

AgeWell Services (AWS) Winter 2024/2025 Newsletter

December | January | February

AgeWell Services will be closed December 24, 25, 31; January 1, 20; February 17, in observance of City Holidays.

To join our mailing list, or for more information,
please call (619) 525-8247 or email thescroll@sandiego.gov.

The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.

Programs offered in this newsletter are for adults 60 years and better.



Scan here for online
website

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

AgeWell Services (AWS)

Mission statement: 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

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Supervising Aging Recreation Specialist

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ANNOUNCEMENTS

New Aging Recreation Specialists

Congratulations to Morgan Furr and Skyler Lemire on their recent promotions to Aging Recreation Specialists. Morgan will be primarily working at Park de la Cruz and Skyler will be at

Balboa Park. Both of them are excited to bring new and exciting experiences to AgeWell Services!



Memorial Senior Center Opening

Although the opening of Memorial (see page 18) took longer than expected, it was worth the wait. Rafael Padilla has done a wonderful job to create a welcoming

environment, so we hope you can stop by and enjoy coffee, programs, and fantastic company.



Where to Start/Online Registration

Winter Registration starts **November 16, 2024** at 10:00am

Steps to register on SD Rec Connect

First Time users: Create an online profile, using the Activity Registration System, SDRecConnect.com. Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, a parent or guardian, including all required fields, and click Submit (or Submit and Add Family Member to add family members). 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. To avoid duplication, be sure to let others in your household know you've set up the account. ****Important:** If you are registering a child for an activity, do not use the child's information when creating a New Account. You can add them as a family member after the account is created.

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

Payment Process

Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105) or Cathy Hopper Friendship Center (4425 Bannock Ave., 92117). See page 4 for hours.

Cash or paper check is NOT accepted when paying in advance. **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).**

A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled. All registration and reservation fees include a non-refundable 3.56% processing fee.

Refund Policy

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. Payments made by credit card will be refunded to the credit card.

Scholarship Procedure

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 the Park de la Cruz office or Cathy Hopper (see page 4 for location information). Applications can be dropped off at either site.

CITY OF SAN DIEGO SENIOR LOCATIONS & HOURS

Park De La Cruz Community Center 3901 Landis St. 92105
Activities on pages 9-12 (619) 525-8247
Hours of Operation: Monday - Thursday 8:30am - 8:00pm
Friday 8:30am - 5:00pm
Saturday 10:00am - 3:00pm

Balboa Park Lounge 1650 El Prado, 92101
Activities on pages 13-15 (619) 235-1191
Hours of Operation: Tuesday - Saturday 9:00am - 1:00pm
Additional closures for December Nights: December 6 and 7

Cathy Hopper Friendship Center 4425 Bannock Avenue, 92117
Activities on pages 16-17 (619) 453-3850
Hours of Operation: Monday - Friday 9:00am - 3:00pm

Memorial Senior Center 610 South 30th St., 92113
Activities on page 18
Hours of Operation: Monday - Friday 9:00am - 12:00pm
Hours subject to change.

Bay Terrace Community & Senior Center 7445 Tooma St., 92139
Activities on page 21 (619) 527-7632
Hours of Operation: Monday - Friday 10:00am - 6:00pm
Saturday 9:00am - 2:00pm

Serving Seniors Lunch Program



Park de la Cruz Community Center
3901 Landis St., San Diego, CA 92105
Monday- Friday; 12:00 - 1:00pm

Bay Terrace Community Center
7445 Tooma St., 92139
Monday- Friday; 12:30 - 1:30pm

Coming Soon to Memorial Senior Center!

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

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.

Social Call Program



A compassionate voice in the lives of older adults can make a difference. City of San Diego Parks and Recreation volunteers will call you, FREE, various days per week, between 8am-11am just to check-in and say "hello". Email mleo@sandiego.gov or call (619) 235-1191 to add yourself or a loved one to the Social Call list.

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 St., 92117). Trip cost includes transportation, admission, and driver gratuity. See page 3 for registration and scholarship information.

