

AgeWell Services (AWS)

The Scroll

September, October, & November 2023

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Scan here for online
website

**AgeWell Services will be closed September 4th, November 10th, 11th, & 23rd
in observance of City Holidays.**

**To join our mailing list, or for more information, please call (619) 525-8247
or email 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 55 years and better.

Visit us on the web at:

<https://www.sandiego.gov/agewell>

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Park de la Cruz Garden Club
Mon., Wed., & Fri.: 8:30am-9:30am

Do you like the peace and quiet being in the garden provides? Maybe you just like to get your hands dirty or enjoy the intrinsic reward of seeing plants thrive. We are looking for more volunteers for the PDLC garden to help water, fertilize, pick, and replant the next season's crop. Volunteers can interact with other garden enthusiasts and enjoy a free cup of coffee or tea from the PDLC Café. We also need volunteers to teach gardening, cooking, and canning classes. All gardening tools are provided. Please contact Marla Davis, Supervising Aging Specialist, marlad@sandiego.gov or (619) 236-6910 if you are interested in volunteering or learning more about the Garden Club.

Park de la Cruz



Garden Grand Opening

Food, Festivities, and Fun

All ages welcome!



Saturday, September 16, 2023 from 9:30am - 12:00pm

9:30am - 10:00am: Garden Ribbon Cutting and light refreshments

10:00am - 12:00pm: Enjoy gardening, virtual technology, music, line dancing, corn hole, pickleball, bingo, and crafts



Park de la Cruz Community Center

3911 Landis St., San Diego, 92105

Please RSVP via SDRecConnect with code #109516

or call (619) 525-8247 by September 11th, 2023.



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. **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.

Call (619) 525-8247 or stop by the front desk to ask staff about partial scholarships.

Fall registration starts August 19th 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 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

Teri Hoggard

Teri is a volunteer for AWS Social Calls. The program was very influential for her when she used it in 2020 so she decided to give back by becoming a volunteer caller. Teri is an excellent listener and is good at motivating others to take care of themselves. In her free time, Teri enjoys going to the theater, attending concerts at the Rady Shell, and watching comedy specials. Recently she enrolled in a writing class with the public library to write her life story. She also participates in an art class which has inspired her to create art again. Thank you for your volunteerism with AWS, Teri.



Yen Wong

Yen is one of our fantastic volunteers who assists with AWS Social Calls and most recently served as a chaperone for the trip to the Getty Museum. She is constantly active and organizes Pickleball, Mahjong, and Zumba classes at Mira Mesa Senior Center. Yen enjoys various foods such as lobster, donuts, and chips. She is a kind and compassionate woman who is always ready to help others. Thank you Yen!



Volunteer Updates

Welcome new volunteers!

Welcome to Dennis F., Melanie G., Velda B., and Savina S.! **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:

Teri H. (9/5); Lina L (9/10); William D. (9/15); Christophver R (9/23); Marlene G. (9/24); Joyce M. (11/11); Bob J. (11/17); Marlys E. (11/18); Frances C. (11/29)



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 and serve coffee. Thursday shift, 8:00am–12:00pm. (see page 12)

PDLC Café and Lunch – Assist with set up/take down & serving coffee and lunch. (see page 8)

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 14–15)

PDLC Garden Club– Meets Mon., Wed., & Fri. mornings. Assist with watering and fertilizing, planting, harvesting crops, and much more.

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

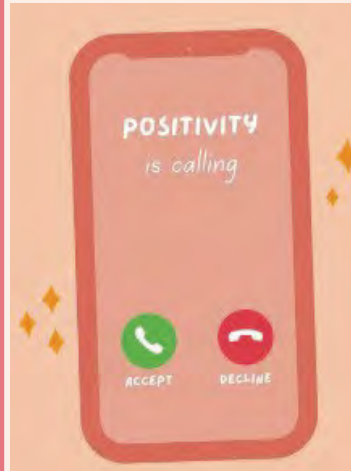
3901 Landis St., San Diego, CA 92105

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 thescroll@sandiego.gov or call (619) 236-6906 to add yourself or a loved one to the Social Call list.



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Martha Camarena
Kaiser Permanente
Medicare specialist

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A 4C 05-1308

Special Events

Photography Contest & Exhibit

Photographs will be on display at the Park de la Cruz Community Center (3901 Landis Street). Vote for your favorite submission for the People's Choice category. Exhibit and voting runs from **August 22nd-September 18th**. Everyone is welcome to vote once during hours of operation. See Page 3 for community center hours.



