



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

January 2017 "A Newsletter for the Active San Dimas Senior" Vol 41 No.1

The Big Apple Adventure

Friday, January 20 4:30 - 7:00pm

Dinner, Entertainment & Raffles



\$7.00 per person.

Limited Space

Tickets on sale 12/6



MEATLOAF
 MASHED POTATOES
 MIXED VEGGIES
 APPLE PIE



Keeping Warm in the Wintertime

By Bettylou Steadman

Keeping warm in winter in Southern California today is fairly easy. For me, I just turn my thermostat to where I want the temperature and I keep warm. It wasn't that easy when I was a kid and living on the East Coast.

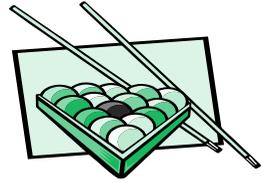
When I lived in the Children's Home, there was one building called The Power House where heating 3 nearby buildings was controlled. They used the steam heating system. There was a boiler that heated water and turned it into steam. The steam traveled through pipes to radiators. We all had a radiator in our individual bedrooms. I

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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

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

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!

PINOCHLE

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

PINOCHLE- Beginners

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



Attorney Service



Friday, January 20
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.

YWCA Case Management

Friday, January 20
1:00pm - 4:00pm



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.

Answers to Brain Busters

To play see page 3



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

Bereavement Buddies

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

January 10
&
January 24

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

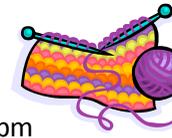
- Mondays, 6:00pm - 9:00pm

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

Digital Photography (Beginning)**

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

Internet Class**

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

Creative Computing**

- Fridays 9:00am-12:00pm



Home Gardening*

- Wednesday 1:00pm-3:00pm

Write Your Life Story Group

- Tuesday 9:30am-11:30am

Writers' Workshop

- Wednesday 1:00pm-3:30pm

Brain Fitness

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

Jewelry & Computer Classes
Spring Registration
Wed. January 25
@ 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.

Winter Session 2017
1/9-2/19

FOR MORE INFORMATION CALL: (909) 394 - 6290

SENIOR OF THE MONTH

We are ringing in the New Year with our first Senior of the Month for 2017... Mr. Roy Guy!

About 5 years ago, Roy saw in the paper that the San Dimas Senior Center was offering free computer classes. He decided to make the drive out from his home in Monrovia and sign up. He said everyone was so friendly and welcoming that he stayed for lunch that day. Because of that ...Roy continues to make the drive from Monrovia to San Dimas each week. Even though there are Senior Centers closer to his house. Roy volunteers for the Chuckwagon Lunch Bingo, setting up the room and making the coffee. He also is the Bingo caller the first Thursday each month. Roy is originally from Manchester, England he moved to the U.S in 1957. In England, he worked as one of the top male print models for the Mae MacDowell Academy. When he settled in the Los Angeles area, he worked a number of interesting jobs. He didn't know a soul but decided to make a go of it. He worked for RCA, was a stand in for stars in several motion pictures. During it's heyday, Roy was the Assistant Maitre D at the Coconut Grove Night Club. He was good with people and got to know a lot of the stars who frequented. Roy worked for the City of Los Angeles for 21 years prior to retiring and just recently retired after 20 years of volunteering as an outstanding adoption counselor for the Pasadena Humane Society. He even rode on the Pasadena Humane Society Centennial Float in the 2003 Rose Parade. Roy is one of 8 children in a very close family. Some are still back in England and the rest are scattered across the US, but they all keep in touch. Everyone at the San Dimas Senior Center a



Roy Guy
January 2017
Senior of the Month

continued from page 1

remember getting dressed and putting on my clothes under the covers of my bed to keep warm while doing so. The heat was turned off at night, and it got cold again.

Then, when I was a teenager, I lived with my mother since my parents were separated. We lived in a 3-story apartment house on the first floor, and the other two floors were rented out to others. Since my mother took care of the furnace in the basement in the winter, our rent was lower.

The large furnace burned coal. I remember the coal truck backing up to our building, lowering its body and placing a chute from the back of the truck to our cellar window. Then they would pour the coal into our coal bin in the cellar. My mother had to use a shovel to put the coal in the furnace. I remember there were heat registers in the floor where I would dry my long hair when I washed it by lying on the floor and spreading my hair over a register. Never heard of hair

dryers then.

My mother had to be very careful not to let the fire die out. I often wonder how she did it and how she learned to tend to a fire. I knew she had to bank the fire at night to keep it burning slower then. She also had to shake down the heater after it had burned a lot of coal so that the ashes would fall below and she could scoop them up. Sometimes she would run into a problem shaking down the ashes if a clinker had formed. A clinker consisted of pieces of coal that had fused together. Then she would shake extra hard, sending dust all over the cellar.

I remember we also had a potbelly stove in our kitchen. It was just used for extra warmth, but I had a friend whose family used a larger one for their cooking and heating their iron for ironing clothes. Those were the good old days, but I really wouldn't want to go back to them again. ★

Brain Busters



For Brain Buster answers see page 14.

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

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.

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 **January 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

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.

Happy New Year!

Lunch Social

Thursday, January 12
11:00am

Register by 12:30pm
on January 10

(909) 394-6298

Sponsored by **Humana**

New Year Celebration!

Happy Hour!

Thursday, January 12

3:00pm - 4:00pm



2017



Mocktails
Snacks &
Friendly Conversation!