Tom's Farm and Mission Inn Festival of Lights Tuesday, December 10

The first stop on this holiday adventure is at Tom's Farm, where you'll enjoy a variety of shops, restaurants, and attractions. Then we'll head to the Mission Inn Hotel & Spa, to experience the Festival of Lights, which is one of the nation's largest holiday light collections, voted "Best Public Lights Display" by USA Today. A 45-minute, docent led walking tour of the perimeters at the Mission is included in this unforgettable Holiday Experience. **Bus returns at approximately 8pm.**

Activity level: Moderate

Cost: \$85

Code: 116572



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

Get an up close and personal look at the Queen Mary with an exciting guided tour. 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. Explore the ship from bow to stern and hear unique stories, facts and insights about the Queen Mary from expert guides. **Lunch is on your own. Returning to San Diego at approximately 7:00pm.**

Activity level: Moderate

Cost: \$80

Code: 119632



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

A 4C 05-1308

AgeWell 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: 119168. Or pay \$5 cash at the door. See page 3 for registration information.

Holiday Dance

Thursday, December 12th

Lessons - Country 2 Step & Jitterbug

Dress in your preferred holiday attire and enjoy the music of the "Sophisticats".

New Years

Thursday, January 9th

Lessons- Viennese Waltz & Night Club 2-Step
Come celebrate the New Year with friends while enjoying sounds of the "Sophisticats".

Chinese New Year

Thursday, January 23rd

Lessons- Viennese Waltz & Night Club 2-Step
Celebrate the year of the Snake. Music by "Janet Hammer's Rhythm Express".

Garden Party

Thursday, February 27th

Lessons - Waltz & Rumba

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

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AGEWELL SERVICES FITNESS FESTIVAL



**SUNDAY, JANUARY 19
10:00AM-1:00PM**

Interested in starting a fitness journey or maintaining one's physical health? Attend this fun-filled resource fair to learn where you can safely recreate and achieve your fitness goals as an older adult in San Diego. Light refreshments provided.

FREE PROGRAM- REGISTRATION CODE: 119554

LOCATED AT PARK DE LA CRUZ(3901 LANDIS ST, 92105)

Email MFurresandiego.gov with any questions.



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48th Annual Talent Show



Auditions

War Memorial Building
3325 Zoo Dr.
San Diego, CA, 92101
Tuesday, February 4
10:30am-1:00pm

Call (619) 525-8247 or register
online with code: **119009**

Tickets

Go on sale: 11/16/2024
Price: **\$7**
Price after March 7th: **\$10**

Code: 119010

Discounts available for groups of 10+
Limited seating; Purchase tickets
early.

To purchase tickets go on
SDRecConnect.com or come into Park
de la Cruz Community Center
3901 Landis St., 92105 (E-Check or
Card)



Show Details

War Memorial Building
3325 Zoo Dr.
San Diego, CA, 92101
Friday, March 14
10:00am-12:30pm
Doors open at 9:30 am

For more information (619) 525-8247 or email TurnerL@san Diego.gov

COOKIES & CHEER

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FRIDAY, DECEMBER 6

MEMORIAL SENIOR CENTER
610 SOUTH 30TH ST., 92113

12:00pm - 1:30pm

REGISTRATION CODE: 119226
FREE! REGISTER BY 12/4

(619) 525-8247
RAFAELP@SANDIEGO.GOV

SATURDAY, DECEMBER 14

PARK DE LA CRUZ
3901 LANDIS ST., 92105

11:00am - 12:30pm

REGISTRATION CODE: 119345
FREE! REGISTER BY 12/6

(619) 525-8247
MFURR@SANDIEGO.GOV

THURSDAY, DECEMBER 19

BALBOA PARK LOUNGE
1650 EL PRADO- CASA DEL
PRADO ROOM 105, 92101

1:00pm - 2:30pm

REGISTRATION CODE: 119235
FREE REGISTER BY 12/6

(619) 235-1191
SLEMIRE@SANDIEGO.GOV

FRIDAY, DECEMBER 20

CATHY HOPPER
FRIENDSHIP CENTER
4425 BANNOCK AVE., 92117

1:00pm - 2:30pm

REGISTRATION CODE: 119346
FREE! REGISTER BY 12/6

(619) 453-3850
TURNERL@SANDIEGO.GOV

YOU ARE WELCOME TO JOIN US AT ONE OR ALL LOCATIONS!

Park de La Cruz (PDL C) – Programs

See page 4 for contact information.

PDL C Fitness Center

Monday – Saturday

Open during Facility Hours (see pg. 3)

Utilize our fitness equipment for a fraction of the cost of a traditional gym membership! \$15 for individuals over 60 and \$25 for the public for 3 months!

Ask the PDL C front desk to register!

PDL C Computer Lab

Monday – Saturday

Open during Facility Hours (see pg. 3), but **closed during scheduled programs.**

Access the internet in our new computer lab! Forgot your headphones? Ask the PDL C Front Desk to register and check-out a pair.

