

AgeWell Services (AWS)

Summer 2025

Newsletter

June | July | August

AgeWell Services will be closed June 19 and July 4, 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 activity 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.

Staff Directory	Table of Contents
District Manager Kristi Fenick, CTRS KFenick@sandiego.gov	General Information 3. City of San Diego Senior Community Center Locations 4. How to Get Started 5. Volunteers 6. SAAB/ DSAC/ Fundraising 7. Donations & Sponsors
Supervising Aging Recreation Specialist Sharon Moninger, CTRS SMoninger@sandiego.gov	Programs and Events 8. Social Services 9. Arts & Crafts 10. Computer & Technology 11. Cooking 11-12. Dance & Music 13-15. Health & Fitness 16-17. Outdoor & Nature 17-18. Presentations 19-22. Social 23-245. Special Events 26. Theater 26. Trips 27. Community Resources
Aging Recreation Specialists Lauren Davis TurnerL@sandiego.gov Morgan Furr MFurr@sandiego.gov Skyler Lemire SLemire@sandiego.gov Rafael Padilla RafaelP@sandiego.gov	
Recreation Leader I/II/Rec Aide/Intern Patrick Ball • Carmen Coutee • Mo Haghdan Tyler Harris • April Jackson • Mai Kawaguchi Irma Lara • Sean Lee • Mark Leo • Michael Naccarato • Jolee Nieberding- Swanberg James Rao • Loretta Roiz • Yulonda Seaton Niko Rodriguez • Jose Segura	

Announcements

Memorial Senior Center Grand Opening

Todd Gloria welcomed the 100 attendees at the Memorial (610 S. 30th St., 92113) Grand Opening Celebration in March, and spoke on the impact of this center in Logan Heights. Participants enjoyed gardening, dancing, karaoke, and refreshments! Serving Seniors provides lunch Monday - Friday (see page 8).



Welcome Patrick, Rec Leader II

Patrick studied Clinical Mental Health Counseling at Eastern Michigan University and has a B.A. in Spanish from CSU Chico. Patrick is passionate about building community and meaningful connections through activities and programs. He enjoys hiking trails, gaming, and pickleball.



AgeWell Services Locations and Hours

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

Balboa Park Senior Lounge

1650 El Prado, 92101

(619) 235-1191

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

For more information email SLemire@sandiego.gov.

Cathy Hopper Friendship Center

4425 Bannock Ave., 92117

(619) 235-1113

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

For more information email TurnerL@sandiego.gov.

Memorial Senior Center

610 South 30th St., 92113

(619) 668-2027

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

For more information email RafaelP@sandiego.gov.

Park de la Cruz Community Center

3901 Landis St., 92105

(619) 525-8247

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 www.sandiego.gov/park-and-recreation/centers/recctr for a full list of recreation centers.

Bay Terraces Community Center

7445 Tooma St., 92139

(619) 527-7632

City Heights Square Mini Park

4061 43rd St., 92106

(619) 641-6125

Nobel Recreation Center

8810 Judicial Dr., 92122

(858) 552-1626

N. Clairemont Recreation Center

4421 Bannock Ave., 92117

(858) 581-9926

Ocean Air Recreation Center

4770 Fairport Way, 92130

(858) 552-1687

Santa Clara Recreation Center

1008 Santa Clara Pl., 92109

(858) 581-9928

San Carlos Recreation Center

6445 Lake Badin Ave., 92119

(619) 527-3443

San Ysidro Senior Center

125 East Park Ave., 92173

(619) 247-4207

Stockton Recreation Center

330 32nd St., 92102

(619) 235-1163

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd., 92124

(858) 573-1393

Registration Information

**Summer
Registration starts
May 17, 2025 at
10:00am**

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

Online Registration: 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 or at the center where the program is held. 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 Services Advisory Council (DSAC) scholarship, call (619) 525-8247 or stop by Park de la Cruz, Cathy Hopper Center, Balboa Park Senior Lounge or Memorial Senior Center (see page 3 for location information). Applications can be dropped off at these sites. Discounts will vary depending on program.

Volunteers

Volunteer Opportunities

If you are interested in volunteering with AgeWell Services or at your local recreation center contact Lauren at (619) 235-1113 or TurnerL@sandiego.gov.

Volunteer opportunities include site and program assistance, program leaders for intergenerational and technology programs, garden maintenance and Serving Senior congregate lunch program.



Happy Birthday!



