The City of SAN DIEGO
Parks and Recreation Department

AgeWell Services (AWS)

The Scroll

March, April, May 2023

Scan here for online website

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Mariarosa Ceniceros, Recreation Aide

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AgeWell Services will be closed March 31st and May 29th 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

Announcements

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Thank you to San Diego Senior Community Foundation!

Thanks to a generous donation from the San Diego Senior Community Foundation, AgeWell Services was able to offer older adults 3 festive events.

Feast of Thanks & Gratitude – To show our appreciation for our volunteers and the many hours they donate to our programs over the year, AWS staff provided a delicious lunch, catered by Ranch Events to 50 volunteers at the Santa Fe Room in Balboa Park.

Holiday Hoopla– Over 65 participants took part in a fun-filled afternoon of merriment. Seniors rotated amongst 4 stations throughout the 3-hour period making holiday cookies and several crafts. Patrons socialized amongst peers and staff, enjoyed hot and cold appetizers, and listened to holiday music.

Cookies & Cheer – Seniors were served holiday cookies and hot beverages while visiting the PDLC Café and Balboa Park Senior Lounge Each site offered a quaint setting which promoted a sense of belonging amongst old and new friends in a cafe style setting. Over 500 individuals participated throughout the two-week period.

Each of the three events provided a sense of joy and inclusivity to older adults during the holiday season.

Bicycle Friendly Driver Class

Learn the road rules as they apply to both cars and bicycles in this one hour class, where we will teach you to drive legally and respectfully as you share roadways with people on bikes.

Wednesday, May 3rd - 11am-12pm
Park de la Cruz Community Center
3901 Landis St, 92105 (City Heights)- (619) 525-8247
Registration code: 106032

Wednesday, May 10th - 2pm-3pm (in Spanish)
San Ysidro Senior Center
125 East Park Ave, 92173 - (619) 424-0468
Registration code: 106031

Wednesday, May 17th - 11am-12pm
Cathy Hopper Friendship Center
4425 Bannock Ave, 92117 - (619) 525-8247
Registration code: 106030

Wednesday, May 24th - 10am-11am
Hourglass Field Community Park and Field House
10440 Black Mountain Road, 92126 - (858) 538-8153
Registration code: 106028

Wednesday, May 31st - 11am-12pm
Nobel Recreation Center
8810 Judicial Dr, 92122 - (858) 552-1626
Registration code: 106026

Park de la Cruz Program Garden

The PDLC Program Garden is slowly coming together. Individuals will have the opportunity to plant, tend and harvest vegetables, fruit trees and herbs. The bounty will then be used for cooking classes, canning and more. Watch for updated program information in the Summer SCROLL. Interested in volunteering in the garden or teaching a gardening class, contact Sharon Moninger, Volunteer Coordinator at **619-236-7753 or email Smoninger@sandiego.gov**

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.

Spring registration starts February 11th at 10:00am.

Park de la Cruz Community Center Hours of Operation:
Monday, Tuesday, Wednesday: 8:30am–8:00pm
Thursday: 8:30am–7:00pm; 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.

Volunteer Spotlight

Dianne Berg

Dianne began volunteering for AgeWell Services last year. She is the smiling face who welcomes everyone as they arrive for the congregate lunch program on Fridays. However, she does much more than volunteering with AWS. Dianne has been a volunteer with the SD Humane Society for 29 years, fostering fur babies and assisting with administrative needs. She also volunteers in a kindergarten classroom once a week, assisting with everything from tying shoes to working on the alphabet. We thank Dianne for her continued hard work with AWS and in our community!

Lina Lacombe

Originally from Haiti, Lina moved to Brooklyn in the 1980s before relocating to San Diego to be closer to family. Before retirement, Lina worked in nursing. Lina has been volunteering with AgeWell Services for almost one year and regularly helps out at the Balboa Park Senior Lounge. When Lina recently expressed an interest in volunteering more, AWS happily added her to the congregate lunch volunteer team. Lina is exceedingly patient and kind, and often covers additional volunteer shifts. She also speaks French! In her free time, she helps take care of her grandson. We are so thankful to have you on the team, Lina!

Volunteer Updates

Welcome new volunteers!

Welcome to Mia C. 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: Maria S. (4/3); Helen P. (4/14); Diane B. (4/21); Angela G. (5/8); Keith W. (5/12); Tom E. (5/28)

Volunteers Needed

Do you have some extra time and would like to give back to others? We are looking for volunteers to assist with the following activities:

Balboa Park Senior Lounge - Volunteers host the senior lounge and serve coffee. Thursday shift 8:00am-12:00pm coverage needed.

