

AgeWell Services (AWS) Spring 2025 Newsletter

March | April | May

AgeWell Services will be closed March 31 and May 26, 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.
The majority of programs offered in this newsletter are for adults 60 years and better, but some programs are available to all ages, as identified in the activities description.



Scan here for online
website

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

AgeWell Services (AWS)

The City of San Diego, Parks and Recreation Department, AgeWell Services' enhances the lives of older adults by providing opportunities for social interaction, recreation, health and wellness, education, community enrichment and volunteerism. AWS's goal is to facilitate social interaction, promote lifelong learning, encourage creative expression, enhance physical fitness and well-being, and enable successful aging for adults age 60 and over.

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Welcome New AgeWell Staff!

Welcome to AgeWell's new Recreation Aides. Staff will be working at various locations.



Jolee



Sean



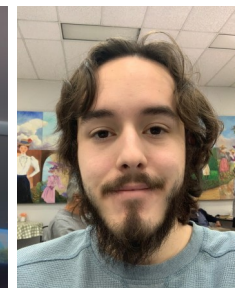
Yulonda



Jose



Rashawnda Marie



Niko

AgeWell Services Locations and Hours

Visit your local AgeWell Services' location for a monthly calendar of events or visit the www.sandiego.gov/agewell for site specific calendars and information.

Balboa Park Senior Lounge

(619) 235-1191

1650 El Prado, 92101

Hours of Operation: Tuesday – Saturday 9:00am-1:00pm

For more information email SLemire@sandiego.gov.

Cathy Hopper Friendship Center

(619) 235-1113

4425 Bannock Ave., 92117

Hours of Operation: Monday – Friday 9:00am-3:00pm

For more information email TurnerL@sandiego.gov.

Memorial Senior Center

(619) 668-2027

610 South 30th St., 92113

Hours of Operation: Monday – Friday 9:00am-12:00pm

For more information email RafaelP@sandiego.gov.

Park de la Cruz Community Center

(619) 525-8247

1650 El Prado, 92105

Hours of Operation: Monday – Thursday 8:30am-8:00pm

Friday 8:30am-5:00pm

Saturday 10:00am-3:00pm

For more information email MFurr@sandiego.gov.

Citywide Recreation Centers

City of San Diego Recreation Centers listed below offer programs for older adults. Visit the www.sandiego.gov/agewell for more sites and program opportunities citywide. Send an email to TheScroll@sandiego.gov if you are interested in participating in activities or volunteering at your local recreation center. Visit www.sandiego.gov/park-and-recreation/centers/recctr for a full list.

Bay Terraces Community/Senior Center

7445 Tooma St., 92139

(619) 527-7632

Ocean Air Recreation Center

4770 Fairport Way., 92130

(858) 552-1687

City Heights Square Mini Park

4061 43rd St., 92106

(619) 641-6125

San Ysidro Senior Center

125 East Park Ave., 92173

(619) 247-4207

Nobel Recreation Center

8810 Judicial Dr., 92122

(858) 552-1626

Stockton Recreation Center

330 32nd St., 92102

(619) 235-1163

North Clairemont Recreation Center

4421 Bannock Ave., 92117

(858) 581-9926

Registration Information

Spring Registration:
February 15, 2025
 at 10:00am

Pre-registration is required for programs. Please register early and help us to prevent class cancellations.

Online Registration: [SDREcConnect.com](https://sdrecconnect.com)

First Time users: Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, including all required fields, and click Submit. Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password. Search activity by code provided.

Payment Information

Payments can be made online at [SDREcConnect.com](https://sdrecconnect.com) or at Park de la Cruz Community, Cathy Hopper Friendship Center or Memorial Senior Center. See page 3 for location addresses and hours.

Acceptable payment 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). **No Cash accepted.**

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.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, 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 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method.

DSAC Scholarship and City Low Income Fee Waiver

For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, call (619) 525-8247 or stop by Park de la Cruz, Cathy Hopper, Balboa Park Senior Lounge or Memorial Senior Center (see page 3 for location information). Applications can be dropped off at either site. Discounts will vary depending on program.

Volunteers

Volunteer Opportunities

Balboa Park Senior Lounge, Cathy Hopper Friendship Center, PDLC Garden Club, and Memorial Senior Center.

Interested in Volunteering? Call (619) 525-8247 or email TheScroll@sandiego.gov

Happy Birthday!



Please join us in celebrating the following AgeWell Services' volunteer birthdays:
 Devon W. (3/2), Maria S. (4/3), Diane B. (4/21), Angela G. (5/8), Keith W. (5/12), Linda N. (5/13), & Tom E. (5/28).

