

AgeWell Services (AWS)

The Scroll

March, April, May 2024

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Skyler Lemire, Recreation Leader II
Mark Leo, Recreation Leader II
April Jackson, Recreation Leader I
Marianrosa Ceniceros, Recreation Aide
Mai Kawaguchi, Recreation Aide
Loretta Roiz, Recreation Aide



Scan here for online
website

AgeWell Services will be closed April 1st and May 27th in observance of City Holidays.

To join our mailing list, or for more information, please call (619) 525-8247
or email thescroll@sandiego.gov.

*The City of San Diego does not necessarily endorse the services offered by the advertisements
and community-sponsored activities listed in this newsletter.*

Programs offered in this newsletter are for adults 60 years and better.

Visit us on the web at:
<https://www.sandiego.gov/agewell>

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Get assistance with your taxes with



AARP will be providing tax support at the following locations per the AARP Website.

Serra Mesa Library – (858) 573-1396

9005 Aero Dr, SD, 92123

Fridays – 9:45am-3:00pm

Ray & Joan Kroc Center – (619) 269-1539

6605 University Ave. (Bldg. F), SD, 92115

Tues., Wed., Fri. – 8:45am-1:45pm

Allied Gardens Library – (619) 533-3970

5188 Zion Ave, SD, 92120

Mondays – 11:30am-5:00pm

Wednesdays – 9:30am-5:00pm

College Rolando Library – (619) 533-3902

6600 Montezuma Rd, SD, 92115

Tuesdays – 11:30am-5:00pm

Thursdays – 9:30am-5:00pm

Pacific Beach Library – (858) 581-9934

4275 Cass St, SD, 92109

Mondays – 10:00am-4:00pm

Chula Vista Civic Center Library – (619) 691-5069

365 F St, Chula Vista, 91910

Thursdays – 10:00am-2:00pm (Eng. & Span.)

Fridays – 10:00am- 2:00pm (Eng. & Span.)

Welcome to AgeWell Services!

Hello, my name is Rafael, and I began my career as a Rec Leader I at San Ysidro Community Center in 2012. Since then, I have promoted several times i.e., Assistant Recreation Center Director in 2017 at Skyline Hills Recreation Center and then to AgeWell Services (AWS) in 2019 where I took lead in providing virtual programs for older adults during the pandemic. Shortly thereafter, I was promoted to Recreation Center Director I at Presidio Recreation Center and then to Recreation Center Director II at Serra Mesa Recreation Center. Happily, I am now an Aging Recreation Specialist for AWS and look forward to expanding programming for older adults citywide. My focus will be starting and sustaining programs in Community Parks II recreation centers and pools located below I-8.



Hello, my name is Morgan! I am a Recreation Leader II with AgeWell Services. I am from Memphis, Tennessee but I have lived in San Diego since 2020. Prior to joining AWS, I worked for the YMCA of San Diego County as well as the City of La Mesa's Parks and Recreation Department at the Adult Enrichment Center. I am passionate about fitness and physical wellness. If you share those interests or want to increase your physical well-being, join my walking group! We will be meeting every Tuesday and Thursday at Park de la Cruz – more information on page 10. I look forward to meeting you all!

Where to Start/Get Involved!

Steps to register on SD Rec Connect

Create an online profile using the Activity Registration System. Log on at SDRecConnect.com. **First Time Online Registration:** Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link. Note: it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

Returning Customers: For people who have an existing account online, click the "Sign In" or "My Account" button. Enter your login (email address) and password.

Spring registration starts February 10th at 10:00am.

Park de la Cruz Community Center Hours of Operation:

Monday - Thursday: 8:30am-8:00pm

Friday: 8:30am-5:00pm

Saturday: 10:00am-3:00pm

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105) during open center hours (see above).

Cash or paper check are NOT accepted when paying in advance. Acceptable payments methods include: electronic check – proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only).

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3.56% processing fee.

Refund Policy

Refund is based on the date that the written application was submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

Refund policy exclusions:

- 3.56% processing fee will be deducted from all refunds.
- No refund or transfer for non-attendance at activity.
- No credits to account.
- Activity fees less than \$10.00 will not be refunded.
- No refunds for requests submitted less than 20 business days prior to the activity.
- Refunds will take up to 4-8 weeks.
- Payments made by credit card will be refunded to the credit card.

Contact AgeWell Services' staff at (619) 525-8247 with questions.

Scholarship Procedure For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLC.

Volunteer Spotlight

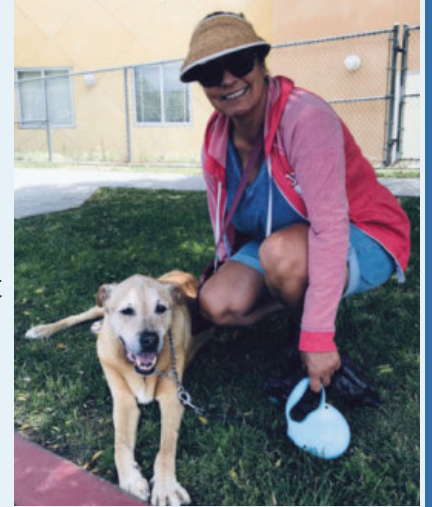
David Falkner

David has been volunteering at the Senior Lounge, craft sale, and other various programs. He really enjoys having conversations with people who come into the Senior Lounge, especially when it comes to sharing travel stories. He helped tremendously at the annual craft sale with his willingness to do anything to help. In his free time, he enjoys singing in the church choir, tent camping, hiking, and reading. David has a fantastic energy that makes everyone around him happier!



Mary Otero

Mary currently volunteers weekly with our Serving Seniors lunch program at Park de la Cruz. She also volunteers her time to lead the Castle/Cherokee Community Civic meeting which addresses issues affecting the quality of life in City Heights (see page 9). Her favorite part of volunteering is interacting and meeting new residents and experiencing the positive changes that occur as a result. In her free time she makes it a point to enjoy life, liberty, and the pursuit of happiness!



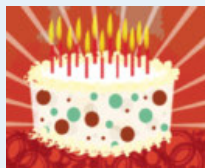
Volunteer Updates

Welcome new volunteers!

Welcome to Herschel P., Gurkamal K., Casie T., Mary O., Mark A., and Annette K. We're so happy to have of you as part of the AgeWell Services' Team.

Happy Birthday!

