



AgeWell Services (AWS)

Winter 2025/2026

Newsletter

December • January • February

AgeWell Services will be closed December 24, 25 & 31, January 1 & 19, and February 16 in observance of City Holidays.

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

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 better.

Staff Directory

District Manager

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KFenick@sandiego.gov

Supervising Aging Recreation Specialist

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Recreation Leader I/II/Rec Aide/Intern

Patrick Ball • Carmen Coutee • Karina Gutierrez • Tyler Harris • April Jackson • Mai Kawaguchi • Irma Lara • Sean Lee • Mark Leo Jolee Nieberding- Swanberg • Kristen Olson Niko Rodriguez • James Rao • Loretta Roiz Yulonda Seaton • Angel Segura

Table of Contents

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

Programs and Events

8. Social Services & Community Resources
9. Arts & Crafts
10. Computer & Technology
11. Cooking
- 11-12. Dance & Music
- 13-16. Health & Fitness
17. Outdoor & Gardening
- 17-18. Presentations
- 19-22. Social
- 23-24. Special Events
25. Theater
26. Trips
27. Community Resources

A Heartfelt Thank You!

Thank You to the San Diego Seniors Community Foundation (SDSCF) for the "No Senior Alone Grant"! Thanks to this funding, we will be able to bring joy, connection, and community to local older adults through our Holiday Dance (See page 11) and Cookies & Cheer (See page 24) programs. These events help combat loneliness and feel the warmth of a caring community.



Balboa Park Parking Update

The San Diego City Council approved a plan to implement paid parking in Balboa Park. The anticipated start is January 2026. The cost of each parking lot within Balboa Park will vary, depending on how close it is to the center of the park. Additionally, there will be a program that will allow verified City of San Diego residents to park for half the price of the non-resident parking lot rate.

Visit www.insidesandiego.org for more information.

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.

Closed on December 5 & 6

Cathy Hopper Friendship Center

4425 Bannock Ave., 92117

(619) 235-1113

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

For more information email SMoninger@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

North Clairemont Recreation Center

4421 Bannock Ave., 92117

(858) 581-9926

Ocean Air Recreation Center

4770 Fairport Way, 92130

(858) 552-1687

Presidio Recreation Center

2811 Jackson St, CA 92110

(619) 692-4918

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

Registration begins Saturday, November 15 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.

2025 scholarships expire after February 2026 and are not accepted for Spring 2026 registration. Re-new your scholarship starting January 1, 2026.

Volunteers

Volunteer Opportunities

If you are interested in volunteering with AgeWell Services or at your local recreation center contact Mark at (619) 235-1191 or MLeo@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: Joan M. (12/8), Ray J. (12/19), Robert C. (12/22), Connie J. (12/28), Brenda (1/4), Mary T. (1/10), Nona L. (1/15), & Effie K. (2/17).

Volunteer Spotlight - Hanh Tran

Hanh is a dedicated volunteer who supports the center by assisting with activities such as karaoke, games, puzzles, and serving refreshments. They also help with administrative tasks, including tracking participation, answering inquiries, creating flyers, and setting up for events. Hanh's favorite part of volunteering is being warmly welcomed by participants and building meaningful relationships. Outside of volunteering, Hanh enjoys traveling, photography, arts and crafts, 80s music, documentaries, and exploring the best ice cream and gelato spots locally and around the world!



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

A 4C 05-1308

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 age 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, older adults, 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 our Fall/Winter programs, dances, and special events.



Platinum Level



Special Events and Program Sponsors



Gold Level



TRADER JOE'S



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Thank you to John Hopper for the significant donation to Cathy Hopper Friendship Center.

Contact Sharon at SMoninger@san diego.gov or (619) 525-8247 for sponsorship inquiries.

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Social Services & Community Resources

See page 27 for additional Community Resources and phone directory.

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

Are you looking for a little more connection in your week? We're inviting anyone over the age of 55 to join our Community CallHub Program where you'll receive a friendly phone call once a week from a caring community member or college student. We want to hear your stories, and share ours too! Help us bridge generations and make meaningful connections. Regular friendly phone calls have been shown to boost well-being and improve physical and mental health. The Community CallHub is free, and easy-to-use. **Contact Jocelyn Protopappas at (619) 650-5032 or JProtopappas@sdsu.edu for more information.**



We believe simple actions can make a huge difference.