Volunteer Spotlight: Jennifer

Jennifer began volunteering at Park de la Cruz Community Center in September 2024. She helps serve meals during the Serving Seniors Congregate lunch program, maintains the cleanliness of both the PDLC Fitness Center and Computer Lab, and assists during gardening programs at both PDLC and Memorial Senior Center. She enjoys volunteering because of the pleasant environment, amazing customers, and staff. Her time at PDLC has been very rewarding and looks forward to more opportunities.



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Sponsors/ Fundraising

AgeWell Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial and in-kind assistance, we are able to provide quality programming to enrich the lives of older adults. The following agencies contributed to the success of Winter programs, dances and special events.



Ralphs & Food4Less Fundraiser

Every time you shop, for food or fuel, a percentage of your purchase will be donated to DSAC.

To add your community rewards program:

1. Log into www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
 - a. Community rewards
 - b. Edit community rewards program & follow the instructions
 - c. Click the circle to the left of your organizations name **Disabled Services Advisory Council**

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LIC# 370800558





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., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation & 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 persons with disabilities, parents, businesspersons, advocates, and other interested individuals. www.dsacsd.org. The 2025 DSAC election results are as follows: Eleanor Tamayo (Chairperson), Nancy Ciullo (Vice Chairperson), Jeanette Alden (Treasurer), Megan Nunez (Secretary). Board Members are Dallin Young, Betty Templeton, Deatriz Cook, Diana Testa, and Ally Budoff as a General Member.

San QR code to visit the DSAC homepage



Scan QR code to donate to DSAC



The TR & AWS group meets quarterly on the 2nd Wednesdays immediately following the September, December, March and June DSAC meetings (at approximately 6:45pm). 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 Julie at JGregg@sandiego.gov or (619) 525-8247 for sponsorship or donation inquiries.

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James Jones 858-209-5090



Arts and Crafts

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a square next to the activity name).

Art Studio

Led by: AWS Staff

Create works of art using your own techniques, collaborate with friends, or develop something original. Practice your craft and work with other artists.

Cathy Hopper Center on Thursdays
March 6, 20 | April 3, 17 | May 1, 15
121324 12:00–2:00pm Free

18+ Intergenerational Artist Workshop

Led by: AWS Staff

Bring your own supplies and projects to work on and meet some new friends. Basic supplies will be available.

Balboa Park Lounge on Saturdays
March 1 | April 5 | May 3
120916 12:30–2:30pm Free

Oil Painting

Led by: Emeritus Staff

Learn the techniques of oil painting and create your own works of art. Registration with Emeritus through the San Diego College of Continuing Education.

Cathy Hopper Center on Wednesdays
January 29 – June 7
SDCCE.EDU 1:30–4:00pm Free

18+ Self-Expression Through Art

Led by: Joan, Michael

Express images hidden within using paints, colored pencils, markers, or other media without judgement.

Park de la Cruz on Fridays
121095 2:00–4:00pm Free



Getting Crafty

Led by: AWS Staff & Volunteers

Open craft time to work on those projects you've been meaning to finish in the company of friends.

Balboa Park Lounge on Wednesdays
March 12 & 26 | April 9 & 23 | May 14 & 28
120907 10:30am–12:00pm Free

Cathy Hopper Center on Fridays
121323 10:00am–12:00pm Free

Knitting & Crocheting Group

Led by: Effie & Jolee

Friendly knitting group welcome to all.

Balboa Park Lounge on Wednesdays
120903 10:30am–12:00pm Free

Cathy Hopper Center on Tuesdays
March 11 & 25 | April 8 & 22 | May 13 & 27
121133 1:00–2:00pm Free

Origami

Led by: Laurilyn

Balboa Park Lounge on Wednesdays
March 5 | April 2 | May 7
121352 10:00am–12:00pm Free

See page 20 for the
AgeWell Art Contest.

Cooking

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a square next to the activity name).

Cooking/ Desserts

Led by: Bay Terrace Staff

Bay Terraces Community Center
Wednesdays

118879	2:00pm	\$10/ March
118880	2:00pm	\$10/ April
118881	2:00pm	\$10/ May

3+

Garden to Table Meals

Led by: Haley & Maria

Let's use our garden harvest to make a meal to share! No direct supervision provided.

Park de la Cruz on Tuesdays
March 25 | April 22 | May 20

120775	10:00-11:00am	\$15 Per Quarter
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3+

Intergenerational Cooking

Led by: Tyler

There is nothing better than sharing the kitchen with friends and family. Learn a fun, simple meal that everyone can help with in the kitchen.

Park de la Cruz on Saturday
April 19

121083	1:30-3:30pm	\$5
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Let's Get Cookin'

Led by: Tyler

Learn basic skills and create delicious food!