Garden Hands - We will be starting our PDLC garden soon and will need volunteers to assist with planting.

Bingo at the Senior Lounge - Volunteers assist with set up, calling numbers, and take down. Saturday shift 10:00am-1:00pm.

Cathy Hopper Friendship Center– Volunteers assist with the café, program assistance and much more!

Contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov if you are interested in volunteering.

SENIOR MEALS AT PARK DE LA CRUZ COMMUNITY CENTER

Contact

SERVING SENIORS MEALS (619) 235-6572

The City of SAN DIEGO Parks and Recreation Department GENERAL INFO (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

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, several days per week, between 8am-11am just to check-in and say "hello". Please call (619) 236-6906 or email thescroll@sandiego.gov to add yourself or a loved one to the Social Call list.

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Special Events

47th Annual AgeWell Services Talent Show!

War Memorial Building, Auditorium
3325 Zoo Drive,
San Diego 92101

March 17th
10:00am-12:30pm

TICKETS
$7/10
3476890
3476890

Buy tickets online with registration code: 104476

Tickets are $7 until March 10th.
Starting March 11th, tickets will be $10 while supplies last.
Tickets are $5 each for groups of 10 or more.
Call (619) 525-8247 for more information

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Special Events

47th Annual Art Contest & Exhibit

Acrylic • Drawing • Pastel • Mixed Media • Oil • Water Color

Art exhibit will be on display at Park De La Cruz Community Center
3901 Landis St. San Diego, 92105
from May 17th until June 17th
For contest rules call 619-525-8247 or email thescroll@sandiego.gov

All submissions must be completed by artists 55+
One entry per person will be accepted at the following locations from
April 24th to May 12th.

PDLC Community Center——**Mon.– Thurs. 8:30am – 6:30pm**
3901 Landis St., 92105 **Sat. 10:00am - 2:30pm**
Balboa Park Senior Lounge——**Tues.– Fri. 9:00am– 12:00pm**
1650 El Prado (Room 105), 92101
Cathy Hopper Friendship Center—**Tues.–Thurs. 10:00am– 1:00pm**
1650 El Prado (Room 105), 92101
Bay Terraces Senior Center——**Mon.– Fri. 10:00am– 6:00pm**
7445 Tooma St., 92139
San Ysidro Teen Center——**Mon.– Fri. 11:00am– 6:00pm**
101 W San Ysidro Blvd. 92173

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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. There is a **$5.00 charge at the door** which 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.**

St. Patrick's Day

Thursday, March 9th - 12:30-2:30pm
Lessons @ 11:30am - Tango & Cha-cha

Catch the luck of the Irish at our annual St. Patrick's Day dance with music by **"DJs Marty & Sharon".**

World Wildlife

Thursday, March 23rd - 12:30-2:30pm
Lessons @ 11:30am - Tango & Cha-cha

Embrace your wild side while enjoying sounds of the **"Janet Hammer's Rhythm Express".**

Bunny Hop

Thursday, April 13th - 12:30-2:30pm
Lessons @ 11:30am - Foxtrot & East Coast Swing

Hop into Spring with good company and enjoy music performed by the **"Sophisticats".**

Garden Party

Thursday, April 27th - 12:30-2:30pm
Lessons @ 11:30am - Foxtrot & East Coast Swing

Wear your garden attire while enjoying the rhythms of **"Blue Zone".**

Fiesta

Thursday, May 11th - 12:30-2:30pm
Lessons @ 11:30am - Waltz & Rumba

Come fiesta with friends while enjoying music performed by **"Janet Hammer's Rhythm Express".**

Western

Thursday, May 25th - 12:30-2:30pm
Lessons @ 11:30am - Waltz & Rumba

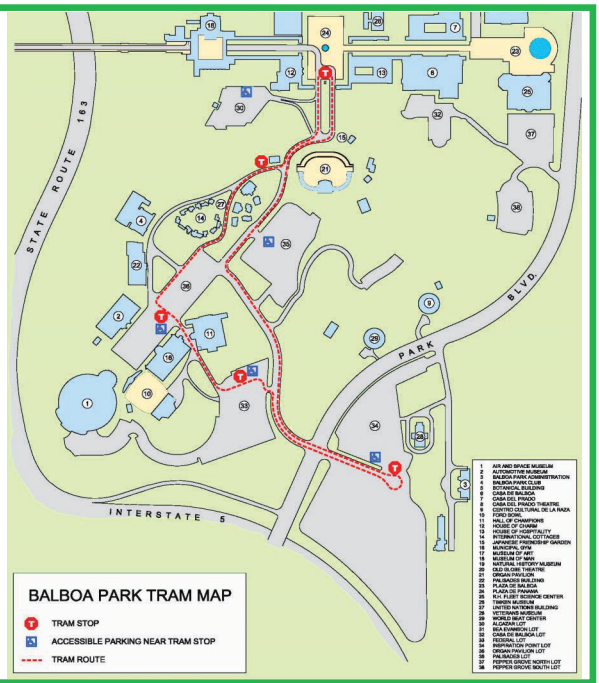
Dress in your favorite western attire and enjoy the sounds of the **"Sophisticats".**

TROUBLE FINDING A PARKING SPOT?