Bunko



Thursday, February 23

2:00pm - 4:00pm

\$4.00 per person

Tickets on sale January 3

Fee includes games, meal, refreshments and prizes (\$25, \$15 \$10 gift cards)

Limited Seating

SPECIAL EVENTS & PROGRAMS

MOVIE BANDITS

*The second & fourth
Wednesday each month!*

Wednesday
January 11 & January 25
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 **12:15pm**.

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, January 4
Sully

Bio/Drama/(96min) PG-13
*Starring: Tom Hanks, Aaron Eckhart,
& Laura Linney*

Wednesday, January 18

Florence Foster Jenkins
Bio/Comedy/Drama (111min) PG-13
*Starring: Meryl Streep, Hugh Grant,
& Simon Helberg*

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.

WEDNESDAYS

4:30pm - 7:00pm
Multi-Purpose Room
\$5.00 per person

1/4 STARDUST TRIO

1/11 MEMORY LANERS

1/18 NO DANCE

1/25 *MUSIC MASTERS
*5:30-8pm \$6/person

SEMINARS & SCREENINGS

AARP Smart Driver Courses

Express Course

Thursday, January 19
8:30am - 1:30pm

Regular Course

Monday, February 13 &
Wednesday, February 15
9:00am - 1:00pm

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
January 11

10:00am - 11:30am

No appointment necessary.
First come, first served.

Sponsored by



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, January 3

Installation

Tuesday, January 10

Business Meeting

Tuesday, January 17

Speakers:

Tuesday, January 24

Bingo & Birthdays

Tuesday, January 31

2017 Club Officers

Nancy Wilson	President
Jay Pace	1st Vice President
Dianna Roberts	2nd Vice President
Carol Mixon	Secretary
Linda Groth	Treasurer
Debbie Malouf/Carol Touchette	

Bingo Chairs

Special Thanks:

Dolores Barber	Past President
Delia Lee	Sunshine Lady

Congratulations!

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.*



Journey at Sea
Saturday, February 25, 2017
\$55.00 Residents, Senior Club
\$56.50 Non-Residents
Currently taking registration. Limited space.

Central Coast Getaway
Wednesday, May 10– Friday, May 12, 2017
\$385.00 per person Double Occupancy
\$560.00 per person Single Occupancy
Resident Registration: Thursday, January 12
Non-Resident Registration: Friday, January 13

An American in Paris
Thursday, March 23, 2017
\$84.00 Residents, Senior Club
\$85.50 Non-Residents
Resident Registration: Thursday, January 12
Non-Resident Registration: Friday, January 13

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.*

For more information call: (909) 394-6290

Swallows of Capistrano
Wednesday, April 5, 2017
\$48.50 Residents, Senior Club
\$50.00 Non-Residents
Resident Registration: Thursday, January 19
Non-Resident Registration: Friday, January 20

Valley View Casino
Wednesday, April 26, 2017
\$20.50 Residents, Senior Club
\$22.00 Non-Residents
Resident Registration: Thursday, January 26
Non-Resident Registration: January 27

Seaside Garden Party
Wednesday, May 24, 2017
\$45.00 Residents, Senior Club
\$46.50 Non-Residents
Resident Registration: Thursday, February 2
Non-Resident Registration: Friday, February 3

A Day at the Getty Villa
Friday, June 9, 2017
\$20.00 Residents, Senior Club
\$21.50 Non-Residents
Resident Registration: Thursday, February 2
Non-Resident Registration: Friday, February 3

...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!



**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.

Book Party!

Wednesday, January 4
10:30am 

The Magician's Nephew

By C.S. Lewis

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

Sponsored by
County of Los Angeles Library in
San Dimas

BINGO!
Every Tuesday
Plummer Community Building

Package Fees
1st packet = \$5.00
2nd packet = \$3.00
Additional packets = \$2.00

Bingo package sales
10:30am - 12:00pm

Game begins at
12:30pm

Sponsored by the San Dimas
Senior Citizens Club

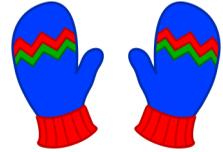




JANUARY



2017

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 11:30am 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 11:00am 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 

2	CLOSED	2017! Happy New Year 
4	10:30am 12:30pm	Book Party Movie Madness
10	7:00pm	Bereavement Buddies
11	10:00am 12:30pm 4:00pm	Blood Pressure Movie Bandits World Coin Club
12	11:00am 3:00pm	Lunch Social Happy Hour
16	CLOSED- Martin Luther King Day  I Have a Dream	
18	12:30pm	Movie Madness
19	8:30am	AARP Smart Driver
20	10:00am 1:00pm 4:30pm	Attorney Service YWCA Case Management Big Apple Adventure <i>Dinner & Entertainment</i> 
24	7:00pm	Bereavement Buddies
25	10:00am 12:30pm	Computer Class Regis. Movie Bandits

Get Your Affairs in Order:

25 Key Documents and Tips for Having the Conversation.

Thursday, February 16

10:00am

Meeting Room

Save the Date!

Prepare yourself for the unexpected as you age or in your role as caregiver to a loved one. Advance planning is critical to explore options and make clear, informed decisions before crisis occurs. Learn how to develop a plan, organize and store important documents, and tips to start the "conversation" about end-of life wishes and goals.

Call to RSVP (909) 394-6290

Sponsored by VNA

A Special Thanks to Our Sponsors

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



"If you can't fly, then run,
If you can't run, then walk,
If you can't walk, then crawl,
But whatever you do,
You have to keep moving forward."
— Martin Luther King Jr.

