

Parks and Recreation Department

AgeWell Services

Sharon Moninger
Supervising Aging Recreation Specialist
AgeWell Services



Current Locations

AgeWell Services' Locations and Senior Centers

- Balboa Park Senior Lounge (Casa del Prado)
- Cathy Hopper Friendship Center (Clairemont)
- Memorial Senior Center (Logan Heights)
- Park de la Cruz Community Center (City Heights)
- Bay Terraces Community Center
- San Ysidro Senior Center



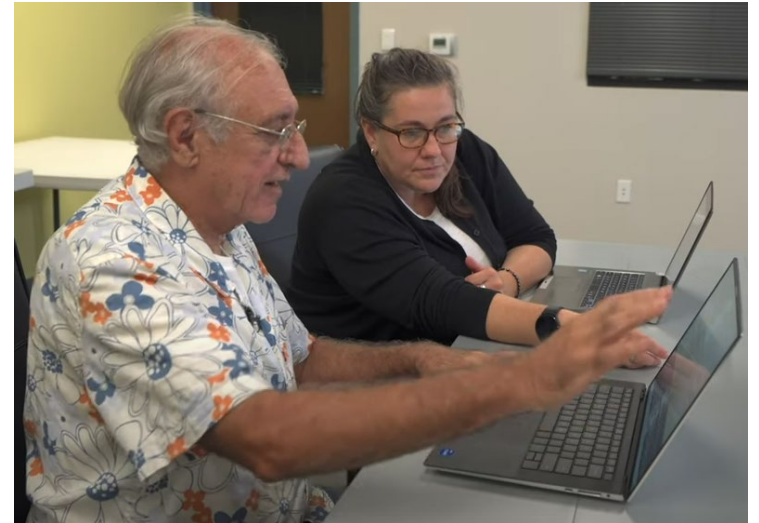
Types of programs offered

- Social Services and Community Resources
 - Social Call Program, Serving Seniors
- Arts and Crafts
- Computer and Technology Programs
- Cooking Classes
- Bi-Monthly Dances at the Balboa Park Club
- Music and Dances classes
- Health and Fitness
 - Feeling Fit, Yoga, Pickleball Beginner Lessons,
 - Ranger led Walks
- Gardening
- Educational Presentations
- Social Activities
 - Cafes, special interest groups, Bingo,
 - Intergenerational Activities
- Special Events
 - Citywide, can be promoted by everyone
- Theater Programs
- Southern California Day Trips and local trips





Community Partners





Funding Sources



Future Goals

Provide programs for older adults at more recreation centers through volunteer led or AWS staff led programs.

Expand volunteer & community outreach

Increase community collaborations

Secure additional funding sources

- Grants
- In kind





AgeWell Services

[AgeWell Services has something for everyone! \(youtube.com\)](https://www.youtube.com)





Questions?

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Thank you!