

# AgeWell Services (AWS)

# The Scroll

December, January, February 2023-24

## AgeWell Services' Staff

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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 December 25th, January 1st & 15th, and February 19th  
in observance of City Holidays.

To join our mailing list, or for more information, please call (619) 525-8247  
or email [thescroll@sandiego.gov](mailto: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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## Park de la Cruz Garden Grand Opening

Over 200 people celebrated the opening of Park de la Cruz's Garden on September 16th. We would like to extend a big "Thank You" to the **San Diego Seniors Community Foundation** for their donation which helped make the event great.

The garden is thriving thanks to numerous donations and volunteer support. We hope you can enjoy the tranquil garden and enjoy a cup of coffee or tea during the PDLC Café (page 8), or join the Zen Garden Club (page 9), or participate in one of our seasonal crafts (page 11). It is truly a sight to see. We hope to see you there!



## AgeWell Services Craft Sale

**December 16th & 17th - 9:00am-3:00pm**  
**Casa del Prado (Patios A & B, and Room 101)**  
**1650 El Prado, 92101**

 **Free to Public**

 **Holiday Shopping**

 **Family Friendly Event**

**Join us in Balboa Park with our fantastic crafters. So many options to choose from! From jewelry to handmade trinkets, something will surely catch your eye!**

**Call (619) 453-3850 or email [CWeston@sandiego.gov](mailto:CWeston@sandiego.gov) for more information.**

## Cookies and Cheer at Balboa Park Senior Lounge

Cookies & Cheer at the Balboa Park Senior Lounge! Join us for a cup of good cheer and a cookie at the quaint and festively decorated Balboa Park Senior Lounge, Tuesdays through Saturdays from December 12th thru the 30th.

Relax, enjoy and socialize amongst peers. The Senior Lounge is open Tuesday-Friday, 9:00am-12:00pm, and Saturdays 9:00am-11:00am.



# 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](http://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.

**Winter registration starts November 18th 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](http://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

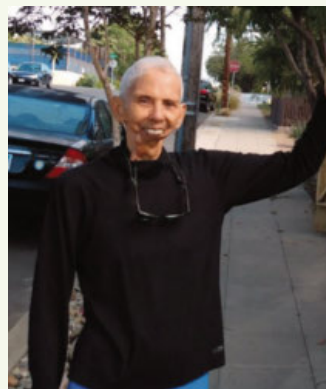
## William Dentham & Brenda Howard

William and Brenda volunteer by leading the Travel Club meetings which are held once a month at Park de la Cruz (pg. 10). Here they cover different tips for traveling, whether it is local or international. While they have been leading the meetings for one year, William and Brenda have been attending the meetings as participants since 2015! They are still traveling and their favorite destination, they have visited thus far, has been Egypt! Thank you both for sharing your love of travel with others. We appreciate all of the work you both put in to make this program great!



## Adrienne Israel

Adrienne started as a participant before becoming a volunteer with AWS. She still enjoys attending programs, especially Poetic Legacy and socializing at the Balboa Park Senior Lounge. She currently volunteers twice a week at bingo, and has assisted in the PDLC garden. She feels that she has mastered the game of cornhole and is always looking for a good challenger! Adrienne has aspirations to walk in her 4<sup>th</sup> - 26.2 mile marathon in Chicago. She loves reading and enjoys presentations on art and history. Adrienne is an 8 year cancer survivor. Thank you Adrienne!



## Volunteer Updates

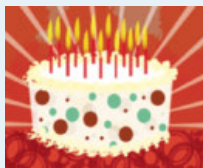
### Welcome new volunteers!

Welcome to Diana G. and Charles A.! 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: Joan M.

(12/8); Ray J. (12/19); Robert C. (12/22); David F. (12/23); Connie J. (12/28); Adrienne I. (12/29); Brenda H. (1/4); Mary, T. (1/10); Nona L. (1/15); Velda B. (1/18); Effie K. (2/17)



## Volunteers Needed

Do you have some extra time? Would like to give back to others? We need volunteers to assist with the following activities:

**Balboa Park Senior Lounge** - Host the Senior Lounge, meet new friends and serve coffee. Shifts from 8:00am-12:00pm. (see page 12)

**Serving Seniors Lunch** - Assist with set up/ take down & serving coffee and lunch. (see page 5) Shifts from 11:00am -2:00pm.