Please join us in celebrating the following AgeWell Services' volunteer birthdays:

Michael T. (7/10), Yen W. (7/13), Lee W. (7/31),
Diane B. (7/31), Angie W. (8/5),
Carmen S. (8/10)

Volunteer Spotlight

Patricia Castillo

Patricia Castillo has dedicated 10 years to volunteering. She has coached soccer for various age groups at both the Martin Luther King Recreation Center and the Southcrest Recreation Center. She is currently volunteering at the Memorial Senior Center, where she conducts workout classes and coaches a 14U soccer team for Memorial Recreation Center. Additionally, Patricia led a dance class for the grand opening of the Memorial Senior Center.



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Senior Affairs Advisory Board (SAAB)

The Senior Affairs Advisory Board (SAAB) serves in an advisory capacity to the Mayor and City Council on policies and issues specifically relating to older adults (defined as individuals aged 60 and older). These areas include transportation, home security, improved intergenerational interaction, meal delivery, housing, enhanced City-County cooperation, technology access, digital literacy, cybersecurity, awareness, and other issues affecting older adults as determined by the Chair. SAAB typically meets on the third Wednesday at noon (location to be determined at the previous board meeting). Meetings are open to the public. **For more information visit www.sandiego.gov/park-and-recreation/general-info/boards/saab.**

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 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 persons with disabilities, parents, businesspersons, advocates, and other interested individuals. **www.dsacsd.org**



Scan QR code to visit the DSAC homepage



Scan QR code to donate to DSAC

The TR & AWS group meets quarterly on the 2nd Wednesday 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 Sharon at SMoninger@sandiego.gov or (619) 525-8247 for donation inquiries.

Fundraising

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**

Donations & Sponsors

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 Spring programs, dances and special events.



Contact Lauren at TurnerL@sandiego.gov or (619) 235-1113 for sponsors inquiries.

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B 4C 05-1308

Social Services & Community Resources

See page 27 for additional Community Resources and phone directory.

Blue Envelope Program BLUE ENVELOPE

This program offered by San Diego County is designed to promote inclusivity and serve as an enhanced communication awareness tool between law enforcement and community members diagnosed with a condition or disability such as Autism Spectrum Disorder, dementia, anxiety or other conditions that might require additional accommodations or awareness during a law enforcement interaction. **For more information, visit www.sdsheriff.gov/community/blue-envelope.**

Community CallHub SDSU | Center for Excellence in Aging & Longevity (Social Call Program)

Join the Community CallHub! Are you an older adult who would enjoy a friendly phone call or are interested in volunteering to make a call? The SDSU Center for Excellence in Aging & Longevity (CEAL) Community Call Hub connects older adults for weekly check-ins and meaningful conversations. Whether you're looking to receive support or give it (volunteer training provided), we'd love to have you involved. **Call (619) 525-8247 or email Mark at MLeo@sandiego.gov for more information.**

ElderHelp Home Share ELDERHELP SOLUTIONS FOR LIVING | A NONPROFIT

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, **call (619) 284-9281 or visit www.elderhelpofsandiego.org.**

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 include Powers of Attorney and Advanced Healthcare Directives, Consumer Protection, Age Discrimination issues, Elder Abuse, Tenant and Housing, and debt issues. **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. A \$20 initial enrollment fee grants you access to all of the On the Go services. **For more information or to check eligibility, call JFS at (858) 637-3210.**

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. Pre-packed breakfasts are offered during lunch and to go weekend meals are offered on Thursdays and Fridays at Park de la Cruz and Memorial Senior Center. **For more information call (619) 525-8247.**

Bay Terraces Community Center
Monday- Friday 12:30 - 1:30pm

Memorial Senior Center
Monday - Friday 12:00 - 1:00pm

Park de la Cruz Community Center
Monday- Friday 12:00 - 1:00pm

Arts and Crafts

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

Getting Crafty

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

Balboa Park Lounge on Select Fridays

June 13 & 20 | July 11 & 18 | August 8 & 15

Led by: AWS Staff & Volunteers

123180 9:30 - 10:30am Free

Cathy Hopper Center on Fridays

Led by: AWS Staff & Volunteers

123354 10:00am - 12:00pm Free

Intergenerational Artist Workshop 18+

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

June 7 | July 5 | August 2

123181 12:30 - 2:30pm Free



Japanese Crafts 3+

Volunteer Led: Laurilyn

Learn how to make unique origami & other crafts. **No supervision provided.**

Balboa Park Senior Lounge on Wednesday

August 6

123374 9:30 - 11:30am Free

Knitting & Crocheting Group

Open to all levels, beginning instruction provided to learn basic crochet stitches to make scarfs, beanies and squares.

