2024 Senior



Of The Year



Arlene Weiss

The City of Arcadia would like to congratulate Arlene Weiss, the recipient of the 2024 Senior of the Year, for going above & beyond for the Arcadia Community. Arlene is a regular volunteer at the Arcadia Community Center, assisting with Senior Meals, special events, “Call a Friend” program, and Monday Dances.

Arlene will be honored at the Arcadia City Council Meeting on Tuesday, May 6, 2025



Friday, April 18

Spring Fling
Royal Ball

\$16 | 11:30am

Take part in this Royal Ball themed dance. Formal attire encouraged. Awards will be given to best dressed. Enjoy lunch, live music, and games.



*Arcadia Senior
Services Mission*

The mission of Arcadia 50+ Services is to promote healthy living for older adults by providing a broad spectrum of recreational and leisure experiences while striving to assist the 50+ population by staying active, independent, and engaged.

Nature Hikes

9am | 8 + yrs | \$26



APRIL 19
Weir Canyon

Trail Difficulty:
Moderate

4 MILES



JUNE 14

San Clemente Beach Trail

Trail Difficulty:
Easy

4 MILES

Includes round trip transportation to and from the Arcadia Community Center, a staff guided hike, and a sandwich packed lunch. Hikes may include steep inclines and uneven terrain. May not be suitable for all individuals.

Join us and Have Some fun!



CINCO DE MAYO CELEBRATION



Friday, May 2

11:30am • \$16



Enjoy a celebration of
Mexican culture that
includes lunch,
entertainment, and dancing.



Learn about your hearing

with Hearing Life

Tuesday, April 15

12:30pm

Arcadia Community Center



Learn about hearing loss and discover the hidden connections between hearing loss and other health conditions.

Plus, receive free hearing screenings and complementary hearing aid cleanings.

626.574.5113 | ArcadiaCA.gov/50



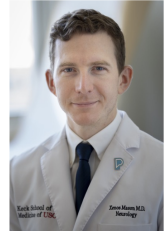
CITY-WIDE HEALTH EDUCATION SERIES

Hosted by the Arcadia City Health Committee

Free and open to all
Pre-registration recommended

April Seminar

Parkinson's Disease Essentials:
Recognizing Symptoms and Navigating Treatment



Wednesday, April 23 at 6pm
Arcadia Public Library, 20 W Duarte Rd
Xenos Mason, MD
Assistant Professor of Neurology, Keck School of Medicine of USC

Community Bike Ride



Saturday, May 3, 2025
Registration 7am
Ride 8am



Arcadia Community Center
365 Campus Drive

FREE FOR ALL AGES | 7 MILE RIDE | NO TRAINING WHEELS
Youth under 18 must be accompanied by an adult

Register online
ArcadiaCA.gov/BikeRide

50+ Resource Fair

FREE

Friday, May 9
10:30am-1:30pm
Arcadia Community Center

Find resources and referrals for essential services such as...

- ✓ Housing
- ✓ Transportation
- ✓ Food Assistance
- ✓ Legal Services
- ✓ Veterans Resources
- ✓ Sustainability
- ✓ Homeless Resources
- ✓ Volunteering
- ✓ Social Connections
- ✓ Education *and more!*



Connect with **Over 30** different organizations from around the San Gabriel Valley



TASTE THE TOWN

Enjoy a new Arcadia restaurant every month

Thursday, April 17

Dings Garden

733 W Naomi Ave

50+ yrs | \$20



Transportation:

Meet at the Arcadia Community Center at 10:30am to take the bus or meet at the restaurant at 11am

Meal Options:

- Shrimp Pan Fried Noodle
- Pork Sliced Noodle Soup
- Kale Beef Rice
- House Special Leek + Pork Dumplings

Each meal comes with Dings special cold appetizer & a drink



Garden Bingo

10am | Friday, May 16 | \$15

Enjoy eight Bingo games, a light lunch, and a chance to enter a raffle.

Senior

SOCIAL HOUR

Friday, May 30 | 12:30pm | Free
Meet new friends as we play Jeopardy
Games, snacks, & drinks provided



Space **BUNCO**

Friday, June 6 | 12:30pm | \$15

Ready for an intergalactic adventure?
Join us for a cosmic Bunco that's out of this world!
Light lunch and raffle included.



Senior Billiards *Tournament*

2v2 Double Elimination 8-Ball

Thursday, June 12

11:30am

\$15 per person

Pair up with a partner to compete in this 2v2 tournament. Food and drinks will be provided.