**Bingo at the Senior Lounge** - Assist with set up/take down and calling numbers. Saturday shift 10:00am-1:00pm. (see page 12)

**Cathy Hopper Friendship Center**- Host the café and provide program assistance. (see pages 16-17) Shifts from 9:00am-12:30pm & 12:30pm to 4:00pm

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

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, contributions are accepted. A \$4.00 fee is requested 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](mailto:mleo@sandiego.gov) or call (619) 453-3850 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](http://mykpagent.org/marthac).

Kaiser Foundation Health Plan, Inc.  
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DSAC-City of San Diego Age Well Services, San Diego, CA

A 4C 05-1308





Join us for some...

# Holiday Hoopla!

There will be  
crafts & carolers, along  
with cider, hot cocoa, and yummy snacks.  
You are welcome to join us at one or both  
locations. Cost is \$5 for each event.

**Cathy Hopper Friendship Center**  
4425 Bannock Ave., 92117  
Thursday, December 7th  
12:00pm– 1:30pm  
Registration Code: **110890**

**Park de la Cruz Community Center**  
5901 Landis St., 92105  
Sunday, December 10th  
12:00pm– 1:30pm  
Registration Code: **110990**

Please register online at  
[SDRecConnect.com](http://SDRecConnect.com) or in  
person at Park de la Cruz.  
Please call (619) 525-8247  
with any questions.



## Aging is Beautiful

**HELPING SENIORS LIVE THEIR BEST LIVES.**

### AWARD WINNING COMMUNITIES AND PROGRAMS INCLUDE:

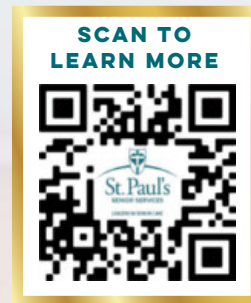
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# AgeWell Services 48th Annual Talent Show

## **Auditions:**

02/07/2024

10:30am-1:00pm  
War Memorial Building  
3325 Zoo Dr., 92101

Call (619) 525-8247 or register  
online with code: **110991**  
(Register by Feb. 1st)

## **Tickets:**

Go on Sale 02/07/2024—\$7

After 03/20/2024—\$10

Code: **110992**

To purchase tickets for the Talent  
Show or sign up for auditions, go on  
**SDRecConnect.com**  
or call (619) 525-8247.

Group discounts available for 10 or  
more. Limited seating- Purchase  
tickets early.

## **The Show:**

03/28/2024

10:00am-12:30pm  
War Memorial Building  
3325 Zoo Dr., 92101

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

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# Park de la Cruz Activities

All codes are directly linked to [SDRecConnect.com](http://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

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

## 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: [110974](#)

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: [110973](#)

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

Join us for a free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF conducts weekly trainings, hosts Q & A, and distributes information about how to purchase low-cost devices to individuals (ages 18 and over) who qualify.

Leaders: SD Futures Foundation Staff

## Bingo

Mondays: 9:30am-11:00am

Registration Code: [110975](#)

Spend your morning at the PDLC Café while playing bingo and meeting new friends. If you are lucky, you may win a prize!

Leader: AWS Staff

## Card and Table Games

Mondays: 1:30pm-3:30pm

Registration Code: [110976](#)

Come on in to Park De La Cruz to play card or table games like Rummy, Dominoes, Mexican Train or Canasta every Monday!

Volunteer: Joan S.

## 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: [110978](#)

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: [110977](#)

January 9th - February 27th

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 Vincent Van Gogh, Gustav Klimt, and Olafur Eliasson. **Partial scholarships available to those who demonstrate a need.**

**Cost: \$20**

Leader: RLII Skyler L.