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.**



ElderHelp Home Share

ElderHelp's Homeshare program connects those who want to share their homes with those looking for housing. Benefits include companionship, affordability, and a safe, stable living environment for all. To learn more about HomeShare and other ElderHelp Housing Services, **call (619) 284-9281 or visit www.elderhelpofsandiego.org.**

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. Pre-packed breakfasts (Monday-Friday) and to go weekend meals (Thursdays and Fridays) are offered at Park de la Cruz and Memorial Senior Center. **Call (619) 525-8247 for more information.**



Bay Terraces Community Center

Monday - Friday 12:30 - 1:30pm

Memorial Senior Center

Monday - Friday 12:00 - 1:00pm

*Call (619) 668-2027 for updated dates/times.

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). Individuals under 18 must be accompanied by a guardian.

Getting Crafty

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

Cathy Hopper Center on Fridays

127887 10:00am - 12:00pm Free



Knitting & Crocheting Group

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

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

127853 10:30am - 12:00pm Free

Cathy Hopper Center on Tuesdays

Dec. 9 & 23 | Jan. 13 & 27 | Feb. 10 & 24

Staff Led: Jolee

127886 12:00 - 1:00pm Free

Self-Expression Through Art

18+

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

Park de la Cruz on Fridays

Volunteer Led: Michael & Joan

127476 2:00 - 4:00pm Free



Japanese Crafts

3+

Learn how to make unique origami & other crafts.

Balboa Park Lounge on Wednesdays

Dec. 3 | Jan. 7 | Feb. 4

Volunteer Led: Teuila

127892 9:30 - 11:30am 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

Sept. 3, 2025 - Jan. 17, 2026

Led by: Emeritus Staff

SDCCE.EDU 11:30am - 3:30pm 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

Led by: Nobel Recreation Staff

Dec. 3-10 | Jan. 7-28 | Feb. 4-25

127822 10:30 - 11:30 am \$11/session

127823 10:30 - 11:30 am \$21/session

127824 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). Individuals under 18 must be accompanied by a guardian.

Access 4 All: Tech on the Go

Led by: SDFE Staff

San Diego Futures conducts informational trainings on programs and devices.

NEW Cathy Hopper Center on Mondays
Drop-In 10:00am - 12:00pm Free

CANCELLED

Park de la Cruz on Mondays
Drop-In 9:30 - 11:30am Free

Cybersecurity and Smartphone Essentials Workshop

Led by: Senior Technology Staff

Cathy Hopper Center on Mondays
Memorial on Tuesday and Thursdays

18+

Digital Navigators

Led by: Digital Navigators Staff

Trained staff provide one on one instruction with basic technical support. *Dates and times subject to change in January.

Cathy Hopper Center on Wednesdays
Drop-In 9:00am - 12:00pm Free

Park de la Cruz on Tuesday and Thursdays
Drop-In 9:00 - 11:45am Free

18+

Computer Lab

Desktop computers are available to the public at Memorial Senior Center, Park de la Cruz Community Center, and Cathy Hopper Friendship Center. See page 3 for hours.

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). Individuals under 18 must be accompanied by a guardian.

Garden to Table Meals

Let's use our garden harvest to make a meal to share!

Park de la Cruz on Tuesdays

Session 1: Dec. 9 | Jan. 6 | Feb. 3

Session 2: Dec. 16 | Jan. 20 | Feb. 17

Staff Led: Haley (TRS)

127421 9:30 - 11:30am \$20 for the quarter

Intergenerational Cooking

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

Park de la Cruz on Saturday

Jan. 17

Staff Led: Tyler

127419 1:30 - 3:00pm \$5

3+

Let's Get Cooking

Staff Led: Tyler

Learn basic skills and create delicious food!

Park de la Cruz on Thursdays

Session A: Dec. 4 - Jan. 8 (No Class 12/15 & 1/1)

Session B: Jan. 22 - Feb. 12

127554

1:30 - 3:30pm

\$25- Session A

127555

1:30 - 3:30pm

\$25- Session B



Dance & Music

Dances are held on the 2nd and 4th Thursdays of the month from 12:30 – 2:30pm at the Balboa Park Club (2150 Pan American Rd. West). The event includes live entertainment, refreshments, and prizes. For more information, contact Patrick at (619) 525-8247 or PBall@sandiego.gov. **Dance punch card available at SDRecConnect.com for \$25 (usable at any AWS Dance - free dance with purchase of dance pass) or at Park de la Cruz, Cathy Hopper, or Memorial Senior Center using the code: 127889. Or pay \$5 cash at the door.**

See page 2 for Balboa Park paid parking updates.

