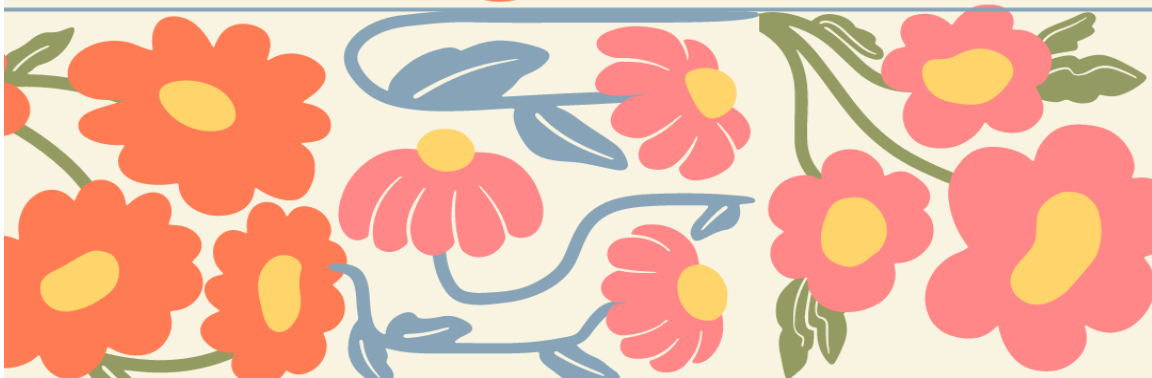




# August



Arcadia Senior Services

August 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.

**August 5** - Global Affair  
**August 19** - Linda Herman



**Free! Blood Pressure Screening**

Tuesday, August 13 ~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

8/7	Drawing Closer	1h 58m
8/14	I Can Only Imagine	1h 50m
8/21	Love Divided	1h 38m
8/28	The Miracle Club	1h 30m



**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.

8/1	<b>Zumba:</b> Hard
8/8	<b>Seated Workout:</b> Easy
8/15	<b>Pilates:</b> Moderate
8/22	<b>Seated Zumba:</b> Easy
8/29	<b>Yoga:</b> Moderate



Neighborhood Legal Services  
of Los Angeles County



## Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, August 2  
10am-12pm

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

### Smart Squad

Arcadia Library : 20 W Duarte Rd  
Saturdays  
10am-12pm  
Drop-in technology assistance.  
No registration required.



### Pickle Ball– Open Play

Free!

Tuesdays & Fridays  
10am-12pm

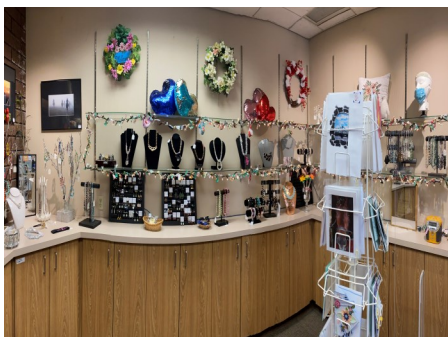
Camino Grove Park  
1420 S. 6th Ave

**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

M/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!

## Table Tennis

M-F 8am-4pm

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

**Table Tennis 8am-12pm :** 8/5 & 8/19

**Table Tennis after 2pm:** 8/23



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

### American Mahjong

Community Center - Lobby

Tuesdays - 1 - 3pm

### Bridge

Museum Education Center

Wednesdays 10am -1pm

Community Center

Fridays 12-3pm

### Sing Along with James

Community Center - Lobby

Wednesdays - 1 - 3pm

### Chess Club

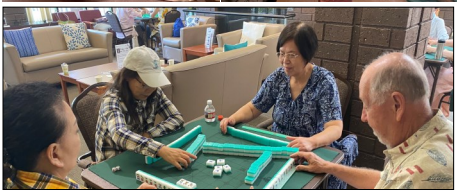
Community Center - Lobby

Thursdays - 9:30 - 11:30am

### 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 the 2nd Tuesday of each month.
- Meals are to be consumed in the facility.

\*Effective July 1, 2024\*

## 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.

## National Watermelon Day



Monday,  
August 12

Enjoy some treats during Senior Meals lunch. Must purchase a Senior Meal ticket to participate.