# Park de la Cruz Activities Continued

**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**

**Zen Garden Meditation**                      Registration Code: 111006  
**Select Tuesdays - Dec. 12th, Jan. 9th, & Feb. 20th 10:30am-11:30am**  
Come spend some time and unwind with us. This free program will consist 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 Staff**

**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. Weekly health topics will be covered. Free! **For class dates, or to register, visit [sdcce.edu](http://sdcce.edu), or in person, at the class.**                      **SDCC Emeritus, Cassandra W.**

**Health Education for Older Adults- Stay Active & Strong**                      Drop-In Program  
**Thursdays: October 19th, 2023 - January 26th, 2024, 10:30am-12:00pm**  
Join us for a fun and well-balanced exercise class done primarily standing. Low-impact activities increase your heart health, muscular endurance, and balance. We will be using handheld weights, resistance bands, and balls to promote strength, flexibility, and healthy bones. Health topics discussion throughout each class.  
**Contact instructor Kathleen McIntyre for more information [kmcintyre@sdccd.edu](mailto:kmcintyre@sdccd.edu)**

**Lets Get Cookin'**                      **Thursdays: 1:30pm- 3:30pm**                      Registration Code: 110979  
**Soups: January 4th - 25th**  
Warm up this winter with some delicious soup recipes!  
**Pasta from Scratch: February 8th - 29th**                      Registration Code: 110980  
Join us as we make different pasta noodles and sauces from scratch!  
**Each 4-week session costs \$25. Partial scholarships available.**                      **Leader: RLII, Tyler H.**

**CVA/TBI Group**                      **Last Friday (No meeting in Dec.) 11:00am- 1:30pm**  
Programs are for individuals recovering from brain attacks (stroke, brain injury, or illness).

**Bowling @ Parkway Bowl: January 26th**                      **Cost: \$7**                      Registration Code: 111220  
Cost includes shoe rental & 2 games of bowling. Bring a lunch or money to purchase food. Must register by January 19th.

**San Diego Mission Tour: February 23rd**                      **Cost: Free**                      Registration Code: 111221  
Learn about San Diego history during a tour of the San Diego Mission. After the tour, we will meet at Filippi's Pizza Grotto to enjoy lunch together.                      **Leader: TRL, Alicia B.**

# Park de la Cruz Activities Continued

All codes are directly linked to [SDRecConnect.com](http://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: 111488

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.**

**Travel Club**                      **3rd Fridays: 10:30am-12:00pm**                      Registration Code: 110985  
**December-No Meeting, January 19th & February 16th**

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

**Ukulele**                      **Fridays: 11:15am-12:15pm**                      Registration Code: 110981  
**January 5th - February 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: \$40.00 / Partial scholarships available.**

**Leader: Encore! Villa Música Staff**

**Fun Fitness**                      **Fridays: 12:45pm-1:45pm**  
**December 1st- 29th (No Class 12/22) -**Registration Code: 110982 - **Cost \$15**  
**January 12th- February 2nd—**Registration Code: 111595 - **Cost \$15**

A chair-based fitness class using seated and standing exercises. This upbeat adaptive class to music stimulates neuromuscular activity to improve mind/body connection through specified movement patterns. **Partial scholarships available.**    **Leader: Jackie G., Contractor**

**Must-See-Movies**                      **Select Fridays: 12:30pm-3:00pm**                      Registration Code: 110984

**December 8th: Going my Way-1944** - Bing Crosby, Barry Fitzgerald  
A new, young priest takes over a parish in New York City.

**January 12th: Fried Green Tomatoes-1991** - Kathy Bates, Jessica Tandy  
The story of a housewife, who, unhappy in her marriage, befriends an elderly lady in a nursing home and is enthralled with the tales she tells of people she once knew.



**February 9th: The Notebook- 2004** Ryan Gosling, Rachel McAdams, James Garner  
An epic love story centered around an older man who reads aloud to a woman with Alzheimer's from a faded notebook.                      **Volunteer: Bob J.**

**Walk to Wellness**                      **Saturdays: 8:30am-9:30am**                      Registration Code: 110986  
**January 6th-February 24th**



Participants walk 2-3 miles at various locations throughout San Diego which enables patrons to meet new friends, become physically fit and learn more about beautiful parks & trails.

**Register ahead of time to receive weekly walk location information.**

**Leader: AWS Staff**

# Park de la Cruz Activities Continued

## Single Day Programs

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up. See page 3 for registration instructions. Programs are free unless otherwise noted.

### Make a Wreath!

Registration Code: [111489](#)

Tuesday, December 12th 1:30pm–3:00pm

Spend some time, outside in the garden, and create a wreath to add to your winter décor. Supplies will be provided but feel free to bring ribbons or ornaments

**Cost: \$10 - Please register before December 7th.**

Leader: RLII, Tyler H.

