

AgeWell Services | March 2025

MON	TUE	WED	THU	FRI	SAT/SUN
<p>3</p> <p>PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p Tai Chi @ 1:30p</p>	<p>4</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Yoga @ 10a Walk to Wellness @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p>5</p> <p>PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p AARP Presentation @ 1p BINGO @ 1:30p</p>	<p>6</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Tai Chi @ 1:30p</p>	<p>7</p> <p>PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p>8</p> <p>AWS Garden Club @ 10a Texas Hold 'Em @ 11:30a</p> <p>9</p>
<p>10</p> <p>PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p Tai Chi @ 1:30p</p>	<p>11</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Yoga @ 10a Walk to Wellness @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p>12</p> <p>PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p BINGO @ 1:30p</p>	<p>13</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Tai Chi @ 1:30p</p>	<p>14</p> <p>PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Must See Movies @ 12:30p Self Expression Art @ 2p</p>	<p>15</p> <p>Texas Hold 'Em @ 11:30a</p> <p>16</p>
<p>17</p> <p>PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p Tai Chi @ 1:30p</p>	<p>18</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Yoga @ 10a Walk to Wellness @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p>19</p> <p>PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p J.M.G. Presentation @ 1:30p BINGO @ 1:30p Documentary Wednesday @ 10a</p>	<p>20</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Tai Chi @ 1:30p Castle/Cherokee Meeting @ 6p</p>	<p>21</p> <p>PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Travel Club @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p>22</p> <p>Texas Hold 'Em @ 11:30a</p> <p>23</p>
<p>24</p> <p>PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p Tai Chi @ 1:30p</p>	<p>25</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Yoga @ 10a Walk to Wellness @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p>26</p> <p>PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p Senior Tech Presentation @ 1:30p BINGO @ 1:30p</p>	<p>27</p> <p>Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Tai Chi @ 1:30p</p>	<p>28</p> <p>PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p>29</p> <p>Texas Hold 'Em @ 11:30a</p> <p>30</p>
<p>31</p> <p><i>Closed</i></p>  <p>Cesar Chavez Day</p>			<p>Questions about programs at Park de la Cruz Community Center?</p>	<p>Call (619) 525 - 8247 or email MFurr@sandiego.gov</p>	<p>SAN DIEGO Parks and Recreation Department</p> <p>Park de la Cruz Community Center 3901 Landis St., 92105</p>

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	<p style="text-align: center;">1</p> <p style="text-align: center;">Questions about programs at Park de la Cruz Community Center?</p> <p style="text-align: center;">Call (619) 525 - 8247 or email MFurr@sandiego.gov</p>	<p style="text-align: center;">2</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p BINGO @ 1:30p</p>	<p style="text-align: center;">3</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Tai Chi @ 1:30p</p>	<p style="text-align: center;">4</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p style="text-align: center;">5</p> <p style="text-align: center;">Texas Hold 'Em @ 11:30a</p> <p style="text-align: center;">6</p>
<p style="text-align: center;">7</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p Tai Chi @ 1:30p</p>	<p style="text-align: center;">8</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p style="text-align: center;">9</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p BINGO @ 1:30p Elder Law Presentation @ 1:30p</p>	<p style="text-align: center;">10</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Must-See-Movie @ 12:30p Self Expression Art @ 2p</p>	<p style="text-align: center;">12</p> <p style="text-align: center;">Texas Hold 'Em @ 11:30a</p> <p style="text-align: center;">13</p>
<p style="text-align: center;">14</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p</p>	<p style="text-align: center;">15</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p</p>	<p style="text-align: center;">16</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Documentary Wednesday @ 10a Senior Lunch @12p St. Paul's PACE Pres. @ 1:30p BINGO @ 1:30p</p>	<p style="text-align: center;">17</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Castle/Cherokee Meeting @ 6p</p>	<p style="text-align: center;">18</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Travel Club @ 10:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p style="text-align: center;">19</p> <p style="text-align: center;">Texas Hold 'Em @ 11:30a</p> <p style="text-align: center;">Intergenerational Cooking @ 1:30p</p> <p style="text-align: center;">20</p>
<p style="text-align: center;">21</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p</p>	<p style="text-align: center;">22</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @ 12p Open Play Pickleball @ 12:30p</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30a Senior Lunch @12p BINGO @ 1:30p</p>	<p style="text-align: center;">24</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p</p>	<p style="text-align: center;">25</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p</p>	<p style="text-align: center;">26</p> <p style="text-align: center;">AWS Garden Club @ 10a Texas Hold 'Em @ 11:30a</p> <p style="text-align: center;">27</p>
<p style="text-align: center;">28</p> <p style="text-align: center;">PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10a Senior Lunch @12p</p>	<p style="text-align: center;">29</p> <p style="text-align: center;">Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @ 12p Open Play Pickleball @ 12:30p</p>	<p style="text-align: center;">30</p> <p style="text-align: center;">Deaf Senior Club @ 9:30a PDLC Cafe @ 9:30a Senior Lunch @ 12p UCSD Presentation @1p BINGO @ 1:30p</p>		<p style="text-align: center;">Questions about programs at Park de la Cruz Community Center?</p> <p style="text-align: center;">Call (619) 525 - 8247 or email MFurr@sandiego.gov</p>	 <p style="text-align: center;">Park de la Cruz Community Center 3901 Landis St., 92105</p>

