

AgeWell Services (AWS) The Scroll June, July, August 2024

AgeWell Services' Staff

Kristi Fenick, District Manager, CTRS

Krysta Donaldson, Aging Rec. Specialist, CTRS

Rafael Padilla, Aging Rec. Specialist

Martha Plazola, Aging Rec. Specialist

Lauren Turner, Aging Rec. Specialist

Morgan Furr, Recreation Leader II

Tyler Harris, Recreation Leader II

Skyler Lemire, Recreation Leader II

Mark Leo, Recreation Leader II

April Jackson, Recreation Leader I

Mariarosa Cenicerros, Recreation Aide

Mai Kawaguchi, Recreation Aide

Loretta Roiz, Recreation Aide



Scan here for online
website

AgeWell Services will be closed June 19th and July 4th 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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Farewell Caitlin, Krysta & Marla!

Although AWS is excited about the addition of our newest Aging Recreation Specialists, Martha Plazola and Lauren Turner, we will miss Caitlin Weston, Krysta Donaldson and Marla Davis. Caitlin is working as a Recreation Supervisor II for the City of Chula and Krysta is looking forward to gaining clinical



experience as a Certified Therapeutic Recreation Specialist (CTRS) at Sharp Healthcare and the VA Medical Center La Jolla. Marla started her well-deserved retirement in April, with over 22 years of City of San Diego Parks and Recreation service, in addition to being the Executive Director of San Diego Adaptive Sports Foundation for three years and working as a CTRS at Sharp Healthcare, San Diego Rehab, and Navy Medical Center San Diego, as well as an Adaptive Sports Consultant at the University of Santa Barbara. Marla said, "I loved worked every job and enjoyed all the people I have met and worked with". We thank Caitlin, Krysta and Marla for all of their contributions to AWS and wish them the best.

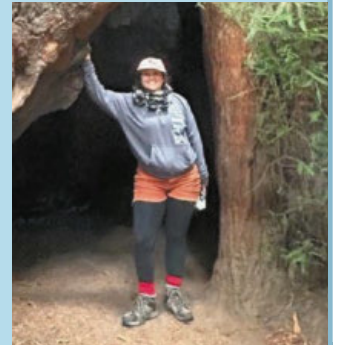
Memorial Senior Center Coming Soon!

As part of the Age Friendly San Diego Action Plan, adopted by City Council in December 2021, the Parks and Recreation Department is expanding program and supportive services opportunities for older adults. Although there were some construction delays to the Memorial Senior Center (MSC) in Barrio Logan (610 S. 30th St., 92113), we are looking forward to the doors opening in late summer/early fall. Updates to MSC will be posted on the AgeWell Services site at:

sandiego.gov/agewell

Welcome to AgeWell Services!

Lauren Turner– Lauren is excited to be back at Parks and Recreation AgeWell Services after working with the Therapeutic Recreation Services team from 2016–2021. Graduating with a bachelor’s degree in Human Development, Lauren has spent the last 14 years working and collaborating with counties to develop and expand community programs in housing, education, community services, behavioral health, and harm reduction. Lauren is looking forward to working with AWS to increase programming, develop outreach, and continue contributing positively to the lives of older adults.



Martha Plazola –

Martha has a bachelor’s degree in graphic design. She was a publisher for a bilingual magazine about health care and community safety, and developed her passion for providing professional health literacy to address health disparities and enhance societal health. Prior to joining the AWS team, Martha was marketing chair for the San Diego Caregiver Coalition for five years, active member for the Age Well Planning Committee, and contractor for several County of SD Health and Human Services agencies. Over the years, she developed foundational skills and experience that she plans to utilize in her role with AWS.



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.

Summer registration starts May 11th 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

Velda Ballard

Velda has been volunteering at AgeWell Services for over a year and she has been wonderful. She is currently serving as a host at Balboa Park Senior Lounge and recently chaperoned one of AgeWell Services quarterly bus trips to Warner Brothers Studio in Burbank, CA. When she is not volunteering she is enjoying family time with her 4 kids, walking her little Tea-cup Yorkie (Hunter), and socializing at Cathy Hopper Friendship Center. Her interests include puzzles, table games, and bingo. Velda also makes an awesome cheesecake! Velda has made a fantastic impact on our community with her bright energy and smile!