Take the FREE Balboa Park Tram
and save your energy for the dance floor!

Just park on the West side of Park Blvd. or at the lower parking lot at Inspiration Point.

It runs every 10 minutes and drops you off in front of the Ballroom.



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

Staff available from 10am-12pm on Thursdays for equipment instruction. 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 general public for 3 months (March– May).** Please bring your own towel and water. Fitness center is open during community center hours (see page 3).

Leaders: AWS and TRS Staff

SD Access 4 All - Technology Class Registration Code: 105571

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 (age 18 and over) who qualify.

Leaders: SD Futures Foundation Staff

American Mahjong **Mondays: 10:00am-1:00pm** Registration Code: 105572

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. This activity is geared toward intermediate to advanced Mahjong players.

Instruction available at PDLC Café– Wednesdays 10:30am-12:00pm

Card and Table Games **Mondays: 2:00pm-4:00pm** Registration Code: 105573

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

Volunteer: Joan S.

PDLC Café **Tuesday thru Friday: 10:30am-12:00pm** Drop-in Program

Enjoy a complimentary cup of coffee or hot tea at the PDLC Café. Read the daily newspaper, play a card or board game, socialize with peers, work on a monthly jigsaw puzzle or log on to our free wi-fi. **Leader: AWS Volunteers & Staff**

Motivational Art Workshop **Tuesdays: 9:30am-12:00pm** Registration Code: 106250

March 7 - April 25

Awaken the artist within. Experiment with watercolors and mixed mediums to create decorative (Deco) art and fine art painting. Class begins with a short meditation to calm the mind and open up to the creative process. Trust your intuition and change the way you look at art.

Volunteer: Mia Cara

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

Pickleball **Tuesdays:** Open Play 12:30pm-2:30pm Registration Code: 106237

Thursdays: Drills 9:00am-10:00am / Open Play 10:00am-12:00pm

Whether you are looking for an easy game for beginners or a fast-paced, competitive game for experienced players, this activity is for you. This program is held at the Park de la Cruz Gymnasium. Program is for participants ages 18 and up.

Leader: TRS, Nick Hurd

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.

Senior Safety Presentation Registration Code: 106243

Tuesday, May 2nd: 10:00am-11:00am

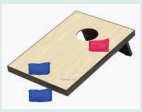
What to do if your wallet or purse is lost or stolen? Elderly safety presentation aims to keep seniors safe by eliciting awareness of the increasing potential dangers facing them in the form of scams, abuse, and crime victim. Elderly safety tips for traveling, walking on the street, and surfing the internet will also be provided.

Presenter: Multi-Cultural Community Relation Office's Dang Le

Deaf Seniors Club **Wednesdays: 10:00am-3:00pm** Drop-In Program

This club, for seniors who are deaf or hard of hearing, meets 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 Thornberry**

Corn Hole **Wednesdays: 10:00am-12:00pm** Registration Code: 106246



Corn Hole can be competitive or can be played for fun. It is a game of throwing bean bags and making them on or in the board for points. Come and learn how to play with an AgeWell staff or volunteer. **Leader: AgeWell Services Staff**

Body Dynamics/Aging Process

Wednesdays (Tai Chi) & Fridays (Qigong): 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 call (619) 525-8247 for more assistance.

Leader: SDCC Emeritus, Cassandra Wang

AARP Downsize & Declutter **Wednesday, May 10** Registration Code: 106244

1:30pm-2:30pm

Having too much stuff can impede people from relocating or getting health care assistance in their homes. This presentation explores why stuff is so important for some and teaches practical, easy tips on downsizing and decluttering. **Leader: AARP Staff/Volunteer**

Travel Club **3rd Fridays: 10:30am-12:00pm** Registration Code: 105574

No Meeting in March, April 21st, May 19th

Share your travel experiences and learn about travel destination specials and discounts and meet others with similar travel interests. **Volunteers: Brenda H. & William D.**

Ukulele **Fridays: April 7th - May 26th 10:45am-11:45am** Registration Code: 105575

Learn basic chords, rhythms, and note reading skills needed to play new songs on the ukulele. No experience is necessary, and ukuleles are provided for the duration of the class. **Cost for 8 sessions: $40.00 / Partial scholarships available.**

Leader: Encore! Villa Música Staff

Self Expression Art **Fridays: 2:30pm-4:00pm** Registration Code: 106131

Express images hidden within using paints, colored pencils, markers, or other media without judgement or criticism. Program is open to individuals of all ability levels, age 18 to adult. Artists work on their own. No instruction is provided.

