



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

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



Blood Pressure Screening

Free!

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	Zumba: Hard
8/8	Seated Workout: Easy
8/15	Pilates: Moderate
8/22	Seated Zumba: Easy
8/29	Yoga: 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

Tuesdays & Fridays

10am-12pm

Free!

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 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

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

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, 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

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

Celebrate Arcadia's 121st Birthday
with our First Responders

Food available for purchase



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。