Ask the PDL C front desk to register!



Access 4 All: Tech on the Go

Mondays | 9:30am – 12:30pm

Led by SDF F Staff

Join us for a free tech-literacy program led by the San Diego Futures Foundation. Attend for weekly lessons and Q&A's regarding all technological inquiries.

COST: FREE

CODE: 119244

Digital Navigators

Tuesdays & Thursdays | 9:30am–12:00pm

Led by Digital Navigators Staff

Attend for one-on-one instruction regarding general technical support and assistance using select online programs: education, work, telehealth, housing, and government services.

COST: FREE

Drop-in program

PDL C Café &

Serving Seniors Lunch

Monday – Friday | 9:30am – 1:00pm

Enjoy a complimentary morning beverage in the dining room or patio, and stick around for 12 pm lunch service! Lunch is FREE for patrons over 60 and \$4 for guests.

Stop by the café for a lunch application!

American Mahjong

Mondays | 10:30 – 11:30am

Volunteer Led by David S.

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. Feel free to participate the entire time, or drop in for an hour or two.

Lessons available for beginners on Mondays from 1:30 pm– 3:00 pm.

COST: FREE

CODE: 119245

Tai Chi

Mondays & Thursdays | 1:30 – 2:30pm

Led by SD County Staff

An evidenced based program for older adults which focuses on improving balance, strength, and flexibility, as well as reducing falls. All ability levels are welcome!

COST: FREE

CODE: 118760

Open Play Pickleball

Tuesdays | 12:30 – 2:30pm

Thursdays | 10:00 am – 12:00pm

Try one of the fastest growing sports in the United States, while meeting new friends and enjoying a healthy workout! Meet at the PDL C Gymnasium (3911 Landis St., 92105).

COST: FREE

Drop-in program

Park de la Cruz (PDLC) – Programs

See page 4 for contact information.

Yoga

Tuesdays | 10:00 – 11:00am

Led By Irma

Support your physical and mental well-being by attending, staff-led exercise class that prioritizes balance and strength. Bring your own yoga mat or borrow one!

COST: \$10 for the quarter **CODE: 119247**

Walk to Wellness

Tuesdays | 10:00 – 11:00am

Volunteer Led by Jennifer

On Tuesdays, enjoy a nice walk around the Park de la Cruz Community Center softball field.

COST: FREE **CODE: 119825**

Select Saturdays | 8:30am – 9:30am

January 4 – February 22

Led by AWS Staff

Meet at various locations to enjoy a guided walk. Registration is required and locations will be emailed prior to meeting date.

COST: FREE **CODE: 119826**

Texas Hold ‘Em

Tuesdays | 9:30 – 11:30am

Wednesdays | 10:00 am – 2:30pm

Thursdays | 12:30 – 2:30pm

Volunteer Led by Charles A.

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

COST: FREE **CODE: 119246**

Garden to Table Meals

Select Tuesdays | 10:00 – 11:30am

December 17 | January 7 | February 25

Led by Haley and Maria

Let's use our garden harvest to make a meal to share! Program is for all ages.

COST: \$15 **CODE: 119016**

San Diego Deaf Senior Citizens

Wednesdays | 10:00am – 3:00pm

Volunteer Led by Richard & Cheryl

Seniors who are deaf or hard of hearing are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 249-2558 or video call (619) 357-4536 for more information.

Cost: FREE

Drop-in program

BINGO

Wednesdays | 1:30 – 3:00pm

Volunteer Led by Kenny

Join us for FREE rounds of Bingo! If you are lucky, you may even win a prize!

COST: FREE

CODE: 119248

Documentary Wednesdays

3rd Wednesdays | 10:00 – 11:00am

Volunteer Led by Mark A.

Enjoy an inciteful documentary in the PDLC Café! Email MFurr@sandiego.gov for details.

COST: FREE

CODE: 119253

Green Thumb Club

Select Thursdays | 10:00 – 11:00am

December 5, 19 | January 2, 16 | February 6, 20

Become involved in our garden. We will learn about gardening techniques and then will put what we learn to practice. Program for all ages.

COST: \$5

CODE: 119015



**Congratulations to our 2024
Photography Contest Winners**

Park de la Cruz (PDLA) - Programs

See page 4 for contact information.

Let's Get Cookin'

Select Thursdays | 1:30 - 3:30pm

Learn basic skills and create delicious food!