## National Bowling Day



Thursday,  
August 22

Play bowling against fellow seniors. Must purchase a Senior Meal ticket to participate.

# Wild Bunco

Friday, August 9  12:30pm | \$15



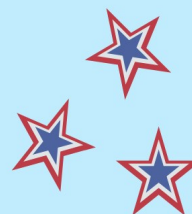
Come Wild on to bunco and enjoy three sets of six rounds of Bunco. Light lunch and raffle prizes are included.

**Registration Now Open**

## Wish of a Lifetime



*Tuesday, August 13 | 12:30pm*  
*Presented by: AARP*



Come learn about Wish of a Lifetime. This AARP program grants life changing wishes to older adults who have lived a life of service and who would benefit from the fulfillment of a lifetime wish.

## Taste the Town Olive Garden

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

**Thursday, August 15**

### Choice of Meal:

All meals include Soup or Salad & bread

- Chicken Parmigiana
- Five Cheese Ziti al Forno
- Fettuccine Alfredo

### Beverage:

- Fountain drink
- Iced tea



### Transportation:

Meet at the Community Center at 10:30am

or

Meet at restaurant at 11am  
430 E Huntington Drive, Arcadia

# Duarte Pool Party

Friday, August 16 | 12-4pm

**\$15**

Come beat the heat at the Duarte Pool!  
Participate in fun activities while staying cool,  
enjoying lunch, dessert truck and music from a DJ.  
Transportation will be provided.



**Registration now open!**

**Limited tickets**



## Coffee with the Mayor

Tuesday, August 20  
9am



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

## Managing your Medication Seminar

Tuesday, August 20 |  
12:30pm

Presented by: LA County  
Department of Mental Health



Learn the importance of sticking to a medication regimen and other useful information on the proper use of medications. Get tips on what to ask any doctor and pharmacist when receiving a new prescription.

# Insurance Fraud Seminar

Tuesday, August 27

12:30pm

Presented by:

**California Department of Insurance**

▷ Learn how to identify scams and recognize signs of fraud.  
Get tips and resources to avoid becoming a victim of  
fraudulent activities.



## RETRO BINGO



Friday, September 6 | 10am | \$15

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

Registration now Open!

## 50+ MOON FESTIVAL *Lunch*

✦ Friday, September 13 ✦  
11:30am | \$16

Celebrate the Autumn Harvest, enjoy tea, and mooncake tasting!  
Entertainment and lunch will be provided.

**Registration now open!**



FREE!

Senior  
**SOCIAL HOUR**

September 27 | 12:30-1:30pm

Want to meet new people? Pop into social hour where you'll get to pop the questions provided by the hostess of the hour. Enjoy freshly popped popcorn and lemonade.  
Registration now open!

Friday, October 11  
11:30am-1:30pm  
\$16

**WESTERN**  
*Hoedown*

Enjoy lunch, line dancing lessons, and music.  
Registration now open!



**WICKED**  
**BUNCO**



**FRIDAY, OCTOBER 18**  
**\$15**  **12pm**

Join the wicked game of bunco and enjoy three sets of six rounds. Light lunch and raffle prizes are included.  
Registration now open

Registration now open !



**JAPAN**  
**Cultural Day Camp**

**\$40**

**Thursday, October 24**

Join us for a fun filled day with a trip to the Japanese American National Museum! Trip includes a cultural presentation, tour of the museum and lunch.

# 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

## AUGUST HIGHLIGHT LA Found-Project Lifesaver

- Project Lifesaver provides a voluntary system of trackable bracelets for at-risk individuals. The bracelet device allows the Los Angeles County Sheriff's Department to locate your loved one when they go missing.
- For more information, contact LA Found at [833.569.7651](tel:833.569.7651) or [LAFound@ad.lacounty.gov](mailto:LAFound@ad.lacounty.gov) to see if your eligible for this FREE device.



Project  
Lifesaver  
Information



Project  
Lifesaver  
Application



# NOTARY PUBLIC SERVICES

Tuesday, August 6 & 20

Notary Service is available on the first and third Tuesday of the month from 10am to 12pm. Please call to make an appointment. Limit three signatures or fifteen minutes.