### Holiday Cookie Decorating

FREE

Registration Code: [111490](#)

Tuesday, December 19th 1:30pm–2:30pm

Get in the holiday spirit by decorating delicious sugar cookies. Enjoy them yourself or give them as a gift! If you plan on taking them home, come prepared with a Tupperware.

**Please register before December 14th.**

Leader: RLII, Tyler H.

### Emergency Preparedness

Registration Code: [110988](#)

Wednesday, January 10th 1:00pm–2:30pm

In the case of an emergency, what steps will you be taking to stay safe? Find out how to be the most prepared and most informed during an emergency, such as a natural disaster.

This free presentation will provide tools and tips for you to stay prepared.

County of San Diego – Emergency Services Coordinator

### Plant Your Resolutions

Registration Code: [111491](#)

Saturday, January 13th 11:00am–12:00pm

Create a goal and plant it! We will be setting our New Years goals and growing them with flowers. Every time you water your flower, you will be encouraged to stick to your goal!



**Cost: \$5 - Please register before January 5th.**

AWS Staff: Krysta D.

### AARP – Online (dating) Safety

Registration Code: [110987](#)

Wednesday, February 7th 1:00pm–2:00pm

Connecting with new people online can be exciting and rewarding. Sadly, criminals are adept at pretending to be someone they aren't and building relationships based on a web of lies. Scammers are becoming more savvy in their efforts to take your money and/or identity, especially by pretending to be someone they're not. Stay up to date on impostor scams and learn how to spot the red flags of online relationship scams.

Leader: AARP Staff

### Elder Law– Neighbor Disputes

Registration Code: [110989](#)

Wednesday, February 21st 1:00pm–2:00pm

This presentation will cover the appropriate and suggested steps to take when there is a dispute between neighbors, topics will include but are not limited to: noise complaints, trees, and land boundaries.

**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](http://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: **110877**  
**Tuesdays: December 26th, January 30th, February 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 - Fridays: 9:00am-12:00pm Drop-In  
 Saturdays: 9:00am-11:00am  
 Enjoy a complimentary cup of coffee or tea & socialize with peers. **Closed 12/1, 12/2, & 12/16**

**Yoga (BPL)** Tuesdays: 12:30pm-1:30pm Registration Code: **110878**  
**No class 12/26 or 1/2.** Bring your own mat or borrow one. Leader: Irma L., Volunteer

**Knitting Group (BPL)** Wednesdays: 10:00am-11:30am Registration Code: **109570**  
 Friendly knitting group welcome to all skill levels. Supplies available. Volunteer: Effie K.

**Meals on Wheels Presentation (BPL)** Friday, February 16th, 12:30-1:30pm Registration Code: **111605**  
 Learn about senior nutrition and the services of Meals on Wheels. Leader: MOW Staff

**Bingo (BPL)** Saturdays: 10:30am-12:00pm Registration Code: **110880**  
 Spend your morning in the Balboa Park Senior Lounge and meet new friends. If you are lucky you may even win a prize! **\*No bingo 12/2 or 12/16.** Leader: AWS Staff & Volunteers



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# Balboa Park Locations Cont.

Otherwise Improv (BPL)

Registration Code: [110881](#)

1st & 3rd Wednesdays: 2:30pm-5:00pm

December 6th & 20th, January 3rd & 17th, February 7th & 21st

Join us for improvisational workshops and learn the secret of being in the moment.

For persons 18 and over.

Volunteer: Christophver R

Poetry Party

Balboa Park Santa Fe Room

Registration Code: [110882](#)

First Fridays: 3:00pm-5:00pm / Jan. 5th, Feb. 2nd (at BPL)

Read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience the power of the spoken word. For persons 18 and over. **No program December 1st.**

Volunteer: Christophver R

Poetic Legacy (BPL)

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

Registration Code: [110883](#)

**December 29th**

**January 26th**

**February 23rd**

Brigit Pegeen Kelly

Johnnierenne Nia Nelson

Arthur Sze

One of America's most striking original poets

In person, The World Beat Poet Laureate, The Kwanzaa Poet

The award-winning Asian-American poet, translator, editor, and author.

Read and discuss contemporary and historic poets. Taking prompts from the featured poets, participants are then encouraged to write their own poems. For persons 18 and over.