TURKEY TROT

Saturday, November 18th

Check-in 8:30am

9:00am-11:00am

The family that trots together, stays together! Come roll, walk, trot, or run with us for our first Turkey Trot event! Meet at Park de la Cruz Gymnasium (3911 Landis Street. 92105).



Registration Code: 109712

Cost: \$10

For more information call (619) 525-8247



Veterans Appreciation Dance

Thursday, November 9th 12:30-2:30pm

Lessons @ 11:30am - Tango & Cha-cha

Let's acknowledge and honor those who served our country. Veterans will receive free dance admission. Music will be provided by "Janet Hammer's Rhythm Express".



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SPECIAL EVENT

AgeWell Services Craft Sale

December 16th & 17th: 9:00am-3:00pm

- Free to Public Family Friendly Event Holiday Shopping Activities For Kids

Attention Crafters (Age 55 and better) space is limited!

Registration Opens on September 13th: 9:00am

***No refunds after November 20th**

6x5 Table- \$30

10x10 Table- \$40

Registration Code: 109707

Registration Code: 109706

Casa del Prado (Patios A & B, & room 101) 1650 El Prado, 92101

**Call (619) 236-6906 for table layout and registration questions or
email cweston@sandiego.gov.**

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Park de la Cruz Activities

All codes are directly linked to 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 ages 55+ and \$25 for the public for 3 months (Sep.-Nov.).** Please bring your own towel and water. Fitness center is open during community center hours. See page 3.

AWS and TRS Staff

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 Volunteers

American Mahjong

Mondays: 10:00am-1:00pm

Registration Code: [108872](#)

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: [108871](#)

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: [109778](#)

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: [108873](#)



Come on in to Park De La Cruz to play card or table games like Rummy, Dominoes, Mexican Train or Canasta every Monday! Games are a great way to work out the brain while having fun.

Volunteer: Joan S.

Meet the Masters Art Class

Tuesdays: 1:00pm-3:00pm

Registration Code: [108874](#)

September 12th-October 31st

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 M.C. Escher, Hayao Miyazaki, and Georgia O'Keeffe. Partial scholarships available to those who demonstrate a need.

Cost: \$20

Leader: RLII Skyler L.

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

Park de la Cruz Activities Continued

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 3 for registration instructions. Programs are free unless otherwise noted.

Texas Hold 'Em **Tuesdays: 9:30am–11:30am** Registration Code: [109779](#)
Round up the crew and learn to play tournament style Texas Hold 'Em. No betting allowed.
Compete for bragging rights! Leader: AWS Volunteer

Healthier Living with Chronic Conditions Registration Code: [109116](#)
Tuesdays: 9:30am–12:00pm / Oct. 3rd–Nov. 7
Sessions support the self-management of on-going health conditions such as arthritis, heart disease, diabetes, high blood pressure, lung disease and cancer.
Leaders: County of San Diego Aging and Independence Services

Pickleball **Tuesdays: Open Play 12:30pm–2:30pm** Drop-In Program
Thursdays: Open Play 10:00am–12:00pm
All ranges of skills welcome! Leader: PDLC Gym 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
Wed. (Tai Chi) & Fri. (Qigong) Sept. 6th–Dec. 15th : 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! **To register, visit sdcce.edu, or in person, at class.**
SDCC Emeritus, Cassandra W.

Ballroom Dance Lessons Registration Code: [109119](#)
1st and 3rd Thursdays: 11:00am–12:00pm
Join us for free beginner ballroom dance. Learn the Waltz, Rumba, Fox-Trot, and more!
Leader: RLII, Skyler L.



Lets Get Cookin' **Thursdays: 1:30pm– 3:30pm**
Crock Pot: October 5th–26th Register by September 28th. Registration Code: [109847](#)
In this four week session, you will learn to use a crock pot to make easy and tasty recipes.

Healthy Holiday Desserts: November 2nd–30th Register by October 26th.
Learn to make healthy sweets for the holidays. Registration Code: [108877](#)
Each 4-week session costs \$25. Partial scholarships available. Leader: RLII, Tyler H.

Ukulele **Fridays: 10:45am–11:45am** Registration Code: [108879](#)
September 15th–November 3rd



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 for those who demonstrate a need.**
Leader: Encore! Villa Música Staff

Park de la Cruz Activities Continued

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 3 for registration instructions. Programs are free unless otherwise noted.

