

# SENIOR PROGRAM ACTIVITIES

# February 2026



## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

9:00 Mah Jongg**	8:00 Walking Group (Shelton Park)	9:00 Writer's Group	8:00 Walking Group (Indian Hill Trail-head)	9:00 Art Group**
9:35 Chair Exercise (H)	9:00 Hope Partners Food Pantry	10:00 Bone Builders	10:00 Joslyn Jammers**	9:35 Chair Exercise (H)
10:30 Gentle Yoga**	10:00 Qigong**	9:35 Chair Exercise (H)	1:00 L.A. Regional Senior Food Bank (2 <sup>nd</sup> )	10:30 War & Existentialism Book Club (1 <sup>st</sup> )**
11:00 Health Insurance Counseling & Advocacy Program (4th)	10:30 Arthritis Exercise**	10:00 Continuing Line Dance**	1:30 Reading About Money (1st)*	11:00 Gentle Yoga (H)**
1:00 Mac Users Group (2 <sup>nd</sup> )	12:30 Pinochle**	12:30 Tierra Del Sol Art Workshops (2nd & 4th)**	3:15 Bereavement Support (Eucalyptus)	12:00 Overeaters Anon.
1:00 Cardio and Strength Training**	1:00 Cardio and Strength Training**	1:00 Cardio and Strength Training**	3:00 Yoga for Aging with Grace**	12:30 Beginner's Tap Dance**
1:00 Flexibility for Older Adults** (starting 2/18)	1:00 Bridge**	1:00 Bridge**	3:45 Teen Techies (4th) (YAC)	12:30 Movie Matinee (2nd)(J)
4:00 Bike Group Meeting (3rd)	1:00 Flexibility for Older Adults** (starting 2/18)	1:00 Flexibility for Older Adults** (starting 2/18)		1:00 Mah Jongg**
6:00 Survivors of Suicide Loss (2 <sup>nd</sup> ) (H)	2:00 Yarn Crafts with Kindness**			1:00 Claremont Senior Computer Workshop (1st & 3rd)

All activities are located at the Joslyn Center unless otherwise noted. Please refer to the Claremont Recreation & Human Services Activity Guide for complete details. Register online at [www.claremontrec.com](http://www.claremontrec.com)

(B) Blaisdell, (H) Hughes Center, (LP) Larkin Park, (YAC) Youth Activity Center, \*\* Registration Required

## SENIOR PROGRAM HIGHLIGHTS

### Scam Stopper Breakfast

Join us for a Scam Stopper Breakfast—a welcoming morning of good food and helpful information. Enjoy breakfast while a friendly panel, presented in partnership with the Office of Assemblymember John Harabedian, shares practical tips on how to spot and avoid common scams. Come learn, connect, and leave feeling more confident about protecting yourself. **Registration required.**

Ages 55+

Fri, 2/27

8:30 a.m. - 10:30 a.m.

Free

### New Writing Classes through Citrus College

We're proud to partner with Citrus College to offer two new writing classes at the Blaisdell Community Center! Life Story writing meets April 21-May 7 on Tuesdays and Thursdays from 1:00p.m.-2:40p.m. and guides you in writing memoirs and personal stories. Creative Writing begins May 12-May 28 on Tuesdays and Thursdays from 1:00p.m.-2:40p.m. and helps you build regular writing practice and discover your personal style. **Registration is required. Location: Blaisdell Community Center.**

Ages 55+

Tues & Thurs Begins in April

1:00 p.m. - 2:40 p.m.

Free

### AARP Foundation Tax-Aide

Trained volunteers from AARP Foundation Tax-Aide will be available to provide free assistance to taxpayers with low to moderate income. Services will be offered by appointment at the Joslyn Center on Thursdays, beginning February 5th through April 9th. Joslyn Center staff will be able to assist with scheduling appointments or taxpayers can schedule their own appointments online at the AARP Tax -Aide website. Call the Joslyn Center to schedule your appointment. **Location: Joslyn Center.**

Ages 18+

Thursdays

9:00 a.m.—3:00 p.m.

Free

## SATURDAY

10:00 Parkinson's Explorers (2<sup>nd</sup>) (H)

## SUNDAY

3:00 Pétanque (LP)

## JOSLYN CENTER

660 N. Mountain Ave.  
Mon. – Fri., 9 a.m. - 5 p.m.  
(909) 399-5488

## BLAISDELL COMMUNITY CENTER

440 S. College Ave.  
Mon. – Fri., 10 a.m. - 2 p.m.  
(909) 399-5367

## ALEXANDER HUGHES COMMUNITY CENTER

1700 Danbury Rd.  
Mon. – Thurs., 9 a.m. - 9 p.m.  
Fri., 9 a.m. - 6 p.m.,  
Sat., 9 a.m. - 2 p.m.  
(909) 399-5490

[www.claremontca.gov](http://www.claremontca.gov)