

AgeWell Services Program Calendar | August 2026

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

MON	TUE	WED	THU	FRI	SAT/SUN
 Park de la Cruz Community Center 3901 Landis St., 92105	Questions about Park de la Cruz programs? Call (619) 525 - 8247 or email MFurr@sandiego.gov				1 Biking Safety Workshop @ 11a Texas Hold ‘Em @ 12:30p 2
3 PDLC Cafe @ 9:30a Mahjong @ 10a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p	4 Digital Navigators @ 9a PDLC Cafe @ 9:30a Yoga @ 9:30a Pickleball Lessons @ 10a & 11a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p Open Play Pickleball @ 12:30p	5 Deaf Senior Club @ 9a PDLC Cafe @ 9:30a AI Basics Workshop Presentation @10a Serving Seniors @12p BINGO @ 1:30p	6 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @10a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p Let’s Get Cooking @1:30p	7 PDLC Cafe @ 9:30a Current Events @ 10:30a Tai Chi for Arthritis & Balance @10:30a Ukulele 1 @11:15a Ukulele 2 @ 12p Serving Seniors @ 12p Must-See-Movie @ 1p Self Expression Art @ 2p	8 Texas Hold ‘Em @ 12:30p 9
10 PDLC Cafe @ 9:30a Mahjong @ 10a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p	11 Digital Navigators @ 9a PDLC Cafe @ 9:30a Yoga @ 9:30a Pickleball Lessons @ 10a & 11a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p Open Play Pickleball @ 12:30p	12 Deaf Senior Club @ 9a PDLC Cafe @ 9:30a Serving Seniors @12p BINGO @ 1:30p	13 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @10a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p	14 PDLC Cafe @ 9:30a Travel Club @ 10:30a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p Must-See-Movie @ 1p MTS Info Session @ 1:30p Self Expression Art @ 2p	15 Texas Hold ‘Em @ 12:30p 16
17 PDLC Cafe @ 9:30a Mahjong @ 10a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p	18 Digital Navigators @ 9a PDLC Cafe @ 9:30a Yoga @ 9:30a Pickleball Lessons @ 10a & 11a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p Open Play Pickleball @ 12:30p	19 Deaf Senior Club @ 9a PDLC Cafe @ 9:30a ASL Basics Series @1030a Serving Seniors @12p BINGO @ 1:30p	20 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @10a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p	21 PDLC Cafe @ 9:30a Current Events @ 10:30a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p Self Expression Art @ 2p *Take a Trip on MTS: Oceanside @ 9:00a	22 Texas Hold ‘Em @ 12:30p Friends & Family BBQ @ 1:30p 23
24 PDLC Cafe @ 9:30a Mahjong @ 10a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p 31 PDLC Cafe @ 9:30a Mahjong @ 10a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p	25 Digital Navigators @ 9a PDLC Cafe @ 9:30a Pickleball Lessons @ 10a & 11a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p Open Play Pickleball @ 12:30p	26 Deaf Senior Club @ 9a PDLC Cafe @ 9:30a Serving Seniors @12p BINGO @ 1:30p	27 Digital Navigators @ 9a PDLC Cafe @ 9:30a Open Play Pickleball @10a Serving Seniors @ 12p Texas Hold ‘Em @ 12:30p	28 PDLC Cafe @ 9:30a Current Events @ 10:30a Tai Chi for Arthritis & Balance @10:30a Serving Seniors @ 12p Ice Cream Social @ 1p Self Expression Art @ 2p	29 Texas Hold ‘Em @ 12:30p 30