Fun Fitness

Fridays: 12:45pm-1:45pm

Registration Code: 109862



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.

Cost for 8 sessions: \$30.00 (Includes Fitness Center usage). Partial scholarships available.

Leader: Jackie G., Contractor

Must-See-Movies

Select Fridays: 12:30pm-3:00pm

Registration Code: 108880

September 8th: Flower Drum Song-1961 - Nancy Kwan, Miyoshi Umeki, James Shigeta

A Young woman stows away from China to Chinatown, San Francisco to enter an arranged marriage.

October 13th: The Trip to Bountiful-1985 - Geraldine Page

Set in post-WWII, an elderly woman wants to return to her home in Bountiful, TX but meets resistance from her family.



November 17th: From Here to Eternity-1953 - Burt Lancaster, Deborah Kerr, Frank Sinatra

A war drama about 3 U.S. soldiers months before the attack on Pearl Harbor.

Volunteer: Bob J.

Travel Club

3rd Fridays: 10:30am-12:00pm

Registration Code: 108878

September-No Meeting, October 20th & November 17th

Share your travel experiences and learn about travel destination specials and discounts and meet others with similar travel interests.

Volunteers: Brenda H. & William D.

Musical Biographies

Registration Code: 109678

Fridays: October 6th-November 17th (NO CLASS NOV 10th) 1:30pm-3:30pm

This program is designed to bring people together in a unique multi-sensorial experience that centers around music and art. Participants will create a memory book based on musical inspiration. **Cost \$40. Partial scholarships available.**

Leader: Villa Musica Staff

Walk to Wellness

Saturdays: 8:30am-9:30am

Registration Code: 108881

September 23rd-November 18th



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. Click the code to sign up. See page 3 for registration instructions. Programs are free unless otherwise noted.

Farmers Market

Registration Code: [109863](#)

Thursday, September 7th 1:00pm-2:00pm

Spend a leisurely afternoon in the PDLG Garden. Participants will learn more about the garden, pick some produce and enjoy some light refreshments. Leader: RLII Tyler H.

CalFresh Presentation & Enrollments

Registration Code: [109642](#)

Wednesday, September 20th 1:00-2:00pm



Attend this FREE class to learn about CalFresh from an experienced outreach coordinator. Assistance with filling out applications will be available. Leader: Molly Thong, JFS Staff

Sand Art & Succulent Party

Registration Code: [109118](#)

Thursday, September 21st 1:00pm-2:30pm **Cost: \$5**

Create a beautiful sand art succulent to keep or give as a gift. Leader: TRL, Alicia B.

AARP 6 Pillars of Brain Health

Registration Code: [109117](#)

Wednesday, September 27th 1:00pm-2:00pm



You will learn how to take charge of your brain health and improve your quality of life at any age. Through this interactive presentation, attendees share information about what they are doing to keep their brain healthy. Leader: AARP Staff

Self Defense for Seniors

Registration Code: [108882](#)

Wednesday, October 18th 1:00pm-2:30pm

Attend this free class, for women and men, to learn how to protect yourself. You will be shown techniques to defend against attacks most likely to occur during an assault. Leader: Every Woman Can, Self Defense for Women- Gale B.

Elder Law: Scam Prevention Wednesday, November 8th Registration Code: [108875](#)
1:00pm-2:00pm

A presentation will include an overview of common scams targeting seniors in 2023, what to look for, and what to do if you believe you have been a victim of a scam.

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

Friendsgiving- Pumpkin Pie and Coffee

Registration Code: [109120](#)

Tuesday, November 14th 1:00-2:30pm



Join us for coffee, pumpkin pie, and a fall themed craft. Bring your friends and have a good time celebrating what you are thankful for! Must RSVP by November 9th.

Cost: \$5

Leader: AWS Staff

Balboa Park Locations

All codes are directly linked to 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 **Balboa Park Club Ballroom** Registration Code: **109569**
Tuesdays: September 26th, October 31st, November 28th 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
 Come enjoy a complimentary cup of coffee or hot tea and socialize with peers. **Closed 9/16.**

Lunch & Learn **Tuesday, October 3rd: 12:30pm-1:30pm** Registration Code: **109784**
 Presentation will cover Jewish Family Service (JFS) programs that provide resources and support to older adults related to aging in place. Bring own lunch. Leader: Antoinette Alioto, JFS

Knitting Group **Wednesdays: 10:00am-11:30am** Registration Code: **109570**
 This is a perfect group for those who love to knit or want to learn the basics in a friendly environment. Experienced knitters are welcome. Supplies available. Volunteer: Effie K.