Holiday Dance

Thursday, December 11

Music by "Janet Hammers Rhythm Express"



New Years

Thursday, January 8

Music by "The Sophisticats"



Marti Gras

Thursday, January 22

Music by "Blue Zone"



Disney Dance

Thursday, February 26

Music by "Blue Zone"



A Moment for You (Dance)**18+**

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

Memorial Staff Led: Patricia

127803 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

Aug. 29, 2025 - Jan. 17, 2026

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. Classes at Cathy Hopper Friendship Center are scheduled for Tuesdays from 6:00 - 7:45pm and are for ages 18 and older. Call the Dance office at (619) 235-5255 or visit www.civildancearts.org.

Spring registration opens December 13 at 10:00am.

Classes begin the week of January 5th.

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.

Park de la Cruz on Wednesdays

Volunteer Led: Jason

127520 10:00 - 11:00am Free**Hip Hop Exercise****18+**

Join an exciting and active dance class, no experience required!

Park De la Cruz on Saturdays

Dec. 6 & 20 | Jan. 10 & 24 | Feb. 7 & 21

Staff Led: Niko

127537 10:30 - 11:30am \$10 per quarter**Line Dancing**

Bring balance and energy back to your life through line dancing! Free trial available, call (619) 235-1113 for more information.

Cathy Hopper Center on Tuesday and Thursdays

Contractor Led: Pat

128062 10:30 - 11:30am \$32 - December128061 10:30 - 11:30am \$32 - January128063 10:30 - 11:30am \$32 - February**Piano Notes****18+**

Join us at the historic Balboa Park Ballroom if you enjoy playing or listening to the piano (2150 Pan America Rd. West).

Balboa Park on Tuesdays

Dec. 30 | Jan. 27 | Feb. 24

Volunteer Led: Lee

127837 10:00 - 11:45am Free**Ukulele**

Contractor Led: Villa Musica

No experience necessary, and ukuleles are provided.

Cathy Hopper Center on Wednesdays

Dec. 3 - Feb. 4

127992 10:00 - 10:45am \$35- Beginner127994 10:45 - 11:30am \$35- Intermediate

No Class 12/24 & 12/31

Park de la Cruz on Fridays

Dec. 5 - Feb. 6

127556 11:15am - 12:00pm \$35- Beginner127557 12:00 - 12:45pm \$35- Intermediate

No Class 12/26 & 1/2

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). Individuals under 18 must be accompanied by a guardian.

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. The depth of water varies by class. All pools are accessible by ramp or lift. **Call the pools for more information about class schedules, open swim, and cost.** Visit www.sandiego.gov/pools for a full list of pools and updates.

Water Fitness Classes

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

Allied Gardens (619) 235-1143	City Heights (619) 641-6126	Memorial (619) 235-1139	Tierrasanta (858) 636-4837
Bud Kearns** (619) 692-4920	Colina De Sol (619) 235-1147	Swanson* (858) 552-1653	Vista Terrace (619) 424-0469
Carmel Mountain (858) 581-9954	Kearny Mesa (858) 573-1389	Standley** (619) 605-2170	

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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 Center

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

Group Fitness

Chair Aerobics

This class is a safe and effective way to improve strength, flexibility, and coordination. It focuses on low-impact exercises performed from a seated position.

Memorial Senior Center on Tuesdays

Staff Led: Carmen

127807 9:15 - 10:15am Free

Remix Mondays

Come and enjoy a fun engaging workout class with dance exercises/steps and weights.

Memorial Senior Center on Tuesdays

Memorial Staff Led: Johana

127805 5:00 - 6:00pm Free

Chigong

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

North Clairemont Center on Mondays

Volunteer Led: David

128059 9:15 - 10:45am Free

Feeling Fit

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

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: SD County Staff- Robert

127884 9:00 - 10:00am Free

North Clairemont Center on Tuesday and Thursdays

Volunteer Led: SD County Staff

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

Senior Fitness

Cardio, strength, flexibility, and balance!

Ocean Air on Thursdays

Staff Led

127527 9:30 - 10:30am Free

Step Aerobics

18+

Build up a sweat with us during our step and weights class.