Led by Tyler

Comfort Foods: December 5 - 26, 2024

Code: 119262

Vegetarian: January 9 - 30, 2025

Code: 119264

COST: \$25 Per session

Virtual Laugh Hour

Thursdays | 11:00am - 12:00pm

Volunteer Led by Alicia S.

Laughter has been scientifically proven to help reduce pain and fight depression. We will practice laughter exercises **via Google Meet**! Link will be emailed to registered participants prior to program.

Email MMontielMira@sandiego.gov or call (619) 236-7753 for more information.

COST: FREE

CODE: 119348

Chair Aerobics

Fridays | 10:30 - 11:30am

Led by Carmen

Chair exercises offers a safe and effective way to maintain strength, improve flexibility, and boost coordination. Come for a weekly workout without over-stressing your joints!

COST: \$5 for the quarter

CODE: 119250



Castle / Cherokee Neighborhood Community Meeting

Monthly on 3rd Thursday | 6:00 - 7:00pm

Volunteer Led by Mary

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

Cost: FREE

Drop-in program



Must See Movies

2nd Fridays | 12:30 - 3:00pm

Volunteer Led by Bob J.



If you miss one of these dates, you can join us at Cathy Hopper (page 17) or Balboa Park (page 13) on a different day.

December 13: It Happened on Fifth Avenue

1947- A guy with fifty bucks meets a girl worth fifty million bucks. The world's second richest man trades places with a hobo at Christmas time.

January 10: Philadelphia

1993- Fearing it would jeopardize his career a lawyer hides the fact that he is HIV positive.

February 10: Steel Magnolias

1989- The lives of five women who congregate in a beauty salon in Louisiana.

COST: FREE

CODE: 119257

Park de la Cruz (PDLC) – Programs

See page 4 for contact information.

Ukulele

Select Fridays | 11:15am—12:15pm
December 6 - February 7

Led by Villa Música

Learn basic chords, rhythms, and note-reading skills needed to play new songs. **No class on December 27 and January 3.**

COST: \$41.50

CODE: 119364

Travel Club

3rd Fridays | 10:30am - 12:00pm
January 17 | February 21

Volunteer Led by William & Brenda

Share your travel experiences and learn about travel destination specials and discounts. Meet others with similar travel interests! **No class December 20.**

COST: FREE

CODE: 119259

Parkinson's Disease Seminar

January 15 | 1:00 - 2:00pm

Led by Parkinson's Assoc. of San Diego

Attend this session to learn about the realities of Parkinson's Disease and helpful resources available to the public.

COST: FREE

CODE: 119267

Intergenerational Cooking

January 18 | 1:30 - 3:30pm

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. The special event is for all ages.

COST: \$5

CODE: 119196

Current Events

Fridays | 10:30 - 11:30am
Volunteer Led by Annette K.

Discuss current events that are happening in the world. Read a current event that you want to share? Bring it in! This is a group collaboration and discussion. Meet at the PDLC Café.

COST: FREE

CODE: 119249



Looking to help in the garden?

Join a program or contact
Hemmarshall@sandiego.gov

CPR Informational Class

February 12 | 1:00 - 3:00pm

Led by City of San Diego Aquatics

Learn about the basics of CPR and aquatic safety through an interactive class. This is not a CPR certification class.

COST: FREE

CODE: 119824

Take a Trip on MTS: Seaport Village

Info Session: February 14 | 1:00 - 2:00pm

Excursion: February 21 | 10:00am - 2:00pm

Led by Morgan

Attend the info session to learn how to navigate San Diego public transit system and join us for a guided excursion from Park de la Cruz to Seaport Village!

COST: FREE

CODE: 119266

Balboa Park - Programs

See page 4 for contact information.

Balboa Park Lounge Cafe

Tuesday-Saturday | 9:00am - 1:00pm

Join us for FREE coffee, tea, and good company!

Yoga

Tuesdays | 1:00 - 2:00pm

Led by Irma

We will work on balance & strength; bring your own mat or borrow one. Located in **Casa Del Prado Room #101. No class December 24 and 31.**

COST: \$10 for the quarter **CODE: 118848**

Knitting Group

Wednesdays | 10:30am - 12:00pm

Volunteer Led by Effie

Friendly knitting group welcome to all! **No class December 25 and January 1.**

COST: FREE **CODE: 118859**

Piano Notes

Select Tuesdays | 10:30 - 11:30am

December 17 | January 28 | February 25

Volunteer Led by Lee

Enjoy playing or listening to the piano in the historic Balboa Park Club Ballroom.