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

123155 11:30am - 4:00pm Free

Cathy Hopper on Tuesdays

June 10 & 24 | July 8 & 22 | August 12 & 26

Staff Led: Jolee

123345 12:00 - 1:00pm Free

Oil Painting

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

Cathy Hopper Center on Wednesdays

July 9 - August 6

Led by: Emeritus Staff

SDCCE.EDU 11:30am - 4:00pm Free

Self-Expression Through Art 18+

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

Park de la Cruz on Fridays

Volunteer Led: Joan & Michael

123115 2:00 - 4:00pm Free

Water Color Painting 18+

A stimulating watercolor class where we study some of the greats through history by copying those works to create our own rendition while learning more poignant features of this art.

Nobel Recreation Center on Wednesdays

July 9 - 30 | August 6 - 27

Led by: Nobel Recreation Staff

122298 10:30 - 11:30 am \$21/session

Computers & Technology

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

Access 4 All: Tech on the Go

Led by: SDFE 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

Computer Lab

Desktop computers are available to the public when the community center is open, except during scheduled programs.

Memorial Senior Center

Register on site See page 3 for hours

Park de la Cruz

Register on site See page 3 for hours

18+

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.

Cathy Hopper Center on Wednesdays

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

Park de la Cruz on Tuesday and Thursdays

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

18+

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Cooking

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

Garden to Table Meals

Let's use our garden harvest to make a meal to share! Cost of the Family & Friends BBQ is included.

Park de la Cruz on Tuesdays & Select Saturday

June 10 | July 1 | August 5 | August 16

Staff Led: Haley (TRS)

123415 9:00 - 11:00am \$15

BBQ Meals

Learn to cook yummy BBQ dishes! Cost of the Family & Friends BBQ is included.

Park de la Cruz on Wednesdays

June 18 | July 16 | August 13

Staff Led: Taylor (TRS)

123417 9:00 - 11:00am \$15

3+

Let's Get Cooking

Learn basic skills and create delicious food!

Park de la Cruz on Thursdays

Session A: June 5 - July 3 | Session B: July 10 - 31

Staff Led: Tyler

123102 1:30 - 3:30pm \$25- Session A

123104 1:30 - 3:30pm \$25- Session B

*No class on 6/19

Family & Friends BBQ

3+

Enjoy an end of the summer BBQ in the garden! Registration is included in TRS cooking programs (listed to the side).

Park de la Cruz on Saturday

August 16

Staff Led: Haley and Taylor (TRS)

123041 11:30am - 3:30pm \$5

Dance & Music

Dances are held on the 2nd and 4th Thursdays of the month from 11:30am- 2:30pm at 2150 Pan American Rd. West. Event includes dance lessons from 11:30am-12:30pm, led by a professional ballroom instructor, live entertainment, refreshments, and prizes. For more information, contact Skyler at (619) 525-8247 or Slemire@sandiego.gov. **Dance punch card available at SDRecConnect.com for \$25 (usable at any AWS Dance) or at Park de la Cruz, Cathy Hopper or Memorial Senior Center using the code: 123489. Or pay \$5 cash at the door.**



Birds of Paradise

Thursday, June 12

Lessons - Hustle & Nightclub Two-Step
Music by "Janet Hammer's Rhythm Express"

Summer in Paris

Thursday, June 26

Lessons - Hustle & Nightclub Two-Step
Music by "Janet Hammer's Rhythm Express"



Stars & Stripes

Thursday, July 10

Lessons - Salsa & Country Two-Step
Music by "The Sophisticats"

Disney Dance

Thursday, July 24

Lessons - Salsa & Country Two-Step
Music by "Janet Hammer's Rhythm Express"



Surfin' Safari

Thursday, August 14

Lessons - Foxtrot & West Coast Swing
Music by "The Sophisticats"



Senior Prom

Thursday, August 28

See Special Events, page 24, for more information.

A Moment for You (Dance)

Dance can be a gentle and painless way to exercise, engaging the mind and body in an enjoyable way that does not feel like typical exercise.

Memorial Senior Center on Wednesday and Fridays

Volunteer Led: Patricia

122995 10:00 - 11:00am Free

Chorus

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

Cathy Hopper Center on Fridays

June - August

Led by: SDCC Emeritus Staff

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

Civic Dance

18+

Since 1942, The San Diego Parks and Recreation Department's Civic Dance Arts program has been offering high quality, affordable dance lessons to individuals of all ages and abilities. For more information call the Dance office at (619) 235-5255 or visit www.civicdanearts.org.