Park de la Cruz on Thursdays

Session A: March 6-27

120873	1:30-3:00pm	\$25
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Session B: April 10-May 1

120876	1:30-3:00pm	\$25
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Dances

Dances are held on the **2nd and 4th Thursdays of the month from 11:30am- 2:30pm at the Balboa Park Club Ballroom (2150 Pan American Road West)**. Event includes dance lessons from 11:30am-12:30pm, led by professional ballroom instructor, live entertainment, refreshments, and prizes. **For more information, call (619) 525-8247 or email Slemire@sandiego.gov. Purchase a 6 dance punch card at SDRecConnect.com for \$25 (usable on any AWS Dance) or in-person at Park de la Cruz (3901 Landis St., 92105) using the code: 121357. Or pay \$5 cash at the door. See page 3 for registration information.**

St. Patrick's Day

Thursday, March 13
Lesson- Foxtrot & East Coast Swing
Music by "Sophisticats".

Wildlife Safari

Thursday, March 27
Lesson- Foxtrot & East Coast Swing
Music by "Janet Hammer's Rhythm Express".

Bunny Hop

Thursday, April 10
Lessons- Tango & Rumba
Music by "Blue Zone".



Garden Party

Thursday, April 24
Lessons- Tango & Rumba
Music by "Janet Hammer's Rhythm Express".



Fiesta

Thursday, May 8
Lessons- Waltz & Jitterbug
Music by "Sophisticats".



Western

Thursday, May 22
Lessons- Waltz & Jitterbug
Music by "Blue Zone".

Dances

See page 3 for site locations and information. Some programs are available for individuals under age 60 (identified by a square next to the activity name).

18+ Civic Dance

Civic Dance offers 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.** For information call (619) 235-5255 or visit www.cividdancearts.org.

Cathy Hopper Center

119843	6:15-7:00pm	\$42.46/ Beg. Jazz
119844	7:00-7:45pm	\$42.46/ Beg. Tap

Line Dancing

Bring balance and energy back to your life through line dancing!

Cathy Hopper Center on Tues/Thurs

121102	10:30am-11:30am	\$32/March
121117	10:30am-11:30am	\$32/April
121132	10:30am-11:30am	\$32/May
*121116	10:30am-11:30am	Free

*Try it before you buy it. 2 free trials maximum.

Bay Terraces on Mon/Tues

Drop in	10:00am-12:00pm	Free
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*No class 3/31 & 5/26

18+ Dynamic Inclusive Dance

Dance sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha , Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair.

Park de la Cruz on Wednesdays

120814	10:00am-11:00am	Free
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Zumba

This class focuses on balance, range of motion and coordination through easy-to-follow steps.

Bay Terraces on Wednesdays

Drop-In	3:00-4:00pm	Free
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Memorial Senior Center on Tuesdays

120719	11:00am-12:00pm	Free
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San Ysidro on Mon/Tues

120725	6:15-7:15pm	Free
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*No class 3/31 & 5/26

Stockton Recreation Center on Thursdays

Drop-in	9:30-10:30am	Free
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Gardening

See page 3 for site location and information.

18+ Community Gardens

Want to volunteer to help maintain the Park de la Cruz and Memorial Senior Center gardens? Call (619) 525-8247 for information.

3+ Green Thumb Club

Led by: Haley

Get involved in our program garden. Learn about gardening techniques and then put what we learn to practice. For ages 3+ years

Park de la Cruz on Thursdays

March 13 | April 10 | May 8

120774	10:00-11:00am	\$5
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Ignite Roots

Led by: Tyler

Create natural garden art projects, learn the basics of gardening, and visit local gardens.

Memorial Senior Center on Mondays

March 10 & 17 | April 7 & 28

Park de la Cruz on Mondays

May 5 & 19

Park de la Cruz on Saturdays

March 8 | April 27 | May 10

121111	10:00am-12:00pm	\$10
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See page 3 for site locations and information.

18+ PDLC Fitness Center

The Park de la Cruz fitness center has various free weights, cardio machines, and adaptable equipment. See page 3 for hours of operation. Check with the front desk for registration and quarterly cost.

Yoga (continued)

Park de la Cruz on Tuesdays
120865 10:00-11:00am \$10 per quarter
* No class 4/22 & 4/29

San Ysidro on Mon/Tues

120727 5:00-6:00pm Free
*No class 3/31 & 5/26

Gentle Fitness

Chigong

Feel great, stay flexible, breathe deeply, make friends, and live long utilizing the power of the beath to support the entire body.

Cathy Hopper Center on Mondays

121110 9:15-10:15am Free
* No class 3/31 & 5/26

Tai Chi

Led by: SD County Staff

This evidenced based program focuses on improving balance, strength, and flexibility, as well as reducing falls. All levels welcome!

Park de la Cruz on Mon/Thurs

March 3 - April 7

120841 1:30-2:30pm Free
* No class 3/31

Yoga

Balboa Park Lounge on Tuesdays

120902 1:00-2:00pm \$10 per quarter
*No class 4/22 & 4/29

Bay Terraces on Mondays

Drop-In 4:45-5:45pm Free
* No class 3/31 & 5/26

Cathy Hopper Center on Fridays

121104 9:00-10:00am \$10 per quarter
*10:30-11:30am

*Modified class that offers the use of a chair.

