



THE CITY OF SAN DIEGO
PARK AND RECREATION DEPARTMENT
SENIOR CITIZEN SERVICES

The
Scroll
September/October/November 2015

Senior Citizen Services Staff

Kristi Fenick, District Manager

Frank Cardenas, Supervising Recreation Specialist

Lewis Higgins, Recreation Specialist

Adolfo Herrera, Recreation Leader I

The Senior Citizen Services office is located in the lobby of the City Administration Building, 202 C Street, San Diego. The Senior Office and Senior Lounge will be closed September 7th and November 11th and 26th in observance of the City holidays.

To join our mailing list or for more information, please call (619) 236-6905.

Throughout this newsletter, there are a number of advertisements and community sponsored activities. The City of San Diego does not necessarily endorse the services offered by these organizations.

Visit us on the web at:

www.sandiego.gov/seniorservices

Senior Citizen Services • Park and Recreation
202 C Street, MS 1-A • San Diego, CA 92101
Tel: (619) 236-6905 • Fax: (619) 236-6909



Announcements

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Park De La Cruz Community Center

In early August, Mayor Faulconer announced the acquisition of **Park De La Cruz (former Copley YMCA)** to the City of San Diego. Many of the Senior programs currently offered at the War Memorial Building will be moved to Park De La Cruz (3901 Landis St., SD), once the needed renovations are complete. In addition to the existing programs, individuals will also be able to enjoy a community recreation room, weight room and gymnasium. We are looking forward to the upcoming move (date to be announced later) and would like to hear your program ideas and suggestions. Please contact Frank Cardenas at (619) 236-6910 or FCardenas@sandiego.gov.

People's Choice Award 2015



Congratulations, to **Sussan Johnsen** for accepting the first "People's Choice Award" in the Senior Photography Contest. We all had a special moment when she shared the amazing story of her husband and the meaning of her photograph, "Perspective". **Special thanks** to all the photographers who participated in the contest, our event sponsor, **Home Instead Senior Care**, for providing refreshments, the San Diego Central Library for a great venue and Senior Citizen Services' volunteers and staff.

Sponsorship

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors. We would especially like to thank and recognize our Platinum Level Sponsor; *Sycuan Band of the Kumeyaay Nation*; Gold Level Sponsors; *South Bay Health and Insurance Services*, *St. Paul's Senior Homes and Services* and *San Diego Gas & Electric's*; Friend Level Sponsors; *Kaiser Permanente*, *Applied General Agency*, *Centinela Senior Solutions* and *Home Instead Senior Care* (please see pages 21-23 for sponsorship advertisements). Thank you to all of these organizations for helping to improve the lives of San Diegans.

We offer a variety of sponsorship and advertising options. For more information, contact Frank Cardenas at (619) 236-6910 or FCardenas@sandiego.gov.

Senior Services

Daily Social Call

Senior Citizen Services staff and volunteers make daily social calls to interested senior citizens. Calls are made between 8:00-9:00 a.m. Pictured are the volunteers who make this service possible.

Call (619) 236-6905, if you would like to receive a daily social call, or for more information about the program.



Violetta



Connie

Free Legal Assistance

Elder Law & Advocacy offers FREE legal services (donations are welcome) to senior citizens, 60 years and older, on an appointment basis, at 202 "C" Street, San Diego. **For an appointment, please call Senior Citizens Legal Services at (858) 565-1392 ext. 200 or (619) 425-2460 ext. 205 or 208.**

Please subscribe to our online newsletter, "The Senior Sentinel", at <http://seniorlaw-sd.org/blog/>

Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free and unbiased counseling and information to Medicare beneficiaries at more than 30 sites in San Diego and Imperial Counties. This is a non-profit organization funded by the California Department of Aging and the County of San Diego Aging and Independence Services. **For an appointment, please call (800) 434-0222 or (858) 565-8772 ext. 232 or (858) 565-1392.**

These services are provided to the City of San Diego, Senior Citizen Services by Elder Law & Advocacy. The City of San Diego does not endorse, sponsor, or have any other involvement and/or responsibility or other liability for their advice.