Registration opens Saturday, June 21 at 10:00am. Classes begin the week of June 23. Classes at Cathy Hopper Friendship Center are scheduled for Tuesdays from 6:00 - 7:45pm. Call for more information.

Dynamic Inclusive Dance

18+

Dance class sessions are open to standing and seated people of all abilities. Learn the basics of a variety of dance styles. We have custom wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joys of dance.

Park de la Cruz on Wednesdays

Volunteer Led: Jason

123165 10:00 - 11:00am Free

Karaoke

See page 20 for more information.

Line Dancing

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

Bay Terraces on Mondays - Fridays

123225 10:00am - 12:00pm Free- Mon- Fri

123225 4:00 - 6:00pm Free- Tuesday

Cathy Hopper Center on Tuesday and Thursdays

Contractor and Volunteer Led

123341 10:30 - 11:30am \$32 - June

123342 10:30 - 11:30am \$32 - July

123343 10:30 - 11:30am \$32 - August

*123300 10:00 - 11:00am FREE

*Try it before you buy it! 2 class max

Modern Hula by the Bay

18+

Hula is a fun, low-impact exercise that anyone can enjoy. No experience necessary.

Santa Clara Recreation Center on Thursdays

Contractor Led

123166 5:30 - 7:15pm \$21- June

123168 5:30 - 7:15pm \$21- July

123169 5:30 - 7:15pm \$21- August

*Option to pay quarterly (June- August)

Ukulele

Contractor Led: Villa Musica

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

Cathy Hopper Center on Wednesdays

June 4 - July 30 (No class July 2)

123350 10:00 - 10:45am \$35- Beginner

123351 10:45 - 11:30am \$35- Intermediate

Park de la Cruz on Fridays

June 6 - August 1 (No class July 4)

123107 10:30 - 11:15am \$35- Beginner

123110 11:15am - 12:00pm \$35- Intermediate

Zumba

See page 14 for more information.

Health & Fitness

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

Fitness Center & Weight Rooms

18+

Enjoy a workout at your local recreation center. Participants must be at least 18 years of age to use the facility. Equipment includes various free weights, cardio machines, and adaptable equipment. Please contact your local recreation center for site information such as equipment, rules, hours and cost.

Park de la Cruz

\$15 per quarter for ages 60+

\$25 per quarter for ages 18-59

Register at Front Desk See page 3 for hours

Santa Clara Recreation Centers

Memberships sold daily (\$5), monthly (\$15), quarterly (\$35), bi-annually (\$60) and annually (\$100).

Aquatics

The City of San Diego Aquatics Division offers a variety of classes, including lap swim, recreational 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 pools listed on page 14 for more information about class schedules, open swim and cost.** Visit www.sandiego.gov/pools for a full list of pools and updates.



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Feeling Fit

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Cathy Hopper Center on Tuesday and Thursdays

June 10 - August 24

Volunteer Led: SD County Staff- Robert

123286	9:00 - 10:00am	Free
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N. Clairemont Center on Tuesday and Thursdays

Drop-In	1:30 - 3:00pm	Free
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(858) 636-4837

Vista Terrace

(619) 424-0469

Yoga

Staff Led: Irma

Yoga is a practice that connects the body, breath, and mind. Equipment provided.

Cathy Hopper Center on Fridays

No class on July 4

123353	9:00 - 10:00am	\$5 per quarter
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*10:30 - 11:30 am

*123575	9:00 - 10:00am	Free- virtual Class
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**Modified class that offers the use of a chair.*

*Must register to receive Teams link

Memorial Senior Center on Mondays

122905	9:15 - 10:15am	\$5 per quarter
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Park de la Cruz on Tuesdays

<u>123177</u>	10:00 - 11:00am	\$5 per quarter
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San Ysidro on Monday and Tuesdays

123052	5:00 - 6:00pm	\$5 per quarter
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Zumba

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

Bay Terraces on Wednesday & Fridays

(No class 2nd Friday of the month)

123223 3:00 - 4:00pm Free- Wednesdays

<u>123227</u>	3:00 - 4:00pm	Free- Fridays
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San Ysidro on Monday & Tuesdays

123054	6:10 - 7:10pm	Free
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Sports

Open Play Pickleball

North Clairemont Center on Tuesday and Thursdays

Drop-In 9:00 - 10:30am Free

Park de la Cruz on Tuesday and Thursdays

Drop-In 12:30 - 2:30pm Free- Tues

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

Pickleball Lessons

Learn and practice the basics of pickleball.