Joni Wilson & Rosemarie Ballard

A big thank you to Joni Wilson & Rosemarie Ballard for an amazing AWS Talent Show 2024! The event was held at the historic War Memorial Building with over 150 participants and performers. From the talent line up to the stage, costumes and audio, a big shout out to the powerhouse duo who brought the 5-star commentary and loads of laughter to the event leaving patrons excited for next year. Joni is a 4-time best selling author and world voice expert and Rosemarie is a clown therapist at SHARP Hospital and has performed all across the USA. Thank you, Rosemarie and Joni for all your contributions to the AWS Talent Show to make it the best show of the year!



Volunteer Updates

Welcome new volunteers!

Welcome Kenny C. and Sue H.! 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: David S. (6/3), Shirley H. (6/4), Michael T. (7/10), Lee W. (7/31), Helen L. (7/31), Melanie G.. (8/2), Angie W. (8/5), GurKamal K. (8/9), and Carmen S. (8/10).



Volunteers Needed

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

Balboa Park Senior Lounge - Host the Senior Lounge, meet new friends and serve coffee from 9:30am-2:30pm. 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.

Memorial Senior Center- Host the café and provide program assistance. 610 S. 30th St.

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



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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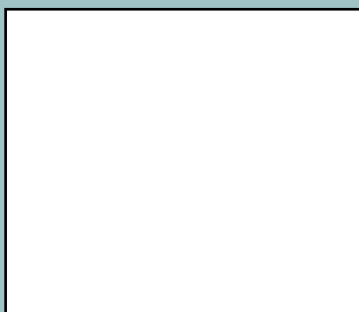
Martha Camarena
Kaiser Permanente
Medicare specialist

To learn more about Kaiser Permanente
Medicare health plans, call me at
1-619-876-3575 (TTY 711 for the
deaf or hard of hearing) or visit my
website at mykpagent.org/marthac.

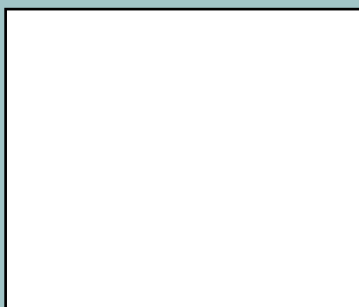
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DSAC-City of San Diego Age Well Services, San Diego, CA

A 4C 05-1308

AgeWell Services **SUMMER CAMP**



WHY SHOULD KIDS HAVE ALL THE FUN?!

JULY 16, 17, & 18
TUES, WED, THURS
10:00AM- 2:30PM

3 DAYS- TUES, WED, THURS.

COST: \$45 REGISTRATION CODE: 115233
PARTIAL SCHOLARSHIPS AVAILABLE
TO THOSE WHO QUALIFY

FOR MORE INFORMATION CALL (619) 525-8247
OR EMAIL MFURR@SANDIEGO.GOV.

JULY 16: A DAY OF ART

We will take a stroll through the Museum of Modern Art, have lunch, then create art of our own during a guided sip and paint.

Single Day Price- \$25 Code: 115234

JULY 17: A DAY OF PLAY

We will spend our day in Morley Field! You can take a class or enjoy a walk. Then we will enjoy a picnic and play our favorite picnic games!

Single Day Price- \$15 Code: 115235

JULY 18: A DAY IN THE GARDEN

We will spend our day in the Park de la Cruz garden, creating plant crafts, harvesting produce, and creating delicious and healthy snacks to enjoy.

Single Day Pricing- \$15 Code: 115236

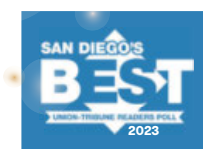
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StPaulsSeniors.org

LIC# 370800558



AgeWell Services Photography Contest & Exhibit



One entry per person will be accepted at the following locations from **August 5th– August 21st:**



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

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

Cathy Hopper Friendship Center 1650 El Prado (Room 105), 92101 **Tues.–Thurs. 10:00am– 3:00pm**

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



San Ysidro Teen Center: 101 W San Ysidro Blvd. 9217 **Mon.– Fri. 11:00am– 6:00pm**



Photographs will be on display at Park de la Cruz, August 24th– September 21st



Categories



Candid– Photos that were not planned; Subject isn't staged or positioned.

Nature– Examples: flowers, greenery, trees, clouds, lightning.

