



San Dimas Senior Citizen/Community Center
 201 East Bonita Avenue, San Dimas, CA 91773
 Monday - Friday, 8:00am - 5:00pm
 (909) 394-6290 or www.cityofsandimas.com

Important Phone Numbers

A.A.R.P	800-424-3410	HUD-Housing Authority	626-626-4510
Access Transportation	800-827-0829	Humane Society (SPCA)	909-623-9777
Adult Protective Services	800-992-1660	In-Home Support Services	888-944-4477
American Cancer Society	626-966-9994	Intervale Home Delivered Meals	626-960-2995
Center for Health Care Rights	800-824-0780	Meals On Wheels	909-596-1828
Chamber of Commerce	909-592-3818	Medicare	800-633-4227
Chuckwagon Meal Reservations	909-394-6298	Metro Access Services	800-827-0829
Center for Disease Control	800-232-4636	MSAC (x5117)	909-594-5611
City Hall-San Dimas	909-394-6200	Library-San Dimas	909-599-6738
Community Senior Services	909-621-9900	Ombudsman (Long-Term Care)	909-394-0416
Dial-a-Cab	909-622-4435	Post Office-San Dimas	909-599-0651
Edison - Power Outages	800-611-1911	Ready Now - Transportation	909-770-8038
Elder Abuse Hotline	800-992-1660	Senior Help Line	909-625-4600
Eldercare Locator	800-677-1116	Senior Information Assistance	800-510-2020
Fair Housing Association	800-225-5342	Sheriff's Station	909-450-2700
Fire Department-San Dimas	909-599-6727	Social Security	800-772-1213
Get About Reservations	909-596-5964	Swim & Racquet Club	909-394-6283
Graffiti Hotline	626-442-6666	SGV Vector Control	626-814-9466
Historical Society	909-592-1190	Volunteers of America	909-593-4796
House of Ruth	877-988-5559	YWCA Case Management	626-960-2995

Senior Center Mission Statement

The San Dimas Senior/Community Center is dedicated to offering services, events and activities that help enrich the lives of our community's older adults. We accomplish this in collaboration with different agencies to provide a menu of services such as nutrition, health information, recreation classes, life-long-learning opportunities and special events within a fun and welcoming environment.

**Parks & Recreation
 Department
 (909) 394-6230**

**San Dimas Senior Citizen/
 Community Center
 201 E. Bonita Ave.
 (909) 394-6290**

* CITY OF SAN DIMAS * PARKS & RECREATION DEPARTMENT *

Silver Times

October 2016 "A Newsletter for the Active San Dimas Senior" Vol 40 No.10

MONSTERS INC. Halloween

Dinner, Entertainment & Raffles

Thursday, October 13
 4:30pm - 7:00pm



Wear your costumes and be ready for the amazing magic of **Chazz the Magician!**

Back by popular demand



Most Memorable Rock & Roll Experience

By Ed Moran

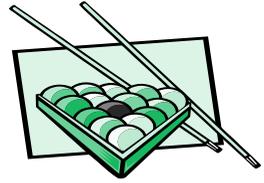
My brother and I attended a Smothers Brothers show at the Troubadour on Sunset Blvd. in Hollywood during February of 1974. While standing in line we saw many celebrities leaving the first show; Paul Newman and Lily Tomlin were among them. Just then, the entire line was staring in awe as John Lennon and his date (not Yoko Ono) walked quickly to the head of the line. I alone stepped forward and extended my hand with hopes of actually touching a BEATLE. John was agitated and seemed to be in

Continued on page 13

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FREE ACTIVITIES



BILLIARDS

Monday - Wednesday
8:30am - 4:30pm
Game Room

LIBRARY & LOUNGE



Monday - Friday
 Books, puzzles,
magazines & movies.
 Hours may vary.