Please join us in celebrating the following AgeWell Services' volunteer birthdays: Devon W. (3/2), Maria S. (4/3), Diane B. (4/21), Angela G. (5/8), Keith W. (5/12), Linda N. (5/13), and Tom E. (5/28).



Volunteers Needed

Do you have some extra time and would like to help? We need volunteers to assist with the following activities:

Balboa Park Senior Lounge - Host the Senior Lounge, meet new friends and serve coffee from 8:00am-12:00pm. We also need volunteers to assist with bingo set up/take down, and calling numbers on Saturdays from 10:00am-1:00pm (see page 12).

Cathy Hopper Friendship Center - Host the café and provide program assistance (see pages 16-17). Shifts are available from 9:00am-12:30pm & 12:30pm to 3:00pm.

PDLC Garden Club - Assist with watering, fertilizing, planting, harvesting crops, and much more. Shifts are flexible.

Stockton Recreation Center - Host the café and provide program assistance. Shifts available from 9:00am-12:00pm (see page 20).

Contact Michael Rodriguez at (619) 236-7755 or MichaelR@sandiego.gov, if you are interested in volunteering.

SENIOR MEALS AT PARK DE LA CRUZ COMMUNITY CENTER

Contact



The City of
SAN DIEGO GENERAL INFO
Parks and Recreation Department (619) 525-8247

Monday thru Friday / 12:00 PM - 1:00 PM

Park de la Cruz Community Center
3901 Landis St., San Diego, CA 92105

Packed breakfast meals are offered during
lunch while supplies last.

**Meals are provided at no cost to individuals
age 60 and over; however, donations are
accepted. A \$4.00 fee is required for those
who are under 60 years of age.**

For more information call (619) 525-8247.

Social Calls Program



A compassionate voice in the lives of
older adults can make a difference. City
of San Diego Parks and Recreation
volunteers will call you, FREE, various
days per week, between 8am-11am just
to check-in and say "hello". Please
email mleo@sandiego.gov or call (619)
235-1191 to add yourself or a loved one
to the Social Call list.



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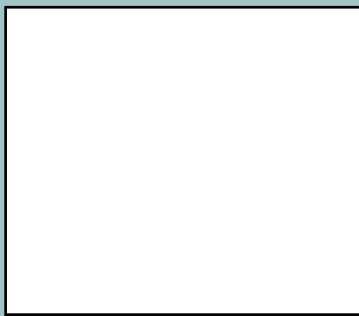
Martha Camarena
Kaiser Permanente
Medicare specialist

To learn more about Kaiser Permanente
Medicare health plans, call me at
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deaf or hard of hearing) or visit my
website at mykpagent.org/marthac.

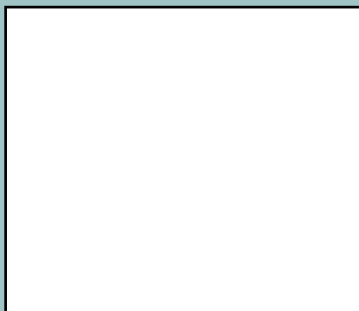
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DSAC-City of San Diego Age Well Services, San Diego, CA

A 4C 05-1308

AgeWell Services 48th Annual Talent Show

Thursday, March 28th, 2024
10:00am-12:30pm
Doors open at 9:30am
War Memorial Building

Limited Seating—purchase tickets early:

Early bird ticket will be \$7 until March 20th, then the price will go up to \$10. Tickets can be purchased on SDRecConnect.com with code: **110992**
Group discounts available for 10 or more.

For more information on tickets, call (619) 525-8247
or email kdonaldson@sandiego.gov.

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AgeWell Services Art Contest

For those 60 and better

-Acrylic -Drawing -Pastel
-Mixed Media -Oil -Water Color

All submissions must be done by artists 60+. One entry per person will be accepted at the below locations from April 22nd– May 10th.

Art exhibit will be on display at Cathy Hooper Friendship Center 4425 Bannock Avenue, San Diego, 92117 from May 17th until June 17th.

For contest rules call 619-525-8247 or email thescroll@sandiego.gov.

Art Drop Off Locations:

PDLC Community Center———Mon.– Thurs. 8:30am – 6:30pm
3901 Landis St., 92105 Sat. 10:00am - 2:30pm

Balboa Park Senior Lounge———Tues.– Fri. 9:00am– 12:00pm
1650 El Prado (Room 105), 92101

Cathy Hopper Friendship Center——Tues.–Thurs. 10:00am– 1:00pm
1650 El Prado (Room 105), 92101

Bay Terraces Senior Center———Mon.– Fri. 10:00am– 6:00pm
7445 Tooma St., 92139

San Ysidro Teen Center———Mon.– Fri. 11:00am– 6:00pm
101 W San Ysidro Blvd. 92173

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Park de la Cruz Activities

All codes are directly linked to SDRecConnect.com. Click the code to sign up. Activities on this page are held at Park de la Cruz Community Center (3901 Landis St.) or Park de la Cruz Gymnasium (3911 Landis St.). Programs are free unless otherwise noted.

Fitness Center

We have free-weights, tread mills, rowing machines and stationary bikes to help you get fit. **Cost is \$15 for individuals 60 plus and \$25 for the public for 3 months (March-May).** Please bring your own towel and water. Fitness center is open during community center hours. (See page 3). Register at front desk
AWS and TRS Staff

PDLC Café

Monday thru Friday: 9:00am-12:00pm

Drop-in Program



Enjoy a complimentary cup of coffee or hot tea, read the daily newspaper, or participate in one of our fun activities. Patrons can enjoy their beverages in the dining room, outdoor patio, or garden. Leader: AWS Staff

American Mahjong

Mondays: 10:00am-1:00pm

Registration Code: 112420

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. Feel free to participate the entire time, or drop in for an hour or two. Lessons available.

Instruction for beginners available at PDLC Café- Mondays 1:30pm- 3:00pm

SD Access 4 All - Technology Class

Registration Code: 112421

Mondays & Wednesdays: 9:30am-12:30pm

Join us for a free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF conducts twice weekly trainings, and hosts Q & A's. Leader: SDFF Staff

Composting 101

Registration Code: 113394

Select Saturdays: March 16th & 23rd, April 13th & 20th, 10:00am-11:00am

Join us for a hands-on experience to learn about two different types of composting: tumbler and worm. Participants will learn which types of food scraps and materials are most beneficial and how to use compost to fertilize the Park de la Cruz Garden. Bring your curiosity and wear comfortable clothes. Sun hat is recommended. No experience is necessary.