Landscape– Examples: mountain ranges, city skyline, ocean views, bridges.

Animals– Non-human subjects (pets, livestock, insects, etc.).

Portrait– Prominently featuring a persons face, head, and shoulders.

Motion– Photos that evoke a sense of motion/action in its composition.

Artistic– Photos that showcase design as the feature element. Can feature

line work, color theory, or other elements.



Call (619) 525-8247 or email RafaelP@sanidiego.gov for contest rules.

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Park de la Cruz Activities

All codes are directly linked to SDRecConnect.com. 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

Register at front desk

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 (June-August).** Please bring your own towel and water. Fitness center is open during community center hours. (See page 3).

AWS and TRS Staff

PDLC Computer Lab

Monday thru Saturday

Register at front desk

Hours Vary Depending on Daily Programs

The Park de la Cruz Computer Lab is now open! Reserve your one hour time slot at one of our desktop computers at the front desk. No printing available.

PDLC Café

Monday thru Friday: 9:30am-12:00pm

Drop-in Program



Enjoy a complimentary cup of coffee or hot tea, read the daily newspaper, work on a puzzle, or participate in one of our fun activities happening at the community center. Patrons can enjoy their beverages in the dining room or the outdoor patio.

Leader: AWS Staff

American Mahjong

Mondays: 10:00am-1:00pm

Registration Code: 114796

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

Volunteer: David Stear

SD Access 4 All - Technology Class

Registration Code: 114797

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

Join us for a free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF conducts lessons twice weekly and hosts Q&A's for all other technology inquiries.

Leader: SDFF Staff

Ignite Roots- AWS Garden Club

Registration Code: 115263

Mondays- 9:30am-11:30pm - June 3 & 17 / July 8 & 22 / August 5 & 19
Saturdays- 10:30am-12:30pm - June 15 & 29 / July 6 & 20 / August 17 & 31



Create different garden projects, beautify the garden, listen to professional gardeners, and explore different community and botanical gardens around the city (on select Mondays). Learn tips and tricks that you can take home to your own garden! Transportation will not be provided to gardens.

Cost- \$5 for full session.

Leader: RLII, Tyler Harris & Volunteer, Kurt

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

Park de la Cruz Activities Continued

Texas Hold ‘Em **Tuesdays: 9:30am-11:30am** Registration Code: 115264
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.**

Meet the Masters Art Class **Tuesdays: 1:00pm-3:00pm** Registration Code: 114798
June 18th – August 13th (NO Class July 16th)
 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 Frida Kahlo, Ding Yi, and Rene Magritte. **Partial scholarships available to those who demonstrate a need.**
Cost: \$20 **Leader: RLII, Skyler L.**

Pickleball **Tuesdays: Open Play 12:30pm-2:30pm** Drop-In Program
Thursdays: Open Play 10:00am-12:00pm
 Come play pickleball. Get your workout on and make some friends along the way. All ranges of skills welcome! **Leader: TRS Staff**

San Diego Deaf Senior Citizens Drop-In Program
Wednesdays: 10:00am-3:00pm
 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-3:30pm** Registration Code: 114799
 Join for some FREE rounds of Bingo! Spend your afternoon at PDLC playing bingo and meeting new friends and if you are lucky, you may win a prize!
Leader: AWS Staff

Lets Get Cookin’ **Thursdays: 1:30pm-3:30pm**
Worldly Cuisines: June 6th – June 27th Registration Code: 114801
 Travel through the world of flavor! Learn different recipes inspired by flavors from all over the world.

Summer Salads: August 8th- 29th Registration Code: 114802
 Beat the heat the healthy way- with veggies! Learn how to make refreshing summer salads and homemade dressings.
Each 4-week session costs \$25. Partial scholarships available. **Leader: RLII, Tyler H.**

Castle/Cherokee Neighborhood Community Meeting Drop-in Program
3rd Thursdays: 6:00pm-7:00pm
June 20th, July 18th, August 15th
 Bring your concerns and ideas so that together, we can address the quality of life in City Heights and work together to make our neighborhood a safer place. 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: 10:30am-11:30am** **Registration Code: 114803**
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. **Volunteer: Annette K.**

Must-See-Movies **2nd Fridays: 12:30pm-3:00pm** **Registration Code: 114804**
June 14th: My Favorite-1982 Peter O'Toole, Mark Linn-Baker
In 1954, during television's early days, Benjy Stone recalls the week when he met his idol, film star, Alan Swann; Known for starring in swashbuckling films in the 30's & 40's.

