



May

May 2026

Connection

50+ Services



(626) 574-5130 | ArcadiaCA.gov/50
Arcadia Community Center | 365 Campus Drive Arcadia, CA 91007
All activities and services are for adults 50 and over.



Monday Dance

1st, 3rd, and 5th Monday of the Month
Ballroom | 1:30 - 3:30pm | \$3

Bring your partner and friends! Exact change appreciated. Includes refreshments and snack.
May 4 | Cinco De Mayo (\$16 & Must Pre Register)
May 18 | Nightlife

Blood Pressure Screening

Tuesday, May 12 | 10-11am | Free
Dance Room

Stop by to get your blood pressure checked.
Meets the second Tuesday of the month.



Senior Cinema

Tuesdays | 12:30pm | Free

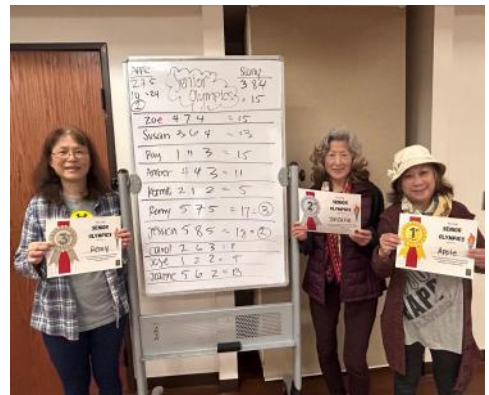
5/5	Minari (PG-13)	1h 55m
5/12	Always Be My Maybe (PG-13) + Unapologetically Asian	1h 42m + 3 min
5/19	K-Pop Demon Hunters (PG)	1h 36m
5/26	Life of Pi (PG)	2h 5m

Fit & Talk

Thursdays | 10am | Free
Museum Education Center

Try a new, fun, and engaging workout each week!

- 5/7 **Walk to Santa Anita Mall** | Moderate
- 5/14 **Chair Zumba** | Moderate
- 5/21 **Stretching** | Easy
- 5/28 **Circuit Training** | Moderate





Seminars

Ballroom | Free

5/11 **1:30pm** | LA County– Preserving your memory
Learn tips and brain exercise to sharpen thinking.

5/27 **6pm** | USC Arcadia– Mental Health
“Growing Old and Happy, What are the Odds”

Neighborhood Legal Services Of Los Angeles Organization

Friday, May 22 | 10am | Free

Need assistance or have legal questions?

Call to make an appointment with
a representative for a 30-minute consultation.



Neighborhood Legal Services
of Los Angeles County



The Gift Shop

Monday—Friday | 10am - 1pm

Calling all crafters and shoppers! Are you interested in selling your homemade creations? Do you love to shop for good quality handmade items? The Gift Shop is the place for you! Crafters interested in selling their creations, please call the Community Center.

You’ve Got A Friend

This free 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 call the Community Center.



HICAP

Health Insurance Counseling & Advocacy Program

Tuesday, May 19 | 10am | Free

The Center for Health Care Rights is a non profit organization that provides Los Angeles County residents with free information & assistance with Medicare. Appointment required. Call (213) 383-4519.



Walk-in Programs | FREE

American Mahjong Lessons

Tue | 12:30 - 3pm | Ballroom

Billiard Room

Mon - Fri | 7:30am - 5pm

Board Games & Card Games

Mon - Fri | 7:30am - 5pm | Lobby

* Ask Front Desk for supplies

Bridge

Wed | 9:30am - 12:30pm | Ballroom

Fri | 1 - 4pm | Museum Education Center

Karaoke

Thu | 12:30 - 3:30pm | Ballroom

May 14 & 28

Pinochle & Puzzles

Mon | 9am - 2pm | Craft Room

Sing Along with James

Wed | 1 - 3pm | Lobby

Traditional Mahjong

Fri | 12:30-4pm | Dance Room

Table Tennis

Mon - Fri | 8am - 3:30pm | Patio

Table Tennis 8am - 12pm: 5/18

* No Table Tennis: 5/1, 5/4, 5/8 & 5/22

Tai Chi

Tues | 8 - 10am | Ballroom D

Tech Talk

Fri | 4-5pm | Ballroom

May 22 & 29



50+ LUNCH PROGRAM

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.
- Hot well balanced meal.
- Meals are to be consumed in the facility.