Bingo **Saturdays: 10:30am-12:00pm** Registration Code: **109571**
 Spend your morning in the Balboa Park Senior Lounge and meet new friends. If you are lucky you may even win a prize! ***Held at PDLC on 9/16.** Leader: AWS Staff & Volunteers

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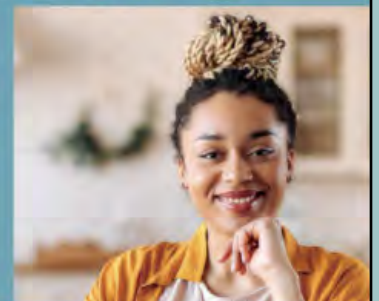
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DSAC-City of San Diego Age Well Services, San Diego, CA

D 4C 05-1308

Balboa Park Locations Cont.

Otherwise Improv

Registration Code: [109572](#)

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

September 6th & 20th, October 4th & 18th, November 1st & 15th

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: [109573](#)

First Fridays: 3:00pm-5:00pm / Sept. 1st, Oct. 6th*, Nov. 3rd (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.** Join us for Wordstock immediately following Poetry Party on October 6th (5pm-7:00pm). **To register for Wordstock, please use code [109574](#).**

Volunteer: Christophver R

Poetic Legacy

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

Registration Code: [109575](#)

September 29th

Jason Magabo Perez

In person. San Diego Poet Laureate 2023-24.

October 27th

Mary Oliver

Pulitzer Prize winner.

November 24th

Allen Ginsberg

Monumental beat poet.

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!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



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). Partial Scholarships available. See page 3 for more information.

Huntington Library & Gardens Trip Thursday, September 7th—Cost \$ 65

Registration Code: 107910

Join us on a trip to the Huntington Library, situated on 207 acres in San Marino. The Huntington Art Collections reside in two buildings on the Huntington estate: The Huntington Art Gallery, and the Virginia Steele Scott Galleries of American Art. Housing the European art collection, it includes one of the most distinguished collections of the 18th and 19th Century British paintings, sculpture, and decorative arts outside London. **Activity level: Moderate-High**
Limited spots left! Bring your own lunch.



Aquarium of the Pacific & Harbor Cruise Tuesday, January 16th—Cost \$90

Registration Code: 109850

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, full 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**



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

DSAC meets on the 2nd 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

The TR & AWS group meets quarterly on the 2nd 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 or (619) 525-8247 for more information.

AgeWell Dances

The following dances are held on the 2nd and 4th 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 November.**

Around the World

Thursday, September 14th - 12:30-2:30pm
Lessons @ 11:30am - Waltz & Night Club 2-step
Celebrating cultures around the world! Music provided by the "Sophisticats".



Thursday, September 28th - 12:30-2:30pm
Lessons @ 11:30am - Waltz & Night Club 2-step
Wear your Oktoberfest gear or fall colors. Music by "DJs Marty & Sharon".

Sock Hop



Thursday, October 12th - 12:30-2:30pm
Lessons @ 11:30am - Foxtrot & Rumba
Dress in your preferred 50s attire and boogie to music performed by the "Sophisticats".

Costume

Thursday, October 26th - 12:30-2:30pm
Lessons @ 11:30am - Foxtrot & Rumba
Wear your favorite costume and enjoy the sounds of "Blue Zone".



Veterans Appreciation Dance– November 9th 12:30–2:30pm
Lessons @ 11:30 am– Tango & Cha-Cha
For more information see Special Events– page 6.