Cost: \$20—Partial Scholarships Available

Leader: Volunteer, Kurt F.

Digital Navigators

Tuesdays & Thursdays: 9:00am-12:00pm

Drop-In Program

Trained staff provide one-on-one instruction with basic technical support, assistance with using online programs to access education, work, telehealth, government services, and housing assistance. Leader: Digital Navigator Staff

Texas Hold 'Em

Tuesdays: 9:30am-11:30am

Registration Code: 112424

Thursdays: 1:30pm-3:30pm

Round up the crew and learn to play tournament style Texas Hold 'Em. No betting allowed. Compete for bragging rights! Volunteer: Charles A.

Pickleball

Tuesdays: Open Play 12:30pm-2:30pm

Drop-In Program

Thursdays: Open Play 10:00am-12:00pm

All ranges of skills welcome! Free instruction for beginners will be every Thursday before open play from 8:45am-10:00am. Leader: TRS Staff

Park de la Cruz Activities Continued

Meet the Masters Art Class Tuesdays: 1:00pm–3:00pm Registration Code: 112425
April 2nd– May 21st

Learn about different artists and then create your own work of art using their techniques. In this 8-week session you will learn about artists like Caravaggio, Marc Chagall, and Hokusai. **Partial scholarships available to those who demonstrate a need.**

Cost: \$20

Leader: RLII, Skyler L.

Tuesdays in the Garden Registration Code: 112579
Select Tuesdays: March 5th & 19th / April 2nd & 16th / May 14th & 28th
10:30am–11:30am

Spend time and unwind at this free program that consists of using our garden space for various meditative and mindful activities. **This program is for participants of all abilities, 13 years and older.**

Leader: TRS, Haley M.

Deaf Seniors Club Wednesdays: 10:00am–3:00pm Drop-In Program
Seniors, who are deaf or hard of hearing, meet for social and recreational activities. American Sign Language (ASL) is primarily used. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

Volunteer: Richard T.

Body Dynamics/Aging Process Drop-In Program
Wednesdays: (Tai Chi) & Fridays (Qigong) 10:30am–12:00pm

Tai Chi and Qigong benefits include enhanced balance, posture, endurance, flexibility and coordination, breath awareness, functional movement, and fall prevention. Free! **For dates or to register, visit sdcce.edu, or in person, at the class.**

SDCC Emeritus, Cassandra W.

Bingo Wednesdays: 1:30pm–3:00pm Registration Code: 112422
Spend your afternoon at PDLC playing bingo for FREE and meeting new friends. If you are lucky, you may win a prize!

Leader: AWS Staff

Lets Get Cookin' Thursdays: 1:30pm–3:30pm

Planning a 4 Course Meal: March 7th – April 4th Registration Code: 112426
Get ready to host a dinner because at the end of this series, you will be able to make a delicious 4-course meal from the appetizer to dessert!

Simply Fermented Vegetables: May 9th– 30th Registration Code: 113396
Lets make pickles and so much more. Learn all about the wonderful and yummy things you can do with fermented vegetables

Each 4-week session costs \$25. Partial scholarships available.

Leader: RLII, Tyler H.

Crafts at the Café Select Thursdays: 10:00am–11:00am Registration Code: 113400
April 25th, May 9th, May 23rd

Join us for seasonal crafts at the PDLC café! We will be making crafts that will decorate our wonderful dining room.

Leader: Rec Aide, Mai K.

Castle/Cherokee Neighborhood Community Meeting Drop-in Program
3rd Thursdays: 6:00pm–7:00pm
March 21st, April 18th, and May 16th

Bring your concerns and ideas so that together, we can address the quality of life in City Heights. If we work as a team, we can ALL benefit.

Leader: Volunteer, Mary O.

Park de la Cruz Activities Continued

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 3 for registration instructions. Programs are free unless otherwise noted.

Current Events **Fridays: 10:00am-11:30am** Registration Code: [112427](#)

Join us on Fridays during the PDLC Café to discuss current events that are happening in the world. Read a current event that you want to share? Bring it in! This is a group collaboration and discussion. **Volunteers: Mark A. & Annette K.**

Must-See-Movies **2nd Fridays: 12:30pm-3:00pm** Registration Code: [112430](#)

March 8th: Radio Days-1987 (Woody Allen film) Mia Farrow, Dianne Wiest
A nostalgic look at the Golden Age of radio during the 1930's and 1940's, focusing on a working-class family living in New York.

April 12th: Shane-1953 Alan Ladd, Jean Arthur, Van Heflin, Brandon DeWilde, Jack Palance
A gunslinger rides in to a Wyoming town and changes the lives of the town-folk and especially the son of a homesteader.



May 9th: Magnificent Obsession- 1954 Jane Wyman, Rock Hudson
A reckless playboy wreaks havoc on the lives of a doctor's wife. **Volunteer: Bob J.**

Ukulele **Fridays: 11:00am-12:00pm** Registration Code: [112429](#)
April 5th -May 24th



Learn basic chords, rhythms, and note reading skills needed to play new songs. No experience is necessary, and ukuleles are provided for the duration of the class.
Cost for 8 sessions: \$40.00 / Partial scholarships available.

Leader: Encore! Villa Música Staff

Travel Club **3rd Fridays: 10:30am-12:00pm** Registration Code: [112428](#)
March 15th, April 19th, and May 17th

Share your travel experiences and learn about travel destination specials and discounts. Meet others with similar travel interests. **Volunteers: Brenda H. & William D.**

Walk to Wellness

Tuesdays: 1:00pm- 2:00pm- Drop-In Program
Tuesday walks will be along the walking path around the PDLC Community Center and Park tracking the laps as you walk.

Thursdays :1:00pm- 2:00pm- Drop-In Program
Thursday walks will be guided walks starting at the PDLC Community Center and walking different paths around the neighboring area. **No walk on March 28th**

Saturdays :(8 weeks) 8:30am-9:30am- Registration Code: [112431](#)
March 23rd - May 11th - The group meets at various locations throughout San Diego to enjoy a ~2 mile walk.
Register ahead of time to receive weekly walk location info.