COST: FREE

CODE: 118858



Must See Movies

Select Tuesdays | 2:15 - 4:45pm

December 17 | January 14 | February 18

Volunteer Led by Bob

Watch distinguished films that have transcended time and trends. Free popcorn! For film selection, see page 11.

COST: FREE

CODE: 118863



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Balboa Park - Programs

See page 4 for contact information.

Otherwise Improvise

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

December 4, 18 | January 15 | February 5, 19

Volunteer Led by Christopher R

Join us for improvisational workshops, learn the secrets of being in the moment. Program is for ages 18+. **No class on January 1.**

COST: FREE

CODE: 118860

Getting Crafty

2nd & 4th Wednesdays | 1:30 - 3:30pm

December 11 | January 8, 22 | February 12, 26

Join us for a workshop for you and your friends to work on those crafts you have been meaning to finish in the company of friends.

Supplies are not provided (some donated supplies will be available). **No class on**

December 25.

COST: FREE

CODE: 118862

Resource Presentations

Meals on Wheels

Thursday | 12:30 - 1:30pm

February 6th

Learn about Meals on Wheels programs and resources that help you remain independent by nourishing your body and spirit.

COST: FREE

CODE: 118864

ElderHelp

Thursday | 12:30 - 1:30pm

February 13th

Learn about elder care quality support and resources. Learn how to live with independence and dignity in your own home. Snacks will be provided!

COST: FREE

CODE: 118865

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM



Balboa Park – Programs

See page 4 for contact information.

Wii & Web for Wellness

Thursdays | 11:00am – 12:00pm

Led by AWS Staff

Join us for interactive gaming and computer time, offering a fun and supportive way to stay active and engaged with technology!

COST: FREE

CODE: 118908

Walking Group

Fridays | 9:00 – 10:00am

Led by AWS Staff

These guided walks start at the Balboa Park Lounge and will be taking different paths around the neighboring area. A great way to get some exercise and make new friends!

COST: FREE

CODE: 118903

Poetic Legacy

Last Fridays | 3:00 – 5:00pm

Volunteer Led by Christopher R

January 31

Phillis Wheatley

First Published African
American Poet

February 28

Ted Kooser

US Poet Laureate
2004-2006

Read and discuss contemporary & historic poets. Participants are then encouraged to write their own poems. Program is for ages 18+. **No class on December 27.**

COST: FREE

CODE: 118905

Bingo

Saturdays | 10:30am – 12:00pm

Led by AWS Staff

Join us with friends and if you are lucky you may win a prize! **No class on December 7.**

COST: FREE

CODE: 118906

Table Games

Thursdays | 1:30 – 3:30 pm

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

COST: FREE

CODE: 118902

Poetry Party

First Fridays | 3:00 – 5:00pm

January 3 | February 7

Volunteer Led by Christopher R

Read your favorite poetry, listen, or just make the scene. Program is for ages 18+. Meet at the Balboa Park Club/ Santa Fe Room (2150 Pan American Rd. West). **No class on December 6.**

COST: FREE

CODE: 118904



Getting valuable information during a resource presentation at the Senior Lounge.

Intergenerational Artist Workshop

Saturdays | 1:30 – 3:30pm

Volunteer Led by Joan & Michael

Join us for a free art workshop in the Balboa Park Lounge! Bring your own supplies and projects to work on and meet some new friends. Program is for ages 18+. Donated and basic supplies will be available. **No class on December 7 and 28.**

COST: FREE

CODE: 118907

Cathy Hopper (CHFC) – Programs

See page 4 for contact information.

Cathy Hopper Cafe

Monday–Friday | 9:00am – 3:00pm

Join us for FREE coffee, tea, and good company!

Feeling Fit

Tuesdays & Thursdays | 9:00 – 10:00am

Lead by SD County Staff

Cardio, Strength, Flexibility, and Balance! Learn great moves with lively music and always a class full of fun! **No class on December 24, 26, 31 and January 2.**

COST: FREE **CODE: 118508**

Line Dance

Tuesdays & Thursdays | 10:30 – 11:30am

Contractual Leader: Patricia Murray

Bring balance and energy back to your life through line dancing! **No class on December 24 and 31.**

COST: \$32 per month **CODE: Dec: 118510**
Jan: 118511
Feb: 118512



Walking Group

Tuesdays & Thursdays | 10:00 – 11:00am

Volunteer Led by Kathy

Get some steps-in as we walk at North Clairemont Community Park and the surrounding area. **No class on December 24 and 31.**

COST: FREE **CODE: 118517**

Chigong

Mondays | 9:15 – 10:15am

Volunteer Led by David

Our new movement, breath & flexibility class. Feel great, stay flexible, breathe deeply, make friends, and live long utilizing the power of the breath to support the entire body! **No class on January 20.**

COST: FREE **CODE: 118692**

Open Art

Tuesdays | 12:30 – 2:00pm

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. **Supplies are not provided. No class on December 24 and 31.**

COST: FREE **CODE: 118516**

Karaoke

1st & 3rd Tuesdays | 12:00 – 1:00pm

December 3, 17 | January 7, 21 | February 4, 18

Led by April

Take the stage and join us for some fun singing and dancing to your favorite tunes!