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**



SKOAP

A Sequenced-strategy for improving outcomes in people with Knee Osteoarthritis Pain (SKOAP Trial)



For ad info. call 1-800-950-9952 • www.lpcommunities.com

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

F 4C 05-1308

Cathy Hopper Activities

All codes are directly linked to 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. Beginning September 1st, 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 at the Cathy Hopper Café. Read the daily newspaper, play a card or board game, socialize with peers, or work on a monthly jigsaw puzzle. **Leader: AWS Volunteers**

American Mahjong for Beginners **Registration Code: 109711**
Mondays & Thursdays, 1:45pm–3:45pm
Learn to play American Mahjongg! Beginners are welcome to receive instruction (Sep. only) and practice in this fun game of strategy, skill, and summation. **Volunteer: Monica M.**

Walking Program **Registration Code: 109713**
Tuesdays, September 12th–October 31st 9:00am–10:00am
Get some steps-in as we walk at North Clairemont Community Park and the surrounding area. **Volunteer: Kathy V.**

CalFresh Presentation & Enrollments **Registration Code: 109645**
Tuesday, September 26th 10:00am–11:00am
Attend this FREE class to learn about CalFresh from an experienced outreach coordinator. Assistance with filling out applications will be available. **Leader: Molly Thong, JFS Staff**

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: September: [109781](#), October: [109782](#), November: [109783](#)
Partial scholarships available. **Contractual Leader: Patricia Murray**

Sand Art & Succulent Party **Registration Code: 109618**
Tuesday, September 19th 12:30pm–2:00pm
Make a beautiful sand art succulent to keep or give as a gift. **Cost: \$5** **Leader: TRL, Alicia B.**

Friendsgiving– Pumpkin Pie and Coffee **Registration Code: 109676**
Tuesday, November 21st 1:00pm–2:30pm
Join us for coffee, pumpkin pie, and a fall themed craft. Bring your friends and have a good time celebrating what you are thankful for! **Everyone must register by November 16th.**
Cost: \$5 **Leader: AWS Staff**

Ukulele **Wednesdays, September 13th–November 1st** **Registration Code: 109607**
Fee: \$40 10:00am–11:00am
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. **Partial scholarships available to those who demonstrate a need.** **Leader: Encore! Villa Música Staff**

Drawing & Oil Painting
Wednesdays, Sept. 6th–Dec. 13th 11:30am–4:00pm
To register, visit sdcce.edu or register in person, at class. **Leader: Emeritus Staff, Patrick M.**

Must See Movies **3rd Wednesdays 12:30pm–3:00pm** **Registration Code: 109580**
September 20th, October 18th, November 15th
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.**

Cathy Hopper Activities Continued

Elder Law—Residential Tenant Protection

Registration Code: 109617

Wednesday, October 25th– Appts. 9:00am–12:00pm Presentation: 12:30p–1:30p
 Free appointments with an Attorney are offered from 9:00am to 12:00pm. **You must call Elder Law, at (858) 565-1392, to schedule your appointment.** Presentation: An overview of the new laws affecting landlords and tenants in the City of San Diego.
Leader: Elder Law Staff

Bingo

Wednesdays* 1:00pm–2:30pm

Registration Code: 109615

Spend your morning playing Bingo and meet new friends. If you are lucky you may even win a prize! *No bingo on 3rd Wednesdays.
Leader: AgeWell Services Volunteers

Self Defense

Registration Code: 109620

Thursday, September 21st 10:30am–12:00pm

Attend this free class, for women and men, to learn how to protect yourself. You will be shown techniques to defend against attacks most likely to occur during an assault.

Leader: Every Woman Can, Self Defense for Women—Gale Bryan

Fraud Prevention

Registration Code: 109616

Thursday, October 5th 11:00am–12:00pm

Learn about the different ways you can protect yourself against fraud. Learn what to look out for, tips for staying safe online, and steps to take when you suspect suspicious activity.

Leader: District Attorney Cheryl Sueing-Jones

AARP Downsize & Declutter

Registration Code: 109613

Thursday, October 19th 11:00am–12:00pm

Having too many belongings can impede people from relocating or getting health care assistance in their homes. This presentation explores why belongings are so important for some and teaches practical, easy tips on downsizing and decluttering.

Leader: AARP Staff

Bridge

Thursdays, Sept. 28th & Oct. 26th 10:00am–2:30pm

Registration Code: 109848

Have fun as you challenge your mind with this card game. Bridge must be played in multiples of four.

Volunteer: Shirley H.

Table Games

Thursdays, 12:30pm–2:30pm

Registration Code: 109675

Come in to play table games every Thursday. Playing games is a great way to exercise the brain while having fun!

Volunteer: Orpha H.

Chorus

Fridays, Sept. 8th–Dec. 15th 9:00am–12:00pm

To register, visit sdcce.edu or register in person, at class.