Leader: AWS Staff

Park de la Cruz Activities Continued

Single Day Programs

The Great Chili Debate

Registration Code: [113448](#)

Tuesday, March 5th 1:30pm–3:30pm

The Great Chili Debate is on! Join our cooking class to create two different types of chili and decide which one is your favorite. We will also be debating the best sides to pair with each chili. Come hungry and ready to debate.

Cost: \$8

Leader: Rec Leader II, Tyler H.

Presentation by Dignity Memorial

Registration Code: [113404](#)

Wednesday, March 13th 10:00am–11:00am

Discover how to beat inflation, avoid emotional stress, and gain peace of mind by pre-planning final arrangements. Refreshments will be provided, so please **be sure to register by March 8th.**

Presenter: Dignity Memorial Staff

Take a Trip on MTS– Balboa Park

Registration Code: [113405](#)

Info Session– April 12th, 1:00pm– 2:00pm / Trip–April 19th, 10:00am– 2:00pm

Still unsure about taking public transit? Lets do it as a group! Join us for a guided trip from Park de la Cruz to Balboa Park and back via public transit. Stop in a week before the trip for an information session to go over purchasing passes, the Pronto app, and much more!

Leader: Rec Leader II, Morgan F.

Bay to Park Paseo– Private Tour

Registration Code: [113406](#)

Saturday, April 20th 10:30am–12:00pm

Join us for a guided tour and an urban walking experience along Park Blvd. from San Diego Bay to Balboa Park. The 1.7-mile stretch will be activated with design and art installations. (total walk distance – 3.4 miles.)

Leaders: AWS Staff and Bay to Park Tour

AARP – Downsize & Declutter

Registration Code: [112432](#)

Wednesday, April 24th 1:00pm–2:00pm

Having too much stuff can impede people from relocating or getting health care assistance in their homes. This presentation explores why stuff is so important for some and teaches practical, easy tips on downsizing and decluttering.

Leader: AARP Staff

AARP – Shred Event

Drop-In Program

Saturday, May 11th 9:00am–1:00pm

It is time to spring clean! Bring all of your important documents that you no longer need and have them shredded right before your eyes. This is the safest way to dispose of sensitive documents with your personal information.

Leader: AARP Staff

Elder Law– Landlord & Tenant Rights

Registration Code: [112433](#)

Wednesday, May 1st 1:00pm–2:00pm

This presentation will cover the different rights and responsibilities that landlords and tenants both hold and the correct steps to take in the face of an issue.

Appointments with an attorney: Appointments are available after the presentation from 2:30pm–4:00pm, but **MUST BE SCHEDULED AHEAD OF TIME BY CALLING (858) 565-1392.**

Presenter: Elder Law Attorney

Balboa Park Locations Cont.

Otherwise Improvise (BPL)

Registration Code: [112417](#)

1st & 3rd Wednesdays: 2:30pm-5:00pm / March 6th & 20th, April 3rd & 17th, May 1st & 15th
Join us for improvisational workshops and learn the secret of being in the moment.

Poetic Legacy (BPL)

Last Fridays: 3:00pm-5:00pm

Registration Code: [112419](#)

March 29th

April 26th

May 31st

Elizabeth Bishop

Allen Ginsberg

Sonia Sanchez

Read and discuss contemporary and historic poets. Participants are then encouraged to write their own poems.

Poetry Party

Balboa Park, Santa Fe Room

Registration Code: [112418](#)

First Fridays: 3:00pm-5:00pm / March 1st, April 5th, & May 3rd

Read your favorite poetry, listen, or make the scene. Persons 18 and older are welcome.

The above listed programs are led by Volunteer: Christopher R.

Elder Law- Landlord & Tenant Rights

Registration Code: [112433](#)

Thursday, April 11th 12:30pm-1:30pm

This presentation will cover issues relating to housing, evictions, notice requirements, the Tenant Protection Act of 2019, and the unlawful detainer process. **Free appointments with an attorney** are available from 2:30pm-4:00pm but **MUST BE SCHEDULED AHEAD OF TIME BY CALLING (858) 565-1392.**

Presenter: Elder Law Attorney

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Trips

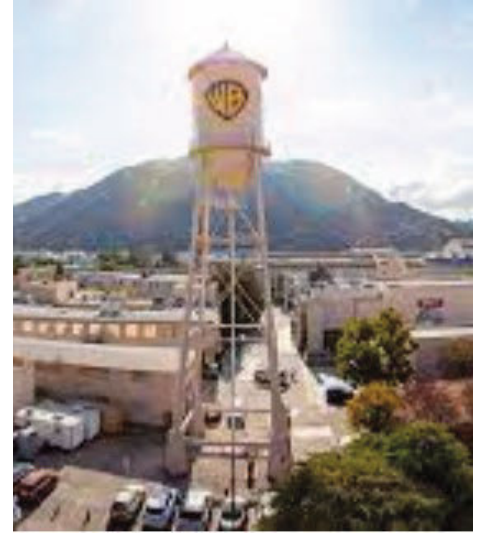
Pick up times announced one week before each trip. Pick up locations include War Memorial Building (3325 Zoo Dr., 92101) & Cathy Hopper (4425 Bannock St., 92117). See page 3 for registration instructions and partial scholarship information.

Warner Brothers Studio Tour

Tuesday, April 23rd—Cost \$135.00

Join us on a tour of the Warner Bros. Studio, Hollywood. This tour brings you closer than ever to the entertainment you know and love. Experience one of the busiest movie studios in LA, as you explore the iconic backlights, and DC universe. You'll view one of the many soundstages where today's hottest TV shows and movies are made. For the grand finale of the tour, we'll visit Stage 48, where you'll experience the Magic of Batman and Harry Potter on a green screen experience. You'll see real-time filming happening throughout the park. No two Warner Bros. tours are ever alike! Lunch is on your own. Guest services recommends the Food Café at stage 48. Cost includes transportation and driver gratuity. Returning to San Diego at approximately 7 pm. **Activity level: Moderate**

Registration Code: **111510**



Catalina Island

Tuesday, July 16th—Cost \$175.00

Spend the day with AgeWell Services as we explore the beautiful paradise of Catalina Island. After arriving at Dana Point, we'll ride the ferry to the quaint island of Catalina. Patrons will partake in the panoramic "Discover Avalon" excursion and get ideas for places you want to visit after the tour has completed. Experience some of the best coastal views and scenic vistas on the island. Learn about classic local landmarks along with fascinating Catalina Island history. Lunch is on your own. Cost includes transportation and driver gratuity. Bus returns approximately at 9pm. **Activity level: Moderate**

Registration Code: **113480**



Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TR & AWS)

DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00pm at Park de la Cruz. DSAC is a non-profit advisory organization to Therapeutic Recreation & AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations and fundraising/scholarship support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, businesspersons, advocates, and other interested individuals. www.dsacsd.org.