** No class 3/14, 4/18, 4/25 & 5/2

Memorial Senior Center on Mondays

120718 9:15-10:15am \$10 per quarter
* No class 3/31, 4/21, 4/28 & 5/26

Group Fitness

Active Aging

Led by: City Staff

Ocean Air Recreation Center on Thursdays

120753 9:30-10:15am Free
*No class 4/3

Chair Aerobics

Led by: City Staff

This class is a safe and effective way to improve strength, flexibility, and coordination.

Park de la Cruz on Fridays

120867 10:30-11:30am \$5 per quarter

San Ysidro on Mondays

120655 12:00-12:30pm Free
* No class 3/31 & 5/26

Exercise Movements with Music

Led by: City Staff

Get out of your routine and enjoy a moment for yourself and have fun.

Memorial Senior Center on Wed/Fri

120966 10:00-11:00am Free

Feeling Fit

Led by SD County Staff/City Staff

Cardio, strength, flexibility, and balance! Learn great moves with lively music!

Cathy Hopper Center on Tue/Thurs

March 11 - May 22

121101 9:00-10:00am Free

North Clairemont Center on Tue/Thurs

Drop-In 1:30-3:00pm Free

Fitness

See page 3 for site locations and information

Wii & Web for Wellness

Led by: AWS Staff

This interactive gaming time offers a fun and supportive way to stay active.

Balboa Park Lounge on Thursdays

120910 10:00-11:00am Free

Pickleball

Open Play Pickleball

North Clairemont Center on Tue/Thurs

Drop in 9:00-10:30am Free

Park de la Cruz on Tue/Thurs

Drop in Tues 12:30-2:30pm Free
 Thurs 10:00am-12:00pm Free

Pickleball for Beginners

Led by: Sean

Learn and practice the basics of pickleball.

Park de la Cruz on Tuesdays

121163 11:00am-12:00pm Free

Swimming

Water Fitness

The City of San Diego Aquatics offers a variety of classes, 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 classes and**

\$4.00 per class or \$33 for a 10 class pass

San Diego Aquatics Division

Allied Gardens	(619) 235-1143
Vista Terrace	(619) 424-0469
Martin Luther King	(619) 527-3451
Swanson	(858) 552-1653
Tierrasanta	(858) 636-4837
Bud Kearns	(619) 692-4920
Carmel Valley	(858) 552-1623
Clairemont	(858) 581-9923
Ned Baumer	(858) 538-8083

Walking Groups



Hiking for Seniors

For information on walking locations call (619) 235-1163

Stockton Recreation Center on Thursdays
 March 5 - May 29

Drop-in 9:30-10:30am Free

Ranger-Led Walks

These Ranger led walks will explore Chollas Lake Park and Charles Lewis III Memorial Park. Learn about the natural habitants, and history of the areas. If you have any questions about accessibility, address, difficulty or for more information contact Ranger Najja Lyons at nylon@sandiego.gov. All walks are located at 6350 College Grove Dr., 92115 unless its noted.

Chollas Lake on Tue/Thurs

Drop in Tues 10:00-11:00am Free

Drop in Thurs 11:00am-12:00pm Free

Chollas Lake History Hike on Saturday
 March 8

Drop in 1:00pm Free

Chollas Lake Wildlife Walk on Saturday
 May 17

Drop in 1:00pm Free

Charles Lewis III Memorial Park on Sat.

4639 Home Avenue, 92105

March 29 | April 3 | May 31

Drop in 11:00am Free

Explorations with a Ranger on Mondays
 March 24 | April 21 | May 19

Drop in 2:00pm Free

Kumeyaay Ethnobotany Walk on Saturday
 April 5

Drop in 1:00pm Free

Fitness

See page 3 for site locations and information



Walk to Wellness

Enjoy a walk at your local recreation center.

Balboa Park Lounge on Fridays

120911 9:00-10:00am Free

Cathy Hopper Center on Tue/Thurs

121113 10:00-11:00am Free

Park de la Cruz on Tuesdays

Drop-In 10:00-11:00am Free

Off-Site Walks on Saturdays

April 12 - May 31

*121354 9:00-10:00am Free

**Meet at various locations. Locations will be emailed prior to meeting date. Must register by Thursday before the program.*



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aaguilar@lpicommunities.com
 (800) 950-9952 x2677

See page 3 for site locations and information

Chorus

Led by: SDCC Emeritus Staff

Have a hand in creating beautiful music in this FREE weekly class for female voices. Register with Emeritus through the San Diego College of Continuing Education.