Volunteers: Michael, Joan and Ray

Park de la Cruz Activities Continued

Fun Fitness **Fridays: 12:45pm-1:45pm** Registration Code: 105576
April 7th-May 26th

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 **2nd Fridays: 12:30pm-3:00pm** Registration Code: 105584

Watch distinguished films that have transcended time and trends. The film host introduces each movie and then leads a question and answer session afterwards.

March 10th: Norma Rae-1979-Sally Field, Ron Liebman, Beau Bridges
A worker in a cotton mill fights for herself and other workers with the help of a union organizer from the north.

April 14th: All This and Heaven Too-1940-Bette Davis, Charles Boyer
A French duke finds his life embroiled in scandal following the arrival of a new governess.

May 12th: Somewhere in Time-1981-Christopher Reeve, Jane Seymour
A romantic fantasy—A playwright seeks the actress in a vintage portrait.

Volunteer: Bob J.

AARP Shred Event **Date: (TBD)** Drop-In Program

Do you have piles of important documents with sensitive information that you want to get rid of? Come to Park de la Cruz and shred them on site during the Shred Event. Your papers will be dropped into a trashcan which is then dumped into a shredder, right in front of you!

Call (619) 236-6905 for date and time.

Leader: AgeWell Services & AARP Volunteers

Walk to Wellness **Saturdays: 8:30am-9:30am** Registration Code: 105577
March 11th-25th; April 8th, 15th, 29th, & May 6th

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

San Juan Capistrano Mission Tour 2023 Registration Code: 106249
Tuesday, May 16th – Cost: $65.00

Join us on a docent guided tour of Mission San Juan Capistrano, historic landmark and museum. The docent will be hosting you through 10 acres of museum rooms, exhibits, gardens, fountains and more; providing you with the details of California's early history and the birthplace of Orange County. Lunch is on your own. Pick up locations are the War Memorial Building (3325 Zoo Dr., 92101) and Cathy Hopper (4425 Bannock St., 92117). Pick-up/drop-off information to be announced one week prior to trip. Returning to San Diego at approximately 7:00pm.

Balboa Park Locations

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 3 for registration. The Santa Fe Room 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.

Piano Notes — **Balboa Park Club Ballroom** — Registration Code: 105578

Tuesdays: 10:00am–11:45am – March 28th, April 25th*, May 30th

Join us in the historic Balboa Park Ballroom if you enjoy playing or listening to the piano.
*April 25th meeting in Santa Fe Room.

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 in beautiful Balboa Park.

Leader: AWS Staff and Volunteers

Knitting Group @ BPL — **Wednesdays: 10:00am–11:30am** — Registration Code: 105580

This is a perfect group for those who love to knit or want to learn the basics in a friendly environment. If you are an experienced knitters are welcome. Supplies available.

Volunteer: Effie K.

Bingo @ BPL — **Saturdays: 11:00am–12:30pm** — Registration Code: 105583

Spend your morning in the Balboa Park Senior Lounge and meet new friends. If you are lucky you may even win a prize!

Leader: AWS Staff and Volunteers

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Balboa Park Locations Cont.

Otherwise Improv @ BPL Registration Code: 105581

Wednesdays: 2:30pm-5:00pm

March 1st & 15th; April 5th & 19th; May 3rd & 17th

Join us on the 1st and 3rd Wednesdays of each month for an improvisational workshop. Learn the secret of being in the moment. If you have good timing you don't need anything else! **For persons 18 and over.**

Volunteer: Christophver R

Poetry Party **Balboa Park Santa Fe Room** Registration Code: 105585

First Fridays: 3:00pm-5:00pm / March 3rd, April 7th, May 5th

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.**

Volunteer: Christophver R

Poetic Legacy @ BPL **4th Fridays: 3:00pm-5:00pm** Registration Code: 105582

March 24th
Gabriela Mistral
First Latin American Nobel Prize recipient

April 28th
For National Poetry Month, we will be celebrating 7 years and over 90 poets studied; featuring attendees and their prompts from past poets.