July 12th: In the Heat of the Night- 1967 Sidney Poitier, Rod Steiger
An African-American police detective from Philadelphia becomes embroiled in a murder investigation in Mississippi.



August 9th: Twelve Angry Men- 1957 Henry Fonda
Following a murder trial, 12 jurors must decide the fate of an accused inner-city teen. **Volunteer: Bob J.**

Ukulele **Fridays: 11:00am-12:00pm** **Registration Code: 114805**
 July 5th—August 23rd



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: \$41.50 / Partial scholarships available.
Leader: Encore! Villa Música Staff

Travel Club **3rd Fridays: 10:30am-12:00pm** **Registration Code: 114806**
 June 21st, July 19th, and August 16th

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: 10:00am- 11:00am- 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: 10:00am- 11:00am- Drop-In Program
Thursday walks will be guided walks starting at the PDLC Community Center and walking different paths around the neighboring area.

Saturdays: (8 weeks) 8:00am-9:00am- Registration Code: 114807
June 22nd - August 17th - 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

AARP – Home Fit

Registration Code: 114809

Wednesday, June 12th 1:00pm–2:00pm

The Home Fit program provides practical tips for assessing your current home and identifying what may need to be modified in order to remain safe and stay independent. Participants are led through the process of thinking about each area of their current home in terms of whether it will meet their needs as they age. Learn more about how to make your home more accessible, products available to make these changes and tips for identifying skilled contractors.

Leader: AARP Staff

4 Ways to Make a Grilled Cheese

Registration Code: 115265

Tuesday, June 25th 1:30pm–3:30pm

Join us to get crafty with America's favorite sandwich, the grilled cheese. We are going to be combining sweet and savory flavors to create the most delicious grilled cheese sandwiches.

Cost: \$8

Leader: Rec Leader II, Tyler H.

What Home Owners Should Know

Registration Code: 115266

Wednesday, July 24th 1:00pm–2:30pm

Join this presentation to learn about how to save money on property taxes, prevent fraud, access benefits for homeowners, and understand how some of the recently passed propositions can affect you. This useful information will be brought to you by a trusted source, The San Diego County Assessor/ Recorder/ County Clerk Jordan Z. Marks.

Leader: SD County Assessor / Recorder / County Clerk

Take a Trip on MTS–Old Town

Registration Code: 114808

Info Session– Friday, August 2nd 1:00pm– 2:00pm

Trip– August 9th 10:00am– 2:30pm

Unsure about taking public transit? Lets do it as a group! Join us for a guided trip from Park de la Cruz to Old Town State Historic Park and back via public transit. Stop in a week before the trip for an information session to go over transit fares, the Pronto app, and much more!

Leader: Rec Leader II, Morgan F.

Elder Law– Lifetime & Estate Planning

Registration Code: 114810

Wednesday, August 14th 1:00pm–2:00pm

A presentation from an Elder Law & Advocacy attorney about lifetime and estate planning will be offered and will include general information on powers of attorney, advanced healthcare directives, and wills and trusts.

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

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 3 for registration. The Balboa Park Club Ballroom is located at 2150 Pan American Rd West. The Balboa Park Lounge (BPL) is located in the Casa Del Prado (Room 105) at 1650 El Prado. Balboa Park Senior Lounge phone number: (619) 235-1191

Piano Notes (BPC) **Balboa Park Club Ballroom** Registration Code: 114815
Tuesdays: June 25th & August 27th **10:00am-11:45am**
 Enjoy playing or listening to the piano in the historic Balboa Park Ballroom. Volunteer: Lee W.

Balboa Park Lounge (BPL) **Tuesdays - Saturdays: 10:00am-2:00pm** Drop-In
 Enjoy complimentary coffee or tea & socialize with peers. **Leaders: AWS Staff & Volunteers**

Yoga (Casa Del Prado Room #101) **Tuesdays: 12:30pm-1:30pm** Registration Code: 114818
 A free class on balance & strength; bring your own mat or borrow one.
No Class: June 25th & August 27th Leader: AWS Staff, Irma L.