Leader: Emeritus Staff, Ashlyn Brown

Musical Biographies

Registration Code: 109677

Fridays, October 6th–November 17th 9:30am–11:30am

This program is designed to bring people together in a unique multi-sensorial experience that centers around music and art. Participants will create a memory book based on musical inspiration. **Cost \$40. Partial scholarships available.**

Leader: Villa Musica Staff

Summer Highlights



Wonderful Volunteers!
See page 2 for information
on the Grand Opening of
our garden.



Volunteer, Mary, plants
strawberries.



Who wants snacks!
See page 17 for more
information on our fantastic
Balboa Park dances.



Art Show Winners!
See page 8 for information on a PDLCLC
art class.



Bingo Winners!
See page 15 for information
on Cathy Hopper Bingo



Cooking class is in session!
See page 9 for information on
PDLCLC cooking classes.



Getty Trip!
See page 16 for more information on
AgeWell's upcoming trips.

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

Nobel Recreation Center: 8810 Judicial Dr., 92122

American Mahjong — Thursdays: 12:30pm–3:00pm — Registration Code: [108681](#)
SD Mahjong Jamboree Saturday, Nov. 25th 11:00am–3:00pm — Cost: \$10.00
Registration Code: [108699](#)
SD Mahjong Labor Day Party — Saturday, Sept. 2nd: 11:00am–3:00pm
Registration Code: [107007](#)
Adult Table Games — Mondays: 10:15am–12:45pm — Registration Code: [108700](#)
Tai Chi — Tuesdays and Thursdays 9:30am– 10:30am — Registration Code: [108836](#)
(858) 552-1626 Leader: Recreation Center Staff

Lopez Ridge Recreation Center: 7245 Calle Cristobal, 92126

Forever Fit: virtual/in-house — Registration Code: [109344](#)
Tuesdays: 10:30am–11:30am & Thursdays: 1:00pm– 2:00pm — Sep. 5–Nov. 30
(858) 538-8172 Leader: Trena Bennett, Center Director

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

Adult Ceramics — Wednesdays: 12:30pm–4:30pm — Registration Code: [109708](#)
September–November
(858) 573-1406 Leader: Volunteer Carl Demas

Kearny Mesa Recreation Center: 3170 Armstrong St., 92111

Senior Guitar — Wednesdays: 6:30pm–7:30pm — Sep. 13–Oct. 11 / Oct. 18–Nov. 22
Registration Codes: Session 1: [109248](#)/ Session 2: [109247](#) — 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 — Sept. 5–Nov. 21
(Line Dancing) Registration Code: [109606](#)
(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
(619) 465-6463 Volunteer: Vern

South Bay Recreation Center: 1885 Coronado Ave., 92154

Blazing Turtles Walking Group — Monday–Friday: 8:00am–10:00am — Call for Center Code
Ceramics — Wednesdays: 10:00am–12:00pm — Call for Center Code
(619) 424-0470 Leader: Recreation Center Staff

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

Tai Chi — Saturday and Sundays: 10:00am–12:00pm
Registration Codes: 109466 (Saturday); 109447 (Sunday)
(858) 538-8153 Leader: Binh Phan

Stockton Recreation Center – Stockton Seniors Registration Code: **107882**
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 Rec Center: 4421 Bannock Ave, 92117

Senior Fitness Class — Tuesday/Thursdays: 1:30pm–3:00pm — Registration Code: **108704**
(858) 581-9926 Leader: Recreation Staff

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

Chair Exercise — Mondays: 12:00pm–1:00pm — Registration Code: 108123
Walking Group — Tuesdays: 11:00am–12:00pm — Registration Code: 108120
Zumba — Mondays & Tuesdays: 11:00am–12:00pm — Registration Code: 108125
Loteria — Wednesdays: 3:00pm–4:00pm — Registration Code: 108127
Tai Chi — Tuesdays & Thursdays: 2:00pm–3:00pm — Registration Code: 108128
Karaoke — Wednesdays & Thursdays: 4:00pm–7:00pm — Registration Code: 108126
Mental Health — Thursdays: 3:00pm–4:00pm — Drop-In Program
(619) 247-4207 Leader: Recreation Center Staff

Citywide Racquetball – Open Play



Interested in playing Pickleball? For pickleball sites visit
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

Art Class

September-Registration Code: 109101

October-Registration Code: 109612

November-Registration Code 109611

Cooking Class

September-Registration Code: 109102

October-Registration Code: 109619

November-Registration Code 109657

Dessert Class

September-Registration Code: 109103

October-Registration Code: 109662

Line Dance

FREE-Registration Code 109107

Gentle Yoga

FREE-Registration Code 109109

Golden Zumba

FREE-Registration Code 109668

Bingo

FREE- Drop in Program

Special Event: Trunk O Treat

Thursday, October 19th 4:30pm (FREE)

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. Fall dance classes registration opens Saturday, September 16 at 10am and classes beginning the week of September 25. (Please note: Saturday classes begin September 23.) More information can be found at 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.