Volunteer: Christophver R

# NEVER MISS OUR NEWSLETTER!

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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.

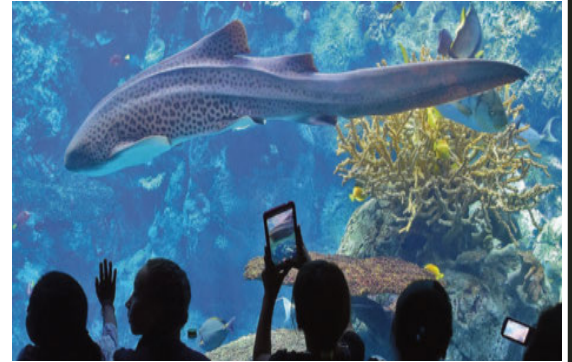
## Aquarium of the Pacific & Harbor Cruise

**Tuesday, January 16th—Cost \$90—Spaces are filling up fast!**

Join us on a trip to the Aquarium of the Pacific.

Home to more than 11,000 ocean animals, with nearly 500 species, the Aquarium celebrates the planet's largest and most diverse body of water, the Pacific Ocean. After our Aquarium exploration, we will see over 50 points of interest on a 45-minute, fully narrated tour of Long Beach Harbor. You will learn history about the harbor, see the beautiful Long Beach skyline, the world famous Queen Mary, large cargo ships from all over the world, and much more. Trip includes transportation, driver gratuity, and entrance to the Aquarium & Harbor Cruise. Lunch is on your own. **Activity level: Moderate-High**

Registration Code: **109850**



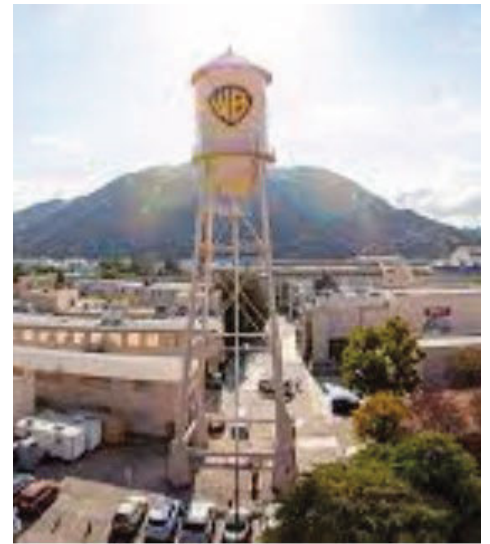
## Warner Brothers Studio Tour

**Tuesday, April 23rd—Cost \$135.00**

**Spring registration  
begins February 10th**

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, you'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. Trip includes transportation and driver gratuity. Returning to San Diego at approximately 7 PM. **Activity level: Moderate**

Registration Code: **111510**



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

DSAC meets on the 2<sup>nd</sup> Wednesday of each month (excluding July and August) at 6:00pm at Park de la Cruz (3901 Landis St., SD). DSAC is a non-profit advisory organization to the TR & AWS Group. 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](http://www.dsacsd.org)

The TR & AWS group meets quarterly on the 2<sup>nd</sup> Wednesdays immediately following the September, December, March and June DSAC meetings. 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](mailto:kfenick@sandiego.gov) or (619) 525-8247 for more information.



# AgeWell Dances

The following dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> 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 or DJ, refreshments (pre-packed snacks), and prizes. For more information, call (619) 525-8247. **\*No dance on 4th Thursday of December.**

## Holiday



Thursday, December 14<sup>th</sup> 12:30-2:30pm / Lessons @ 11:30am - Tango & Cha-Cha  
Dress in your preferred holiday attire and enjoy the music of "Sophisticats".



## New Year

Thursday, January 11<sup>th</sup> - 12:30-2:30pm  
Lessons @ 11:30am - Viennese Waltz & Country 2-Step  
Come celebrate the New Year with friends while enjoying sounds of the "Janet Hammer's Rhythm Express".



## Chinese New Year

Thursday, January 25<sup>th</sup> - 12:30-2:30pm  
Lessons @ 11:30am - Viennese Waltz & Country 2-Step  
Celebrate the year of the dragon. Music by "Blue Zone".