Senior Lunch Program Tickets Now Online!

Seniors age 55+ can now purchase Senior Meal Lunch tickets online. A completed CDBG form is required before enrolling. Online purchases are available daily from 7:30-10:00 AM and are limited.



In compliance with Executive Order 14218, all applicants must complete a declaration of their U.S. citizenship or eligible immigration status

5/5 Skin Cancer Awareness Month



Wear orange or black during Lunch Program to help raise awareness for skin cancer and melanoma.

5/6 National Beverage Day



Enjoy a delicious beverage during Lunch Program



Music Mondays - Enjoy your favorite songs during Lunch Program.



Trivia Tuesdays - Test your knowledge with trivia during Lunch Program.



Recipe Wednesdays - Bring your favorite recipes to share at Lunch Program.



Throwback Thursdays - Discover the movies, music, and trends from your favorite eras during Lunch Program.



Feel Good Fridays - Share something that made you happy this week during Lunch Program.

** Must purchase a Senior Meals Lunch Ticket in order to participate.

GREAT GATSBY BINGO

Friday, May 1
10am | \$15
Arcadia Community Center

*Have a roaring good time!
Enjoy eight Bingo games,
a light lunch, and prizes.*



CINCO DE MAYO celebration

Lunch • Live DJ • Dancing • Raffle

Monday, May 4
11:30am-2pm | \$16
50+ yrs

Arcadia Community Center

Join us for a festive twist on Monday Dance!
Pre-registration is required.



FREE

50+ RESOURCE FAIR

- ✓ Transportation
- ✓ Food Assistance
- ✓ Housing
- ✓ Legal Services
- ✓ Veterans Resources

Friday, May 8
10:30am-1:30pm
Arcadia Community Center

Free lunch will be available on a first come, first serve basis.

- ✓ Sustainability
- ✓ Homeless Resources
- ✓ Volunteering
- ✓ Social Connections
- ✓ Education *and more!*



Free Seminar

PRESERVING YOUR MEMORY

Monday, May 11
1:30-2:30pm | 50+ yrs
Arcadia Community Center

As we age, occasional forgetfulness is normal. Discover practical tips and brain exercises to stay mentally sharp and reduce forgetfulness.

SOCIAL HOUR WHEEL OF FORTUNE

Friday, May 15
12:30pm | Free

Arcadia Community Center

Meet new people while playing
the game Wheel of Fortune.
Snacks and drinks provided.

LAW DAY

FREE

Saturday, May 16 | 10am-1pm
Arcadia Community Center
365 Campus Drive



- ✓ 20-minute legal counseling with attorney
- ✓ Appointment REQUIRED | No walk-ins
- ✓ Bring all materials related to issue
- ✓ Legal expertise in a wide range of areas

BOOK YOUR APPOINTMENT

This event is provided
in partnership by:

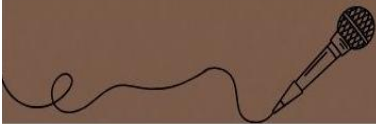


Coffee with the Mayor



Tuesday, May 19 at 9am

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



TASTE THE TOWN

Xibei 西贝

Enjoy a new Arcadia restaurant each month



Thursday, May 21 at 11:30am
400 S Baldwin Avenue Ste 2045

Meet at the Arcadia Community Center at 11am or at the restaurant at 11:30am

Family style meal includes:

\$22

- Sweet & Sour Pork
- Stir Fried Broccoli
- Ribs
- Peking Duck
- Signature Salad
- Chilled Golden Millet Sticky Rice
- Garlic Shrimps with Vermicelli
- Kung Pao Chicken