COST: FREE **CODE: 118515**

Bingo

Wednesdays | 1:00 – 2:30pm

Led by AWS Staff & Volunteers

Attend Bingo weekly, bring your friends or meet new friends. If you are lucky you may even win a prize! (We accept donations). **No class on December 25 and January 1.**

Cost: FREE **Code: 118519**

Cathy Hopper (CHFC) – Programs

See page 4 for contact information.

Oil Painting

Wednesdays | 11:30am – 4:00pm

September 4 – January 22

Led by Emeritus Staff

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

Cost: FREE

Register at sdcce.edu

Lunch & Learns

Select Wednesdays | 11:30am – 12:30pm

Lunch will be provided for those registered in advance. Limit: 20

December 4: ASG Realty, Andres Gonzalez

Code: [118694](#)

January 8: Research For Life, Lisa Gundersen

Code: [118695](#)

February 12: Law Office of Joanna de Vos

Code: [118696](#)

Yoga/ Chair Yoga

Fridays

9:30 – 10:30am | 11:30am – 12:30pm

Led by Irma

A class on balance & strength; bring your own mat or borrow one. Yoga class starts at 9:30am, with a chair yoga/modified beginner class at 11:30am.

Cost: \$10 for the quarter

Code: [118513](#)

Must See Movies

Select Fridays | 12:30 – 3:00pm

December 20 | January 17 | February 21

Volunteer Led by Bob

Watch distinguished films that have transcended time and trends. For film selection, see page 11.

Cost: FREE

Code: [118690](#)

Ukelele

Wednesdays | 10:00 – 11:00am

December 4 – February 5

Contractual Leader: Villa Musica

Learn basic chords, rhythms and note reading skills on the ukulele. No experience necessary and ukuleles are provided for the duration of the class. **No class on December 25 and January 1.**

Cost: \$41.50

Code: [119363](#)

Chorus

Fridays | 9:00am – 12:00pm

September 6 – January 24

Leader: Emeritus Staff

Create beautiful music in this weekly class for. Register with Emeritus through the San Diego College of Continuing Education.

Cost: Free

Register at sdccde.edu

Getting Crafty

Fridays | 10:00am – 12:00pm

Leader: AWS Staff & Volunteers

Open craft time to work on those you've been meaning to finish in the company of friends. Some donated supplies available, but encouraged to bring your own.

Cost: Free

Code: [118691](#)

Mahjongg

Fridays | 12:30 – 2:30 pm

Volunteer Led by Francesca

Enjoy a fun game with friends! This mind working game uses pictures and tiles to strategize and win.

Cost: Free

Code: Drop-In

Memorial (MSC) – Programs

See page 4 for contact information.

Memorial Senior Center Cafe

Monday-Friday | 9:00am – 12:00pm

Join us for FREE coffee, tea, and good company!

Yoga

Mondays | 9:15 – 10:15am

Led by Irma

Support your physical and mental well-being by attending an exercise class that prioritizes balance and strength. Bring your own yoga mat or borrow one!

COST: \$10 for the quarter **CODE: 118899**

Exercise Movements with Music

Wednesdays | 10:00 – 11:00am

Led by MSC Staff

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

COST: FREE **Drop-in Program**

Zumba

Tuesdays | 9:15 – 10:15am

December 7 – January 27

Led by AWS Staff

This modified Zumba class recreates original moves at a lower-intensity while introducing easy-to-follow choreography that focuses on balance, range of motion and coordination.

COST: FREE **CODE: 118900**

Karaoke

Thursdays | 10:00am – 12:00pm

Led by AWS Staff

Come out and participate in some fun karaoke!

COST: FREE **CODE: 118901**

Memory Games

Fridays | 10:00 – 11:30am

Led by MSC Staff

Exercise the mind with games like Loteria.