CRIBBAGE

Mondays
8:00am - 11:30am
Work Room 2



CANASTA

Mondays &
Thursdays
1:00pm - 4:30pm
Work Room 2



WORLD COIN CLUB

2nd Wednesday
4:00pm - 6:00pm
Bring your coins! Enjoy
listening to a piece of
history unique to the story
of each coin's origin.
Conference Room 1

DUPLICATE BRIDGE

Mondays
1:00pm - 4:00pm
Multi-Purpose Room



PINOCHLE

Mondays &
Wednesdays
8:15am - 4:00pm
Activity Room 1

PINOCHLE- Beginners

Fridays 1:00pm - 4:00pm
Activity Room 1

RUMMY TILE

Thursdays
9:15am - 11:30am
Work Room 2

EUCHRE GROUP

Fridays
8:15am - 11:30am
Work Room 2

ROADWALKERS

Wednesdays
8:00am

Meet the group at the
north end of the Senior
Center. Walk at your own
pace. After your walk, stay
for coffee & conversation.

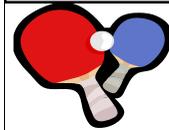
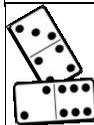


TABLE TENNIS

Thursdays & Fridays
8:30am - 4:30pm
Game Room



"MEX TRAIN" DOMINOES*

*Or Other Games

Wednesdays
1:00pm - 3:45pm
Conference Room 1

*Join or learn this exciting
game of dominoes.
Everyone welcome!*

YWCA Case Management



Friday, October 21
9:00am - 12:00pm

Since 1986, the YWCA San Gabriel Valley has provided community-based services for older persons. The goal is to provide high-quality, cost-effective and custom-tailored services that empower seniors.

Services include urgent care management, outreach, education, nutrition through congregate dining or home-delivered meals, transportation assistance, telephone reassurance, and linkages with other supports and services.

Call (909) 394-6290 for an appointment.

Attorney Service



Friday, October 21
10:00am - 12:00pm

SERVICE SPONSORED BY
Howard Hawkins,
Attorney at Law

FREE legal consultation.

Attorney provides a 15-minute professional consultation on the third Friday each month. He will help you understand your legal options and rights pertaining to your legal matters.

Appointment required.

Call (909) 394-6290 for an appointment.



International Cultural Club

1st & 3rd Monday
1:00pm - 4:00pm
Meeting Room

This friendly group is for anyone interested in sharing and appreciating the culture, customs, music, poetry and writing of different countries. Current members represent Cuba, Egypt, Germany, India, Iran, Ireland, Mexico, Netherlands, Peru, Philippines, Russia, United States and many more.



Crazy Hat Society

Monday, October 17

10:30am - Noon
Meeting Room

Put on your crazy hat and meet with exciting new friends! Discuss current events, plan outings or just enjoy a few laughs.

No membership required.

Answers to Brain Busters

To play see page 3

6	9	7	8	3	4	2	5	1
4	1	2	5	7	9	8	6	3
5	3	8	2	6	1	9	7	4
2	5	6	9	1	7	4	3	8
1	4	9	3	5	8	6	2	7
8	7	3	6	4	2	1	9	5
9	2	4	7	8	3	5	1	6
3	8	5	1	2	6	7	4	9
7	6	1	4	9	5	3	8	2

Bereavement Buddies

2nd and 4th Tuesdays
Every Month
7:00pm - 8:30pm

October 11
&
October 25

Peer-to-Peer support for understanding the feelings of grief and celebrating the lives lost.

COURSE CONNECTIONS

ARTS & CRAFTS

Boutique Craft Production*

- Tuesdays, 9:30am - 12:30pm

China Painting Workshop

- Wednesdays, 10:00am - 3:00pm

Creative Crafters

- Thursdays, 9:30am - 12:30pm

Jewelry Production*

- Fridays, 9:00am - 12:00pm

Quilting/Sewing & Design*

- Mondays, 5:30pm - 8:30pm

Quilting Workshop

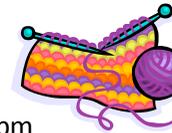
- Mondays, 6:00pm - 9:00pm

Tole Painting (Intermediate)*

- Thursdays, 1:00pm - 4:00pm

Watercolor*

- Tuesdays, 1:00pm - 4:00pm



FITNESS

Chair Exercise*

- Mon, Wed & Fri, 9:30am - 10:30am

Yoga*

- Tuesdays & Thursdays, 9:00am - 10:30am

Dancercise (Special Needs)