Memorial Senior Center on Tuesdays

Memorial Staff Led: Johana

127806 10:00 - 11:00am Free

TRS - ALL Sit Fit Bingo

16+

Complete fun fitness challenges, mark your bingo cards, and win awesome prizes.

Park de la Cruz on Wednesdays

TRS Staff Led: Angela

Dec. 10 | Jan. 7 & 21 | Feb. 4 & 18

127482 10:30 - 11:30am \$10 for the quarter

Cathy Hopper on Thursdays

TRS Staff Led: Nick

Jan. 15 & 29 | Feb. 12 & 26

127926 3:00 - 4:00pm \$10 for the quarter

Tai Chi

Slow, gentle movements, controlled breathing, and focused attention.

Nobel on Tuesdays & Thursdays

Staff Led

127881 9:30 - 10:30am Free

Yoga

Staff Led: Irma

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

Cathy Hopper Center on Fridays

*127817 9:00 - 10:00am \$10 per quarter

Chair Yoga

127899 10:30 - 11:30 am \$10 per quarter

**Virtual sessions available with registration*

Memorial Senior Center on Mondays

127808 9:15 - 10:15am \$10 per quarter

Park de la Cruz on Tuesdays

127535 9:30 - 10:30am \$10 per quarter

San Ysidro on Monday and Tuesdays

128461 5:00 - 6:00pm \$5 Dec.

128493 5:00 - 6:00pm \$5 Jan.

128494 5:00 - 6:00pm \$5 Feb.



Yoga - Concord Education

Led by Concord Education Staff

Develop flexibility, strength, and balance through a variety of yoga poses while exploring techniques for stress relief and relaxation.

Nobel Recreation Center on Fridays

Jan. 5 - Feb. 23

127882 10:30 - 11:30am \$144 (6 Weeks)

127883 10:30 - 11:30am \$144 (6 Weeks)



Sports

Open Play Pickleball

North Clairemont Center on Tuesday and Thursdays

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

Park de la Cruz

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

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

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

127536 10:30 - 11:30am 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 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.**

Women's Softball Registration

50+

All Skill Levels Welcome! (Practice on Tuesdays and games on Saturdays).

Contact RafaelP@sandiego.gov for schedule.

Presidio Recreation Center on Tuesday and Saturdays

Dec. 23 - May 25

127988 10:00 - 11:00am \$40

Walking

Pet Walking Club

Enjoy a walk around Memorial with your pet!
Must be leashed!

Memorial Senior Center on Saturdays

Dec. 13 | Jan. 10 | Feb. 14

Memorial Staff Led: Johana

127804 9:00 - 10:00am Free

Ranger-Led Hiking

See page 17 for more information on Ranger Led Hiking.



Walk to Wellness

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

Balboa Park Lounge on Fridays

Intern Led: James

127854 9:00 - 10:00am Free

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: Kathy & Carmen

127485 10:00 - 11:00am Free

Santa Clara on Mondays

Staff Led: Mai

127796 10:30 - 11:30am Free

Community Walks on Saturdays

Jan. 3 - Feb. 28

Staff Led: AWS Staff

127989 8:30 - 9:30am Free

*Meet at various locations. Locations will be emailed prior to meeting date.



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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- Medication Reminders
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- Our Goal: Keep You Safe at Home

(858) 277-5900

San Diego

www.RightatHome.net

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ADVERTISERS!

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). Individuals under 18 must be accompanied by a guardian.

Beach Wheelchair Program

Freedom Trax, beach wheelchairs, Rollator and Access Trax are available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach for free. To find other beach accessible locations in San Diego, visit www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program".

Reservations recommended by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

Winter Hours

Nov. - Dec.: Fri - Sun 11:30am - 3:30pm

Closed January/February

**Location is temporarily relocated to S. Mission Beach Lifeguard Tower (339 N. Jetty Rd., 92109).*

Program Gardens

18+

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

Have too many seeds at home? We'll take them! Donate any vegetable/ herb/ flower, etc. seeds you no longer want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz Community Center. Call (619) 525-8247 for more information.

Green Thumb Club

3+

Get involved with our program garden club! This activity is for all ages.

Park de la Cruz on Thursdays

Dec. 11 | Jan. 15 | Feb. 12

TRS Staff Led: Haley

127424

10:00 - 11:00am

Free

Ranger-Led Hikes

Staff Led: San Diego Rangers

Join an exciting series of Ranger-led hikes! Contact Ranger Herrera for more information: gherrera@sandiego.gov.