Summer

Luan

FRIDAY, JUNE 20

11:30AM | \$16

Hula on over for an afternoon of fun and enjoy a Hawaiian lunch, Polynesian entertainment, and activities.

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 *Free Bilingual Mental Health Warmline from MHACC*

- Were you impacted by the wildfires? Call the Mental Health Association for Chinese Communities at 1-800-881-8502 for emotional support, guidance with coping strategies, and connections to local resources
- Mandarin, Cantonese, and English speakers available on the warmline
- Warmline open every day 9am-9pm PST

Scan the QR code for more information.




美國華裔精神健康聯盟
MHACC
Mental Health
Association for Chinese
Communities

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)

4/25

Senior Friendship Club

MEETS WEDNESDAYS AT 11AM



MEETING DATES

- 4/2 Regular Meeting
- 4/9 Regular Meeting
- 4/16 Easter Meeting
- 4/23 Regular Meeting
- 4/30 Snack Attack

CLUB NEWS

We will have treats to eat and a game to play.

Come and visit our club!
We're a friendly group!

- President
Judy Regalado
- Vice President
Doris Arbour
- Secretary
Victoria Nance
- Senior Citizens
Commissioner
Margaret Swope



Maggie Gardner



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

Golden Senior Club

MEETS THURSDAYS AT 11AM



MEETING DATES

- 4/3 Regular Meeting
- 4/10 Regular Meeting
- 4/17 Regular Meeting
Member's Birthday
Celebration
Easter
Guest Speaker
- 4/24 Regular Meeting

CLUB NEWS

The Golden Senior Club is doing great! See what we are all about! If you love Bingo, singing, or yoga, we're the club for you! We have it all!

- President
Nilo Salazar
- 1st Vice President
Angie Slemaker
- Secretary
Cyndi Salazar
- Treasurer
Doris Arbour
- Assistant Treasurer
Rachel Salazar
- Senior Citizens
Commissioner
Cyndi Salazar

Borinka Hanrahan
James Hanrahan
Anita Lim



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 25, 2025

Coffee 9:30am / Meeting 10am

Guest Speaker:

Will Reece— Premier Tours

Annual Membership \$10

Credit cards not accepted

Make checks payable to:

Arcadia Travelers Club, Inc.

President, Chris Ohrmund

Senior Citizens Rep.
Joyce Platt

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

Gift Cards now on sale in the Travel Office.

Day Trips

April 2025

MYSTERY OLYMPICS TRIP (LOYO) – Wednesday, April 2, 2025 – Tucker Tours – LV 8:30 am. Approx. return 5:30 pm. - \$150. Difficulty 2. This is a NEW tour in advance of the Los Angeles 2028 Games. Every now and then we need to be surprised! It's fun to see where Curt Tucker will go to preview the venues. Lunch will be on your own at a surprise location. Your only clue to the day's travel theme will be the Games of the XXXIV Olympiad. **ON SALE NOW.**

THAT'S AMORE! Italian Tour (LOYO) – Wednesday, April 30, 2025—Tucker Tours – LV 8:30 am. Approx. return 4:30 pm. – \$125. Difficulty 2. Italians and Italian-Americans have played an instrumental role in the development and heritage of Los Angeles, as one of the world's greatest cities. This NEW tour highlights the Italian-inspired treasures around the city and emphasizes the positive influences that Italian culture has had on the architecture, fashion, art, food, and cinema. Difficulty 2. **ON SALE NOW.**

May 2025

MADE IN ORANGE COUNTY (LOYO)- Wednesday, May 7, 2025 – Main Street Tours – LV 8:30 am. Approx. return 5:00 pm. - \$113.00. Difficulty 2. Tour the Yakult probiotic drink factory where they make over 400,000 bottles a day in this state-of-the-art factory. Lunch will follow at the Irvine Spectrum with its large variety of eateries to enjoy lunch on your own. It's strawberry time at Tanaka Farms. See all the seasonal fruits and vegetables. All will take home a 1-pound basket of strawberries. **ON SALE NOW.**

SAN DIEGO ZOO – GIANT PANDAS (LOYO) – Thursday, May 22, 2025 – Main Street Tours – LV 7:00 am. Approx. return 5:30 pm - \$182.00. Difficulty 2. World Famous San Diego Zoo has two new popular residents – giant pandas! We'll visit Panda Ridge for a unique opportunity to view these lovable animals. Trip includes rides on the Guided Bus Tour and Kangaroo Bus for transportation around the park. Lunch is on your own at any of the many food locations in the zoo. **ON SALE NOW.**