COST: FREE **Drop-in Program**

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



VOLUNTEER CORNER

Richard & Cheryl



Richard is the President of the San Diego Deaf Senior Citizens, which currently has an impressive roster of 35 participating members. Every Wednesday morning, Richard facilitates a social gathering specifically for deaf senior citizens at Park de la Cruz Community

Center where attendees congregate and play games in an inclusive environment.

Cheryl has been volunteering with the City of San Diego since September of 2022, assisting the San Diego Deaf Senior Citizens during the Wednesday morning social gatherings at Park de la Cruz. Cheryl loves interacting with other volunteers and City of San Diego staff at Park de la Cruz, and she is thankful for the opportunity to give back to the community.



Gurkamal

Gurkamal has been a fantastic and versatile volunteer for AgeWell Services. She volunteers as a server at PDLC's Serving Senior lunch and assists with bringing the magic alive at our Balboa Park dances. Her positive attitude and never ceasing battery creates a lively and exciting interaction with all participants. Gurkamal enjoys seeing dancers dressing in theme and meeting new faces. In her free time she volunteers at various other locations, giving back to the community in many ways. She loves to spend time in Punjab, India where her best friend resides. We are all very grateful for her lovely energy that she brings everyday!



Volunteer Updates

Welcome new volunteers!

Welcome Jennifer, Lisa, & Fred! We're so happy to have you as part of The AgeWell Services' Team.

Happy Birthday!

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

Joan M. (12/8), Ray J. (12/19),
Robert C. (12/22), Connie J.
(12/28), Brenda H. (1/4), Mary
T. (1/10), Nona L. (1/15), & Effie K. (2/17)



Volunteers Needed

Do you have some extra time and would like to help? If so, we need volunteers to assist with the following activities:

Balboa Park Senior Lounge - Host the Senior Lounge, meet new friends and serve coffee from 9:30am-2:30pm. We also need volunteers to assist with bingo set up/take down, and calling numbers on Saturdays from 10:00am-1:00pm (see page 14).

Cathy Hopper Friendship Center - Host the café and provide program assistance (see pages 16-17). Shifts are available from 9:00am-12:30pm & 12:30pm to 3:00pm.

PDLC Garden Club - Assist with watering, fertilizing, planting, harvesting crops, and much more. Shifts are flexible.

Memorial Senior Center - Host the café and provide program assistance. See page 18.

Call (619) 525-8247 or email
TheScroll@sandiego.gov,
if you are interested in volunteering.

Thank You to Our 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 old adults. The following agencies contributed to the success of Fall programs, dances and special events.



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 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.



San QR code to visit the DSAC homepage:



Scan QR code to donate to DSAC:

FUNDRAISING

Ralphs & Food4Less Fundraiser

Sign up online and every time you shop, a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

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**

Contact Kristi at kfenick@sandiego.gov or (619) 525-8247 for sponsorship or donation inquiries.

City Wide Programs

The following programs are held at various City of San Diego parks and community centers and pools. Call the centers/pools for more information. Programs are free unless otherwise noted. Visit SanDiego.gov/AgeWell or call (619) 525-8247 for a list of over 15 City of San Diego recreation centers that provide programs for older adults.

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

Serving Seniors – Now at Bay Terraces!

Monday – Friday 12:30pm – 1:30pm
FREE lunch for those 60+

Below Programs \$10/month

Craft Class – Tuesdays | 2:00pm
December – Registration Code: 118873
January – Registration Code: 118874
February – Registration Code 118875

Cooking/Desserts – Wednesdays | 2:00pm
December – Registration Code: 118879
January – Registration Code: 118880
February – Registration Code 118881

Bingo – 2nd & 4th Thursdays | 2:00pm
December – Registration Code: 118876
January – Registration Code: 119042
February – Registration Code 119043

Below Programs FREE

Line Dance, Monday-Friday | 10:00am – 12:00pm
Registration Code: 118887

Gentle Yoga, Mondays | 4:45pm – 5:45pm
Registration Code: 118888

Golden Zumba, Wednesdays | 3:00pm – 4:00pm
Registration Code: 118889



Stockton Recreation Center:
330 32nd St., 92102 | (619) 235-1163

Call Stockton Recreation Center for upcoming Winter Programs.