Chollas Lake Park, 6350 College Grove Dr., San Diego, 92115

Ethnobotany Walk

Dec. 13 | Feb. 14

Drop-in

1:00pm

Free

Chollas Lake History Hike with a Ranger

March 14

Drop-in

1:00pm

Free

Explorations With a Ranger

Dec. 22 | Jan. 19 | Feb. 23

Drop-in

2:00pm

Free

Charles Lewis III Memorial Park, 4639 Home Avenue, San Diego, 92105

Wheelchair-Accessible Botanical Tour

Dec. 27 | Jan. 31 | Feb 28

Drop-in

11:00am

Free

Presentations

Aging & Independence Services

Led by: County of SD, Beatrice Lomer

Attend this presentation to learn how to qualify, register, and utilize California's CalFresh (SNAP - EBT) program. Led by the County of San Diego.

Park de la Cruz on Wednesday, Feb. 18

127561

10:30 - 11:30am

Free

Dignity Memorial

Led by: Brian C.

Discover how to beat inflation, avoid emotional stress, and gain peace of mind by pre-planning final arrangements.

Park de la Cruz on Wednesday, Dec. 10

127562

10:00 - 11:00am

Free

FALCK CPR and AED

Led by: FALCK Staff

Learn what to do in an emergency cardiac arrest situation. non-certificate CPR training.

Cathy Hopper Center on Monday, Jan. 12

128065

1:30 - 2:30pm

Free

Lee Laboratory: Aging and Sleep

Led by: Lee Laboratory

Join us to learn about the effects of sleep later in life.

Cathy Hopper Center on Tuesday, Jan. 20

127898

1:30 - 2:30pm

Free



Medicare 101 Workshop

Led by: JAR Insurance Services & Regal Medical Group

Join us for an informational presentation to learn how Medicare works, hear about the available benefits, and gain confidence when making healthcare decisions.

Park de la Cruz on Wednesday, Jan. 21

127564

10:00 - 11:00am

Free

NeoTech Learn: AI Basics Workshop

Led by: Ahmad Salem

Attend this informational presentation to learn the basics utilizing artificial intelligence in one's day-to-day life.

Park de la Cruz on Wednesday, Dec. 17

127563

10:00 - 11:00am

Free

Parkinson's Association

Led by: Marty A.

Join us for an informational presentation about the warning signs, available support resources, and living with Parkinson's Disease as an older adult.

Park de la Cruz on Wednesday, Jan. 14

127559

10:30 - 11:30am

Free

Smartphone Basics For Seniors

Led by: Meraz Insurance Staff

Learn to be more confident with your Smartphone.

Park de la Cruz on Wednesday, Dec. 3

Call To RSVP 888-420-0612

10:30 - 11:30am

Free

Take a Trip on MTS: Little Italy Mercato

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 Little Italy with an experienced guide! Transit passes not provided.

Park de la Cruz on Mondays, Wenesdays & Fridays

Training Session- Dec. 15 & Feb. 20

127558

1:30 - 2:30pm

Free

Guided Trip- Feb. 25

127558

9:30am - 2:30pm

Free

UPAC: Positive Solutions

Led by: Yndira E.

Attend this presentation to learn about (UPAC) Union of Pan Asian Communities' "Positive Solutions Program," which aims to combat depression among older adults.

Park de la Cruz on Wednesday, Feb. 11

127560

10:00 - 11:00am

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). Individuals under 18 must be accompanied by a guardian.

Cafe

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

Balboa Park Lounge

Drop in Tuesday – Saturday 9:00am - 1:00pm

Cathy Hopper Center

Drop in Monday - Friday 9:00am - 2:30pm

Memorial Senior Center

Drop in Monday - Friday 9:00am - 12:00pm

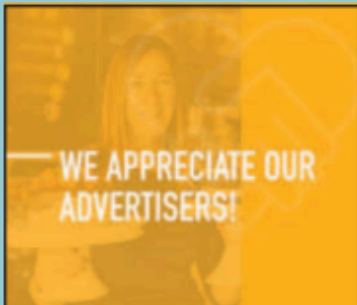
Park de la Cruz

Drop in Monday - Friday 9:30am - 12:00pm

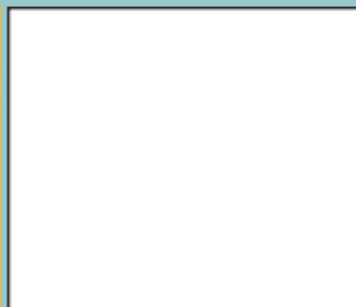




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When: Mon & Wed, 90 min class for 4 weeks

