



**Arcadia Senior Services**

**September 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.

**September 16**-Stardust Trio

**September 30**-Tony DiGiovanni



Free!

## Blood Pressure Screening

Tuesday, September 10 ~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

9/4	A Family Affair	1h 53m
9/11	The Blindside	2h 08m
9/18	Candy Jar	1h 32m
9/25	A Beautiful Life	1h 39m



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.

9/5	<b>Zumba:</b> Hard
9/12	<b>Seated Workout:</b> Easy
9/19	<b>Pilates:</b> Moderate
9/26	<b>Seated Zumba:</b> Easy



Neighborhood Legal Services  
of Los Angeles County

## Neighborhood Legal Services Of Los Angeles Organization

Free!

Friday, September 6  
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

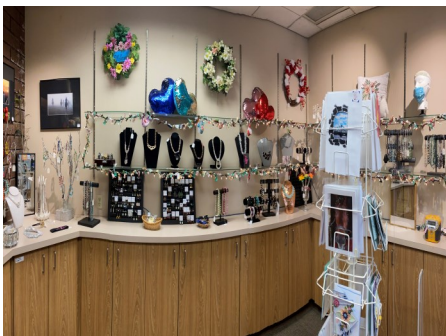
Camino Grove Park  
1420 S. 6th Ave

**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 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 :** 9/16 & 9/30

**Table Tennis after 2pm:** 9/6, 9/13 & 9/27



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

American Mahjong

Community Center - Lobby

Tuesdays - 1 - 3pm

### Karaoke

NEW

Community Center

Tuesday, September 24 - 12 - 2pm

### American Mahjong

Community Center - Lobby

Tuesdays - 1 - 3pm

### Bridge

Museum Education Center

Wednesdays 10am - 1pm

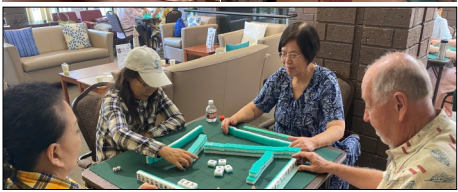
Community Center

Fridays 12-3pm

### Sing Along with James

Community Center - Lobby

Wednesdays - 1 - 3pm





# Let's Do Lunch

MONDAY - FRIDAY

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

COST

\* **\$4 age 50-54**

\* **\$3 age 55+**

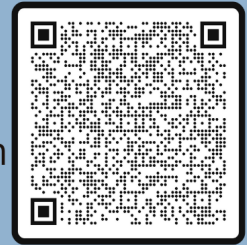


- Lunch is sold on a first-come, first-served basis beginning at 7:30am.
- Limited lunch meals sold each day.
- Celebrate birthdays the 2nd Tuesday of each month.
- Meals are to be consumed in the facility.

\*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 7:30-10am. Ticket availability is limited.



Scan the barcode to purchase lunch ticket.

## National Teddy Graham Day



Monday,  
September 9

Enjoy some Teddy Graham bear snacks during Senior Meals lunch. Must purchase a Senior Meal ticket to participate.

## National Horchata Day



Thursday,  
September 19

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



# 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!

## PARAMEDIC MEMBERSHIP SEMINAR

**Presented by: City of Arcadia Fire Department**  
**Tuesday, September 10**  
**12:30-1:30pm**



get The Paramedic Membership Program (PMP) offers Arcadia residents unlimited 24-hour emergency paramedic and ambulance service for a nominal yearly fee.

## 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!

# BONE HEALTH SEMINAR

*Tuesday, September 17*

*12:30pm*

*Presented by: USC Arcadia Hospital*

Learn about bone health and Osteoporosis. Understand the causes of broken bones and ways to avoid skeletal disorders for seniors.



## Coffee with the Mayor



**Tuesday, September 17  
9am**



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





# A MATTER OF **BALANCE** Fall Prevention Class

**Every Tuesday from: September 17-November 5**  
**11:15am-1:15pm**  
**Museum Education Center**  
**Free**

This class is for 60 years and older who are doing less of the things they love because they're worried about falling. Falling is not an inevitable part of aging, but something you can learn is to prevent it by:

- Making simple changes to your home
- Managing when and how to take your medications
- Increasing exercise to improve strength and balance

Partnership with:



**Register at the Arcadia Community Center. Registration is Required!**

**\$20**

## Taste the Town Cafe Fusion

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

**Thursday, September 19**

**Choice of Meal:**

- Honey walnut shrimp and rice
- Kung pao chicken and rice
- Fish fillet with black bean sauce and rice



All meals include Shrimp salad with lemon chili vinaigrette, vegetable egg roll, soft drink, Jasmine tea.

**Transportation:**

Meet at the Community Center at 10:30am **or** Meet at restaurant at 11am  
510 Live Oak Ave, Arcadia, CA 91006

# Free Estate Planning & Probate Clinic

Wednesday, September 25  
10am-2pm  
Musuem Education Center



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

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.