The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following the September, December, March and June DSAC meetings (at approximately 6:30pm). The role of the TR & AWS group is to make recommendations to City Council, the Parks and Recreation Department, with respect to recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Kristi Fenick at kfenick@sandiego.gov or (619) 525-8247 for more information.

AgeWell Dances

Dances are held at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. The \$5.00 charge at the door includes dance lessons from 11:30am-12:30pm (led by professional ballroom instructor, John Nagel), live entertainment or DJ, pre-packed snacks, and prizes. For more information, call (619) 525-8247 or email Slemire@sandiego.gov.



St. Patrick's Day

Thursday, March 14th - 12:30-2:30pm
Lessons @ 11:30am - **Tango-Jitterbug**

Catch the luck of the Irish at the St. Patrick's dance with music by the "Sophisticats".



No AWS Dance March 28th

Come see the AWS Talent Show!!

More information on page 6.

Bunny Hop

Thursday, April 11th - 12:30-2:30pm

Lessons @ 11:30am - Waltz and Rumba

Join us for good company and music performed by the "Janet Hammer's Rhythm Express".

Garden Party

Thursday, April 25th - 12:30-2:30pm

Lessons @ 11:30am - Waltz and Rumba

Wear your floral attire while enjoying the rhythms of the "Blue Zone".



Fiesta

Thursday, May 9th - 12:30-2:30pm

Lessons @ 11:30am - Foxtrot and Cha Cha

Come fiesta with friends while enjoying music performed by the "Sophisticats".

Western

Thursday, May 23rd - 12:30-2:30pm

Lessons @ 11:30am - Fox Trot and Cha Cha

Dress in your favorite western attire and enjoy the sounds of the "Janet Hammer's Rhythm Express".



SEEKING TREATMENT FOR KNEE OSTEOARTHRITIS PAIN?

The SKOAP Knee Osteoarthritis research study is recruiting nationwide!

The SKOAP study focuses on participants 45 years and older, who suffer from chronic knee pain or have experienced knee pain (most days) for at least three months.

SKOAP will compare non-surgical pain treatments as an alternative to surgery with the goal of reducing knee osteoarthritis (KOA) pain and improving function in study participants and those with knee osteoarthritis.

SKOAP study sites near you include:

- University of California San Diego Medical Center
- UC Davis Health Lawrence J Ellison Ambulatory Care Center



TO LEARN MORE SCAN QR CODE
OR VISIT SKOAPSTUDY.ORG



A Sequenced-strategy for improving outcomes in people with Knee Osteoarthritis Pain (SKOAP Trial)



Cathy Hopper Activities


All codes are directly linked to SDRecConnect.com. Click the code to sign up. Activities on this page are held at the Cathy Hopper Center (4425 Bannock Ave., 92117). Programs are free unless otherwise noted. Calendar of events available at Cathy Hopper Center.

Center is open Monday through Friday 9am-3pm. Phone number: (619) 453-3850.

Cathy Hopper Café Monday through Friday: 9:00am-12:00pm Drop-In Program
Enjoy a complimentary cup of coffee or hot tea. Read the daily newspaper, play a card or board game, socialize with peers, or work on a monthly jigsaw puzzle.
Leader: AWS Volunteers


American Mah Jongg for Beginners Registration Code: [112434](#)
Mondays: 11:00am-1:00pm; Open Play (March-May)
Learn to play American Mahjongg! Beginners are welcome to receive instruction and practice in this fun game of strategy, skill, and summation.
Volunteer: Monica M.

Meet the Masters Art Class Registration Code: [113392](#)
Mondays: March 11th-April 29th 1:00pm-3:00pm
Learn about different artists and then create your own work of art using their techniques. In this 8 week session you will learn about artists like Caravaggio, Marc Chagall, and Hokusai. Cost: \$20- Partial scholarships available.
RLII, Skyler L.


Creative Writing Registration Code: [113329](#)
Mondays: 9:00am-10:00am
 Attend this FREE class to work on creating wonderful and captivating stories by using different templates and creative methods.
Leader: RLII, Skyler L.

AARP- Making Cents of Caregiving Registration Code: [113528](#)
Tuesday, April 16th 1:00pm-2:00pm
Learn how to incorporate financial tips into your caregiving using AARP's Financial Workbook for Family Caregivers. In this session you will be introduced to important information caregivers need to manage more easily some of the complexities of caregiving.
Leader: AARP Staff

Walking Program Registration Code: [113235](#)
Tuesdays: March 5th-May 28th 9:00am-10:00am
Get some steps-in as we walk at North Clairemont Community Park and the surrounding area.
Volunteer: Kathy V.

Line Dancing Tuesdays & Thursdays: 10:00am-11:00am
Cost: \$32 per month
 Bring balance back to your life through line dancing. Take it one step at a time.
Registration Codes: March: [113395](#), April: [113398](#), May: [113399](#)
Partial scholarships available. Contractual Leader: Patricia Murray

Mah Jongg Open Play Registration Code: [112435](#)
Tuesdays: 12:30pm-2:30pm
Join us for Mah Jongg open play. Bring your own set and mat if you have one. Table space is first come, first served.
Volunteer: Monica M.

Ukulele Registration Code: [113235](#)
Wednesdays: April 3rd-May 22nd 10:00am-11:00am
 Learn basic chords, rhythms and note reading skills needed to play new songs on the ukulele. No experience necessary and ukuleles are provided for the duration of the class. Cost: \$40 -Partial scholarships available.
Volunteer: Villa Musica Staff

Cathy Hopper Activities Continued

Elder Law—Probate Guardianships & Conservatorships Registration Code: [113391](#)
Wednesday, March 27th

Appts. 9:00am–12:00pm / Presentation: 12:30pm–1:30pm

Presentation: **Guardianships** (*judge appoints a person other than a parent to have custody of a child*) and **Conservatorships** (*judge appoints a person (conservator) to care for another adult (conservatee) who cannot care for themselves.*)

Free appointments with an attorney are offered 9:00am to 12:00pm.