- ◆ Improve Power & Agility and Regain the Balance to Go Anywhere
- ◆ Learn How to Easily Rise from the Floor Safely and Comfortably
- ◆ Practice Falling Techniques that can Prevent Injuries from Falls
- ◆ Learn How to Maximize the Safety of Your Home and Surroundings
- ◆ Instruction and Practice Guided by Expert Physical Therapists




**CHALLENGE
CENTER**

Contact Us Today! Classes Starting Now

info@challengecenter.org

Ph: 619-667-8644




Community CallHub (Social Calls)

See page 8 for more information.

Current Events

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

Park de la Cruz on Fridays

Volunteer Led: AWS Volunteer

127549 10:30 - 11:30am Free

No meeting 1/16 & 2/20

San Diego Deaf Senior Citizens

Seniors who are deaf or hard of hearing or adults of deaf parents 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

Volunteer Led: Richard & Cheryl

127538 9:00am - 3:00pm Free

Serving Seniors

See page 8 for more information.

Succulent Party

Plant a beautiful succulent pot to keep or to give as a gift. Participants can choose from 1 or 2 pots per registered participant.

Cathy Hopper Center on Monday, Dec. 1

TRS Staff Led: Alicia

128254 1:30 - 3:00pm \$6 for 1 pot

128253 1:30 - 3:00pm \$10 for 2 pots

Travel Club

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

Park de la Cruz on Fridays

Volunteer Led: William and Brenda

Jan. 16 | Feb. 20

127553 10:30am - 12:00pm Free

Entertainment

Glamour Gals

Enjoy a free makeover!
Manicures & light makeup.

Cathy Hopper Center on Thursdays

Dec. 11 | Jan. 8 | Feb. 12

Volunteer Led: Glamour Gals

128060 12:00 - 1:00pm Free

Karaoke

Take the stage and sing your favorite tunes.

Cathy Hopper Center on Tuesdays

Dec. 2 & 16 | Jan. 6 & 20 | Feb. 3 & 17

Staff Led: April

127885 12:00 - 1:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

127809 11:00am - 12:00pm Free

San Ysidro Senior Center on Wednesday and Thursdays

128463 3:00 - 7:00pm \$30 per quarter

Must See Movies

Volunteer Led: Bob J.

December: Remember the Night (1940) -

A thief & prosecutor fall in love on a holiday road trip.

January: Desk Set (1957) -

Librarians fear computers will eliminate their jobs.

February: An Affair to Remember (1957) - An engaged couple-but not to each other-meet aboard a transatlantic ocean liner.

Cathy Hopper Center on Friday

Dec. 19 | Jan. 16 | Feb. 20

128111 12:00 - 2:00pm Free

Park de la Cruz on Fridays

Dec. 12 | Jan. 9 | Feb. 13

127552 1:00 - 3:00pm Free



Games

Bingo

Led by: AWS Staff & Volunteers

If you are lucky you may even win a prize.

Balboa Park Lounge on Saturdays

127857 10:30am - 12:00pm Free

Cathy Hopper Center on Mondays

127702 11:30am - 1:00pm Free

Park de la Cruz on Wednesdays

127539 1:30 - 3:00pm Free

Memorial Senior Center on Thursdays

127810 10:00 - 11:00am Free

Bridge

13+

Learn how to play bridge! Instructions for the first 3 weeks, and in the other weeks, you will learn by playing.

Cathy Hopper Center on Fridays

Instruction Dates - Dec. 5, 12 & 19

Volunteer Led: Mary

128268 12:00 - 2:00pm Free

Dominoes

Cathy Hopper Center on Fridays

Staff Led: Yulonda

Drop In 12:30 - 1:30pm Free

Let's Play A Game

18+

Volunteer Led: Let's Play a Game Staff

Learn and play new board games.