Community Senior Center Locations

Allied Gardenas-(619) 235-1148

Barrio Logan/Paradise (619) 235-1148

Ed Brown Senior Center at Rancho Bernardo
(858) 487-9324

Golden Hill (619) 235-1138

La Jolla/Florence Riford (858) 459-0831

Live Well San Diego (858) 483-5100

Memorial Senior Center (619) 235-1141

Mira Mesa Senior Center (858) 578-7325

North Park Adult Center (619) 235-1152

For more information:
www.sdcco.com/events.html



THE GOLDEN AGE OF INTIMACY

A Senior Health Fair about the physical, emotional & social side of intimacy

FRIDAY
September 4th,
2015
8.45 a.m. to 12:30 p.m.

War Memorial Building
3325 Zoo Drive
San Diego, CA 92101

BIG PRIZES
FREE BREAKFAST
HEALTH AND WELLNESS VENDERS
EDUCATIONAL SPEAKERS



LIGHT CONTINENTAL BREAKFAST FROM
GROSSMONT GARDENS
AN ELMCROFT SENIOR
LIVING COMMUNITY
374602548, 080000337

GUEST SPEAKERS:
SUSAN WRITER, Ph. D.



Volunteer Program

If you are interested in becoming a volunteer, please contact Lewis Higgins at (619) 236-6906 or by email LHiggins@sandiego.gov.

Welcome Volunteers

Please help us welcome two new volunteers, Delilah Dulina and Helene Lidge. Both ladies will volunteer at the Balboa Park Lounge. Delilah will also assist with our trips and Helene with our Needle Craft group. **Thank you for your time and service to our City!**

Happy Birthday!



Please join us in celebrating the following Senior Citizen Services' volunteer birthday's: Lina R. (9/4); Cecilia L. (9/13); John E. (9/19); John C. (9/21); Chris R. (9/23); Jean S. (9/26); Maria Z. (9/29); Christine K. (10/4); Steve T. (10/20); Carolyn S. (10/26); Marlys E. (11/18); Violanda H. (11/25); Leo D. (11/26); Frances C. (11/29).

Thank you for your dedicated service to the City of San Diego!

Congratulations, Mama!



Congratulations to volunteer, Christophver R, for taking third place in this year's Photography Contest and Exhibit. His winning piece is of "Mama", the mascot for the "Yo' Mama's Got Drama Showcase". "Mama" is played by our very own volunteer, Helen L.

Congratulations to you both!

Volunteer Opportunities Available

Balboa Park Senior Lounge

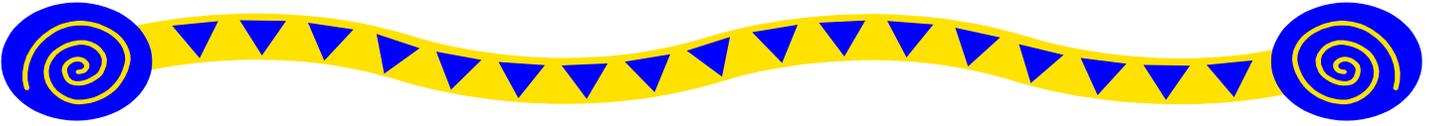
The Balboa Park Senior Lounge is open 7 days a week and hosts 1,000 guests a month. Volunteers greet guests, serve coffee and tea to the guests and keep the Lounge tidy. All volunteers must have good customer service skills and be able to work as a team. We need your help to ensure our Lounge stays open. If you are interested in volunteering at the Lounge, the following shifts are available:

Monday	12:00-3:30 p.m.
Thursday	8:30 a.m.-12:00 p.m. 12:00-3:30 p.m.
Friday	12:00-3:30 p.m.