- Thursdays, 10:30am - 12pm

Physical Fitness Conditioning (Aerobics)*

- Tuesdays & Thursdays, 8:00am - 9:00am

Tai Chi Slow Stretch*

- Fridays, 9:00am - 11:00am

Roadwalkers-Walking Group

- Wednesdays, 8:00am



LIFE-LONG LEARNING

Computer Classes**

- LEVEL 1 Tues 12:30-3:30pm
- LEVEL 2 Mon & Wed 8:30-10:00am
- LEVEL 3 Tues & Thur 8:30-10:00am

Digital Photography (Beginning)**

- Tues & Thurs 10:00-11:30am

Internet Class**

- Mon & Wed 10:00-11:30am

Creative Computing**

- Fridays 9:00am-12:00pm



Home Gardening*

- Wed 1:00-3:00pm

Write Your Life Story Group

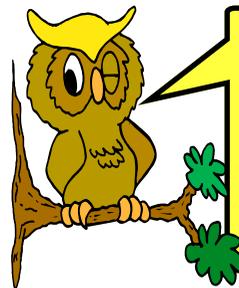
- Tues 9:30-11:30am

Writers' Workshop

- Wed 1:00-3:30pm

Brain Fitness

- Mon, Wed & Fri 1:00-3:30pm



Jewelry & Computer Classes
Winter Registration
Wed. November 30
@ 10am



*These courses are sponsored by Mt. San Antonio College (MSAC). Register with MSAC instructor on the first day of class.

**These courses are sponsored by Mt. San Antonio College (MSAC). Pre-registration required.

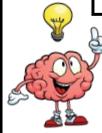
Fall Semester 2016
8/29-12/16

FOR MORE INFORMATION CALL: (909) 394 - 6290

SPECIAL HEALTH EVENTS

Healthy Brain Conference

Learn about Brain Health & Memory



SATURDAY, OCTOBER 15

9am – 12pm

San Dimas Senior Citizen/Community Center
Multi-Purpose Room

Featuring keynote speakers: Ronald Dunchok, MD
and Ryan Harrison PSYD, DAAIM, CWP
Refreshments, Raffle Prizes & Resources

For more information or to RSVP,
please call (909)394-6290

Sponsored by: Inter Valley Health Plan, VNA Hospice
and Palliative Care, Hillcrest &
Pro Med Health Care Administrators



FLU SHOT



CLINIC & INFORMATION FAIR

Thursday, October 27

9:00am - 11:00am

Community Building
245 E. Bonita Ave.

vaccinations
provided by



For more information call, (909)394-6290

Brain Busters



For Brain Buster answers

			8		4			1
				7				3
5		8				9		
2			9		7	4		
1	4		3	5	8		2	7
		3	6		2			5
		4				5		6
3				2				
7			4		5			

How to play Sudoku...

Sudoku doesn't require any special math skills or calculations. It is a simple and fun game of logic. All that's needed is concentration.

Sudoku Rules:

Fill in the game board so that the numbers 1 through 9 occur exactly once in each row, column, and 3x3 box. The numbers can appear in any order and diagonals are not considered. Your initial game board will consist of several numbers that are already placed.

Those numbers cannot be changed. Your goal is to fill in the empty squares following the simple rules above.

continued from page 1

a state of altered consciousness.

Nevertheless, he looked right at me as I asked, "Can I shake your hand?" To my surprise, John Lennon was shaking my hand with one hand and grabbing my throat with the other. He gave no explanation, but simply demanded, "How ya doin'?"

The show began and was not halfway through when Dick and Tommy Smothers tried to introduce their back-up band. Lennon was seated in the rear of the room and was now joined by Harry Nillson. Lennon and Nillson began heckling the Smothers Brothers with profane and sophomoric comments about the band members. It was like a bad dream. THE legendary rock star acting like a spoiled little brat. The whole

audience was uncomfortable, and I was embarrassed for John.

Finally, an audience member turned around to tell the "bad boys" to shut up! Words were exchanged rapidly and the Troubadour quickly became a jumble of flying tables and smashed cocktails; notably Lennon's Brandy Alexanders. Within moments, I sat in my aisle seat gaping as John Lennon, in a bouncer's headlock and without his glasses, was kicked out of the Troubadour for the rest of his life.

Needless to say, the rest of the evening was anticlimactic.

Some 20 years later, I would come to find out that this was the famous "TROUBADOUR INCIDENT". ★

WRITERS WANTED

We are looking for stories to feature in the *SilverTimes Newsletter*.
Stories must be written by adults age 50+. Your article may be published in next month's issue.