Cathy Hopper Center on Tuesday

Dec. 2

127888 11:00am - 1:00pm Free

Balboa Park Lounge on Wednesday

Dec. 10

127855 10:30am - 12:00pm Free

Loteria

Memorial Senior Center on Wednesdays and Fridays

Memorial Staff Led: Patricia

127803 11:00am - 12:30pm Free

**Must attend "A Moment for You" dance class, to participate in Loteria.*

San Ysidro Senior Center on Wednesdays

128462 2:00 - 2:45pm Free

Mahjong

Nobel Recreation Center on Thursdays and Select Saturdays

Open Play

127866 Thurs. 12:30 - 3:00pm Free

127867 *Sat 12:30 - 3:00pm Free

*Dec. 6 | Jan. 10 | Feb. 7

Park de la Cruz on Mondays

Open Play

127533 10:00am - 1:00pm Free

San Carlos Recreation Center on Thursdays

Dec. 4 - Feb. 26

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

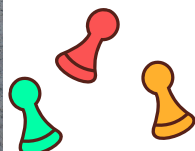
Santa Clara Recreation Center on Monday and Wednesdays

Drop in 1:00 - 3:00pm Free

Drop in 11:00am - 2:00pm Free

Tierrasanta Recreation Center on Thursdays

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



Ping Pong

San Carlos Recreation Center on Monday-Saturday

Open Play

Dec. 1 - Feb. 28

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

Table Games

Nobel Recreation Center on Mondays

127865 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, and select Saturdays

Volunteer Led: Charles A.

<u>127534</u>	10:00am - 12:00pm	Free	Tues
	12:30 - 2:30pm	Free	Thurs
	12:30 - 2:30pm	Free	Sat*

*Select Saturdays: 1st-time attendees call (619)525-8247 to connect with Charles (volunteer led) prior to attending on a Saturday.

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Special Events

SENIOR RESOURCE FAIR

January 26, 2026



10:00 AM – 12:00 PM

Park de la Cruz
Community Center
3901 Landis Street
San Diego, CA 92105

RSVP in-person at Park
de la Cruz Community
Center OR
online via
SDRecConnect.com
using activity code:
125919

**FREE
Event!**



Attend the 2026 AgeWell Services Senior Resource Fair to connect with local senior-service providers and learn of age-friendly, recreational programs offered throughout San Diego!

Light refreshments will be provided!

Call 619-525-8247 or email MFurr@sandiego.gov for more information.

PARK DE LA CRUZ

WINTER CARNIVAL

Park de la Cruz Community Center (3911 Landis St., 92105).



**Saturday, December 6
11:30am- 2:00pm**

**Enjoy a light brunch as we ring in the holiday spirit!
Play Games! Buy Homemade Crafts! And More!**



Gifts will be provided for registered children ages 3 – 12 only. Participating families must register by Monday, December 1. RSVP in-person at Park de la Cruz Community Center OR online at SDRecConnect.com using activity code: **125667**

Contact Haley at (619) 525-8248 for vendor waitlist information.

50th Annual Talent Show

Fourth District Seniors Resource Center
570 S. 65th St., 92114

Auditions

Monday, February 2
10:30am - 1:00pm

Call (619) 525-8247 or register
online with code: 128587

Show Details

Tuesday, March 17
10:00 - 11:30am

Doors open at 9:30 am

Wednesday, March 18
4:00 - 5:30pm

Doors open at 3:30pm

Tickets

Tickets can be purchased online
at SDRecConnect.com using the
code below, or in person at an
AgeWell site, listed on page 3.
Two performance opportunities
available. Please note new venue
location for auditions and
performances. Limited seating,
purchase tickets early. Discounts
available for groups of 10+.

\$7.00 by March 16 Code: 128588
\$10.00 at the door



For more information (619) 525-8247 or email SLemire@sandiego.gov

COOKIES & CHEER

CRAFTS * COOKIES * COCOA * CIDER * SNACKS



MEMORIAL SENIOR CENTER
610 SOUTH 30TH ST., 92113

FRIDAY, DECEMBER 5
12:00 - 1:30pm

FREE! REGISTER BY DEC. 1
REGISTRATION CODE: 127991

(619) 525-8247

RAFAELP@SANDIEGO.GOV



CATHY HOPPER

FRIENDSHIP CENTER
4425 BANNOCK AVE., 92117

MONDAY, DECEMBER 15TH
1:00-2:30pm

FREE! REGISTER BY DEC. 12
REGISTRATION CODE: 128291

(619) 235-1113

SMONINGER@SANDIEGO.GOV



BALBOA PARK LOUNGE
1650 EL PRADO- CASA DEL
PRADO ROOM 105, 92101
TUESDAY, DECEMBER 16

11:30am - 12:30pm
REGISTRATION CODE: 128500
FREE! REGISTER BY DEC. 12

(619) 235-1191

SLEMIRE@SANDIEGO.GOV

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Seniors Community
FOUNDATION



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). Individuals under 18 must be accompanied by a guardian.

