

SENIOR PROGRAM ACTIVITIES

October 2025



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

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

SENIOR PROGRAM HIGHLIGHTS

Vaccine Clinic

Free flu and COVID-19 vaccinations will be available in partnership with the LA County Department of Public Health. The flu vaccine is available to anyone 6 months or older (minors must have a guardian present). The COVID-19 vaccine is available only for those who are uninsured and are 18 years and older (must bring a vaccine card).

Ages 6 months+ for flu Thurs. 10/30 10:00 a.m. – 2:30 p.m. Free
Ages 18 years+ for COVID-19

Teen Techies

Need tech assistance? Attend this drop-in workshop to receive one-on-one tech tutoring from teen volunteers from Claremont High School. Bring your smartphone, tablet, or laptop to the Youth Activity Center (1717 N. Indian Hill Blvd) to learn how to use your device to its fullest potential.

Ages 55+ Thurs. 10/23 3:45p.m. – 5:00p.m. Free

Movie Matinee

The Joslyn and Blaisdell Community Centers screen monthly movies following lunch service. Come enjoy FREE popcorn and a movie! No registration is required. This month's movies are: *Beetlejuice* at Joslyn Center on October 10 and *Beetlejuice* at Blaisdell Community Center on October 24. Viewer discretion is advised.

Ages 55+ 2nd Fridays at Joslyn 12:30 p.m. – 2:30 p.m. Free
4th Fridays at Blaisdell

SATURDAY

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

SUNDAY

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