Dances

Every 2nd and 4th Thursday of the month, Adolfo Herrera, Recreation Leader I, and his team of volunteers host a senior dance at the Balboa Park Club (2150 Pan American Rd. West). They work quickly to decorate the facility and prepare trays of snacks for all the dancers. They are an efficient team, but they need your help! Dance volunteers typically arrive around 10:00 a.m. and finish between 3:00-3:30 p.m. If you haven't been to one of our dances, you should definitely stop by and see what you're missing!

**Our upcoming dance dates are:
September 10 & 24; October 8 & 22; &
November 12**



Senior Craft Sale

Saturday & Sunday: November 21 & 22, 2015

10:00 a.m. - 3:30 p.m.

Balboa Park, Casa del Prado

Patios A, B, and Room 101

(Located off Park Blvd., on Village Place)

Open to the Public

Registration Code: 18728

!!! Attention Crafters (age 55 or older) !!!

There is limited space available!

Registration starts on **September 9th at 8:00 a.m.**

Go to www.SDRecConnect.com (see page 15 for instructions)
to register and pay for a space.

Crafters will receive a call, in order of registration, to ask for your space request. Crafters are limited to two spaces, please have a few alternate options chosen. For more information or to receive a map of the spaces, call Senior Citizen Services at (619) 236-6905.

Fee schedule below includes Saturday & Sunday:

\$20.00: 6' x 5' space

\$30.00: 8' x 8' space

Sorry, no refunds. Event happens rain or shine!

40th Annual Senior Art Contest & Exhibit

October 5-16, 2015

8:00 a.m.-5:00 p.m.

Admission is free



City Administration Building
202 C St. (in the lobby)
Downtown, San Diego



Art Contest categories include:

Drawing, Painting, and Mixed Media

One entry per person will be
accepted from September 14-25, 2015,
Monday-Friday between 9 a.m. and 3 p.m.

Prior to submitting your artwork,
call (619) 236-6905, for contest rules.

Artists must be at least 55 years of age.

All artists will be invited to an award
reception on Monday, October 19 (11am-1pm)
San Diego Central Library

Senior Dances

The following dances are sponsored by the City of San Diego Park & Recreation Department, Senior Citizen Services. They are typically held on the 2nd and 4th Thursdays of the month. There is a **\$5.00** charge at the door, which includes live entertainment, refreshments and prizes. All of the dances are at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way.

Registration code 17971 For more information, call (619) 236-6905.

Patriotic Dance

Thursday, September 10th

1:00-3:30 p.m.

Registration Code:17974



Join us on this patriotic day and enjoy fun and dancing to the music of “The Sundance Band”.

Sock Hop

Thursday, September 24th

1:00-3:30 p.m.

Registration Code:17977



Come twist the afternoon away at this year’s sock hop and enjoys the musical sounds of “The Billy Harper Band”.

Masquerade Ball

Thursday, October 8th

1:00-3:30 p.m.

Registration Code:17976



Come alone or come as a pair, but whatever you do, please be there wearing your mask while enjoying the sounds of “The Encores”.

Halloween Dance

Thursday, October 22nd

1:00-3:30 p.m.

Registration Code:17975



Calling all Goblins and Ghosts of the night to join us & enjoy the haunting sounds of “The Sundance Band”.

Veterans Day Dance

Thursday, November 12th

1:00-3:30 p.m.

Registration Code:17972



Come out and help us thank our veterans for their service and enjoy the music of “The Billy Harper Band”.

Veterans get in for FREE!

Ballroom Dancing

1st, 3rd, and 5th

Thursdays

1:00 – 3:00 p.m.

St. Paul’s Villa



St. Paul’s Villa is one of the City of San Diego Park & Recreation Senior Services’ sponsors (see page 23 for advertisement). St. Paul’s Villa would like to invite you to join them for ballroom dancing. This is a free dance held at St. Paul’s Villa (2340 Fourth Ave. between Kalmia & Juniper).

For more information, call (619) 239-6900.

Holiday Dance

Thursday, December 10th

1:00-3:30 p.m.