ALLIED GARDENS	6707 Glenroy Street, 92120	(619) 235-1143
VISTA TERRACE	301 Athey Avenue, 92173	(619) 424-0469
CITY HEIGHTS	4380 Landis Street, 92105	(619) 641-6126
MLK	6401 Skyline Drive 92114	(619) 527-3451
MEMORIAL	2902 Marcy Ave, 92113	(619) 235-1139
SWANSON	3585 Governor Drive, 92122	(858) 552-1653
TIERRASANTA	11238 Clairemont Mesa Blvd., 92124	(858) 636-4837
BUD KEARNS	2229 Morley Field Drive, 92104	(619) 692-4920
CARMEL VALLEY	3777 Townsgate Drive, 92130	(858) 552-1623
CLAIREMONT	3605 Clairemont Drive, 92117	(858) 581-9923
KEARNY MESA	3170 Armstrong Street, 92111	(858) 573-1389
NED BAUMER	10440 Black Mountain Rd., 92126	(858) 538-8083

Ranger Led Programs

Chollas Lake Wildlife Walk – Saturday, October 7th 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. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov
Chollas Lake Park: 6350 College Grove Dr, 92115

Explorations with a Ranger – Mondays: September 18th, October 16th, and November 13th 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. Contact Ranger Lyon for information: nlyon@sandiego.gov
Chollas Lake Park: 6350 College Grove Dr, 92115

Wheelchair-Accessible Botanical Tour – Saturdays: September 30th, October 28th, and November 25th 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
Charles Lewis III Memorial Park: 4639 Home Avenue, 92105

Kumeyaay Ethnobotany Walk – Saturdays: September 9th and November 18 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
Chollas Lake Park: 6350 College Grove Dr, 92115

Chollas Lake History Hike with a Ranger – Saturday, November 4th 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
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 we 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](http://www.elderhelpofsandiego.org) or visit 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>	<u>Country Club Senior Center</u>
570 South 65 th St., San Diego (619) 266-2066	455 Country Club Lane, Oceanside (760) 435-5250
<u>Ed Brown Center (Rancho Bernardo)</u>	<u>El Corazon Senior Center</u>
18402 W. Bernardo Dr., San Diego (858) 487-9324	3302 Senior Center Drive, Oceanside (760) 435-5300
<u>City of Coronado John D. Spreckels Center</u>	<u>Carlsbad Senior Center</u>
1019 7th St., Coronado (619) 522-7343	799 Pine Ave., Carlsbad (442) 339-2650
<u>La Jolla Community Center</u>	<u>Encinitas Community & Senior Center</u>
6811 La Jolla Blvd., San Diego (858) 459-0831	1140 Oakcrest Park Drive, Encinitas (760) 943-2260
<u>Gary and Mary West Senior Wellness Center</u>	<u>La Mesa Adult Enrichment Center</u>
1525 4th Ave., San Diego (619) 235-6572	8450 La Mesa Blvd. (619) 667-1322
<u>Mira Mesa Senior Center</u>	<u>Norman Park Senior Center</u>
8460 Mira Mesa Blvd., San Diego (858) 860-5355	270 F St., Chula Vista (619) 409-1931
<u>Peninsula Shepherd Center</u>	<u>San Marcos Senior Activity Center</u>
1475 Catalina Blvd., San Diego (619) 223-1640	111 Richmar Ave., San Marcos (760) 744-5535
<u>Alpine Community Center</u>	<u>Bayside Community Center</u>
1830 Alpine Blvd., Alpine (619) 445-7330	2202 Comstock St., San Diego (858) 278-0771

AgeWell Services
Parks & Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

Return Service Requested

Would you like to go paperless?

If so, please email thescroll@sandiego.gov Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of
SAN DIEGO
Parks and Recreation Department

"To provide healthy, sustainable, and enriching environments for all."

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)533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.



All City of San Diego parks and beaches are smoke free.