**FREE**

 **626.574.5130**


## 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.

**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)

08/24



# 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

### August Seminar

## Diabetes & Our Eyes: All You Need to Know + AI in Diabetes Screening

Wednesday, August 28 at 6pm

Arcadia Public Library, 20 W Duarte Rd

Linda A. Lam MD MBA

Professor of Ophthalmology, Vitreoretinal Diseases and Surgery Vice Chair, Clinical Satellite Affairs Director, USC Roski Eye Institute Arcadia, Keck Medicine of USC, Chairperson FDA Collaborative Community on Ophthalmic Imaging (CCOI) on Vision Rehabilitation



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





# City of Arcadia

# HEALTH FAIR

Lectures | Doctor Consults | Health Screenings  
Free & open to everyone



**Saturday, August 10, 2024**



**9am-12pm**



**Arcadia Community Center**

365 Campus Dr, Arcadia, CA 91007



## Featuring Keynote Speaker Lieutenant General Mary K. Izaguirre

Lt. Gen. Mary K. Izaguirre serves as the 46th US Army Surgeon General and the Commanding General of US Army Medical Command.

*Co-hosted by Arcadia City Health Committee*



CITY OF  
ARCADIA



Huntington  
Health

An Affiliate of



Cedars  
Sinai

Keck Medicine  
of USC

USC Arcadia  
Hospital

Keck Medicine of USC



ISEGSTAR



KAISER  
PERMANENTE

K2ts

For more information, appointments, and seminar schedule,  
scan the QR code or visit [ArcadiaCA.gov/HealthFair](http://ArcadiaCA.gov/HealthFair)

# Senior Friendship Club

MEETS WEDNESDAYS AT 11AM

## MEETING DATES

- 8/7 Regular Meeting
- 8/14 Regular Meeting
- 8/21 Regular Meeting
- 8/28 Regular Meeting



Maxine Arthur

## CLUB NEWS

Our club is coming along just great! Stop by and meet new people and make new friends. Special speakers, music, food and of course bingo. So, if you are free on a Wednesday morning, come out and say hi.

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

- 8/1 Regular Meeting
- 8/8 Regular Meeting
- 8/15 Regular Meeting
- 8/22 Officer's Meeting
- 8/29 Regular Meeting & Birthday Celebration



Maxine Arthur  
Lilia Barrera  
Susan Carlton  
Estelle Sykes  
Gerald Waade

## CLUB NEWS

If you are looking for a club to join come on by and join our Golden Senior Club. Where you will have fun, we have lots of activities to offer, like senior exercises, tips for healthy living, music to relax, singing, and senior's favorite game of bingo, and much more to choose from. We will have a special guest speaker coming this month. We would like to welcome our new member Anita!

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, August 23, 2024

Coffee 9:30am / Meeting 10am

Guest Speaker:

**Samantha Alonso:**  
**AARP - Home Safety**

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



ADA Policy on file in Travelers Office

## Day Trips

### August 2024

**BIG BEAR LAKE ESCAPE (LI)** - Tuesday, August 6, 2024 – Main Street Tours – LV 8:00 am. Approx. RET 7:00 pm. \$171.00. Join us for an enchanting, guided adventure at the Big Bear Alpine Zoo. Witness native wildlife up close. Explore the zoo's commitment to wildlife education. We'll enjoy lunch (Taco Bar Menu) at Old Country Inn Restaurant before we cruise on "Miss Liberty," a paddlewheel tour boat. Hear fun facts, folklore and about celebrity sightings. This will be a fun-filled and interesting day in the San Bernardino Mountains. Difficulty 2. **ON SALE NOW.**

**SUMMER MYSTERY TOUR (LI)** – Thursday, August 29, 2024 – Main Street Tours – LV 9:00 am. Approx. RET 5:00 pm. \$147.00. Everyone loves a good mystery! Tour will include: two fun stops, and lunch. Difficulty 2. **ON SALE NOW.**

### September 2024

**MURALS AND MARIACHIS (DI)** – Friday, September 13, 2024 – Tucker Tours – LV 12:30 pm. Approx. RET 9:30 pm. \$165.00. We'll see the vibrant art and culture in Los Angeles. Exploring the dynamic art scene of the city, visiting The Broad Museum, and seeing many special places along the way to Casa Sanchez. We will enjoy dinner and the melodious strains of the Mariachi music, a tradition that has captivated audiences of all ages for generations. Difficulty 2. **ON SALE NOW**

**CURT'S GREATEST HITS...PART 1 (LI)** – Wednesday, September 25, 2024 – Tucker Tours – LV 9:00 am. Approx. RET 4:30 pm. \$125. This expedition seamlessly blends the essence of five distinct tours into one remarkable journey, including lunch at Philippe's. We'll also visit the Bradbury Building, take a ride on Angels Flight, visit Forest Lawn, Galco's Old World Market, and enjoy finger sandwiches and tea at Chado Tea. Difficulty 2 – several on-and-off stops.