Registration Code:17973



Come celebrate the holidays with good company and enjoy “The Billy Harper Band”.

Balboa Park Senior Lounge

The Senior Lounge (1800 El Prado) is located in the Casa del Prado (room 105), between the Natural History Museum and the Lily Pond. Feel free to stop by and visit the Lounge, typically open seven days a week from 9:30 a.m. to 3:30 p.m., excluding City Holidays. Feel free to call the Lounge at (619) 235-1191, prior to visiting (the Lounge could be closed during these hours due to volunteer availability). Thanks to a wonderful group of volunteers, the following activities will be available at the Lounge.

The Balboa Park Senior Lounge will be closed September 7, November 11 & 26 in observance of Labor Day, Veteran's Day & Thanksgiving.

Senior Art Program

Tuesdays: 2:30-3:30 p.m.

Registration code: 18001



This is a drop in art program. Bring your own supplies or use our limited supply and prepare to revive your creativity. Beginners are welcome.

Activity Leader: Ray J.

Balboa Park Walk

Thursdays: 10:00-11:00 a.m.

Registration code: 18007



Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Interested walkers, please gather at the Lounge at 10 a.m. The walk starts at 10:15 a.m. sharp.

Activity Leader: Mary T.

Cribbage

Wednesdays: 10:00 a.m.-12:00 p.m.



All levels of players are welcome. Come join us for an exciting game.

Needle Crafts

1st & 3rd Fridays: 9:00-11:00 a.m.

**9/4, 9/18, 10/2, 10/16,
11/6, & 11/20**

Registration code: 18008

Join our needle craft group making shawls, blankets, sweaters, hats, scarves and more. Yarn, knitting needles, and crochet hooks will be provided, but feel free to bring your own.



Otherwise Improvise

Wednesdays: 3:30-5:00 p.m.

Registration code: 18791



Starting Wednesday, September 16th, an improvisational workshop, for the person who always wants to make it up as they go. Learn the illusive art of being in the moment. Practice the techniques of giving and taking, and the exhilaration that comes with it.

Weekend Walk

Saturdays: 10:00-11:00 a.m.

Registration code: 19250

Irin L. is leading a Saturday walk through Balboa Park. Those interested in joining the walk should meet at the Senior Lounge by 10:00 a.m.

Activity Leader: Irin L.

Activities

The following programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot), the Santa Fe Room in Balboa Park (2150 Pan American Road West), or Museum of Photographic Arts (1649 El Prado, Balboa Park).

For more information, call Senior Citizen Services at (619) 236-6905.

Mah Jongg

Mondays: 9 a.m.-2 p.m.

FREE

Registration code: 18015



Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game along with a cup of coffee in the War Memorial Building (room 2).

New players can learn the game from 9-11 a.m. Everyone is welcome!

Piano Notes

**Sept. 28, Oct. 26 & Nov. 30
10-11:45 a.m.**

FREE

Registration code: 18019



If you enjoy listening or playing the piano join us at the Santa Fe Room. This is a great opportunity to meet new friends and enjoy music. For more information, call Mary C. at (619) 462-2419 or email mr0922@sbcglobal.net.

Wonder 101:

A Thinking Man's Theater

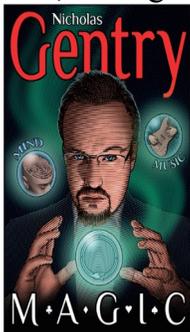
2nd Fridays: 1:00-2:00 p.m.

FREE

Oct. 9, and Nov. 13

War Memorial Building

Nicholas Gentry is not just another magician. To him, magic is serious theater, and an underappreciated aspect of high culture. With beautiful illusions, engaging stories, and incisive commentary, Gentry delivers an empowering message rooted in the heart, and guided by the mind. Feel free to come early for the Travel Club (pg 10), starting at 10:30 a.m. and the Senior Olympics Healthy Luncheon at noon (pg 13).