North Clairemont Recreation Center on Tuesday and Thursdays

Drop-In 9:00 - 10:30am Free

Park de la Cruz on Tuesdays

Staff Led: Sean

123076 11:00am - 12:00pm Free

San Diego Senior Games



The San Diego Senior Games, in partnership with AgeWell Services, is the only organization in San Diego that offers older adults the opportunity to compete in multiple Olympic-style sporting events. Athletes compete in age categories of five-year increments: Ages 50-54, on up to 94-99, 100+. With 15+ sports from badminton to softball to track and field to choose from, we welcome you into a community of active older adults who love to compete and socialize! **For more information visit www.sdseniorgames.org or email info@sdseniorgames.org.**



Walking

Ranger-Led Hiking

See page 16 for more information on Outdoor and Gardening programs.

Walk to Wellness

Enjoy a walk at your local recreation center. Please contact each site for more information.

Balboa Park Lounge on Fridays

Volunteer Led: James

123175 9:00 - 10:00am Free

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: Kathy

123299 10:00 - 11:00am Free

Park de la Cruz on Tuesdays

Volunteer Led: Jennifer

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

San Ysidro on Tuesdays

123058 1:00 - 2:00pm Free

Off-Site Walks on Saturdays

July 12 - August 30

Staff Led: Rafael

*123498 8:00 - 9:00am Free

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



Outdoor & Gardening

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

Beach Wheelchair Program

Take a free ride on beach wheelchairs located at Mission Beach lifeguard tower at Belmont Park. This program is available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Visit www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program" to find other beach accessible locations. **Reservations recommended by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.**

Summer Hours (May- October)

Monday- Friday* 11:30am - 4:30pm

*closed Tuesdays

Saturday-Sunday 11:30am - 5:30pm

Green Thumb Club

3+

This program will start earlier during the summer to avoid being in the hot sun. This activity is for all ages.

Park de la Cruz on Thursdays

June 5 | July 31 | August 28

Staff Led: Haley (TRS)

123048

9:00 - 10:00am

\$5 per quarter



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>

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Need Assistance Caring For a Loved One?

Our Services

- Dressing/Bathing Assistance
- Medication Reminders
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- Our Goal: Keep You Safe at Home

(858) 277-5900
 San Diego
www.RightatHome.net

WE APPRECIATE OUR ADVERTISERS!

Ignite Roots

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

Memorial Senior Center on Mondays

June 9 & 23 | July 14 & 28

Staff Led: Tyler

123111 10:00am - 12:00pm \$10 per quarter

Park de la Cruz on Saturdays

June 7 & 28 | July 5 & 26

Staff Led: Tyler

123111 10:00am - 12:00pm \$10 per quarter

Program Gardens

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

18+**Park de la Cruz Seed Swap**

We will provide various types of seeds and take-home bags. This program is for all ages.

Park de la Cruz on Thursday

July 17

123051 12:30 - 2:00pm Free

18+**Ranger-Led Hiking Series (AWS)**

Staff Led: Morgan and City of San Diego Rangers

Join AWS staff on an exciting series of senior-friendly Ranger-led hikes! Equipment such as hiking poles and transportation provided from Park de la Cruz via shuttle - space is limited. For program details and an option of meeting at hiking location, contact Morgan at (619) 236-6905 or MFurr@sandiego.gov.

Los Penasquitos Falls Hike

June 17

123118 9:00am - 12:30pm \$10- Meet at PDLC

Chollas Lake Hike

July 22

123124 9:00am - 12:30pm \$10-Meet at PDLC

SD County Fair Garden Show

Staff and volunteers will be hosting a booth at the Community Gardens exhibit and presenting on the Garden Show Stage at the SD County Fair on **June 13 from 11:00am - 5:00pm.**

Presentations

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

Alzheimer's Association Wellness Series

Led by: Engagement Manager, Lena Huang

3-part series providing important insight regarding initial Alzheimer's diagnoses, warning signs to look out for, and recommendations for leading a healthy life with Alzheimer's.

Park de la Cruz on Wednesdays

June 11 | July 9 | August 13

123098 1:30 - 2:30pm Free

**FALCK: CPR & First Aide Workshop**

Led by: Education Specialist, Lorelee Olejnik

Learn how to safely navigate emergency situations and protect oneself as an older adult. This is not a certification class - Instructional only.

Park de la Cruz on Wednesday

July 16

123101 1:30 - 2:30pm Free

Right at Home

Led by: Makayla Tam

An aging guide to living successfully at home. Experts in providing in home care.