May 26th
William Butler Yeats
Iconic Irish Poet

This workshop involves readings and discussions of 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

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VISIT WWW.MYCOMMUNITYONLINE.COM

CATHY HOPPER FRIENDSHIP CENTER IN NORTH CLAIREMONT

OPENING IN MARCH

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.

Cathy Hopper Café **Tuesdays, Wednesday, & Thursdays** Drop-In Program
Opens March 7th - 10:00am-12:00pm
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: AgeWell Services Volunteers**

Line Dancing **Tuesdays & Thursdays 11:00am-12:00pm** Cost Paid to Instructor
Bringing balance back to your life through line dancing. Taking it one step at a time.
Cost: $7.00/Session or $30.00/Month **Leader: Patricia Murray**

Bingo **Wednesdays*: 1:00pm-3:30pm / Starts March** Registration Code: 106252
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**

Must See Movies **3rd Wednesdays 12:30pm-3:00pm** Registration Code: 106253
March 15th, April 19th, May 17th
Watch distinguished films that have transcended time and trends. The film host introduces each movie and then leads a question and answer session afterwards. Enjoy a snack while you watch the film. **For film selection, see page 11.** **Leader: Volunteer Bob J.**

Disrupting Aging Registration Code: 106245
Wednesday, March 22 11:00am-12:00pm
Changing the conversation on Aging. This one hour class challenges those to examine aging trends and the importance of building equity in longevity. Everyone will explore opportunities to live their best life. **Leader: AARP Staff/Volunteer**

Self Defense 4 Seniors Registration Code: 106254
Wednesday, April 5th 1:00pm-2:30pm
Learn 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

Elder Help **Wednesday, April 19 11:00am-12:00pm** Registration Code: 106247
Learn about the Elder Help Home Share Program which is an affordable senior housing program that matches seniors who want to remain in their own homes with adults of all ages who are in need of housing. **Leader: Elissa Landsman**

Elder Law Registration Code: 106248
Wednesday, April 26th - Appts. 9:00am –12:00pm / Presentation 12:30pm-1:30pm
Free appointments with an Attorney are offered from 9:00am to 12:00pm. Presentation: Lifetime & Estate Planning Documents: general information on powers of attorney, advance healthcare directives, wills, and trusts takes place 12:30pm to 1:30pm. **You must call Elder Law, at 858-565-1392, to schedule your appointment.**

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

American Mahjong — Thursdays: 10:30am-2:30pm — Drop-in Program

Tai Chi — Tuesdays and Fridays: 3:00pm-4:00pm — Drop-in Program

(619) 527-3443 — Leader: San Carlos Recreation Center Staff

Nobel Recreation Center: 8810 Judicial Dr., 92122

American Mahjong — Thursdays: 12:30pm-3:00pm — Registration Code: 105609

SD Mahjong Jamboree — Saturday, May 27th 11:00am-3:00pm — Cost: $5.00
Registration Code: 105523

Tai Chi — Tuesdays & Thursdays: 9:30am-10:30am — Registration Codes:
Mar. 2-30th: 104281 / Apr. 4-27th: 104282

Adult Table Games — Mondays: 10:15am-12:45pm — Drop-in Program

Bike Lane Safety — Wednesday, May 31st 11:00am– 12:00pm — Registration Code:106026

(858) 552-1626 — Leader: Nobel 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.

Lopez Ridge Recreation Center: 7245 Calle Cristobal, 92126

Aging Well Chair Fitness (In Person or Virtual) — Registration Code: 105622
Tuesdays: 10:30am-11:30am & Thursdays: 1:00pm– 2:00pm — Mar. 2– May 30
(858) 538-8172 — **Leader: Trena Bennett, Center Director**

Kearny Mesa Recreation Center: 3170 Armstrong St., 92111

Senior Guitar — Wednesdays 1:00pm-2:00pm — Mar. 29– Apr. 26/ May 3– May 31
Registration Codes: Session 1: 106261 / Session 2: 106262 — **COST: $31.00**
(858) 573-1387 — **Leader: Jeff Bishop**

Mid-City Gym: 4302 Landis St., 92105

City Heights Steppers (Line Dancing) — Tuesdays 6:00pm-8:00pm — Mar. 7 - May. 23
Registration Code: 106278
(619) 516-3082 — **Leader: City Heights Recreation Center Staff**

City Heights Square Mini Park: 4065 43rd Street, 92105

City Heights Gardening Class — Wednesdays 9:00am-10:00am — April 5 - May 31
Registration Code: 106279
(619) 641-6125 — **Leader: City Heights Recreation Center Staff**