Deaf Seniors Club

Thursdays: 10 a.m.-3 p.m.

This club meets every Thursday at the War Memorial Building, (room 3) for social and recreational activities, along with fellowship. Enjoy a variety of table and card games, as well as bingo. Donuts and coffee are served. New members are welcome. \$3.00 donation.



FREE Laugh Hour

~All Ages~All Abilities~



Benefits of
Laughter:

May Reduce
Pain
Aids Digestion
Improves: Stamina,
Immune System
and more!

Lowers Stress
Fights Depression
Lowers Fear
Reduces Anger
Improves: Learning
& Communication
Helps Relax

FREE

Every Wednesday 10:00-11:00 a.m.

For more information:

Call Alicia at (619)284-2606

WarMemorial Building-Room 2
3325 Zoo Drive (north end of Zoo parking lot)

Garden Theatre Festival



Congratulations to Christophver R and Michael T for contributing to the success of this year's Garden Theatre Festival another success. Thank you to all of the actors, musicians, and Santa for sharing their time and talents with us. If you are interested in performing in next summer's Festival, contact Christophver R at (619) 569-4922 or by email at rproduction@live.com.



Activities

Travel Club

Fridays: 10:30 a.m.-12:00 p.m. September 11; October 16; November 13

Join the Travel Club at the War Memorial Building, room 2 and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner. For more information, or to RSVP, call Jessica at (858) 279-6032 or email at Jessica.access2fun@gmail.com.



Free Museum Tour at MOPA

1st Friday of the month: 10:00 - 11:00 a.m. (9/7, 10/2, 11/6)

Love photography? Love museums? Join us for a free, docent-led tour of our current exhibitions at the Museum of Photographic Arts! We'll take our time to explore the shows, with plenty of time to sit and savor the works. Tour is available for free to individuals 55+. Space is limited.

Museum of Photographic Arts - Photo Program

Tuesdays: 10:00 a.m.-12:00 p.m.

Join us on Tuesday afternoons as we explore the art of photography. We'll discuss famous photographs, talk about tips and techniques, and get some hands-on practice in beautiful Balboa Park. The theme changes each week, and the topic changes each month, so join us for all three to really hone your photographic eye! (All cameras, equipment and supplies are provided at **no cost** to participants.) *Note: Classes will not meet in October.

September - Digital Photo I; **November** - Digital Photo II; **December** - Exploring the Photobook

RSVP by calling (619) 238-7559 ext. 225, or by emailing linde@mopa.org.

Performance Art

The following **FREE** programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot), or the Santa Fe Room (2150 Pan American Rd. West).

For more information, call Christophver R at (619) 569-4922.

**What's
Your
Story?**

What's Your Story/Storytelling Workshop

War Memorial Building, Room 3

2nd & 4th Thursdays: 10:00-11:00 a.m.

September 10 & 24; October 8 & 22; November 12

Registration Code:18027

Your story is important! Share and develop your history. Join us in creating legacies for the future, in conversation, narrative, performance, written, or play script format.

Create your own DVD history; for appointments call: (619) 569-4922.



Free To Act/Acting Workshop

War Memorial Building, Room 3

2nd & 4th Thursdays: 11:00 a.m. - 2:00 p.m.

September 10 & 24; October 8 & 22; November 12

Registration Code:18039

Why wait when you can act? Improve performance skills, develop confidence, abilities, prepare for upcoming talent shows, video and play auditions. Check out the Yo' Mama's Got Drama Theatre Company, and share your star qualities with others. Come on and discover those talents you always knew were there. Are you ready for your close-up?



The Poetry Party

Santa Fe Room

1st Fridays: 2:30-5:00 p.m.

September 4, October 2 & November 6

Registration Code:18790

Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. A performance poetry groups are now forming.

For more information, call Christophver R at (619) 569-4922.

**Caution: "Poetry may be inspirational to your health!"*



Yo' Mama's Got Drama Benefit Showcase

Santa Fe Room 7:00 p.m.