Cathy Hopper on Fridays
January 29 - June 7

SDCCE.EDU 9:00am-12:00pm Free



Ukulele

Led by: Villa Musica

Learn basic chords, rhythms and note reading skills on the ukulele. No experience necessary and ukuleles are provided.

Cathy Hopper Center on Wednesdays
March 5 - April 23

121103 10:00-11:00am \$41.50

Park de la Cruz on Fridays
March 7 - May 2

120879 11:15am-12:15pm \$41.50

Piano Notes

Led by: Lee

Enjoy playing or listening to the piano in the historic Balboa Park Club Ballroom (2150 Pan American Road West).

Balboa Park Ballroom on Tuesdays
March 25 | April 29 | May 27

120904 10:00-11:45am Free



BRAIN HEALTH VIRTUAL REALITY STUDY


Scan to Learn More!

Who Can Participate?

- 50-85 years of age
- Fluent in English
- Can safely ride a stationary bike

What is involved?

- Blood draws
- MRI brain imaging
- Bone density scan
- Memory tests

Time Commitment and Compensation

- 16-week in-person training program
- Total of \$585 dispersed at 3 different time points

For more information:
 Phone: (619)543-3494
 Email: brainhealth@health.ucsd.edu
 Website: <https://www.palab.ucsd.edu/participate>

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

Presentations

See page 3 for site locations and information

AARP Fraud Prevention

Led by: AARP Staff

Park de la Cruz on Wednesday
March 5

120857 1:00-2:00pm Free

Aging and Independence Services (AIS)

Led by: Jonathon Tague

Learn the warning signs of older adult abuse and what resources are available to help.

Park de la Cruz on Wednesday
May 7

120858 1:30-3:00pm Free

ASG Realty

Led by: Andres Gonzalez

Balboa Park Lounge on Wednesday
March 13

121356 1:00-3:00pm Free

Cathy Hopper Center on Wednesday
May 21

121328 11:30am-12:30pm Free

Elder Law: Fraud & Scams

Led by: Amanda Austin, Attorney

Park de la Cruz on Wednesday
April 9

120851 1:30-3:00pm Free

Jason Mitchell Group

Led by: JMG Staff

Learn what factors to consider when planning to live independently or at an assisted living.

Park de la Cruz on Wednesday
March 19

120855 1:30-3:00pm Free

Legacy

Led by: Laura Kelly

Cathy Hopper Center on Wednesday
April 16

121327 11:30am-12:30pm Free

Mary Doan Meditation

Led by: Mary Doan

Cathy Hopper Center on Wednesday
March 19

121326 11:30am-12:30pm Free

Senior Tech Connect

Led by: STC Staff

Park de la Cruz on Wednesday
March 26

120860 1:30-2:30pm Free

St. Paul's Pace

Led by: St. Paul Staff

Learn about active retirement living, assisted living, and memory care.

Park de la Cruz on Wednesday
April 16

120852 1:30-3:00pm Free

Take a Trip on MTS

Led by: Morgan

Learn about the MTS transit system and take a trip to Westfield Mission Valley.

Park de la Cruz on Friday
May 16- Info Session / May 23- Trip

120862 Fri (Info Class) 1:00-2:00pm Free
Fri (Trip) 10:00am-2:00pm Free

UCSD Skaggs School of Pharmacy

Led by: Jennifer Nguyen, Pharm. D.

Learn the most cost-effective methods of purchasing medications as an older adult.

Park de la Cruz on Wednesday
April 30

120854 1:00-2:00pm Free

Union of Pan Asian Communities

Led by: UPAC Staff

Learn how to maintain one's mental health and combat the effects of depression.

Park de la Cruz on Wednesday
May 14

120859 1:00-3:00pm Free

Social

See page 3 for site locations and information. Some programs are available for individuals under age 60 (identified by a square next to the activity name).

Community

Cafe

Enjoy a complimentary cup of coffee or hot tea and good company.

Balboa Park Lounge on Tue-Sat

Drop in 9:00am-1:00pm

Cathy Hopper Center Mon-Fr

Drop in 9:00am-2:30pm

Memorial Senior Center on Mon-Fri

Drop in 9:00am-12:00pm

Park de la Cruz on Mon-Fri

Drop in 9:30am-12:00pm

18+

Castle/Cherokee Community Meeting

Led by: Mary O.

Bring your concerns so that together we can discuss the quality of life in City Heights and make our neighborhood safe.

Park de la Cruz on Thursdays
March 19 | April 17 | May 15

Drop in 6:00-7:00pm Free

Current Events

Led by: AWS Volunteer

Discuss current events that are happening in the world in a respectful environment.

Park de la Cruz on Fridays

120840 10:30-11:30am Free

Documentary Wednesdays

Led by: Mark A.