Knitting Group (BPL) **Wednesdays: 10:30am-12:00pm** Registration Code: 114819
 Friendly knitting group welcome to all skill levels. Supplies available. **Volunteer: Effie K.**

Otherwise Improvise (BPL) Registration Code: 114811
1st & 3rd Wednesdays: 2:30pm-5:00pm
 Join us for improvisational workshops & the secret of being in the moment.
Persons 18 & older are welcome to attend. **Volunteer: Christopher R.**

Lunch & Learn (BPL) **Thursday, July 18th 12:30pm-1:30pm** Registration Code: 114820
 Join us in learning more about the PACE Program. Free services to support health care, transportation & navigating the medical system. Refreshments provided.
Register by July 11th. Presenter: Family Health Centers of San Diego

Elder Law (BPL) **Thursday, August 1st 12:30pm-1:30pm** Registration Code: 114814
 This presentation will cover lifetime planning documents. If you would like to speak with an attorney, **free appointments are available from 1:30pm-3:00pm, and**
MUST BE SCHEDULED AHEAD OF TIME BY CALLING (858) 565-1392.

Lunch & Learn (BPL) **Thursday, August 22nd 12:30pm-1:30pm** Registration Code: 114820
 Join us in learning more about St. Paul's health & wellness programs, and the difference between Medi-Cal and Medicare. Refreshments provided.
Register by August 15th. Presenter: St. Paul's PACE

Poetry Party **Balboa Park, Santa Fe Room** Registration Code: 114813
First Fridays: 3:00pm-5:00pm / June 7th, July 5th, August 2nd
 Read your favorite poetry, listen, or make the scene. **Persons 18 and older are welcome to attend.** **Volunteer: Christopher R.**

Poetic Legacy (BPL) **Last Fridays: 3:00pm-5:00pm** Registration Code: 114812
June 28th **July 26th** **August 30th**
 Read & discuss contemporary & historic poets. Participants are then encouraged to write their own poems. **Persons 18 & older are welcome to attend.** **Volunteer: Christopher R.**

Bingo (BPL) **Saturdays: 10:30am-12:00pm** Registration Code: 114821
 Join us and if you are lucky you may win a prize. **Leaders: AWS Staff & Volunteers**

Dances

AgeWell Dances! The following dances are held on the 2nd and 4th Thursdays of the month at the Balboa Park Club Ballroom (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, refreshments (pre-packed snacks), and prizes. For more information, call (619) 525-8247 or email Slemire@sandiego.gov.



For the Birds

Thursday, June 13th - 12:30-2:30pm
Lessons @ 11:30am - Country 2 Step & Night Club 2 Step
Come celebrate our feathered friends and dance to music by "Blue Zone".

Summer in Paris

Thursday, June 27nd - 12:30-2:30pm
Lessons @ 11:30am - Country 2 Step & Night Club 2 Step
Bonjour! Join us at this dance and enjoy "Janet Hammer's Rhythm Express".

Stars & Stripes

Thursday, July 11th - 12:30-2:30pm
Lessons @ 11:30am - East Coast Swing & Salsa
Put on your patriotic gear and enjoy music performed by "Sophisticats".

Disney Dance

Thursday, July 25th - 12:30-2:30pm
Lessons @ 11:30am - East Coast Swing & Salsa
Wear your Disney gear while enjoying music provided by "Blue Zone".

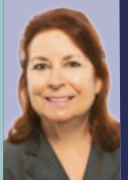


Surfin' Safari

Thursday, August 8th - 12:30-2:30pm
Lessons @ 11:30am - Hustle & Viennese Waltz
Hey dudes and dudettes, join us and boogie to the sounds of "Sophisticats".

Sail Away

Thursday, August 22th - 12:30-2:30pm
Lessons @ 11:30am - Hustle & Viennese Waltz
Set sail with us at this nautical themed dance. Enjoy music by "Janet Hammer's Rhythm Express".



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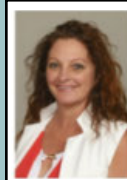
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DSAC-City of San Diego Age Well Services, San Diego, CA

D 4C 05-1308

Park de la Cruz Garden Programs

Green Thumb Club **CODE: 115054**

Select Thursdays 9:30am- 10:30am
June 6, 20 / July 18 / August 1, 15, 29
Get involved and help sustain our garden through maintaining the garden beds and harvesting some produce. This activity is for ages 3 years and older.

