

SENIOR PROGRAM ACTIVITIES

May 2026



CLAREMONT
SENIOR PROGRAM

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	9:30 Line Dance Basic	10:00 Joslyn Jammers**	9:35 Chair Exercise (H)
11:00 Health Insurance Counseling & Advocacy Program (3rd)	10:00 Qigong**	9:35 Chair Exercise (H)	12:30 Yoga for Self- Knowledge	10:30 War & Existentialism Book Club (1 st)**
1:00 Mac Users Group (2 nd)	12:30 Pinochle**	10:00 Continuing Line Dance**	1:00 L.A. Regional Senior Food Bank (2 nd)	11:00 Gentle Yoga (H)**
1:00 Flexibility for Older Adults**	1:00 Flexibility for Older Adults**	12:30 Tierra Del Sol Art Workshops (2nd & 4th)**	1:00 Creative Writing for Older Adults (B)**	12:00 Overeaters Anon.
2:00 Shakespeare Speakers (2 nd)	1:00 Bridge**	1:00 Flexibility for Older Adults**	1:30 Reading About Money (1st)*	12:30 Movie Matinee (2nd)(J)
2:30 Cardio and Strength Training**	1:00 Creative Writing for Older Adults (B)**	1:00 Bridge**	3:15 Bereavement Support	12:30 Movie Matinee (4th)(B)
4:00 Bike Group Meeting (3 rd)	2:00 Yarn Crafts with Kindness**	2:30 Cardio and Strength Training**	3:00 Yoga for Aging with Grace**	1:00 Claremont Senior Computer Workshop (1st & 3rd)
6:00 Survivors of Suicide Loss (2 nd & 4 th) (H)	2:30 Cardio and Strength Training**		3:45 Teen Techies (YAC) (4 th)	1:30 Mah Jongg**

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

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

SATURDAY

10:00 Parkinson's
Explorers (2nd) (H)

SUNDAY

3:00 Pétanque (LP)

SENIOR PROGRAM HIGHLIGHTS

Creative Writing through Citrus College

We're proud to partner with Citrus College to offer writing classes at the Blaisdell Community Center! Creative Writing meets May 12 - May 28 on Tuesdays and Thursdays from 1:00p.m.-2:40p.m. This class will help you build regular writing practice and discover your personal writing style. **Registration is required. Location: Blaisdell Community Center.**

Ages 55+ Tues & Thurs starting 5/12 1:00 p.m. - 2:40 p.m. Free

AARP Smart Driver Course - One-Day Renewal

This classroom-based defensive driving course is designed for persons 50 and older who are seeking to sharpen their driving skills and **who have previously completed the full two-day course within the last 3 years.** By taking this course, individuals, will learn the current rules of the road, defensive driving techniques, and how to operate a vehicle more safely in today's environment. After five hours of instruction, a DMV certificate will be issued entitling participants to a discount on their automobile insurance. **Materials fee: \$25 (\$20 for AARP members) in cash or check due to the instructor on the first day of class. Please bring AARP Membership Card in order to pay a discounted materials fee. Registration is required.**

Location: Alexander Hughes Community Center

Ages 50+ Tues 5/19 9:30 a.m. - 2:30 p.m. \$25 (\$20 for AARP members)

Day at the L.A. County Fair

Get ready for a day of classic fair fun at the L.A. County Fair! From deep-fried treats and live entertainment, to exhibits, shopping, and games, there is something for everyone! Spend the day exploring at your own pace- then relax and ride back with us. Free transportation will be provided from the Alexander Hughes Community Center. Fee: \$15. **Registration is required. All sales are final. No refunds will be issued for this activity.**

Ages 55+ Thur 5/21 12:30 p.m. - 5:30 p.m. \$15

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