Bay Terraces Community & Senior Center
7445 Tooma St., 92139 - (619) 527-7632

Dance Class -Senior Line Dancing
Mon.- Thurs. 10:00am–12:00pm (FREE)
March-May # 105286

Art Class
Tuesdays 12:30pm-1:30pm (FREE)
March-May # 105284

Tech Class
Saturdays 11:00am-1:00pm (FREE)
March-May # 105290

Senior Cooking Class
Wednesdays 12:30pm-2:30pm (FREE)
March-May # 105283

Senior Bingo
4th Thursdays 1:00pm-3:00pm
March-May # 105282

Zumba
Mondays 3:30pm-5:30pm (FREE)
March-May # 105287

Stockton Recreation Center - Stockton Seniors
Registration Code: 106141
330 32nd St., 92102 - (619) 235-1163

Stockton Recreation Center is excited to present our new senior programs. Meet neighbors, make new friends, engage in social activities, and explore the community together! All older adults are encouraged to join in the fun! All senior programs are currently free.

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.

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

Colina Del Sol Recreation Center: 5319 Orange Ave., 92115

Gentle Fitness — Tuesdays & Thursdays: 11:30am-1:00pm
(619) 235-1144 — Leader: Colina Staff, Ms. Velma

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

Tai Chi — Saturday and Sundays: 10:00am-12:00pm — Registration Codes: 105194 (Saturday); 105195 (Sunday)
(858) 538-8153 — Leader: Binh Phan

Golden Hill Recreation Center: 2600 Golf Course Drive, 92102

Sewing Fundamentals — Thursdays & Fridays 11:00am-2:30pm — Registration Code: 106080
(619) 235-1138 — Leader: Golden Hill Staff

Pacific Beach Recreation Center: 1405 Diamond St., 92109

Senior Weekly Walk — Wednesdays @ 9:00am — Registration Code: 106269
(858) 581-9927 — Leader: Pacific Beach Recreation Center Staff

South Bay Recreation Center: 1885 Coronado Ave., 92154

Blazing Turtles Walking Group — Mon-Fri 8:00am-10:00am — Registration Code: 105964
Ceramics — Wednesdays 10:00am-12:00pm — Registration Code: 105958
(619) 424-0470 — Leader: South Bay Recreation Center Staff

Pacific Highlands Ranch Recreation Center: 5977 Village Center Loop Rd., 92130

Open Play Mahjong — Mondays 1:00pm-4:00pm — Drop-in Program
Introduction to Pickleball Class — Mondays 5:30pm-7:00pm — **Fee: $20**
Dates and Registration Codes: **Mar. 13-20:** 105218 / **Apr. 17-24:** 105219 / **May 15-22:** 105220
(858) 538-8184 — Leader: Recreation Center Staff

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

Adult Ceramics — Wednesdays 12:30pm-4:30pm — Registration Code: 105510
March 1 - May 23
(858) 573-1408 — Leader: Volunteer Carl Demas

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

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

Chair Exercise — Mondays 12:00pm-1:00pm — Drop-in Program
Walking Class — Mondays 12:00pm-1:00pm — Drop-in Program
Loteria — Wednesdays 3:00pm-4:00pm — Drop-in Program
Karaoke — Wednesdays 4:00pm-7:00pm — Drop-in Program
Nutrition Class — Thursdays 2:30pm-3:30pm — Drop-in Program
Karaoke — Thursdays 4:00pm-7:00pm — Drop-in Program
Social Hour/Baking — Fridays 11:00am-1:00pm — Drop-in Program
(619) 541-0160 — Leader: Recreation Center Staff

Citywide Raquetball Sports- Open Play

Park De La Cruz Community Center:
-**Pickleball:** See Page 10

North Clairemont Recreation Center: 4421 Bannock Ave., 92177; (858) 581-9926
-**Pickleball:** Tuesdays & Thursdays 10:30am-1:30pm

Ocean Air Recreation Center: 4770 Fairport Way, 92130; (858) 552-1687
-**Pickleball:** (6 courts): Mondays 10:00am-1:15pm & 5:00pm-6:00pm;
Wednesdays 9:00am-12:15pm; Fridays 10:00am-1:15pm
-**Badminton:** Tues. 9:00am-2:30pm (3 courts) / Thurs. 10:00am-12:00pm (6 courts)
Sat. 9:00am-12:00pm (6 courts)
-**Table Tennis:** Monday– Saturday 10:00am-2:45pm

Presidio Recreation Center: 2811 Jackson St., 92110; (619) 692-4918
-**Pickleball:** Tuesdays & Thursdays 12:00pm-3:00pm