Call Elder Law, at (858) 565-1392, to schedule.

Leader: Elder Law Attorney

Oil Painting Wednesdays: 11:30am–4:00pm

For class dates, and to register, visit [sdcce.edu](#), or in person, at the class.

Learn the techniques of oil painting and create your own works of art in this FREE weekly class held by Emeritus through the San Diego College of Continuing Education.

Leader: Patrick M.

Bingo Wednesdays: 1:00pm–2:30pm Registration Code: [112436](#)

Attend FREE Bingo weekly, bring your friends or meet new friends. If you are lucky you may even win a prize!

Leader: AgeWell Services Volunteers

Bridge 4th Thursdays: 10:00am–2:30pm Registration Code: [113328](#)
March 28th, April 25th, May 23rd



Have fun as you challenge your mind while working with a partner in attempt to defeat the opposing team. Bridge must be played in multiples of four. Partners are not required to attend.

Volunteer: Shirley H.

Table Games Thursdays: 11:00am–1:00pm Registration Code: [112437](#)

Come in to play table games every Thursday. Playing games is a great way to exercise the brain while having fun!

Volunteer: Orpha H.

Getting Crafty Registration Code: [113529](#)

Fridays: March 15–May 17th 10:00am–12:00pm

Join us for a FREE workshop for you and your friends to work on those crafts you have been meaning to finish in the company of friends. Supplies are not provided.

Leader: RL II, Skyler L.

Chorus (Sweet Harmony) Fridays: 9:00am–12:00pm

For class dates, and to register, visit [sdcce.edu](#), or in person, at the class.

Join the chorus and have a hand in creating beautiful music in this FREE weekly class held by Emeritus through the San Diego College of Continuing Education.

Leader: Emeritus Staff, Brandon D.

Must See Movies 3rd Fridays: 12:30pm–3:00pm Registration Code: [112438](#)

March 15th, April 19th, May 17th

Watch distinguished films that have transcended time and trends. Enjoy a snack while you watch the film. For film selection, see page 10.

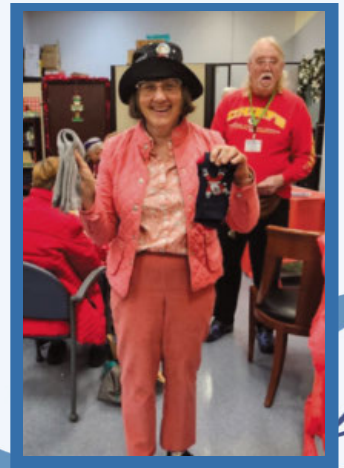
Volunteer: Bob J.

Lunch & Learn Tuesday, April 9th 12:00pm–1:00pm Registration Code: [113530](#)

Beat inflation, avoid emotional stress, and gain peace of mind be pre-planning final arrangements. Refreshments provided. Register by April 2nd.

Presenter: Brian Casey

AWS Winter Highlights



Thank You to Our Sponsors



Thank you to the San Diego Senior Community Foundation (SDSCF) for generously providing much needed funds to host Holiday Hoopla events at Cathy Hopper Friendship Center and Park de la Cruz Community Center in December. Thanks to their donation, 40 seniors were able to enjoy live music, provided by Villa Musica, made various holiday crafts participants could use as gifts, and ate delicious appetizers. Additionally, over 450 older adults enjoyed the Cookies and Cheer event at the Balboa Park Senior Lounge. Here, older adults were served a variety of hot beverages and served cookies as well as healthy snacks. Most importantly, older adults were able to interact and make new friends during these festive holiday events. Thank you, SDSCF, for making a positive experience for San Diego seniors.



Thank you, St. Paul's Pace, for treating over 160 older adult dancers to a delectable lunch at the AgeWell Services' Holiday Dance. Your generosity and support helped to make this year's event memorable and special for all those in attendance. We appreciate St Paul's Pace continued support of AgeWell Services over many years.

A big bountiful "thank you" to the County Employees Charitable Organization (CECO) for donating to Park de la Cruz's Program Garden for various tools and supplies needed for AWS and TRS garden activities. We appreciate the CECO mission in dedicating its efforts to encouraging interest in and support for the diverse health, recreation and human care needs in the local community.



More Citywide Parks & Recreation for Older Adults

The programs below are held at various City of San Diego Parks and Recreation Centers. Please call the recreation centers for more information. Programs are free unless otherwise noted.

Linda Vista Recreation Center: 7064 Levant St., 92111

Vovinam (Martial Arts) — Mondays & Wednesdays: 6:30pm-8:00pm — Drop-in Program
 (858) 573-1392 Leader: Volunteer

San Carlos Recreation Center: 6445 Lake Badin Ave., 92119

Mahjong Open Play — Thursdays: 10:00am-2:30pm — Drop-in Program
 (619) 527-3443 Leader: Recreation Center Staff

Mountain View Community Center: 641 South Boundary St., 92113

Senior Low Impact Exercise Class — Registration Code: 111446
 Saturdays: 9:00am-10:15am — March- May
 Line Dance — Drop-in Program
 Saturdays: 10:00am-12:00pm — March- May
 (619) 527-3417 Leader: Recreation Center Staff

Serra Mesa Recreation Center: 9020 Village Glen Dr., 92123

Adult Ceramics — Wednesdays: 12:30pm-4:30pm — Registration Code: 112622
 March 6th- May 29th
 (858) 573-1406 Leader: Volunteer Carl Demas

Nobel Recreation Center: 8810 Judicial Dr., 92122

American Mahjong — Thursdays: 12:30pm-3:00pm — Registration Code: 112888
 Saturdays: 12:30pm-3:00pm — Registration Code: 112889
 Adult Table Games — Mondays: 10:15am-12:45pm — Drop-in Program
 (858) 552-1626 Leader: Recreation Center Staff

Kearny Mesa Recreation Center: 3170 Armstrong St., 92111

Senior Guitar — Wednesdays: 1:00pm-2:00pm — Mar. 27-Apr. 29 / May 1- May 29
 Registration Codes: Session 1: 113088/ Session 2: 113090 — COST: \$31.00
 (858) 573-1387 Leader: Jeff Bishop

Presidio Recreation Center: 2811 Jackson St., 92110

Sr. Women's Basketball — Mondays: 12:00pm-2:00pm — Drop-in Program
 Tuesdays: 6:00pm-7:00pm
 (619) 692-4918 Leader: Recreation Center Staff

Mid-City Gym: 4302 Landis St., 92105

City Heights Steppers — Tuesdays: 6:00pm-7:45pm — March- May
 (Line Dancing) Registration Code: 113112
 (619) 516-3082 Leader: Recreation Center Staff

North Clairemont Recreation Center: 4421 Bannock Ave, 92117

Rhythmic Workout Plus — Tuesday/Thursdays: 1:30pm-3:00pm — Registration Code: 112644
 (858) 581-9926 Leader: Recreation Staff

Pacific Highlands Ranch Recreation Center: 5977 Village Center Loop Rd., 92130

Open Play Mahjong — Thursdays: 12:00pm-3:00pm — Drop-in Program
 (858) 538-8184 Leader: Recreation Center Staff

More Citywide Parks & Recreation for Older Adults Cont.