Cathy Hopper Center on Monday

June 6

123356 1:30 - 2:30pm Free

Scripps Injury Prevention Series

Led by: Injury Prevention Coordinator, Pualani Vazquez

2-part series covering the best methods for avoiding serious injury when falling and operating a vehicle as an older adult.

Park de la Cruz on Wednesdays

June 18 & 25

123096 1:00 - 2:30pm Free

SD Assisted Living Advisors

Led by: Mariam Janan

We provide older adults and their families with the most trusted transition into Independent Living, Assisted Living, Memory Care, and Adult Family Home Options.

Balboa Park Lounge on Thursdays

June 5 | August 7

123478 12:00pm - 1:00pm Free

Cathy Hopper Center on Monday

July 7

123359 1:30 - 2:30pm Free

Park de la Cruz on Wednesday

August 27

123234 1:30 - 3:00pm Free



Self Defense for Seniors

Voluntere Led: Gale Bryan

Self-defense for everyone; don't be a victim. This class could make the difference! This non hands on presentation focuses on awareness and prevention.

Cathy Hopper Center on Mondays

July 14 | August 11

123360 1:30 - 2:30pm Free

St. Paul's Pace

Led by: Paola Solis & Karina Rios

Learn about the St. Paul's PACE healthcare plan exclusively for seniors, and what is included when you join, such as primary medical care, transportation, and more.

Balboa Park Lounge on Thursday

July 3

123484 12:30 - 1:30pm Free

Cathy Hopper Center on Monday

August 18

123358 1:30 - 2:30pm Free

Take a Trip on MTS: La Mesa Village

Staff Led: Morgan

2-part senior, public transit training series: Participants will learn how to navigate San Diego's Metropolitan Transit System and then bus to La Mesa Village with an experienced guide! Transit passes not provided.

Park de la Cruz on Fridays

Training Session- August 8

123084 1:00 - 2:00pm Free

Guided Trip- August 15

123084 10:00am - 2:00pm Free

UCSD Cognitive Dynamics Lab

Led by: Lauren McBride

The Cognitive Dynamics Lab utilizes ubiquitous technology like smartphones to obtain deeper insights into the complex dynamics of cognition, mood and context in the real-world

Cathy Hopper Center on Monday

July 21

123357 1:30 - 2:30pm Free



Social

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



Cafe

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

Balboa Park Lounge

Drop in Tues– Fri 9:00am - 1:00pm

Cathy Hopper Center

Drop in Mon-Fri 9:00am - 2:30pm

Memorial Senior Center

Drop in Mon-Fri 9:00am - 12:00pm

Park de la Cruz

Drop in Mon-Fri 9:30am - 12:00pm



Castle/Cherokee Community Meeting

18+

Volunteer Led: 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

June 26 | July 17 | August 21

Drop in 6:00 - 7:00pm

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)

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 visit chvillagesd.org.**

Community CallHub (Social Calls)

See page 8 for more information.

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

No meeting on July 4

123079 10:30 - 11:30am Free

Documentary Wednesdays

Volunteer Led: Mark A.

Enjoy an exciting documentary with a complimentary cup of coffee or tea!

June 18 Science of Spying: Secrets of the CIA

July 16 Over 90 and Loving It

August 20 The Universe Earth without the Moon

Park de la Cruz on Wednesdays

123081 10:00 - 11:00am Free

Ice Cream Social

Staff Led: Alicia

Make homemade ice cream with an old fashion hand cranked ice cream maker, play some games and socialize.

Cathy Hopper Center on Wednesday

August 20

123574 11:00am - 1:30pm \$3

Memorial Senior Center on Friday

August 15

123548 11:00am - 1:30pm \$3

San Diego Deaf Senior Citizens

Volunteer Led: 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

123077 10:00am - 3:00pm Free



Serving Seniors

See page 8 for more information.

Travel Club

Volunteer Led: William and Brenda

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

Park de la Cruz on Fridays

June 20 | July 18 | August 15

123083 10:30am - 12:00pm Free

Entertainment

Karaoke

Take the stage and sing your favorite tunes.

Cathy Hopper Center on Tuesdays

June 3 & 17 | July 1 & 15 | August 5 & 19

Staff Led: April

123344 12:00 - 1:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

122907 11:00am - 12:00pm Free

San Ysidro Senior Center on Wednesday and Thursdays

123053 3:00 - 7:00pm \$30 per quarter

Must See Movies

Volunteer Led: Bob J.