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

Registration now open!

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



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.

# BOO BASH

**Thursday, October 31**  
**11:30am | \$13**

Enjoy a spooktacular day that includes lunch and fun activities. Come dressed in your best Halloween costume to win prizes!

# 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!



# 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! Come enjoy a traditional Thanksgiving meal with dessert served by the Arcadia Fire Department.

# CITY-WIDE HEALTH EDUCATION SERIES

Hosted by the Arcadia Health Committee  
Free and open to all | Pre-registration recommended



## September Seminar

### Managing Chronic Pain through Alternatives to Opioids

Wednesday, September 25 at 6pm  
Arcadia Public Library, 20 W Duarte Rd

## October Seminar

### Breast Cancer

Wednesday, October 23 at 6pm  
Arcadia Public Library, 20 W Duarte Rd

For more information & to register, visit [ArcadiaCA.gov/HealthSeries](https://ArcadiaCA.gov/HealthSeries)

# 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

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## SEPTEMBER 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's  
FAQ's



# NOTARY PUBLIC SERVICES

Tuesday, September 3 & 17

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)

09/24



# Senior Friendship Club

MEETS WEDNESDAYS AT 11AM

## MEETING DATES

- 9/4 Regular Meeting
- 9/11 Regular Meeting
- 9/18 Regular Meeting
- 9/25 Snack Attack



Victoria Nance

## 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

- 9/5 Regular Meeting
- 9/12 Regular Meeting
- 9/19 Regular Meeting & Officers Meeting
- 9/26 Regular Meeting & Birthday Celebration



Jimmy Ponnet

## CLUB NEWS

If you are looking for a club to join come on by and join our Golden Senior Club. We have lots of activities to offer, like senior exercises, tips for healthy living, music to relax, singing, senior's favorite game of bingo, and much more to choose from. Happy 100th Birthday to Estelle.

### President

Nilo Salazar

### 1st Vice

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, September 27  
Coffee 9:30am / Meeting 10am  
Guest Speaker:

Ryan Mulhall :  
**Arcadia Police Department - SCAMS**  
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

### 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. We will visit The Broad Museum, and many special places along the way to Casa Sanchez. We will enjoy dinner and the melodious strains of the Mariachi music. 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. \$125.00. 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. We step into the elegance of yesteryear and explore the Lanterman House in La Canada Flintridge. Lunch at HMS Bounty. To conclude the day, we will enjoy a self-guided tour at the Hollyhock House, 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”. 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)** – Saturday, November 16, 2024 – Main Street Tours – LV 10:30 am. Approx. RET 5:30 pm. \$193.00. After a 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 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. 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. Difficulty 2. **On Sale August 26th.**

**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. We’ll start the trip with dinner at the Old Spaghetti Factory. Then it is on to Newport Bay to a cruise viewing the Bayfront estates that come alive in a “Ring of Lights” holiday lights display. Difficulty 1.

**On Sale September 11th.**

**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. 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. Difficulty 2.

**On Sale September 16th.**

**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. 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. Difficulty 1. **On Sale September 18th.**

# 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. **SOLD OUT**

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

**MACKINAC ISLAND & NIAGARA FALLS** October 11-18, 2024. 8 days, 11 meals. D\$3,570, S\$4,445. Premier Tour. **SOLD OUT**

**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

**For questions on 2025 trips, Contact Karen Sexton (626) 641-5568**

**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 website. They are also available in-person at the Travelers Club monthly meeting.](#)

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

A vertical poster for the 'Free Moon Festival'. The background is dark blue with white stars. A large, glowing yellow moon is the central focus. To the left of the moon, several colorful lanterns (orange, pink, and red) are hanging from thin lines. Below the moon, a white rabbit is holding a large, golden mooncake. The text on the poster includes: 'Free Moon Festival' in a cursive font, 'Saturday, September 14, 2024' and '5-8:30pm' in a sans-serif font, and 'Arcadia City Hall Lawn' and '240 W. Huntington Drive' in a smaller sans-serif font. At the bottom, there are logos for 'ARCADIA City of Arcadia' and 'CITY OF ARCADIA' with a fireworks icon. Text at the bottom right says 'In collaboration with' and 'For more information visit ArcadiaCA.gov/MoonFestival'. At the very bottom, it says 'Parking available at City Hall lot and Santa Anita Race Track, Gate 5'.

**Free Moon Festival**  
Saturday, September 14, 2024  
5-8:30pm  
Arcadia City Hall Lawn  
240 W. Huntington Drive

**Food | Entertainment | Vendors | Kids Activities**  
**Plus, make your own mooncake & tea tasting**

In collaboration with  
ARCADIA City of Arcadia  
CITY OF ARCADIA

For more information visit  
[ArcadiaCA.gov/MoonFestival](https://ArcadiaCA.gov/MoonFestival)

Parking available at City Hall lot and 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。