Otherwise Improvise

Join us for improvisational workshops. Learn the secret of being in the moment. If you have good timing, you don't need anything else!

Balboa Park on Wednesdays

Volunteer Led: Christophver R

Dec. 3 & 17 | Jan. 7 & 21 | Feb. 4 & 18

127851 3:00 - 5:00pm Free

Poetry Party

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

Balboa Park Santa Fe Room on Fridays

Volunteer Led: Christophver R

Jan. 2 | Feb. 6

127858 3:00 - 5:00pm Free

18+

Poetic Legacy

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

January: Robert Hunter: Grateful Dead lyricist

February: Linda Pastan: Poet Loriet of Maryland

Balboa Park on Fridays

Volunteer Led: Christophver R

Jan. 30 | Feb. 27

127859 3:00 - 5:00pm Free

18+





You wouldn't go to court without a lawyer - don't choose independent or assisted living care without an advisor.

We're here to guide, support and advocate for you every step of the way.

No Cost Service to Seniors

Lunch & Learn
(Learn how to be proactive vs reactive)
Balboa Park Lounge - Lunch and Learn
June 8th 12-1:00pm
Cathy Hopper - Lunch and Learn
July 7th 1:30 to 2:30pm
August 7th 12-1:00pm
Park De la Cruz - Refreshments
August 27th 1:30-2:30pm
RSVP at
Discover@SDAssistedLiving.com

Independent Living

- Tour top Senior Living Communities with us
- Get pricing and learn about amenities

Assisted Living

- Let us take the legwork out of your search
- We will accompany you every step of the way

Memory Care

- Assist and educate you on memory care
- Create a clear plan for peace of mind

SD Assisted Living Advisors

Email: Discover@SDAssistedLiving.com Phone: (619) 363-8922

Local and Out-of-Town Trips

South Coast Winery

Tuesday, December 9

Enjoy the day with friends and family as we tour the South Coast Winery and take a behind the scenes walking tour, from the lush vineyards to the production facility. Then head to Old Town Temecula to explore its historic buildings, unique shopping, antique stores, and restaurants galore. Transportation provided from Fashion Valley (7007 Friars Rd., 92108). Lunch is on your own. Wine tasting tickets not included, can be purchased at the winery.

Activity level: Moderate

Estimated Departure

Time: 9:00am; Returning at approximately 6:00pm

**Time subject to change*

Cost: \$90

Code: 126451



Timken Museum of Art Tour

Wednesday, December 17

Don't miss this opportunity to join AgeWell Services for a docent-led group tour of the Timken Museum of Art. Learn about Russian Icons – featuring art from the Museum's Russian Icon gallery., Special Exhibition – featuring art from a special exhibition., "Jewels of the Season" Holiday Installation, available only during the holiday season.

Activity level: Moderate

No Transportation provided

Time: 1:00pm

Cost: Free

Code: 127565



Golden State Train Ride / Viejas Casino

Saturday, March 14

First stop is the Golden State Train Ride & Pacific Southwest Railway Museum. The second stop is the Viejas Outlet Mall, where there are plenty of options to purchase lunch. Then, enjoy shopping at a variety of high-end outlet shops or head to the casino! Transportation provided, pick up at Fashion Valley Trolley Stop (7007 Friars Rd. 92108), or Cathy Hopper.

Activity level: Moderate

Time: 8:00am - 6:00pm

Cost: \$75

Code: 128578



Big Bear Village & Ski Trip

Thursday, February 26

Let's hit the slopes or join us for an exciting trip to Big Bear Village, where boutiques, gift shops, and restaurants line the streets. Registration covers transportation, pick up from Park de la Cruz Community Center. If you are skiing, you must pay to ski day-of. Limited spots will be available for adaptive skiers. For more information, email Michael Rodriguez at MichaelR@sandiego.gov or (619) 525-8247.

Activity level: Active

Time: 5:00am - 8:00pm

Cost: \$60

Code: 128387



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



Parks and Recreation Department

AgeWell Recreation Services

Parks and Recreation Department

3901 Landis Street, MS 38

San Diego, CA 92105

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Phone (619) 525-8247

“Enriching lives through quality parks and programs.”

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