The following programs are held at various City of San Diego Parks and Recreation Centers. Call the recreation centers for more information. Programs are free unless otherwise noted.

Standley Recreation Center: 3585 Governor Dr., 92122

Senior Bridge & Pinochle ————— Fridays: 9:00am-12:00pm ————— Drop-in Program
Quilt Again Club ————— Thursdays: 4:00pm-8:00pm/Fridays: 9:00am-12:00pm — Drop-in Program
(858) 552-1652 Volunteer: Vern

Hourglass/Miramar College: 10440 Black Mountain Rd., 92126

Tai Chi ————— Saturday and Sundays: 10:00am-12:00pm
Registration Codes: 113002 (Saturday); 113003 (Sunday)
(858) 538-8153 Leader: Binh Phan

South Bay Recreation Center: 1885 Coronado Ave., 92154

Blazing Turtles Walking Group -Monday-Friday: 8:00am-10:00am -Registration Code: 113181
Ceramics ————— Wednesdays: 10:00am-12:00pm — Registration Code: 113179
(619) 424-0470 Leader: Recreation Center Staff

Stockton Recreation Center: Stockton Seniors 330 32nd St., 92102: (619) 235-1163

Stockton Café- Monday, Wednesday, & Friday: 9:00am-12:00pm —Registration Code: 113437
Monday- Walking Group / Friday- Loteria

Cooking Class: \$10 per month/\$8.00 for smoking meats class

Light Cooking- Wednesdays: March 6th-27th 10:00am-12:00pm —Registration Code: 113409
Cooking for 1 & 2—Wednesdays: April 3rd 24th 10:00am-12:00pm —Registration Code: 113410
Smoking Meats ————— Wednesday, May 15th 10:00am-12:00pm —Registration Code: 113411

Plant Programs: \$3.00 a class

Pretty Pots ————— Monday, May 20th 10:00am-12:00pm —Registration Code: 113403
Sand & Succulent Art—Monday, March 11th 10:00am-12:00pm —Registration Code: 113397
Tin Can Treasures ————— Monday, April 8th 10:00am-12:00pm —Registration Code: 113401
(619) 235-1163 Leader: Recreation Center Staff

San Ysidro Senior Building: 125 East Park Ave., 92173

Chair Exercise ————— Mondays: 12:00pm-1:00pm —Registration Code: 113118
Yoga ————— Mondays & Tuesdays: 5:00pm-6:00pm —Registration Code: 113117
Walking Group ————— Tuesdays: 12:00pm-1:00pm —Registration Code: 113119
Arts & Crafts ————— Tuesdays: 2:00pm-4:00pm —Registration Code: 113266
Zumba ————— Mondays & Tuesdays: 6:00pm-7:15pm —Registration Code: 113120
Loteria ————— Wednesdays: 3:00pm-4:00pm —Registration Code: 113122
Mental Health ————— 3rd Wednesdays: 3:00pm-4:00pm —Drop-In Program
Karaoke ————— Wednesdays & Thursdays: 4:00pm-7:00pm —Registration Code: 113121
(619) 247-4207 Leader: Recreation Center Staff

Citywide Racquet Sports- Open Play

Interested in playing Pickleball? For pickleball sites visit
www.sandiego.gov/sites/default/files/pballlocations.pdf



More Citywide Parks & Recreation for Older Adults Cont.

The following programs are held at various City of San Diego Parks and Recreation Centers. Call the recreation centers for more information. Programs are free unless otherwise noted.

Bay Terraces Community & Senior Center: 7445 Tooma St.,

(Below Programs \$10/month)

Craft Class, Tuesdays-1:00pm

March-Registration Code: 112181

April-Registration Code: 112182

May-Registration Code 112183

Cooking, Wednesdays-1:00pm

March-Registration Code: 112197

April-Registration Code: 112199

May-Registration Code 112198

Bingo, 2nd & 4th Thursdays-1:00pm

March-Registration Code: 112184

April-Registration Code: 112185

May-Registration Code 112186

Dessert Class, Fridays-1:00pm

March-Registration Code: 112101

April-Registration Code: 112188

May-Registration Code 112189

(Below Programs FREE)

Line Dance, Monday-Friday - 10:00am-2:00pm

Registration Code: 112191

Sewing Class, Mondays - 1:00pm-3:00pm

Registration Code: 112204

Gentle Yoga, Mondays 4:45pm-5:45pm

Registration Code: 112193

Golden Zumba, Wednesdays 2:30 pm-3:30pm

Registration Code: 112193

Karaoke, Fridays 3:00pm-5:00pm

Registration Code: 111632

Safari Park Field Trip- February 26th 10:00am

Registration Code: 113413 - \$20

Carlsbad Flower Fields Field Trip- May 2nd 9:00am

Registration Code: 112206 - FREE

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. More information can be found at www.cividdancearts.org or call the Dance Office at (619) 235-5255.

Citywide Aquatic Fitness & Dance Classes



Water Fitness Classes Now Available!



\$4.00 per class or \$33 for a 10 class pass

The City of San Diego Aquatics offers a variety of classes to enjoy, including lap swim, rec swim, water fitness and arthro-swim. Participants do not need to know how to swim, but should be comfortable in water. Depth of water varies by class.

All pools accessible by ramp or lift.

Call the below listed pools for more information about class schedule and cost.