March: Einstein's Quantum Riddle

April: J.P. Morgan: Emperor of Wall Street

May: Operation Finale: The Audacious Capture of Adolf Eichmann

Park de la Cruz on Wednesdays

March 19 | April 16 | May 21

120844 10:00-11:00am Free



San Diego Deaf Senior Citizens

Led by: Richard & Cheryl

Seniors who are deaf or hard of hearing or children of deaf adults are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 851-0850 or video call (619) 259-5046 for more information.

Park de la Cruz on Wednesdays

120836 10:00am-3:00pm Free

Serving Seniors Lunch Program

Meals are provided at no cost to those age 60 and over; however, donations are accepted. A \$4 fee is required for those under 60 years of age. **For more information call (619) 525-8247.**

Bay Terrace Community Center

7445 Tooma St., 92139

Monday- Friday; 12:30 - 1:30pm

Park de la Cruz Community Center

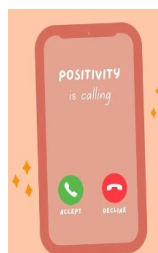
3901 Landis St., CA 92105

Monday- Friday; 12:00 - 1:00pm

Pre-packed breakfasts are offered during lunch & to go weekend meals are offered on Thursdays and Fridays at Park de la Cruz.

Coming Soon to Memorial Senior Center!

Social Call Program



A compassionate voice in the lives of older adults can make a difference. AgeWell volunteers will call, FREE, various days per week, between 8 - 11am to check-in and say "hello". Email mleo@sandiego.gov or call (619) 235-1191 to be added to the call list.

See page 3 for site location and information.

Travel Club

Led by: William and Brenda

Share your travel experiences and learn about travel destination specials and discounts.

Park de la Cruz on Fridays

March 21 | April 18 | May 16

120850 10:30am-12:00pm Free



Entertainment

Karaoke

Bay Terraces on Monday - Friday

Drop-In 10:00am-12:00pm Free

* No class 3/31 & 5/26

Cathy Hopper Center on Tuesdays

March 4 & 18 | April 1 & 15 | May 6 & 20

121131 12:00-1:00pm Free

Memorial Senior Center on Thursdays

120720 11:00am-12:00pm Free

San Ysidro on Wed/Thurs

120726 3:00-7:00pm \$15

Must See Movies

Led by: Bob J.

Watch films that have transcended time.

March: Shadow of a Doubt (1943)- A psychological thriller in which a much loved uncle's visit turns to suspicion and terror.

April: Seven Brides for Seven Brothers (1954)- A lumberjack marries a boarding house cook. She sets out to civilize him and his six brothers.

May: High Noon (1952)- The plot centers on a town marshal whose sense of duty is tested.

Balboa Park Lounge on Tuesdays

March 18 | April 15 | May 13

120905 2:15-4:15pm Free

Cathy Hopper Center on Friday

April 18

121322 12:00-2:30pm Free

Park de la Cruz on Fridays

March 14 | April 11 | May 9

120846 12:30-3:00pm Free

Games

American Mahjong

Volunteer or Staff Led

Nobel Recreation Center on Thurs/Sat

120712 Thurs 12:30-2:30pm Free

120713 Sat 12:30-3:00pm Free

Park de la Cruz on Mondays

120829 Mon 10:00am-12:00pm Free

*Mon 1:30-3:00pm Free

*Beginner class for those wanting to learn how to play Mahjong.

** No class 3/31 & 5/26

Bingo

Led by: City Staff & Volunteers

If you are lucky you may even win a prize. We accept donations.

Balboa Park Lounge on Saturdays

120913 10:30am-12:00pm Free

Bay Terraces on Thursdays

March 13 & 27 | April 10 & 24 | May 8 & 22

120929 2:00pm \$10-Mar

120928 2:00pm \$10-Apr

120927 2:00pm \$10-May

Cathy Hopper Center on Mondays

121112 11:30am-1:00pm Free

* No class 3/31 & 5/26

City Heights Mini Square Park on Tuesdays

March 25 | April 22 | May 27

Drop-in 10:00-11:30am Free

Park de la Cruz on Wednesdays

120839 1:30-3:00pm Free

See page 3 for site locations and information

Loteria

Led by: City Staff

Memorial Senior Center on Fridays

120966 11:00am-12:30pm Free

San Ysidro Senior Center on Wednesdays

120728 2:00-2:45pm Free



Table Games

Led by: City Staff and Volunteers

Balboa Park Lounge on Thursdays

120914 11:00am-1:00pm Free

Cathy Hopper Center on Tuesday-Friday

Drop In 11:00am-1:00pm Free

Nobel Recreation Center on Mondays

120714 10:15am-2:00pm Free

* No class 3/31 & 5/26

Texas Hold 'Em

Led by: Charles A

Round up the crew and learn to play tournament style Texas Hold 'Em. No betting.