Submission Information

- ONE page, double-spaced.
- 12 point font
- Deadline is **October 10**
- Author's Contact Information

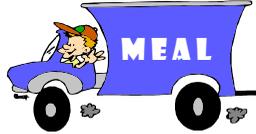


Mail to : SilverTimes Newsletter Stories, 201 East Bonita Ave, San Dimas, CA 91773
Or email: prode@ci.san-dimas.ca.us

COMMUNITY LINKS

MEALS ON WHEELS

Hot lunch delivered by a friendly volunteer to any eligible homebound resident in the San Dimas/La Verne area. Regular and diabetic menus are available.



Monday - Friday
Noon - 1:00pm
\$4.00 per meal

For meal delivery information, please call Meals on Wheels at (909) 596-1828.

YWCA INTERVALE SENIOR SERVICES HOME DELIVERED MEALS

Frozen microwavable meals delivered once a week to any eligible homebound senior age 60 and over in the San Gabriel Valley area. Seven meals include fresh fruit, milk, bread & margarine.

No charge for service; a voluntary confidential donation of \$3.00 per meal is suggested. For meal delivery information, please contact YWCA Intervale Services at (626) 960-2995.

SENIOR HELP LINE

Provides information and assistance to seniors and their families, helping them identify and contact the services they need from an extensive database of agencies serving seniors.
(909) 625-4600

CHUCKWAGON NUTRITION

Hot lunches served to individuals 60 years of age and over at the Senior Center, Multi-Purpose Room

Lunch Served
Monday - Friday
11:30am



Suggested donation is \$3.00 per person (60+ years) and \$5.00 per person (under 60 years). Reservations required at least two days in advance by calling (909) 394-6298 between the hours of 9:30am - 12:30pm. Full details and menu available at the Senior Center.

OMBUDSMAN

Long-term care advocacy for residents in nursing homes and community care facilities. For more information call (909) 394-0416.

HICAP

HICAP provides free, unbiased information for people on Medicare. Call the Center for Health Care Rights at (800) 824-0780.

COMMUNITY SENIOR SERVICES

Programs available: Companionship, support groups, counseling, transportation and resource referrals. Contact (909) 621-9900 or www.communityseniorservices.com www.communityconnections-css.org A volunteer Driver Program.

FOR MORE INFO CALL: (909) 394 - 6290

SUPER HEROES Halloween Happy Hour!

Thursday, October 20
3pm - 4pm



Come join us for cool mocktails and delicious snacks in the South Lobby!



Halloween Bunko

Thursday, October 27
2:00pm - 4:00pm

\$4.00 per p

SOLD OUT

Tickets on sale
Now
Limited Space
NO REFUNDS



CHUCKWAGON SOCIALS

Pre-registration for Chuckwagon Lunch Program is required. See page 12 for details.

BINGO!



Social

Thursdays
10:30am

Enjoy a fun game of bingo before and after your lunch.

Super Heroes Halloween



Lunch Social

Thursday, October 20
11:00am

Register by 12:30pm
on October 18
(909) 394-6298

SPECIAL EVENTS & PROGRAMS

MOVIE BANDITS

*The second & fourth
Wednesday each month!*

**Wednesday
October 12 & October 26
12:30pm
Work Room 2**

Enjoy the afternoon with friends watching your favorite movie! Bring your favorite DVDs from home to be played. The movie of the day will be selected at random by a lottery drawing at **12:15 pm**.

Not all movies will be accepted due to content or rating, please use discretion.

MOVIE MADNESS

It's FREE!! All movies shown at 12:30pm in the San Dimas Senior Center,
WORK ROOM 2

Wednesday, October 5

Me Before You

*Drama (110min) PG-13
Starring: Emilia Clarke, Sam Claflin
& Charles Dance*

Wednesday, October 19

Love & Friendship

*Drama (92min) PG
Starring: Kate Beckinsale, Chloe Sevigny
& Xavier Samuel*

Disclaimer: Please view movies at your own discretion. Some movies may contain adult language or adult content. Movies subject to change without notice due to availability.



Night Club 440!!



Perfect for a night on the town with your friends. Enjoy the show or get up and dance.

Live entertainment featuring music by various bands. Delicious refreshments always included.

Access available thru corner of 1st & Iglesia St.