**ON SALE NOW**

## October 2024

**WILDLIFE HAVEN (LI)** – Thursday, October 3, 2024 – Main Street Tours – LV 9:30 am. Approx. RET 5:30 pm. \$153.00. We will embark on an immersive adventure at Forever Wild Exotic Animal Sanctuary with our guided tour. We will have the chance to get up close and personal with one of their extraordinary animal ambassadors during an intimate meet and greet session. Lunch at the Cracker Barrel Restaurant. Each guest will have their choice of entrée on arrival from the lunch menu. **ON SALE NOW.**

**WOLVES AND WONDERS OF JULIAN (LI)** – Friday, October 11, 2024 or Saturday, October 12, 2024 - Main Street Tours – Each trip is the same. LV 8:00 am. Approx. RET 6:30 pm. \$195.00. The day will start with Lunch at the Rongbranch in Julian. Choice of lunch upon signup. After lunch we will have an exciting and informative tour of the California Wolf Center with a knowledgeable expert. The day will also include time to explore Julian at your own pace. **Each Day is Limited to 14 Travelers because of transportation restrictions at the Sanctuary. ON SALE NOW.**

**ECHOES OF HISTORY (LI)** – Thursday, October 24, 2024 – Main Street Tours – LV 9:30 am. Approx. RET 5:00 pm. - \$128.00. A new adventure awaits as we step into the elegance of yesteryear and explore the Lanterman House in La Canada Flintridge. Then it is on to lunch at one of our favorite spots, HMS Bounty with choice upon signup. To conclude the day, we will enjoy a self-guided tour at the Hollyhock House, nestled in the heart of Barnsdall Art Park. **ON SALE NOW.**

## November 2024

**PIES AND PANORAMAS (LI)** – Tuesday, November 5, 2024 – Tucker Tours – LV 8:30 am Approx. RET 6:30 pm. \$150.00. 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,” which has been in business 80 years. 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 August 5th.**

**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. After a delicious lunch at the La Mirada North Woods Inn (choice upon signup), 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 August 14th.**



## Extended Trips 2024

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

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

**PHILADELPHIA, AMISH COUNTRY & BRANDYWINE VALLEY** September ~~24-29~~<sup>22-27</sup>, 2024. 6 days, 8 meals. D\$2,899, S\$3,699. Premier tour.

**MACKINAC ISLAND & NIAGARA FALLS** October 11-18, 2024. 8 days, 11 meals. D\$3,570, 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, 20 meals. 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 GREENBIER 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

**SPECTACULAR SOUTH AFRICA** March 6-19, 2025. 14 days, 25 meals. D\$5,234, S\$6,234. Collette tour.

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

**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.

**BEST OF EASTERN CANADA** May 23-31, 2025. 9 days, 12 meals. D\$3,899, S\$4,999, T\$3,849 – for bookings made AFTER November 2024 call Collette for rates.

[Visit the Travelers Club office M-F 9am to 12:30pm for detailed trip brochures, or online at \[arcadiatravelers.org\]\(http://arcadiatravelers.org\) website. They are also available in-person at the](#)

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



**SUMMER CONCERTS & MOVIES IN THE PARK**

**THURSDAYS,  
AUGUST 1 & 8, 2024**

**CONCERT AT 6:30PM  
MOVIE AT DUSK**

**AUG 01** **COLD DUCK**  
*70s & Top 40s*  
**THE SUPER MARIO  
BROS. MOVIE, PG**

**AUG 08** **AUGLATIN SOUL BAND**  
*Funk/Old School*  
**WISH, PG**

Celebrate Arcadia's 121st Birthday  
with our First Responders

 Food available for purchase

**Arcadia City Hall Lawn, 240 W. Huntington Drive**  
Parking available at City Hall & Santa Anita Race Track, Gate 5



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。