ALLIED GARDENS	6707 Glenroy Street, 92120	(619) 235-1143
VISTA TERRACE	301 Athey Avenue, 92173	(619) 424-0469
MLK	6401 Skyline Drive 92114	(619) 527-3451
MEMORIAL	2902 Marcy Ave, 92113	(619) 235-1139
SWANSON	3585 Governor Drive, 92122	(858) 552-1653
TIERRASANTA	11238 Clairemont Mesa Blvd., 92124	(858) 636-4837
BUD KEARNS	2229 Morley Field Drive, 92104	(619) 692-4920
CARMEL VALLEY	3777 Townsgate Drive, 92130	(858) 552-1623
CLAIREMONT	3605 Clairemont Drive, 92117	(858) 581-9923
KEARNY MESA	3170 Armstrong Street, 92111	(858) 573-1389
NED BAUMER	10440 Black Mountain Rd., 92126	(858) 538-8083

Ranger Led Programs

Chollas Lake Wildlife Walk – Saturday, March 9th at 1:00pm

Take a hike with a Park Ranger to "meet the neighbors" at Chollas Lake Park. Note that this ranger walk is 1 mile in length on dirt surfaces with some hills and steps. Meet near the comfort station at the north end of the parking lot. Not wheelchair accessible. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov
Chollas Lake Park: 6350 College Grove Dr, 92115

Explorations with a Ranger – Mondays: March 18th, April 22nd, and May 20th at 2:00pm

Join Ranger Najja for an exploration of Chollas Lake Park. The walk will be approximately two miles in length, moderate hills, and uneven terrain should be anticipated. Leashed, friendly dogs are welcome. Not wheelchair accessible. Contact Ranger Lyon for information: nlyon@sandiego.gov
Chollas Lake Park: 6350 College Grove Dr, 92115

Wheelchair-Accessible Botanical Tour – Saturdays: March 30th, April 27th, and May 25th at 11:00am

Join a Park Ranger for an exciting journey through a lesser known botanical treasure which often features flowering plants. This easy, 1/4-mile trail is wheelchair and stroller accessible. Bring water and sun protection. Leashed, friendly dogs are welcome. Meet near the playground at Charles Lewis III Memorial Park. *Please arrive early to find street parking. Contact Ranger Herrera for more information:

gherrera@sandiego.gov

Charles Lewis III Memorial Park: 4639 Home Avenue, 92105

Wildflowers & Ethnobotany Walk – Saturday, April 13th at 1:00pm

During this Ranger-lead trek of moderate difficulty, patrons will learn about the various uses of local plants. Join us to discover more! Note that this ranger walk is 2 miles in length on dirt surfaces with some hills and steps. Meet near the comfort station at the north end of the parking lot. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov

Chollas Lake Park: 6350 College Grove Dr, 92115

Chollas Lake History Hike with a Ranger – Saturday, May 11th at 1:00pm

Join a Park Ranger to discover the rich history of the Chollas Lake area. Note that this hike of intermediate difficulty is 2 1/2 miles in length on loose dirt surfaces with some steep hills and steps. Meet near the comfort station at the north end of the parking lot. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov

Chollas Lake Park: 6350 College Grove Dr, 92115



Community Resources

Jewish Family Service “On the Go and Rides and Smiles ” Transportation Solutions for Older Adults



Jewish Family Services’ (JFS) On the Go and Rides and Smiles transportation services are available to individuals 60 years and better residing in specific zip code areas. This is a donation based service so participants pay what they can. No senior will be turned away based on their inability to donate. Transportation must be inadequate or unavailable and all riders must be mobile and mentally alert. A \$20 initial enrollment fee grants you access to all of the *On the Go* services.



For more information about transportation or to check zip code eligibility, call JFS at **(858) 637-3210**

Elder Law & Advocacy



Elder Law and Advocacy provides free legal services to qualifying individuals over the age of 60 and unpaid caregivers of seniors.

Areas they advise on regularly include Powers of Attorney and Advanced Healthcare Directives, Consumer Protection, Age Discrimination issues, Elder Abuse, Tenant and Housing, and debt issues. Elder Law & Advocacy also provides advice on Medicare and Long-Term Care Insurance, Nursing Home Rights and Elder Abuse Restraining orders.

Call (858) 565-1392 for more information or to set up a consultation.

Elder Help HomeShare

ElderHelp's Homeshare program connects those who want to share their homes with those looking for housing. Benefits include companionship, affordability, and a safe, stable living environment for all. To learn more about HomeShare and other ElderHelp Housing Services, please [click here](#) or visit www.elderhelpofsandiego.org. Have a spare room? Maybe it's the right time for you to consider HomeShare. Call (619) 284-9281 for more information.

Community Centers For Older Adults

<u>4th District Senior Center</u> 570 South 65 th St., San Diego (619) 266-2066	<u>Country Club Senior Center</u> 455 Country Club Lane, Oceanside (760) 435-5250
<u>Ed Brown Center (Rancho Bernardo)</u> 18402 W. Bernardo Dr., San Diego (858) 487-9324	<u>El Corazon Senior Center</u> 3302 Senior Center Drive, Oceanside (760) 435-5300
<u>City of Coronado John D. Spreckels Center</u> 1019 7th St., Coronado (619) 522-7343	<u>Carlsbad Senior Center</u> 799 Pine Ave., Carlsbad (442) 339-2650
<u>La Jolla Community Center</u> 6811 La Jolla Blvd., San Diego (858) 459-0831	<u>Encinitas Community & Senior Center</u> 1140 Oakcrest Park Drive, Encinitas (760) 943-2260
<u>Gary and Mary West Senior Wellness Center</u> 1525 4th Ave., San Diego (619) 235-6572	<u>La Mesa Adult Enrichment Center</u> 8450 La Mesa Blvd. (619) 667-1322
<u>Mira Mesa Senior Center</u> 8460 Mira Mesa Blvd., San Diego (858) 860-5355	<u>Norman Park Senior Center</u> 270 F St., Chula Vista (619) 409-1931
<u>Peninsula Shepherd Center</u> 1475 Catalina Blvd., San Diego (619) 223-1640	<u>San Marcos Senior Activity Center</u> 111 Richmar Ave., San Marcos (760) 744-5535
<u>Alpine Community Center</u> 1830 Alpine Blvd., Alpine (619) 445-7330	<u>Bayside Community Center</u> 2202 Comstock St., San Diego (858) 278-0771

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Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of
SAN DIEGO
Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all."

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

 *All City of San Diego parks and beaches are smoke free.* 