## Cupid's Ball

Thursday, February 8<sup>th</sup> - 12:30-2:30pm  
Lessons @ 11:30am - Salsa & Night Club 2-Step  
Come celebrate love and friendship and enjoy the sounds of the "Sophisticats".

## Groovy 70s

Thursday, February 22<sup>nd</sup> - 12:30-2:30pm  
Lessons @ 11:30am - Salsa & Night Club 2-Step  
Come in your 70s attire and enjoy the groovin' vibes 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](http://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](http://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-4pm. 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: [110884](#)**  
**Mondays, 11:00am-1:00pm; Open Play (December-February)**  
 Learn to play American Mahjongg! Beginners are welcome to receive instruction (Jan. 8-Feb. 26th) and practice in this fun game of strategy, skill, and summation.  
**Volunteer: Monica M.**

**Meet the Masters Art Class**                      **Registration Code: [111706](#)**  
**Mondays, January 8th-February 26th 1:00pm-3:00pm**  
 Learn about different artists and then create your own work of art using their techniques. In this 6 week session you will learn about artists like Vincent Van Gogh, Gustav Klimt, and Olafur Eliasson. Partial scholarships available.  
**Cost: \$15 - No class on Jan. 15th & Feb. 19th**                      **Leader: RLII Skyler L.**

**Nutrition Presentation-Meals on Wheels**                      **Registration Code: [110886](#)**  
**Monday, February 5th 10:00am-11:00am**  
 Attend this FREE class to learn about nutrition and services that Meals on Wheels provides.  
**Leader: Rye-Ji Kim, Meals on Wheels Manager**

**Walking Program**                      **Registration Code: [110885](#)**  
**Tuesdays, January 16th-March 5th 9:00am-10:00am**  
 Get some steps-in as we walk at North Clairemont Community Park and the surrounding area.  
**Volunteer: Kathy V.**

**AARP Fraud Watch Prevention Basics Presentation**                      **Registration Code: [110916](#)**  
**Tuesday, January 23rd, 10:00am-11:00am**  
 Learn about proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. Discover the latest data on fraud trends and tips and resources to protect yourself and your family.  
**Leader: AARP Staff**

**Clairemont History Presentation**                      **Registration Code: [111514](#)**  
**Tuesday, February 20th: 10:30am-12:00pm**  
 Brief overview lecture on Clairemont area's history, followed by an opportunity to visit display tables.  
**Volunteer: Kathy V.**

**Line Dancing**                      **Tuesdays & Thursdays 11:00am-12:00pm**                      **Cost: \$32 per month**  
 Bring balance back to your life through line dancing. Take it one step at a time.  
 Registration Codes: December: [110887](#), January: [110888](#), February: [110889](#)  
 Partial scholarships available.                      **Contractual Leader: Patricia Murray**

**Mah Jongg Open Play**                      **January 8th- February 26th**                      **Registration Code: [111609](#)**  
**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.**

# Cathy Hopper Activities Continued

**Elder Law—Probate Guardianships & Conservatorships** Registration Code: 110897  
**Wednesday, January 24th** Appts. 9:00am–12:00pm **Presentation: 12:30pm–1:30p m**  
 Free appointments with an attorney are offered 9:00am to 12:00pm. Call Elder Law, at (858) 565-1392, to schedule. 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.*)  
**Leader: Elder Law Staff**

**Oil Painting** **Wednesdays, 11:30am–4:00pm**  
**For class dates, and to register, visit [sdcce.edu](http://sdcce.edu), or in person, at the class.**

**Bingo** **Wednesdays, 1:00pm–2:30pm** Registration Code: 110899  
 Play Bingo and 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: 110903  
**December 28th, January 25th, February 22nd**  
 Have fun as you challenge your mind . Bridge must be played in multiples of four.  
**Volunteer: Shirley H.**

**SDPD Senior Safety Presentation** Registration Code: 110916  
**Thursday, December 7th: 10:00am–11:00am**  
 What to do if your wallet or purse is lost or stolen? Elderly safety presentation aims to keep seniors safe by eliciting awareness of the increasing potential dangers facing them in the form of scams, abuse, and crime victim. Elderly safety tips for traveling, walking on the street, and surfing the internet will also be provided.  
**Presenter: Multi-Cultural Community Relation Office’s Dang Le**