Friday & Saturday, December 11th & 12th

Registration Code: 18793

A special evening featuring Sylvia Isley-Aguilera, Leslie Johnson-Leech & Friends, Shakespeare scenes, poets and much more. Tickets: \$5.00 pre-show/ \$10.00 at the door (limited quantity). For more information, call Christophver R at (619) 569-4922 or visit: www.yomamagotdrama.com.

Co-Sponsored Events

The City of San Diego Park & Recreation Department Senior Citizen Services is proud to sponsor the following programs at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot).



PLANNING AHEAD...CRUCIAL CONVERSATIONS

Helping families & seniors navigate end-of-life decisions

Produced with the San Diego Community Action Network (SanDI-CAN), this **FREE** conference helps families and seniors with end-of-life planning. Participants will be able to identify their end-of-life values and goals of care and acquire the communication skills necessary to make informed health care planning decisions!

SAVE the DATE

Tuesday, October 27, 2015

Balboa Park Club
2150 Pan American Road West
San Diego, CA 92101

refreshments, light lunch provided & community resource tables

Please RSVP by **October 22, 2015**
1(800)82-SHARP/1(800)827-4277

www.sharp.com/classes
SPONSORS



Beach Wheelchair Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility disabilities or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.

Mon., Wed.-Fri.: 11:30 a.m.- 4:30 p.m.
Saturday & Sunday: 11:30 a.m.- 5:30 p.m.

Closed Tuesdays



To reserve, please call (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

YES, YOU CAN DANCE

Do you use a motorized or manual wheelchair or a walker? Would you like to spin your wheels to the rhythms of Cha-Cha, Rumba, Tango or Hip Hop while dancing with one of our fabulous dance volunteers? The program is led by Joe Torres, a professional dance teacher and the Dance Director of Wheelchair Dancers Org. We encourage all ages, 18 & over to participate.

Park De La Cruz Gym
(3901 Landis, City Heights, CA 92105)
Thursdays: September 17-November 5, 2015
10:00 a.m.-12:00 p.m.
Beverly Weurding at (858) 573-1571



Co-Sponsored Events

The City of San Diego Park & Recreation Department Senior Citizen Services is proud to sponsor the following programs at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot).

2015 San Diego Senior Olympics

There is still time to register for any sport. You too, can win a medal. Come, give it a try. In September there are lots of sports to choose from: Bowling, Shuffleboard, Golf, Handball, Horseshoes, Paddleball, Racquetball, Run a 5K or 10K, Swimming, Table Tennis, Track & Field, and more.

Check us out at www.sdseniorgames.org and

www.facebook.com/SanDiegoSeniorGames

Call (858) 292-5812 or email info@sdseniorgames.org



The poster for the 2015 San Diego Senior Olympics features a colorful, wavy background with various sports icons. At the top, it says "SENIOR OLYMPICS" in large, stylized letters. Below that, it lists "HEALTHY & FIT", "MASTERS", and "COMPETITIVE". The main title "2015 SAN DIEGO SENIOR OLYMPICS" is in bold, red and black letters. The dates "September, 2015 - October 6, 2015" and "25+ competitive sports for men and women age 50+" are prominently displayed. A list of sports includes Basketball, Bowling, Golf, Handball, Horseshoes, Paddle Ball, Pickle Ball, Racquetball, Road Race & Walk, Shuffleboard, Soccer, Softball, Swimming, Table Tennis, Track & Field, Volleyball, and more. The text "Registration is now OPEN!" is in a large, bold font. Logos for the National Senior Games Association and San Diego Park & Recreation Department are also present. Contact information for San Diego Senior Games is provided at the top right.

Senior Olympics Healthy Luncheons

Everyone is invited to attend the Senior Olympics monthly Healthy Luncheons held at the War Memorial Building (auditorium). There are different presentations each month on health, nutrition and fitness. The cost is \$3.00 per person.