Nobel Athletic Fields and Recreation Center:
-**Pickleball:** (3 courts) Mondays & Wednesdays 10:15am-12:45pm / Fridays 10:15am-12:10pm
-**Badminton:** (3 courts) Tuesdays & Thursdays 10:15am-12:45pm / Fridays 2:00pm-3:45pm

Balboa Park Activity Center: 2145 Park Blvd., 92101; (858) 581-7100
-**Pickleball:** Tuesdays & Thursdays 11:00am–2:30pm / Wednesdays 2:00pm-5:00pm

Municipal Gymnasium: 2111 Pan American Plaza, 92101; (619) 525-8262
-**Pickleball:** Mondays & Wednesdays 12:00pm–3:00pm / Saturdays 1:00pm-4:30pm

For additional pickleball sites, visit www.sandiego.gov/sites/default/files/pballlocations.pdf

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

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the SD 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. More information: www.civicdancearts.org or 619-235-5255.

Ranger Led Programs

Chollas Lake Wildflower Safari – March 11 at 11:00am
Take a hike with a Park Ranger to discover native flowering plants at Chollas Lake Park. Note that this ranger walk is 2 miles in length on dirt surfaces with some hills and steps. Contact Ranger Goldstein for more information:cgoldstein@sandiego.gov - **Chollas Lake Park: 6350 College Grove Dr, 92115**

Chollas Lake Wildlife Walk – March 18 and April 22 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. Contact Ranger Goldstein for more information: cgoldstein@sandiego.gov - **Chollas Lake Park: 6350 College Grove Dr, 92115**

Explorations with a Ranger – March 20, April 17 and May 15 at 2:00pm
Join Ranger Najja for an exploration of Chollas Lake Park. The walk will be approximately 2 miles in length. Moderate hills and uneven terrain should be anticipated. Leashed, friendly dogs are welcome. Contact Ranger Lyon for more information: nlyon@sandiego.gov **Chollas Lake Park: 6350 College Grove Dr, 92115**

Wheelchair-Accessible Botanical Tour – March 25, April 29 and May 27 at 11:00am at Charles Lewis III Memorial Park
Join a Park Ranger for an exciting journey through a lesser known botanical treasure which often features flowering plants. This easy, ¼-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 – April 8 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 – May 6 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**

Disabled Services Advisory Council, Inc.

DSAC Corner

Disabled Services Advisory Council, Inc. (DSAC) is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. 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 older adults, persons with disabilities, businesspersons, advocates & other interested individuals. Meetings are held at Park de la Cruz Community Center (3901 Landis St.) on the second Wednesday of each month at 6:00 pm (excluding July & August). www.dsacsd.org.

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**

Get assistance with your taxes with AARP®

AARP will be providing tax support at the following locations per the AARP Website.

Serra Mesa Library - (858) 573-1396
9005 Aero Dr, SD, 92123
Fridays– 10:00am-4:00pm

Ray & Joan Kroc Center - (619) 269-1539
6605 University Ave. (Bldg. F), SD, 92115
Tues., Wed., Fri.– 8:45am-1:45pm

Allied Gardens Library - (619) 533-3970
5188 Zion Ave, SD, 92120
Mondays– 11:30am-5:30pm
Wednesdays– 12:00pm-5:30pm

College Rolando Library - (619) 533-3902
6600 Montezuma Rd, SD, 92115
Thursdays– 9:30am–5:00pm

Pacific Beach Library - (858) 581-9934
4275 Cass St, SD, 92109
Mondays– 12:00pm-5:00pm

Chula Vista Civic Center Library-(619) 691-5069
365 F St, Chula Vista, 91910
Thursdays– 10:00am-2:00pm (Eng. & Span.)
Fridays– 10:00am– 2:00pm (Eng. & Span.)

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. 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

4th District Senior Center
570 South 65th St., San Diego (619) 266-2066

Bay Terraces Community/Senior Center (page 13)
7445 Tooma St., San Diego (619) 527-7632

Ed Brown Center (Rancho Bernardo)
18402 W. Bernardo Dr., San Diego (858) 487-9324

City of Coronado John D. Spreckels Center
1019 7th St., Coronado (619) 522-7343

La Jolla Community Center
6811 La Jolla Blvd., San Diego (858) 459-0831

Gary and Mary West Senior Wellness Center
1525 4th Ave., San Diego (619) 235-6572

