



Senior Programs

September 2025

City Heights Recreation Center
4380 Landis Street San Diego, CA 92105
619-641-6125

City Heights Mini Square Park
4061 43rd Street San Diego, CA 92105

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2	3	4	5	6 
7 	8	9	10 Zumba at Mini Park 10:00am-11:00am	11 	12	13 Zumba at City Heights 11:00am-12:00pm
14	15 	16	17 Zumba at Mini Park 10:00am-11:00am	18	19	20 Zumba at City Heights 11:00am-12:00pm
21	22	23 Bingo at Mini Park 10:00am-11:30am	24 Zumba at Mini Park 10:00am-11:00am	25	26	27 Zumba at City Heights 11:00am-12:00pm
28 	29	30 	<p>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) 236-7342, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.</p>			