San Ysidro Senior Center
125 East Park Ave., 92173

(619) 247-4207

Chair Exercise – Mondays | 12:00 – 12:30pm
Registration Code: 119030

Yoga – Mondays & Tuesdays | 5:00 – 6:00pm
Registration Code: 119036

Zumba – Mondays & Tuesdays | 6:15 – 7:15pm
Registration Code: 119032

Walking Group – Tuesdays | 12:00 – 1:00pm
Registration Code: 119055

Loteria – Wednesdays | 3:00 – 4:00pm
Registration Code: 119019

Karaoke – Wednesdays & Thursdays | 3:00 – 7:00pm
Registration Code: 119024 Cost: \$15

 **Water Fitness Classes Available!** 

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

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 class schedule and cost.**

ALLIED GARDENS	(619) 235-1143
6707 Glenroy Street, 92120	
VISTA TERRACE	(619) 424-0469
301 Athey Avenue, 92173	
MLK	(619) 527-3451
6401 Skyline Drive 92114	
SWANSON	(858) 552-1653
3585 Governor Drive, 92122	
TIERRASANTA	(858) 636-4837
11238 Clairemont Mesa Blvd., 92124	
BUD KEARNS	(619) 692-4920
2229 Morley Field Drive, 92104	
CARMEL VALLEY	(858) 552-1623
3777 Townsgate Drive, 92130	
CLAIREMONT	(858) 581-9923
3605 Clairemont Drive, 92117	

CityWide Programs

Ranger–Led Walks

Kumeyaay Ethnobotany Walk : December 14 & February 17 at 1:00 pm

During this Ranger-led trek of moderate difficulty, patrons will learn about various uses of local plants. Join us and discover more! 2 miles with hills and steps. Contact Najja Lyon for more information: nlyon@sandiego.gov

Chollas Lake Park: 6350 College Grove Dr., 92115

Exploration with a Ranger: December 23, January 20, February 17 at 2:00 pm

Join Ranger Najja for an exploration of Chollas Lake Park. The walk will be approximately 2 miles in length. Moderate hills and uneven terrain should be anticipated. Leashed, friendly dogs are welcome. Contact Ranger Lyon for more information: nlyon@sandiego.gov.

Chollas Lake Park: 6350 College Grove Dr., 92115

Wheelchair-Accessible Botanical Tour: December 28, January 25, February 22 at 11:00 am

An exciting journey through a lesser-known botanical treasure with native trees and plants. Wheelchair and stroller accessible. Contact Najja Lyon for more information: nlyon@sandiego.gov

Charles Lewis III Memorial Park,: 4639 Home Avenue, 92105

Chollas Lake Wildlife Walk: January 11 at 1:00 pm

If you are curious about the wild and feral animals that reside in our park, this program will delight you. 1 mile, some steps and steep surfaces. *No strollers. Contact Najja Lyon for more information: nlyon@sandiego.gov

Chollas Lake Park: 6350 College Grove Dr., 92115

Chollas Lake Program

Adult Walking Class : Tuesdays 10:00-11:00am & Thursdays 11:00am-12:00pm

Come enjoy the breeze, the peaceful water, and good company with some light exercise. Join us for 1 – 3 laps around the lake perimeter trail, which is 0.8 miles in length, with very little elevation gain. Instructors are knowledgeable about Chollas Lake wildlife and history.

Chollas Lake Park: 6350 College Grove Dr., 92115

For more details contact lcbaker@sandiego.gov.

Civic Dance...You Can Dance!

Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to **adults of all ages and abilities**. Spring class registration opens Saturday, December 14 at 10:00 am. More information can be found at www.civicedancearts.org or call the Dance Office at (619) 235-5255.



Community Events & Programs

Jewish Family Service “On the Go and 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 inability to donate. Transportation must be inadequate or unavailable and all riders must be mobile and mentally alert. A \$20 initial enrollment fee. grants you access to all of the On the Go services.

For more information or to check zip code eligibility, call JFS at **(858) 637-3210**.

ElderHelp HomeShare

ElderHelp's Homeshare program connects those who want to share their homes with those looking for housing. Benefits include companionship, affordability, and a safe, stable living environment for all. To learn more about HomeShare and other ElderHelp Housing Services, please [click here](#) or visit www.elderhelpofsandiego.org. 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 include Powers of Attorney and Advanced Healthcare Directives, Consumer Protection, Age Discrimination issues, Elder Abuse, Tenant and Housing, and debt issues. Elder Law & Advocacy also provides advice on Medicare and Long-Term Care Insurance, Nursing Home Rights and Elder Abuse Restraining orders.

Call, **(858)565-1392**, for more information or to set up a consultation.

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 other activities to keep

Contact **Agnes** at alconradt@gmail.com or **Evie** at ekosower@cox.net for more 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

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

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