June: Laura (1944)- A classic film concerning the rich and powerful in high society.

July: Terms of Endearment (1983)- A tragic comedy with family relations.

August: Imitation of Life (1959)- A story addressing race, class, and gender issues.

Cathy Hopper Center on Friday

July 18

123355 12:00 - 2:30pm Free

Park de la Cruz on Fridays

June 13 | July 11 | August 8

123082 1:00 - 3:00pm Free

Games

Bingo

Led by: City Staff & Volunteers

If you are lucky you may even win a prize.

Balboa Park Lounge on Saturdays

123182 10:30am - 12:00pm Free

Bay Terraces on Thursdays

June 12 & 26 | July 10 & 24 | August 14 & 28

123221 2:00pm \$10 - Jun

123220 2:00pm \$10 - Jul

123219 2:00pm \$10 - Aug

Cathy Hopper Center on Mondays

123284 11:30am - 1:00pm Free

Park de la Cruz on Wednesdays

123078 1:30 - 3:00pm Free

Let's Play A Game

Volunteer Led: Let's Play a Game Staff

Learn and play new board games.

Cathy Hopper Center on Tuesdays

June 3 | July 1 | August 5

123352 11:00am - 1:00pm Free

Balboa Park Lounge on Wednesdays

June 11 | July 9 | August 13

123499 12:00 - 2:00pm Free

18+



Loteria

Memorial Senior Center on Fridays

Volunteer Led: Patricia

120966 11:00am - 12:30pm Free

San Ysidro Senior Center on Wednesdays

123056 2:00 - 2:45pm Free

Mahjong

Nobel Recreation Center on Thursdays & Select Saturdays

Open Play

122296 12:30 - 3:00pm Free Thurs

122297 12:30 - 3:00pm Free *Sat

*Saturday June 7, July 12, August 2

Park de la Cruz on Mondays

Volunteer Led: David S.

123074 10:00am - 3:00pm Free

*1:30 - 3:00pm

*Beginner class for those wanting to learn.

San Carlos Recreation Center on Thursdays

June 5 - August 28

Drop-In 10:30am - 12:00pm Free

Santa Clara Recreation Center on Monday and Wednesdays

Open Play

123171 1:00 - 3:00pm Free- Mon

123171 11:00am - 2:00pm Free- Wed

Ping Pong

San Carlos Recreation Center on Monday-Saturday

Open Play

June 2 - August 30

Drop In 10:30am - 2:00pm Free

Scrabble

Staff Led: Carmen

Sharpen your mind with a friendly game of Scrabble!

Park de la Cruz on Fridays

123187 10:00 - 11:30am Free

* No class July 4

Table Games

Balboa Park Lounge on Thursdays

Led by: AWS Staff & Volunteers

123174 11:00am - 1:00pm Free

Cathy Hopper Center on Tuesday-Friday

Volunteer Led

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

Nobel Recreation Center on Mondays

122295 10:15am - 2:00 pm Free



Texas Hold 'Em

Come play this popular variation of poker in a fun, non-betting atmosphere.

Park de la Cruz on Tuesday, Thursday & Saturdays

Volunteer Led: Charles A.

<u>123075</u>	9:30 - 11:30am	Free	Tues
	12:30 - 2:30pm	Free	Thurs
	*11:30am - 2:30pm	Free	Sat

*Beginners class for those wanting to learn.

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Special Events



AGEWELL SERVICES PHOTO CONTEST



Portrait -Landscape- Abstract -Candid -Nature-Black & White-Film

All submissions must be done by artists ages 60+.

All styles and themes welcome.

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 Mon.–Fri. 10:00am – 1:00pm

Bay Terraces Senior Center Mon.– Fri. 10:00am – 6:00pm

San Ysidro Teen Center Mon.– Fri. 11:00am – 6:00pm

Photo exhibit will be on display at Park de la Cruz (3901 Landis St., 92105) from 8/18 - 9/19

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

AGEWELL SERVICES SUMMER CAMP

Monday, August 4 - Wednesday, August 6, 2025

Cost: \$40.00 (Scholarships Available!)

Registration Code: 123136



Monday, August 4
9:00am - 2:30pm



Mission Trails Regional Park Flora & Fauna Hike

Participants will meet at Park de la Cruz, before taking a shuttle to the Mission Trails Regional Park for an easy, Senior Ranger-Led Flora & Fauna hike!

After the hike, participants will enjoy a provided lunch and educational film of the area!