**Jewish Family Services Presentation** Registration Code: 111513  
**Thursday, February 15th: 10:00am–11:00am**  
 Presentation will cover Jewish Family Service (JFS) programs that provide resources and support to older adults related to aging in place.  
**Leader: Antoinette Alioto, JFS**

**Table Games** **Thursdays, 11:00am–1:00pm** Registration Code: 110904  
 Come in to play table games every Thursday. Playing games is a great way to exercise the brain while having fun!  
**Volunteer: Orpha**

**Holiday Hoopla** Registration Code: 110890  
**Thursday, December 7th: 2:00pm–1:30pm**  
 Join us for fun and festive activities, crafts, and refreshments. See page 6 for more information. **Please register by December 1st. Cost: \$5**  
**Leader: AWS Staff**

**Chorus (Sweet Harmony)** **Fridays, 9:00am–12:00pm**  
**To register, visit [sdcce.edu](http://sdcce.edu) or register in person, at class. No class 12/22 or 12/29.**  
**Leader: Emeritus Staff, Brandon D.**

**Must See Movies** **3rd Fridays 12:30pm–3:00pm** Registration Code: 110892  
**December 15th, January 19th, February 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.**



# AWS Fall Highlights



Congratulations to the People's Choice Award Photography Contest winner, George Marks.



Now that looks cozy! For more info on the Knitting Group at the Balboa Park Senior Lounge, see page 12.



Art classes are in session, at two locations. See pages 8 & 16 for more information on the Meet the Masters Art Class at PDLC and Cathy Hopper!



3, 2, 1, and the garden is open! For more information about programs in the garden see pages 9 & 11.



The PDLC Garden is booming with produce that will be used in cooking classes or picked to take home during the AWS Farmer's Market.



It is never a bad day for Bingo! See pages 8, 12, and 17 for the different Bingo locations.

# Citywide Parks & Recreation

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

## Carmel Valley Recreation Center: 3777 Townsgate Dr., 92130

Senior Chair Yoga — Tuesdays: 12:15pm — Registration Code: **110858**  
 December 5th-February 27th Cost: **\$62.00 (10 week session)**

Senior Chair Fitness — Thursdays: 12:15pm — Registration Code: **110858**  
 December 7th-February 29th Cost: **\$62.00 (10 week session)**  
 858) 552-1626 Leader: Recreation Center Staff

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

Senior Low Impact Exercise Class — Registration Code: 110425  
 Saturdays: 9:00am-10:00am — December-February  
 (619) 527-3417 Leader: Recreation Center Staff

## Nobel Recreation Center: 8810 Judicial Dr., 92122

American Mahjong — Thursdays: 12:30pm-3:00pm — Registration Code: **110917**  
 Adult Table Games — Mondays: 10:15am-12:45pm — Drop-in Program  
 Tai Chi — Tuesdays and Thursdays 9:30am- 10:30am — Registration Code: **110495**  
 (858) 552-1626 Leader: Recreation Center Staff

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

Adult Ceramics — Wednesdays: 12:30pm-4:30pm — Registration Code: 110724  
 December 6th-February 21  
 (858) 573-1406 Leader: Volunteer Carl Demas

## Kearny Mesa Recreation Center: 3170 Armstrong St., 92111

Senior Guitar — Wednesdays: 1:00pm-2:00pm — Jan. 10-Feb. 7 / Feb. 14-March. 13  
 Registration Codes: Session 1: 111254/ Session 2: 111255 — **COST: \$31.00**  
 (858) 573-1387 Leader: Jeff Bishop

## Presidio Recreation Center: 2811 Jackson St., 92110

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

## Mid-City Gym: 4302 Landis St., 92105

City Heights Steppers — Tuesdays: 6:00pm-7:45pm — Dec. 5- Feb. 26  
 (Line Dancing) Registration Code: 110721  
 (619) 516-3082 Leader: Recreation Center 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

# Citywide Parks & Recreation 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  
 (619) 465-6463 Volunteer: Vern

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

Tai Chi ———— Saturday and Sundays: 10:00am-12:00pm  
 Registration Codes: 111391 (Saturday); 111392 (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 ———— Call for Code  
 Ceramics ———— Wednesdays: 10:00am-12:00pm ———— Call for Code  
 (619) 424-0470 Leader: Recreation Center Staff

## Stockton Recreation Center - Stockton Seniors Call for Codes 330 32nd St., 92102 - (619) 235-1163

### Tuesdays: 10:00am-12:00pm

- Exercise - low impact chair exercise class (30min)
- Table games - ping pong, foosball, pool, & more!
- Puzzles - completed puzzles displayed on site

### Wednesdays: 10:00am to 12:00pm

- Loteria - traditional Mexican card game similar to Bingo, but uses illustrated cards & letters.
- Other games and refreshments as well!