June 2025

DAYCATION TO CATALINA (LOYO) – Tuesday, June 10, 2025 – Tucker Tours – LV 7:30 am. Approx, return 7:00 pm. – \$198. Difficulty 2. Curt Tucker will lead the group on this trip, as the Catalina Express boat will transport you to & from the Island. Enjoy the enchantment of Avalon to explore, shop and eat. After lunch embark on a guided open-air tram tour. Experience all the wonderful sights of the Island. There are **only 44 available seats**, so don't delay getting your ticket. **ON SALE NOW.**

PARAMOUNT STUDIOS TOUR (LOYO) – Tuesday, June 24, 2025 - Main Street Tours – LV 10:00 am. Approx. return 5:00 pm. - \$148. Difficulty 2. Begin the trip at the Original Farmers Market for your own lunch choice from over 100 food vendors. After lunch you'll head over to Paramount Studios where you'll have a behind-the-scenes look at Hollywood Magic. Explore sound stages, historic backlots, and the inner workings of this legendary film studios. **ON SALE NOW.**

July 2025

COSM REVEALED! A JOURNEY INTO IMMERSION – Wednesday, July 16, 2025 – Main Street Tours – LV 9:30 am. Approx, return 5:30 pm. – \$146. Difficulty 1. Travel to the state-of-art immersive Dome venue designed to transport you to new worlds. You'll be amazed with 2-short films and a guided tour of Cosm. Enjoy lunch on your own in Marina del Rey, followed with a stop at Galco's Soda Pop store. **ON SALE APRIL 28, 2025**

VICTORY & VIGILANCE: WWII and the COLD WAR – Friday, July 18, 2025 - Tucker Tours – LV 9:00 am. Approx. Return 5:30 pm. - \$125. Difficulty 2. Special docent led designed just for our group of the USS Iowa. Battleship played a critical role in WWII and the Cold War. No-host lunch at Long Beach's Shoreline Village. Final stop at the Wende Museum that features items from the Cold War period. **ON SALE May 5, 2025**

Extended Trips 2025

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

FALLing for Cambria October 22-24, 2025, 2 Nights, 3 Days. Curt Tucker Tour with stops at Clydesdale Horse Farm, Scarecrow Festival, Avila Valley Barn, Monarch Butterfly Reserve and elephant seals. D \$766, S \$966. On sale now.

MACKINAC ISLAND AND TULIP FESTIVAL May 2-10, 2025, 9 Days, 13 Meals. By 11/2 for Discount. D\$3,999, S\$4,999. <https://gateway.gocollette.com/link/1287673>

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. By 3/7/2025 for Discount. D\$4,399, S\$3,399, T\$4,439.
<https://gateway.gocollette.com/link/1239475>

ROME & the AMALFI COAST October 9-18, 2025, 10 Days, 13 Meals. By 4/10/2025 For Discount. D\$4,999, S\$5,999. <https://gateway.gocollette.com/link/1282228>

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

COLORFUL COSTA RICA ADVENTURE November 5-13, 9 Days, 18 Meals. D\$3,845, S\$4,545. Premier Tour.

CHRISTMAS SEASON IN VICTORIA AND VANCOUVER December 10-17, 2025, 7 Days, 6 Nights, 3 Nights at Fairmont Empress in Victoria, 3 Nights at Fairmont in VANCOUVER. D \$4,199. S \$5,599. Premier Tour.

PATAGONIA: EDGE OF THE WORLD January 10-25, 2026, 15 Days, 29 Meals. Price \$11,699 to \$15,699 depending on configuration. Collette

SOUTHERN CHARM March 23-29, 2026, 7 Days, 9 Meals. D\$3,699, S\$4,699, T\$3,669.

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

THE SECRET TO STAYING YOUNG & HEALTHY
Discovering Ancient Breathing Techniques



Tuesday, April 22
12:30-1:30pm
Arcadia Community Center

In this fun and relaxing workshop, explore the benefits of Tai Ji Men Qigong, an ancient practice that enhances physical, mental, and spiritual wellbeing through powerful breathing techniques.

embrace a healthier & happier lifestyle



For more information, please call the
Arcadia Community Center at 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。