Tuesday, August 5
9:30am - 2:30pm



Balboa Park Gardens & Museums Tour

Participants will meet at the Balboa Park Senior Lounge to enjoy a guided, outdoor walking tour of Balboa Park, and visit the San Diego Natural History Museum or Fleet Science Center!

Lunch will be provided!

Wednesday, August 6
9:30am - 2:30pm



Water Aerobics & Relaxing Yoga

Participants will meet at Memorial Senior Center to take part in a staff-led Water Aerobics class, before ending camp week with a rejuvenating Yoga class.

Lunch with live musical entertainment will be provided!

25 spots available! Registration deadline is Saturday, July 26, 2025

For more information or single day cost call 619-525-8247 or email MFurr@sandiego.gov





AgeWell Services Craft Sale

 Free to Public
  Family Friendly Event
  Holiday Shopping
  Activities For Kids
 




November 22 & 23: 9:00am-3:00pm

Craft table registration opens
Tuesday, September 23 at 9:00am

If you make homemade crafts this is a perfect opportunity to show off your lovely work! More information to come in our next newsletter.

Call (619) 525-8247 or email slemire@sandiego.gov with any questions.

Zoro Garden Theater Festival

AUGUST 16 & 17

1649 EL PRADO, SAN DIEGO, 92101

THIS IS YOUR INVITATION TO JOIN WITH US AND OTHERS IN AN
UPCOMING CELEBRATION OF THE PERFORMING ARTS!

ANY AND ALL THEATRICAL PRODUCTION AND PERFORMANCE
DISCIPLINES, INCLUDING SINGERS, DANCERS, MUSICIANS AND
BUSKERS, WITH ACTS SUITABLE FOR OUTDOOR PUBLIC
PRESENTATIONS ARE WELCOME.

THE INTENT IS TO CREATE A CENTERPIECE FOR PERFORMANCE ARTS
AND TALENTS, AS WE SHOWCASE BALBOA PARK AND SAN DIEGO.

IF YOU WOULD LIKE TO JOIN OUR SHOW PLEASE CONTACT
VOLUNTEER CHRISTOPHER R AT
(619) 569-4922 OR [RPRODUCTION@LIVE.COM](mailto:rproduction@live.com) OR AWS STAFF AT
[SLEMIRE@SANDIEGO.GOV](mailto:slemire@sandiego.gov)



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Community!

Theater

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

Otherwise Improvise

Volunteer Led: Christopher R

Join us for improvisational workshops.

Balboa Park Lounge on Wednesdays

June 4 & 18 | July 2 & 16 | August 6 & 20

123156 2:30 - 5:00pm Free

Poetry Party

Volunteer Led: Christopher R

Read your favorite poetry, listen, or just make the scene. (2150 Pan American Rd. West).

Balboa Park Santa Fe Room on Fridays

June 6 | August 1

123176 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.

June: Muriel Rukeyser

July: Robert Bly

August: Naomi Shihab Ney

Balboa Park Santa Fe Room on Fridays

June 27 | July 25 | August 29

123178 3:00 - 5:00pm Free



18+

Trips

Griffith's Observatory

Tuesday, June 3

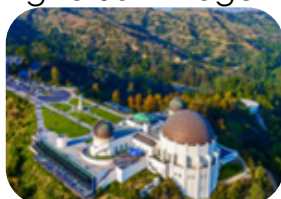
Griffith Park is one of the largest municipal parks with urban wilderness areas in the United States. This adventure takes you to the Griffith Observatory, where you'll experience panoramic views of the Los Angeles skyline. You'll also take a journey into space and time at the Samuel Oschin Planetarium,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



San Diego Harbor Cruise

Tuesday, September 9

Enjoy a 26-mile cruise and tour of the San Diego Bay! A veteran crew on-board will narrate the rich history of the bay, local points of interest, city landmarks, and facts about the military. You'll also be able to see California sea lions living off Point Loma. Enjoy a 90-minute full Bay tour with the best views of San Diego, live narration by experienced captains, comfortable indoor and outdoor seating, and full snack and beverage bar.

Activity level: Moderate

Cost: \$50

Code: 123346



Community Resources

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

Encinitas Community & Senior Center

1140 Oakcrest Park Dr., Encinitas
(760) 943-2260

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

Solana Beach Senior Center

120 Stevens Ave., 92075
(858) 509-2587

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

Social Security Administration:

(800) 772-1213

The City of
SAN DIEGO
Parks and Recreation Department
AgeWell Recreation Services
Parks and Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

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Email: thescroll@sandiego.gov



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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) 525-8247, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.