10/5 STARDUST TRIO

WEDNESDAYS

4:30pm - 7:00pm

Multi-Purpose Room

\$5.00 per person

10/19 NO DANCE

10/26 *MUSIC MASTERS

*5:30-8pm \$6/person

SEMINARS & SCREENINGS

AARP Smart Driver Courses

Regular Course

Monday, October 10
Wednesday, October 12
9:00am - 1:00pm

Express Course

Thursday, November 17
8:30am - 1:30pm

All driver safety classes are:
\$15.00 per person AARP members
\$20.00 non-members
Pre-registration required.
Sponsored by AARP.

BLOOD PRESSURE SCREENING

FREE

**Wednesday
October 12**

10:00am - 11:30pm

**No appointment necessary.
First come, first served.**

Sponsored by



**American
Red Cross**



SENIOR CITIZENS CLUB NEWS

Club meetings are held every Tuesday at 9:30 am at the Senior Citizen/Community Center, Multi-Purpose Room
Coffee and tea served.
Annual Dues: \$6.00 & 25¢ weekly

Tuesday, October 4

Entertainment: Gil Alcantar

Tuesday, October 11

Business Meeting

Tuesday, October 18

Speakers: Theresa Cardenas, HealthCare

Partners and Suzanne Taruso, Senior Advocate

Tuesday, October 25

Bingo & Birthdays



Every Tuesday

Plummer Community Building

Package Fees

1st packet = \$5.00

2nd packet = \$3.00

Additional packets = \$2.00

Bingo package sales
10:30am - 12:10pm

Game begins at
12:30pm

Sponsored by the San Dimas
Senior Citizens Club



ADULT EXCURSION UPDATES

Enjoy friendly company as you travel to fun and interesting places.
For tour descriptions & availability contact the Welcome Desk. Dates, times and fees subject to change.



SOLD OUT

Big Bear Oktoberfest

Sunday, October 16, 2016
\$20.00 Residents, Senior Club
\$21.50 Non-Residents
Currently Registering

Pala Casino

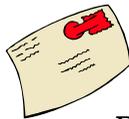
Wednesday, January 11, 2017
\$20.50 Residents, Senior Club
\$22.00 Non-Residents
Resident Registration: Thursday, September 8
Non-Resident Registration: Friday, September 9

WAITLIST

The Peking Acrobats

Saturday, January 21, 2017
\$77.00 Residents, Senior Club
\$78.50 Non-Residents
Resident Registration: Thursday, September 15
Non-Resident Registration: Friday, September 16

Receive the Trekker Guide at Home!



Please provide legal-size, self-addressed and stamped envelopes.

Four envelopes will ensure you receive the guide for an entire year.

Faithfully Yours

Friday, February 10, 2017
\$71.50 Residents, Senior Club
\$73.00 Non-Residents
Resident Registration: Thursday, September 15
Non-Resident Registration: Friday, September 16

President for a Day

Wednesday, February 1, 2017
\$58.00 Residents, Senior Club
\$59.50 Non-Residents
Resident Registration: Thursday, September 22
Non-Resident Registration: Friday, September 23

Journey at Sea

Saturday, February 25, 2017
\$55.00 Residents, Senior Club
\$56.50 Non-Residents
Resident Registration: Thursday, September 22
Non-Resident Registration: Friday, September 23

Medieval Times

Thursday, March 9, 2017
\$55.00 Residents, Senior Club
\$56.50 Non-Residents
Resident Registration: Thursday, September 29
Non-Resident Registration: Friday, September 30

...MORE THINGS TO DO

Attention Writers...

No experience necessary



Write your Life Story

Tuesdays
9:30am-11:30am
Work Room 2



Writer's Workshop

Wednesdays
1:00pm-3:30pm
Meeting Room

Come to **Write Your Life Story** and compile your story week by week and step-by-step. Guidelines will be provided. Or if you are a professional, a novice or simply interested in the craft of writing, you may join **Writer's Workshop**. Bring a story to share or be inspired by other writers. Everyone Welcome!

Book Party!

Wednesday, October 5
10:30am



Italian Wife

By Ann Hood

First Wednesday of every month at the San Dimas Senior Center Meeting Room.