Cost - \$5 for full session.

Tabletop Herb Gardening **CODE:115243**

Wednesday, June 26th -5:30pm-6:30pm

This will be an immersive workshop where you'll learn how to create your very own tabletop herb garden. Guided by experienced UC Master Gardener, Sommer Cartier.

Cost—\$5 for full session.

Ignite Roots **CODE:115263**

Select Mondays & Saturdays

See Page 8 for program information. **Cost - \$5**

Monarch Butterfly Garden **CODE: 115272**

Thursday, July 18 - 1:00 pm- 2:30 pm

Learn about the fascinating monarch butterfly, its life cycle and how to create and maintain a monarch butterfly garden. Master Gardener Judith Wolinsky, the presenter has written a Monarch Butterfly Guide that she will use in the presentation. Each participant will receive a copy of the Guide. and a milkweed, the only monarch food. **Cost - Free**

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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.

Catalina Island

Registration Code: 113480

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 at approximately 9pm.



Activity level: Moderate

Explore Julian

Registration Code: 115197

Tuesday, October 15th—\$65.00

Join us for a day trip, exploring beautiful Julian, CA. Fill your day with art, antiques, specialty shopping, dining and entertainment. AgeWell Services will offer a Julian Historical Walking Tour map that will guide you at your own pace through this Southern California mountain town, where you can explore rich history and its transition from mining town to apple pie paradise! Bus returns at approximately 6pm.



Activity level: Moderate

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.


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 -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


Meet the Masters Art Class **Registration Code: [114826](#)**
Mondays, June 10th-July 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 Frida Kahlo, Ding Yi, and Rene Magritte. **Cost: \$20- Partial scholarships available.** **Leader: RLII, Skyler L.**

Creative Writing **Registration Code: [114827](#)**
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.**

Walking Program **Registration Code: [114829](#)**
Tuesdays, July 16th-August 27th 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: June: [114830](#), July: [114831](#), August: [114832](#)**
Partial scholarships available. Contractual Leader: Patricia Murray

Mah Jongg Open Play **Registration Code: [114833](#)**
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: [114828](#)**
Wednesdays, July 3rd-August 21st: 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**

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: Emeritus Staff

Bingo **Wednesdays, 1:00pm-2:30pm** **Registration Code: [114834](#)**
 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

Cathy Hopper Activities Continued

Elder Law—Probate Guardianships & Conservatorships Registration Code: 114814
Thursday, August 8th
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

Bridge 4th Thursdays, 10:00am–2:30pm Registration Code: 114835
June 27th, July 25th, August 22nd
 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.

AARP– Caregiving Registration Code: 114840
Thursday, August 15th 1:00pm–2:00pm
Caring for a family member or close friend is one of the most important roles you'll play. Prepare to Care is a free and engaging workshop for family caregivers. You'll have the opportunity to connect with other family caregivers, exchange tips and advice, and learn about resources available for you and your loved ones. Leader: AARP Staff

Yoga Thursdays: 9:00am– 10:00am Registration Code: 115039
Bring your own mat or borrow one. Leader: Recreation Aide, Irma L.

Table Games Thursdays, 11:00am–1:00pm Registration Code: 114836
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: 114837
Fridays, June –August 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: 114838
June 21st, July 19th, August 16th
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.

Thank You to Our Sponsors



Thank you to the San Diego Senior Community Foundation (SDSCF) who made it possible for over 100 older adults to enjoy a wonderful afternoon at the San Diego Safari Park in February. Pick up locations were at Bay Terrace Community Center, San Ysidro Center, Park de la Cruz Community Center, and the Cathy Hopper Friendship Center. Many of the participants hadn't visited the Safari Park since they were young and were very appreciative for the opportunity to spend the afternoon enjoying the company of others. This trip wouldn't have been possible without the generosity of SDSCF.

We would like to extend our gratitude to Home Depot (525 Saturn Blvd.) for their donation of three \$50 gift certificates. The donation has been used to cover supplies for the Plant Your Resolutions program, as well as purchasing tools to continue beautifying the Park de la Cruz Garden. Thank you!



A very big "Thank You!" to the Starbucks on University and 32nd for their donation of coffee, cups, sugars, and creamer. Thanks to this donation, we were able to serve coffee to over 100 people that attended the AgeWell Services Talent Show. Thank you!