Monday

Tuesday

Wedne

May Connec

4

11:30am Cinco De Mayo Celebration



**No Lunch
No Monday Dance
No Table Tennis**



5

11:30am Lunch | Skin Cancer Awareness

Beef Picadillo, Brown Rice, Pinto Beans, Salad, Fruit, Flan



12:30pm Movie
Minari

11:30am Lunch | Na Day
Turkey Milanese



11

11:30am Lunch

Mediterranean Chicken, Cucumber Salad, Fruit

1:30pm Seminar | Preserving Your Memory

12

10am Blood Pressure

11:30am Lunch | Birthday Celebration
Spaghetti w/ Meat Sauce, Salad, Fruit

12:30pm Movie

Always Be My Maybe + Unapologetically Asian



11:30am
Beef Fajita, Beans, S



18

11:30am Lunch

Korean BBQ, Rice, Salad, Fruit Cup

Table Tennis | 8am-12pm

1:30pm Monday Dance
Nightlife



9am Coffee with the Mayor

10am HICAP

11:30am Lunch

Fish Vera Cruz, Beans, Corn, Coleslaw, Bread, Fruit

12:30pm Movie

K-Pop Demon Hunters



19



11:30am
Chicken Dijon, Veg
Fruit, Dinn

25

Closed for

MEMORIAL DAY



11:30am Lunch

Meatloaf w/ Gravy, Mashed Potatoes, Brussel Sprouts, Fruit, Bread

12:30pm Movie










Life Of Pi



26



11:30am
Turkey Vegetable
Noodles
6pm Health Edu
Mental H

Wednesday	Thursday	Friday
<p>tion</p>		<p>1</p> <p>10am Great Gatsby Bingo</p>  <p>No Lunch</p> <p>No Table Tennis</p>
<p>6</p> <p>Additional Beverage</p> <p>Salad, Fruit</p>	<p>7</p> <p>#TBT</p> <p>10am Fit & Talk Walk to Santa Anita Mall</p> <p>11:30am Lunch</p> <p>Salmon with Dill Sauce, Green Beans, Black Beans, Salad, Fruit, Bread</p>	<p>8</p> <p>10:30am Resource Fair</p> <p>No Lunch</p>  <p>No Table Tennis</p>
<p>13</p> <p>Lunch</p> <p>Salad, Tortilla, Fruit</p>	<p>14</p> <p>#TBT</p> <p>10am Fit & Talk Chair Zumba</p> <p>11:30am Lunch</p> <p>Roast Turkey Breast, Sweet Potato, Brussel Sprouts, Bread, Fruit Cup</p> <p>12:30pm Karaoke</p> 	<p>15</p>  <p>11:30am Lunch</p> <p>Baked Fish, Herbed Potatoes, Peas, Coleslaw, Fruit, Roll</p> <p>12:30pm Social Hour</p> 
<p>20</p> <p>Lunch</p> <p>Vegetables, Salad, Dinner Roll</p>	<p>21</p> <p>#TBT</p> <p>10am Fit & Talk Stretching</p> <p>11:30am Lunch</p> <p>Stuffed Bell Pepper Vegetables, Salad, Fruit, Dinner Roll</p> <p>11:30am Taste the Town</p> <p>Xibei</p>	<p>22</p>  <p>9am Fallen Veterans Commemoration</p> <p>10am NLSLA</p> <p>10am Traveler's Meeting</p> <p>11:30am Lunch</p> <p>BBQ Chicken on Bun, Roasted Corn, Macaroni, Salad, Fruit</p> <p>4pm Tech Talk</p> <p>No Table Tennis</p>
<p>27</p> <p>Lunch</p> <p>Stir-fry, Salad, Fruit</p> <p>Education Series Health</p>	<p>28</p> <p>#TBT</p> <p>10am Fit & Talk Circuit Training</p> <p>11:30am Lunch</p> <p>Caribbean Chicken, Beans, Salad, Rice, Fruit</p> <p>12:30pm Karaoke</p> 	<p>29</p>  <p>11:30am Lunch</p> <p>Bolognese w/ Whole Grain Penne Pasta, Vegetables, Salad & Bread</p> <p>12:30pm Beach Bunco</p>  <p>4pm Tech Talk</p>



FALLEN VETERANS COMMEMORATION

REMEMBER AND HONOR

**Friday, May 22, 2026 | 9am
Arcadia Community Center**

**Join us for a special tribute to our
Veterans as we remember their lives and
honor their ultimate sacrifice.**

Free & open to all




ArcadiaCA.gov/Recreation | (626) 574-5113

BEACH BUNCO

No experience needed!

Friday, May 29
12:30pm | \$15
Arcadia Community Center

Bunco, light lunch, prizes, and raffle.