RSVP, please call (858) 292-5812

2nd Fridays: 10/9, 11/13

12:00-2:00 p.m.

National Active and Retired Federal Employees Association The National Active and Retired Federal Employees Association is dedicated to protecting the earned rights and benefits of current and retired federal employees. Meetings are on the 2nd Monday of the month at the War Memorial Building (auditorium).

RSVP, please call (619) 226-4108.

2nd Mondays: 9/14, 10/12, 11/9

1:00-2:30 p.m.

SanDi-CAN Action Network that develops community partnerships that work on projects that enhance the lives of older adults and adults with disabilities living in the neighborhoods within the City of San Diego. Our vision is that older adults and adults with disabilities and those who care for them are able to maintain their purpose, voice and independence, living healthy, safe and fulfilling lives with dignity and respect. Our mission is to be San Diego City's consumer and service provider network, collectively advocating for and affecting policy changes to ensure the equality and advancement of older adults and adults with disabilities. Meetings are at the War Memorial Building, are open to the public and there is no charge. **No meeting in October, due to the *Planning Ahead . . . Crucial Conversations* event on October 27 (see page 12).**

RSVP, please call Brian Rollins at brian.rollins@sdcounty.ca.gov or call (858) 505-6305.

Last Tuesdays: 9/29, 11/24 from 10:30 a.m.-12:00 p.m.



Community Opportunities

To post your community opportunities in the Winter 2015-2016 Scroll, send information to Frank Cardenas at FCardenas@sandiego.gov or (619) 236-9610 by October 15th.

Rummage and Bake Sale This fundraiser, by Sweet Harmony, a member of California Women's Chorus (a 501©3 organization), will help fund vocal music scholarships which will be awarded May 1st at the 2016 CWC convention in San Diego. Clairemont Lutheran Church, 4271 Clairemont Mesa Blvd, San Diego. Saturday, September 26, 2015 8am-2pm, (619) 992-2623, gburington@san.rr.com, sweetharmonychorus.com

New Singers Welcome! Sweet Harmony Women's Chorus. No auditions! Join us! Concerts! North Clairemont Recreation Center, 4425 Bannock St. San Diego, 92117. Thursday, September 10th, 2015 9am-11:30am

Lawrence Family Jewish Community Center

All events are open to the public and are at 4126 Executive Drive in La Jolla, 92037 (UTC area). Call Melanie Rubin at (858) 362-1141 to RSVP in advance for all events. www.lfjcc.org/seniors.

Celebrate the Jewish Holidays Annual Senior Lunch in the Sukkah. Celebrate the Jewish fall harvest festival of Sukkot with your senior friends at the JCC, complete with lunch and entertainment! Friday, October 2, 12:00pm

Spanish Lessons Absolute Beginners & Pre-Intermediate Levels
Tuesdays, October 13-December 8 (9 weeks)

Mah Jongg for Beginners In a few short weeks learn the rules and strategies of this popular ancient Chinese tile game, while making some new friends to play with! Wednesdays, October 14-28, 9:30-11:30am

Technology Classes for Seniors iPhone and iPad Made Easy, a two-part series Learn basic and advanced functions such as home screen, organizing apps, settings, saving battery, notes, new features, camera and photos, Facetime, using the App Store, email, messaging, maps, and using Siri. Bring your charged device, your Apple ID, and download the latest version of IOS.
Thursdays, October 29 & November 5, 1:30-3:00pm

San Diego Oasis

RSVP in advance for all events at (619) 881-6262 or www.SanDiegoOasis.org

Hearing Gain: Bringing Communication Back Into Focus with Dr. Oliver Often called the 'invisible handicap' hearing loss affects over 24 million people, approximately one in ten people of all ages! It is the third most chronic health condition in people over 65. Thursday, October 8th, 2015

The Mens Room Join this men's group where contemporary and thought-provoking issues are discussed. Every other Wednesday