Mira Mesa Senior Center
8460 Mira Mesa Blvd., San Diego (858) 860-5355

Peninsula Shepherd Center
1475 Catalina Blvd., San Diego (619) 223-1640

Alpine Community Center
1830 Alpine Blvd., Alpine (619) 445-7330

Country Club Senior Center
455 Country Club Lane, Oceanside (760) 435-5250

El Corazon Senior Center
3302 Senior Center Drive, Oceanside (760) 435-5300

Carlsbad Senior Center
799 Pine Ave., Carlsbad (442) 339-2650

Encinitas Community & Senior Center
1140 Oakcrest Park Drive, Encinitas (760) 943-2260

La Mesa Adult Enrichment Center
8450 La Mesa Blvd. (619) 667-1322

Norman Park Senior Center
270 F St., Chula Vista (619) 409-1931

San Marcos Senior Activity Center
111 Richmar Ave., San Marcos (760) 744-5535

Bayside Community Center
2202 Comstock St., San Diego (858) 278-0771

March 2023

For more information on PDLC and Balboa Park programs and program times see pages 5 - 13

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
		1 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	2 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	3 PDLC Café Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Poetry Party	4 Senior Lounge Bingo @ BPL 5
6 Serving Seniors Access 4 All Mahjong Table Games	7 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art	8 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	9 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance	10 PDLC Café Serving Seniors Senior Lounge Qigong Movies Fun Fitness Self Exp. Art	11 Walk to- -Wellness Senior Lounge Bingo @ BPL 12
13 Serving Seniors Access 4 All Mahjong Table Games	14 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art	15 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	16 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	17 Serving Seniors Self Exp. Art Talent Show Qigong Fun Fitness	18 Walk to- -Wellness Senior Lounge Bingo @ BPL 19
20 Serving Seniors Access 4 All Mahjong Table Games	21 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art	22 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	23 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance	24 PDLC Café Serving Seniors Senior Lounge Qigong Self Exp. Art Poetic Legacy	25 Walk to- -Wellness Senior Lounge Bingo @ BPL 26
27 Serving Seniors Access 4 All Mahjong Table Games	28 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art Piano Notes	29 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	30 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	31 -Closed- City Holiday	

April 2023

For more information on AWS programs and program times see pages 5 – 13

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
					1 Senior Lounge Bingo @ BPL 2
3 Serving Seniors Access 4 All Mahjong Table Games	4 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art	5 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	6 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Tai Chi	7 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Poetry Party	8 Walk to- -Wellness Senior Lounge Bingo @ BPL 9
10 Serving Seniors Access 4 All Mahjong Table Games	11 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art	12 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	13 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance Tai Chi	14 PDLC Café Ukulele Serving Seniors Senior Lounge Tai Chi Fun Fitness Movies Self Exp. Art	15 Walk to- -Wellness Senior Lounge Bingo @ BPL 16
17 Serving Seniors Access 4 All Mahjong Table Games	18 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art .	19 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	20 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Tai Chi	21 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Travel Club	22 Senior Lounge Bingo @ BPL 23
24 Serving Seniors Access 4 All Mahjong Table Games	25 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Motivational Art Piano Notes	26 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	27 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance Tai Chi	28 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Poetic Legacy	29 Walk to- -Wellness Senior Lounge Bingo @ BPL 30

May 2023

For more information on AWS programs and program times see pages 5 – 13

Mon	Tues	Wed	Thurs	Fri	Sat / Sun
1 Serving Seniors Access 4 All Mahjong Table Games	2 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Senior Safety	3 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	4 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	5 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Poetry Party	6 Walk to- -Wellness Senior Lounge Bingo @ BPL 7
8 Serving Seniors Access 4 All Mahjong Table Games	9 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	10 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Downsize & Declutter	11 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance	12 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Movies Self Exp. Art	13 Senior Lounge Bingo @ BPL 14
15 Serving Seniors Access 4 All Mahjong Table Games	16 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball San Juan Capistrano Trip	17 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi Otherwise Improv	18 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	19 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Travel Club	20 Senior Lounge Bingo @ BPL 21
22 Serving Seniors Access 4 All Mahjong Table Games	23 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball	24 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi	25 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Dance	26 PDLC Café Ukulele Serving Seniors Senior Lounge Qigong Fun Fitness Self Exp. Art Poetic Legacy	27 Senior Lounge Bingo @ BPL 28
29 -Closed- City Holiday	30 PDLC Café Serving Seniors Senior Lounge Digital Nav. Pickleball Piano Notes	31 PDLC Café Corn Hole Serving Seniors Senior Lounge Access 4 All Knitting Tai Chi			

The City *of*
SAN DIEGO
Parks and Recreation Department

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SAN DIEGO, CA

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.