Park de la Cruz on Tue/Thurs/Sat

120830 Tues 9:30-11:30am Free

Thurs 12:30-2:30pm Free

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



A Sequenced-Strategy for Improving Outcomes in people with Knee Osteoarthritis Pain (SKOAP Trial)

48th Annual Talent Show

Show Details

War Memorial Building
3325 Zoo Dr.
San Diego, 92101

Friday, March 14
10:00am-12:30pm
Doors open at 9:30 am

Tickets

Price: \$7
Price after March 7th: \$10

Code: 119010

Limited seating

Purchase tickets early.

To purchase tickets go on SDRecConnect.com or visit an AgeWell site (locations include Cathy Hopper, Memorial and Park de la Cruz - addresses listed on page 3.

Group discounts (10+) or more information contact (619) 525-8247 or TurnerL@sandiego.gov

Memorial Senior Center Grand Opening! Food, Festivities, and Fun

All ages welcome!

Friday, March 28, 2025 from 9:30 - 11:30am

Enjoy gardening, dance, music, loteria, corn hole, karaoke, guest speakers and more!



Memorial Senior Center
610 South 30th St., San Diego, 92113



Please RSVP via [SDRecConnect](http://SDRecConnect.com) with code #121225 by March 21
For more information email at Rafaelp@sandiego.gov or call (619) 668-2027.

Special Events

See page 3 for site locations and information



AgeWell Services Art Contest

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

All submissions must be done by artists 60+. One entry per person will be accepted at the below locations from April 11– April 28.

Art Drop Off Locations: (See page 3 for site address)

PDLC Community Center	Mon. – Thurs. 8:30am – 8:00pm Fri. 8:30am – 5:00pm Sat. 10:00am – 2:30pm
Balboa Park Senior Lounge	Tues. – Fri. 9:00am – 12:00pm
Cathy Hopper Friendship Center	Tues. – Thurs. 10:00am – 1:00pm
Bay Terraces Senior Center	Mon. – Fri. 10:00am – 6:00pm
San Ysidro Teen Center	Mon. – Fri. 11:00am – 6:00pm

Art exhibit will be on display at Park de la Cruz
3901 Landis St., 92105 from May 2 to May 30.

For contest rules call 619-525-8247 or email slemire@sandiego.gov.

Technology

Computer Lab

Computers are available to the public when the community center is open, except during scheduled technology. For more information, call (619) 525-8247. Forgot your headphones? Ask the Front Desk to check-out a pair.

Park de la Cruz

Register at Front desk See page 3 for hours of operation

Access 4 All: Tech on the Go

Led by: SDFP Staff

San Diego Futures conduct trainings, Q&A, and provide information on low-cost devices to individuals who qualify.

Park de la Cruz on Mondays

Drop-In 9:30am-12:00pm Free

* No class 3/31 & 5/26

Digital Navigators

Led by: Digital Navigators Staff

Trained staff provide one on one instruction with basic technical support, assistance using online programs and access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low cost devices and affordable internet. Call (619) 525-8247 for more information.

Park de la Cruz on Tue/Thurs

Drop-In 9:00am-12:00pm Free



Theater

See page 3 for site locations and information. Some programs are available for individuals under age 60 (identified by a square next to the activity name).

18+ **Otherwise Improve**
Volunteer Led: Christopher R

Join us for improvisational workshops, learn the secrets of being in the moment.

Balboa Park Lounge on Wednesdays
March 5 & 19 | April 2 & 16 | May 7 & 21
120906 2:30-5:00pm Free

18+ **Poetry Party**
Volunteer Led: Christopher R

Read your favorite poetry, listen, or just make the scene. Meet at the Santa Fe Room (2150 Pan American Rd. West).

Balboa Park Santa Fe Room on Fridays
March 1 | April 5 | May 3
120915 3:00-5:00pm Free

18+ **Poetic Legacy**
Volunteer Led: Christopher R

Read and discuss contemporary & historic poets. Participants are then encouraged to write their own poems.

March: Christophver R
April: Lorna Dee Cervantes
May: Jesus Popolete Melendez

Balboa Park Lounge on Fridays
March 28 | April 25 | May 30
120912 3:00-5:00pm Free

18+ **Zoro Garden Theater Festival**
Volunteer Led: Christopher R

An all age theater event in Balboa Park. Many different performances to be seen! Contact Christopher R at (619) 569-4922 if you would like to be part of the show.

Balboa Park - Zoro Garden
August 16 & 17

Trips

Staff will notify registered participants of pick up and return times one week before the trip. Pick up locations include War Memorial Building (3325 Zoo Dr., 92101) and Cathy Hopper (4425 Bannock Ave., 92117). Trip cost includes transportation, admission, and driver gratuity. See page 3 for registration and scholarship information.