### Fridays: 10:00am to 12:00pm

**Walking Group** - meet at the rec center to walk around the community. Starting with a goal of one mile, & increasing to a maximum of three miles. Bring water, good shoes, and sunscreen.

## North Clairemont Recreation Center: 4421 Bannock Ave, 92117

Senior Fitness Class ———— Tuesday/Thursdays: 1:30pm-3:00pm ———— Registration Code: 110739  
 (858) 581-9926 Leader: Recreation Staff

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

Chair Exercise ———— Mondays: 12:00pm-1:00pm ———— Registration Code: 111199  
 Yoga ———— Mondays & Tuesdays: 5:00pm-6:00pm ———— Registration Code: 111195  
 Walking Group ———— Tuesdays: 12:00pm-1:00pm ———— Registration Code: 111198  
 Zumba ———— Mondays & Tuesdays: 6:00pm-7:00pm ———— Registration Code: 111197  
 Loteria ———— Wednesdays: 3:00pm-4:00pm ———— Registration Code: 111194  
 Mental Health ———— 3rd Wednesdays: 3:00pm-4:00pm ———— Drop-In Program  
 Karaoke ———— Wednesdays & Thursdays: 4:00pm-7:00pm ———— Registration Code: 111196  
 (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](http://www.sandiego.gov/sites/default/files/pballlocations.pdf)





# Citywide Parks & Recreation 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., 92139 - (619) 527-7632

**Craft Class, Tuesdays-1:00-3:00pm**  
December-Registration Code: 111613  
January-Registration Code: 111612  
February-Registration Code 111611  
**Cooking, Wednesdays-1:00-3:00pm**  
December-Registration Code: 111618  
January-Registration Code: 111616  
February-Registration Code 111617  
**Dessert Class, Fridays-1:00-3:00pm**  
December-Registration Code: 111620  
January-Registration Code: 111619  
February-Registration Code 111627

**Line Dance, Monday-Friday - 10:00am-2:00pm**  
Registration Code: 111622  
**Sewing Class, Mondays - 1:00pm-3:00pm**  
Registration Code: 111628  
**Gentle Yoga, Mondays 4:45pm-5:45pm**  
Registration Code: 111624  
**Golden Zumba, Wednesdays 2:30 pm-3:30pm**  
Registration Code: 111625  
**Bingo 2nd/4th Thursdays - 1:00pm-3:00pm**  
Registration Code: 111614  
**Karaoke, Fridays 3:00pm-5:00pm**  
Registration Code: 111632

## 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. Registration for the Spring Semester opens Saturday, December 9 at 10am with dance classes beginning the week of January 8. More information can be found at [www.cividdancearts.org](http://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.

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

# Ranger Led Programs

## **Chollas Lake Wildlife Walk – Saturday, December 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](mailto:cgoldstein@sandiego.gov)  
Chollas Lake Park: 6350 College Grove Dr, 92115

## **Explorations with a Ranger – Mondays: December 18th, January 22nd, and February 19th 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](mailto:nlyon@sandiego.gov)  
Chollas Lake Park: 6350 College Grove Dr, 92115

## **Wheelchair-Accessible Botanical Tour – Saturdays: December 30th, January 27th, and February 24th 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](mailto:gherrera@sandiego.gov)

Charles Lewis III Memorial Park: 4639 Home Avenue, 92105

## **Chollas Lake History Hike with a Ranger – Saturday, January 6th 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](mailto:cgoldstein@sandiego.gov)  
Chollas Lake Park: 6350 College Grove Dr, 92115

## **Kumeyaay Ethnobotany Walk – Saturday, February 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](mailto: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](http://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 <sup>th</sup> 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 &amp; 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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 *All City of San Diego parks and beaches are smoke free.* 