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)



AWS Spring Highlights



A few of our many volunteers who attended the annual volunteer appreciation celebration. Thank you for all that you do for AgeWell Services!



Having a blast with friends on the quarterly AgeWell Services Trip! For more info on trips, see pg. 15.



The Bay to Park Paseo was an art filled walk. The group took Park Blvd. all the way from the bay to Balboa Park. It was a perfect day for a stroll!



The lovely ladies from the *ERRRVERYBODi* Line Dancers put on a show to remember dancing to Rollin' by Tina Turner.



Unleashing their wild side at the Safari Park! February has free admissions for those 60+!

Bay Terraces, San Ysidro, & Stockton Recreation Centers

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., 92139 - (619) 527-7632

(Below Programs \$10/month)

Craft Class, Tuesdays-2:00pm

June-Registration Code: 114638
July-Registration Code: 114637
August-Registration Code 114639

Cooking, Wednesdays-2:00pm

June-Registration Code: 114647
July-Registration Code: 114646
August-Registration Code 114648

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

June-Registration Code: 114642
July-Registration Code: 114641
August-Registration Code 114643

Dessert Class, Fridays-2:00pm

June-Registration Code: 114649
July-Registration Code: 114650
August-Registration Code 114651

(Below Programs FREE)

Line Dance, Monday-Friday - 10:00am-12:00pm

Registration Code: 114653

Senior Hula, Mondays 2:00pm-3:00pm

Registration Code: 114817

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

Registration Code: 114658

Golden Zumba, Wednesdays 3:00 pm-4:00pm

Registration Code: 114652

Adult Self Defense - Fridays 4:30pm- 6:00pm

Registration Code: 114816 - \$25 / Season

Serving Seniors- Now at Bay Terraces!

Monday- Friday 12:30pm- 1:30pm
FREE lunch for those 60+ - Registration Required.

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

Chair Exercise ————— Mondays: 12:00pm-1:00pm ————— Registration Code: 114962
Yoga ————— Mondays & Tuesdays: 5:00pm-6:00pm ————— Registration Code: 114959
Zumba ————— Mondays & Tuesdays: 6:00pm-7:15pm ————— Registration Code: 114960
Walking Group ————— Tuesdays: 12:00pm-1:00pm ————— Registration Code: 114961
Loteria ————— Wednesdays: 3:00pm-4:00pm ————— Registration Code: 114958
Karaoke ————— Wednesdays & Thursdays: 4:00pm-7:30pm ————— Registration Code: 114957
(619) 247-4207 Leader: Recreation Center Staff

Stockton Recreation Center: 330 32nd St., 92102

Nuestro Café ————— Monday, Wednesday, Friday ————— Registration Code: 115295
9:00am- 12:00pm

Attend the Nuestro Café and enjoy a cup of coffee, socialize with friends, or join in on one of the below daily activities.

Mondays: Loteria 10:30am- 11:30am

Wednesdays: Workshops/Classes- 11:00am- 12:00pm

Fridays: Fitness Classes (Yoga & Walking)- 10:30am- 11:30am



(619) 235-1163

Leader: Recreation Center Staff

Citywide Programs

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.

Visit SanDiego.gov/AgeWell, email theScroll@saniego.gov, or call (619) 525-8247 for a list of over 15 City of San Diego Recreation Centers that provide programs for older adults.

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**. Summer classes will be visible online May 10 with registration opening Saturday, June 22 at 10am and dance classes beginning the week of June 24. 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 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
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
NED BAUMER	10440 Black Mountain Rd., 92126	(858) 538-8083

Ranger Led Programs

Chollas Lake History Hike with a Ranger – Saturday, June 15th 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

Explorations with a Ranger – Mondays: June 24th, July 22nd, and August 26th 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

Chollas Lake Wildlife Walk – Saturday, July 13th at 11:00am

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

Wheelchair-Accessible Botanical Tour – Saturdays: June 29th, July 27th, and August 31st 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

Kumeyaay Ethnobotany Walk – Saturday, August 10th 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



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) 409-1930
<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
	<u>Paradise Senior Center (Mondays only)</u> 1880 Logan Ave., San Diego (619) 235-1148

AgeWell Services
Parks & Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

Return Service Requested

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If so, please email thescroll@sandiego.gov Subject: Paperless Scroll. 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.