The Queen Mary: The Glory Days Tour
Tuesday, March 25

Explore the ship from bow to stern and hear unique stories, facts and insights about the Queen Mary from expert guides. From the ship's groundbreaking construction, to her duty as a troopship during WWII, to her golden days of the 1950s, to her earning the nickname, the "haunted ship," the Queen Mary's history is full of action, adventure, romance and paranormal activity. **Lunch is on**

your own. Returning to San Diego at approximately 7:00pm.



Activity level: Moderate

Cost: \$80 Code: 119632

Griffith's Observatory
Tuesday, June 3

Griffith Park is one of the largest municipal parks with urban wilderness areas in the United States. This adventure takes you to the Griffith Observatory, where you'll experience panoramic views of the Los Angeles skyline. You'll also take a journey into space and time at the Samuel Oschin Planetarium, known as one of the finest planetariums in the world! Planetarium show ticket is included.

Lunch is on your own. Returning to San Diego at approximately 7:00pm.



Activity level: Moderate

Cost: \$80 Code: 120886

Cathy Hopper Friendship Center Community Groups

4425 Bannock Ave, 92117

History of Clairemont: Learn about the development and the fascinating story behind Clairemont. Presentation will be on April 29, 2025 from 12:00-1:30pm.

Mas Monos– Crossstich: This social group meets to cross stich. Groups meets every 3rd Monday of the month from 6:00-8:45pm.

San Diego Antique Bottle Club: Learn about the history, manufacturing and collection of antique bottles. Meets the 3rd Thursday of the month from 5:00-9:00pm.

San Diego Button Club: Are you interested in the history and collection of buttons. Come join us on the 2nd Tuesday of the month from 10:30am-1:30pm.

City Heights Village San Diego

City Heights Village San Diego is an organization for people who want to age better in their community. Members live in their own homes or apartments and gather together to enjoy monthly meetings and activities that help keep them informed, active and healthy.

For more information contact Agnes at alconradt@gmail.com or Evie at ekosower@cox.net.



ElderHelp Home Share

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 visit www.elderhelpofsandiego.org. For more information, call (619) 284-9281.



Elder Law & Advocacy



Elder Law & Advocacy provides free legal services to qualifying individuals over the age of 60 and unpaid caregivers of seniors. Areas they advise on regularly includes 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.

Jewish Family Services– “On the Go Rides and Smiles



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 ability 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 or to check zip code eligibility, call JFS at (858) 637-3210

The Clairemont Garden Tour

The self-guided event is from 10 am to 4 pm, and will include gardens that feature canyon views, waterwise landscaping, natives, succulents, bromeliads and vegetable planting. A total of 14 gardens will show off beautiful landscapes throughout Clairemont, including Bay Park and Bay Ho neighborhoods. Educators will be available for free instruction! The event occurs on **May 3, 2025. Check the website clairemontonline.com for sign up information.**

Community Centers For Older Adults

4th District Senior Center

570 South 65th St., SD (619) 266-2066

Alpine Community Center

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

Bayside Community Center

2202 Comstock St., SD (858) 278-0771

Carlsbad Senior Center

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

City of Coronado John D. Spreckels Center

1019 7th St., Coronado (619) 522-7343

Country Club Senior Center

455 Country Club Ln, Oceanside
(760) 435-5250

Ed Brown Center (Rancho Bernardo)

18402 W. Bernardo Dr., SD (858) 487-9324

El Corazon Senior Center

3302 Senior Center Dr., Oceanside
(760) 435-5300

Gary and Mary West Senior Wellness Center

1525 4th Ave., SD (619) 235-6572

La Jolla Community Center

6811 La Jolla Blvd., SD (858) 459-0831

La Mesa Adult Enrichment Center

8450 La Mesa Blvd., La Mesa
(619) 667-1322

Mira Mesa Senior Center

8460 Mira Mesa Blvd., SD (858) 860-5355

Norman Park Senior Center

270 F St., Chula Vista (619) 409-1930

Paradise Senior Center (Mondays only)

1880 Logan Ave., SD (619) 235-1148

Peninsula Shepherd Center

1475 Catalina Blvd., SD (619) 223-1640

San Marcos Senior Activity Center

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

Refer to the information listed below for community resources that might be helpful to older adults. Please call the contact listed below for the most accurate information.

Important Numbers for Older Adult Services and Referral Information

211 Information:	211
AARP Community Action Team:	(619) 641-7020
Adult Protective Services:	(858) 495-5660
Aging and Independence Services:	(800) 339-4661
Alzheimer's Association San Diego Chapter:	(800) 272-3900
Consumer Fraud:	(619) 531-3507
ElderHelp HomeShare:	(619) 284-9281
Elder Law:	(858) 565-1392 (ext. 200)
HICAP (Health Insurance Counseling & Advocacy):	(858) 565-1392
MTS Transportation (ADA Ride):	(877) 232-7433
Renter's Rights:	(858) 571-1166

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



All City of San Diego parks and beaches are