HEALTH EDUCATION SERIES

Fourth Wednesday of every month at 6pm
Free and open to all | Pre-registration recommended

Wednesday, May 27
Mental Health

Wednesday, June 24
Fatty Liver

Wednesday, July 22
Hernia

 **Location**
Arcadia Community Center
365 Campus Drive



For more information visit 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.

May HIGHLIGHT

Smoke Alarms Save Lives!

- Working smoke alarms can cut the risk of death from home fires in half.
- The American Red Cross is installing FREE smoke alarms in your community.
- Appointments take approximately 30 minutes.
- Visit [Redcross.org/LAHomeFire](https://www.redcross.org/LAHomeFire) or call (310) 445-9914 to make an appointment today.



**American
Red Cross**

SCAN QR CODE FOR MORE INFORMATION

Brain Boosters

Riddle Me This!



What comes once in a minute, twice in a moment, but never in a thousand years?

I'm always running but never walk. What am I?

What fruit is always sad?

The more of me you take, the more you leave behind. What am I?

A word I know, six letters it contains, remove one letter and 12 remains. What is it?

What has a bottom at the top?

Think you've got them all? Let the front desk know all your answers—the first 10 with all 6 correct win a free cup of coffee!

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)

5/26

Golden Senior Club



Address: 100 S Santa Anita Ave, Arcadia

5/7 - Mother's Day + Birthday Luncheon Celebration

Meeting times:

11am-3pm

5/14 - Regular meeting

5/21 - Regular meeting

5/28 - Regular meeting

Happy Birthday to Rachel Salazar,

Nancy Rejino, Betty Jo Little and Vernon Wickstrom



President | Angie Slemaker

Vice President | Diane Stuve

Assistant Treasurer | Rachel Salazar

Treasurer & Senior Citizens Commissioner | Doris Arbour



Congratulations to the 8- Ball Billiards Champion



GILBERTO LEON

Arcadia Travelers- Proud Member of Chamber of Commerce

arcadiatravelers.org



General Meeting - Friday, May 22, 2026
Coffee 9:30am / Meeting 10am

President: Joyce Platt
Senior Citizens Rep:
Marilyn Mazone

Guest Speakers:

Brandon Dore - Collette Tours

Annual Membership \$10

Credit cards not accepted

Make checks payable to:

Arcadia Travelers Club, Inc.

Office Hours

M-F 9am - 12:30pm

Phone: 626.821.4377

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

Gift Cards now on sale in the Travel Office.

Day Trips

May 2026

ANGELS vs. DODGERS - The Battle for L.A! (LO) "A Rivalry Rooted in Southern California Baseball History" – Tucker Tours – Saturday, May 16, 2026, LV 3:30 pm. RET 11:00 pm. \$190.00. The Angels vs. Dodgers Freeway Series is one of Major League Baseball's most intense, exciting and passionately followed rivalries. The two teams meet each year to battle for bragging rights. This will not only be an exciting game, but it will be followed by Spectacular Fireworks lighting the Anaheim sky. Difficulty 2 – walking level moderate. **ON SALE NOW.**

PATRIOTS & PLANES – (LI) Tucker Tours–Friday, May 29, 2026, LV 9:00 am. RET 5:00 pm. \$165.00 - Experience a day with Curt that celebrates the heart of America – our heroes, our history and the spirit that shaped a nation. We'll travel to Riverside National Cemetery, one of the most sacred military sites in America. Lunch will be Chicago-style at Portillo's, which began in the "Windy City". After lunch we will continue our tour at March Field Air Museum. There we will have a guided tour and hear the stories of pilots during wartime training, and heroic missions. Difficulty 2. Suggest comfortable walking shoes. **ON SALE NOW.**

June 2026

APRONS, ANTIQUES & AMERICANA - (LI) Tucker Tours – Saturday, June 20, 2026, LV 8:30 am. RET 6:00 pm. \$188.00 Step into a day that will remind you of warm and fuzzy days gone by. We will go to the 1872 ranch where Agnes White Tizard (Betty Crocker's creator) lived. It will be a day of antiques, vintage autos, an Italian buffet lunch on the grounds of the ranch, a trip to the Deer Park Winery and so much more. It will be a day for your Memory Book! Difficulty 2. **ON SALE NOW.**