Sponsored by
County of Los Angeles Library in
San Dimas

The Great Pumpkin Patch

Thanksgiving Dinner and Entertainment

Friday, November 4

4:30pm - 7:00pm



\$10.00 PER PERSON.
INCLUDES DINNER,
GLASS OF WINE,
ENTERTAINMENT AND
RAFFLE.

TICKETS ON SALE
OCTOBER 4

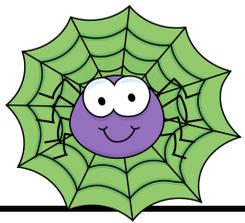
BACK BY POPULAR
DEMAND! TNT!
TRICIA & TRACY
HENRY!



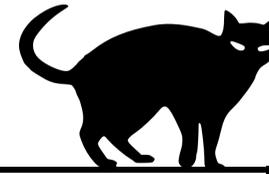
SPONSORED BY



For more information call: (909) 394-6290



October



2016

Mon	Tue	Wed	Thu	Fri
8:15am Pinochle Group 8:15am Cribbage 8:30am Billiards 9:30am Chair Exercise 11:30am Chuckwagon Lunch 1:00pm Canasta 1:00pm Duplicate Bridge 5:30pm Quilting Workshop 6:00pm Quilting Workshop	8:00am Physical Fitness 8:30am Billiards 9:00am Boutique Crafts 9:00am Yoga 9:30am Senior Citizens Club 9:30am Write Your Life Story 9:30am Chuckwagon Lunch 1:00pm Watercolor 	8:30am Billiards 8:00am Roadwalkers 9:30am Chair Exercise 11:30am Chuckwagon Lunch 12:00pm China Painting Workshop 1:00pm Dominoes "Mex Train" 1:00pm Home Gardening 1:00pm Writer's Workshop 4:30pm Night Club 440	8:00am Physical Fitness 8:30am Table Tennis 9:00am Yoga 9:15am Rummy Tile 9:30am Creative Crafters 11:30am Chuckwagon Lunch & Bingo Social 1:00pm Canasta 1:00pm Toile Painting	8:15am Euchre Group 8:30am Table Tennis 9:00am Jewelry Production 9:30am Chair Exercise 11:30am Chuckwagon Lunch 1:00pm Pinochle - Beginners 

3	1:00pm	International Cultural Club
5	10:30am 12:30pm	Book Party Movie Madness
10	9:00am	AARP Smart Driver
11	7:00pm	Bereavement Buddies
12	9:00am 10:00am 12:30pm 4:00pm	AARP Smart Driver Blood Pressure Movie Bandits World Coin Club
13	4:30pm	Monsters Inc Halloween <i>Dinner & Entertainment</i> 
15	9:00am	Healthy Brain Conference
17	10:00am 1:00pm	Crazy Hat Society International Cultural Club
19	12:30pm	Movie Madness
20	11:00am 3:00pm	Lunch Social Happy Hour
21	9:00am 10:00am	YWCA Case Management Attorney Service
25	7:00pm	Bereavement Buddies
26	12:30pm	Movie Bandits
27	9:00am 2:00pm	Flu Shots & Health Fair <i>at Community Building</i> Bunko

A Special Thanks to Our Sponsors

- | | |
|---------------------------|-----------------------------------|
| * AARP | * Inter Valley Health Plan |
| * Albertson's Market | * San Dimas Community Hospital |
| * American Red Cross | * San Dimas High School Teens |
| * Atria Rancho Park | * San Dimas Public Library |
| * Attorney Howard Hawkins | * San Dimas Senior Citizens' Club |
| * Bentley Home Care | * SCAN Health Plan |
| * Care 4 You Home Care | * Senior Solutions |
| * HealthCare Partners | * Sunnyside Apartments |
| * Humana | * United Health Care |
| | * VNA Hospice & Palliative Care |



Coming Soon...

The Great Pumpkin Patch

Friday, November 4, 4:30pm
 \$10 per person
 Thanksgiving Dinner, Glass of Wine,
 Entertainment & Raffles!
 Tickets on sale 10/4. Limited Space
Sponsored by HealthCare Partners



A Charlie Brown Christmas

Friday, December 16, 4:30pm
 \$10 per person
 Dinner, Glass of Wine, Entertainment,
 Raffles & Photo with Santa!
 Tickets on sale 11/1. Limited Space.
Sponsored by InterValley Health Plan