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 Park de la Cruz Community Center 3901 Landis St., 92105	Questions about programs at Park de la Cruz Community Center? Call (619) 525 - 8247 or email MFurr@sandiego.gov		1 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p	2 PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a Senior Lunch @12p Self Expression Art @ 2p	3 Texas Hold 'Em @ 11:30a 4
	5 PDLC Cafe @ 9:30a Tech on the Go @ 9:30a AWS Garden Club @ 10a Mahjong @ 10:00a Senior Lunch @12p	6 Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p	7 PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30aa Senior Lunch @12p BINGO @ 1:30p Aging & Independence Presentation @ 1:30p	8 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p	9 PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Senior Lunch @12p Must See Movies @ 12:30p Self Expression Art @ 2p
12 PDLC Cafe @ 9:30a Tech on the Go @ 9:30a Mahjong @ 10:00a Senior Lunch @12p	13 Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p	14 PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30aa Senior Lunch @12p BINGO @ 1:30p Union of Pan Asian Communities Presentation @ 1:00p	15 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p Let's Get Cooking @ 1:30p Castle/Cherokee Meeting @ 6p	16 PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Travel Club @ 10:30a Senior Lunch @12p Take a Trip on MTS Info Session @ 1p Self Expression Art @ 2p	17 Texas Hold 'Em @ 11:30a 18
19 PDLC Cafe @ 9:30a Tech on the Go @ 9:30a AWS Garden Club @ 10a Mahjong @ 10:00a Senior Lunch @12p	20 Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p	21 PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30aa Documentary Wednesday @ 10a Senior Lunch @ 12p BINGO @ 1:30p	22 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p	23 PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Senior Lunch @12p Take a Trip on MTS Excursion @ 10a Self Expression Art @ 2p	24 Texas Hold 'Em @ 11:30a 25
26 CLOSED 	27 Digital Navigators @ 9a PDLC Cafe @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball Lessons @ 11a Senior Lunch @12p Open Play Pickleball @ 12:30p	28 PDLC Cafe @ 9:30a Deaf Senior Club @ 9:30aa Senior Lunch @ 12p BINGO @ 1:30p	29 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @ 10a Senior Lunch @12p (Live Music) Texas Hold 'Em @ 12:30p	30 PDLC Cafe @ 9:30a Current Events @ 10:30a Chair Aerobics @ 10:30a Senior Lunch @12p Self Expression Art @ 2p	31 Texas Hold 'Em @ 11:30a