July 2026

CALIFORNIA SURF - (LI) HITS FROM THE BEACH BOYS- Wednesday, July 15, 2026, LV 11:00 am. RET 4:30 pm. \$120.00. A wonderful afternoon is planned at Almansor Court for lunch and a tribute concert. You will be singing along to all of our Beach Boys favorites. Choice of honey baked chicken or veggie pasta upon signup. Difficulty 1. **ON SALE NOW.**

THE PHANTOM OF THE OPERA at the Pantages Theatre Saturday, (LO) July 25, 2026, LV 12:45 pm. RET 6:15 pm. Tucker Tours \$190.00. We will have orchestra seating for this fantastic musical "Phantom of the Opera". The Pantages, which was opened in 1930, is the perfect setting for this dark, yet romantic story. Difficulty 1. **ON SALE NOW.**

August 2026

ESCAPE TO SAN DIEGO (LI) -Thursday, August 13th – Friday, August 14th, LV 11:30am. RET 6:30pm. on 8/14. Tucker Tours. Single-\$714.00 and Double-\$616.00. Pack your bag and let's celebrate the summer tradition on Thursday night, Sunset Luau, with authentic island music and dance provided by the Pride of Polynesia. (Complete details of trip are on trip flyer.) Total cost of trip must be paid upon registering. Difficulty 2 – moderate. **ON SALE NOW**

CHOPSTICKS AND JAPANESE GARDENS (LI)-Tuesday, August 25, 2026, LV 9:00am. RET. 4:00p.m. Tucker Tours \$190.00. Enjoy a peaceful and cultural day with Curt Tucker exploring two of Southern California's most beautiful gardens. We'll also enjoy lunch at Benihana's in Encino. The day will be a blending of art, flavor and tranquil beauty into one memorable Japanese-inspired journey. Difficulty 2 – moderate. **On Sale May 6, 2026.**

Extended Trips 2026-2027

For questions, contact Karen Sexton at (626) 641-5568, compukare@aol.com

MT. RUSHMORE, YELLOWSTONE AND WESTERN FRONTIERS July 29-Aug.6, 2026. 9 Days, 12 Meals. D\$4,425, S\$5,580. Premier Tour.

SHADES OF IRELAND August 21-30, 2026. 10 Days, 13 Meals. D\$5,499, S\$6,399, T\$5,499.
<https://gateway.gocollette.com/link/134523>

ALPINE LAKES & SCENIC TRAINS Sept. 5-14, 2026. 10 Days, 14 Meals. D\$6,699, S\$7,699.
<https://gateway.gocollette.com/link/1281753>

LANDSCAPES & LIGHTHOUSES OF MAINE Sept. 19-25, 2026. 7 Days, 9 Meals. D\$3,949, S\$5,099.
Premier Tour.

NEW ENGLAND RAILS AND TRAILS Sept.30-Oct. 8, 2026. 9 Days, 11 Meals. D\$4,625, S\$6,075.
Premier Tour.

ALBUQUERQUE BALLOON FIESTA & SANTA FE Oct. 6-11, 2026. D\$3,749, S\$4,699. Premier Tour.

DISCOVER UTAH'S MIGHTY FIVE AND THE ROCKIES Oct. 5-13, 2026. D\$5,799, S\$6,999, T\$5,699.
<https://gateway.gocollette.com/link/1320268>

ATHENS & GREEK ISLANDS Oct. 6-14, 2026. D\$4,899, S\$6,099. Premier Tour.

NEW YORK CITY HOLIDAY Dec. 3-7, 2026. D\$2,999, S\$3,899, T\$2,949.
<https://gateway.gocollette.com/link/1369971>

VIENNA & CHRISTMAS MARKETS OF THE DANUBE Dec. 10-19, 2026. Pricing variable on Amadeus Imperial. Premier Tour.

COLORS OF MOROCCO January 14-28, 2027. 15 Days, 27 Meals. D\$5,599, S\$6,599, T\$5,499.
<https://gateway.gocollette.com/link/1409975>

GREAT TRAINS & GRAND CANYONS Feb. 21-27, 2027. D\$3,525, S\$4,475. Premier Tour.

Future 2027 trips - New Orleans, Japan & Seoul, Hawaii, Mackinac Island, Thailand, Pacific Northwest, Quebec.

Visit the Arcadia Travelers Club Office (M-F 9am to 12:30 pm) for detailed trip brochures or online at Arcadiatravelers.org website.

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



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。