Better Balance with Elinor Smith The Center for Disease Control says falling is the most common cause of injury in people over 60. The American Academy of Orthopedic Surgeons says one in every three Americans, older than 65, experiences a fall.
Mondays

Grief Support Group VITAS Innovative Hospice Care® of San Diego invites you to attend our 1-hour monthly drop-in group. First and third Wednesday of the month

The Roots of American Folk Music with Chris Burns This concert will take you on a beautiful musical journey, exploring the roots of American music. Wednesday, November 18th, 2015

Online Registration

Please note: Checks can no longer be mailed into the office. Payment must be made with a credit card when registering online. Additionally, payments can be made on Saturday, August 22 between 10 a.m. and 2 p.m. and Monday-Friday between 8:30 a.m. and 4:30 p.m. at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, or Tuesdays and Wednesdays between 9:00 a.m. and 3:00 p.m. at the Senior Office in the lobby of the City Administration Building (202 C St., San Diego). Payments can be made with a credit card, check or cash (exact change needed) when paying in person.



Please Note: Registration will be moved from the War Memorial Building to Park De La Cruz (see page 2), once building renovations are complete.

To be eligible for program participation you must create a profile online using the online registration system. Log on at www.sdreconnect.com.

First Time Online Customers - Click "Create an Account". Fill out New Account Request form completely for the primary responsible person, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link! Note that it's possible this email will go to your "spam" folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account.

When registering for programs/trips online, use the registration code, listed by all the programs/trips, in the newsletter. If you do not have an email, you will need to register and pay for programs/trips at the office. For assistance setting up your profile, please join us Monday - Friday from 8:30 a.m. - 4:30 p.m. at the War Memorial Building and/or Tuesdays and Wednesdays from 9:00 a.m. - 3:00 p.m. at the City Administration Building.

Senior Services' staff & volunteers are here to help!

Fall Registration starts on August 22 & Winter Registration starts on November 21



*Pick-up locations:

Downtown: Corner of 1st & "C" St., San Diego

Clairemont: South Clairemont Recreation Center 3605 Clairemont Dr., S.D.

War Memorial Building: 3325 Zoo Dr., S.D. (north end of Zoo parking lot)

Trip Departure Information

It is your responsibility to call Senior Citizen Services, one week prior to trip departure, to confirm your pick-up time. Pick up times typically range from 7:00 a.m. to 8:30 a.m.

Transaction Fees/Refund Policy

SDRecConnect.com does not accommodate requests for refunds, transfers or cancellations, but Senior Services can offer you a refund, via check, if given a minimum of 2 weeks notice **AND** we are able to find a replacement.

For online registrations: \$2.00 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable.

For in-house registrations: \$2.00 transaction fee will be charged for every transaction and the fee is nonrefundable.



Senior Trips

Getty Center

Tuesday, September 15 \$30.00*

Registration code: 15756



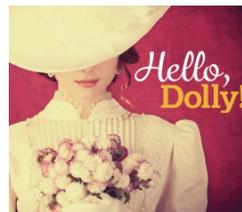
The J. Paul Getty Museum at the Getty Center in Los Angeles houses European paintings, drawings, sculpture, illuminated

manuscripts, decorative arts, and photography from its beginnings to the present, gathered internationally. **Trip includes transportation, entrance to the Library and driver gratuity. Lunch is on your own. Returning to San Diego at approximately 7:00 p.m. Trip is full, but you can put your name on the waiting list.**

Hello Dolly Matinee

Thursday, October 29 \$80.00*

Registration code: 18673



Join us for a show and lunch at the Lawrence Welk Resort in Escondido. Dolly Levi, the well-known matchmaker, attempts to find herself a husband in the wealthy Horace Vandergelder.

This show is sure to please audiences of all ages and backgrounds. **For more information, visit:**

welkresorts.com/san-diego-theatre.

Your trip includes transportation, driver gratuity, matinee performance and lunch. We will be back in San Diego by approximately 5:30 p.m.

. = Transaction and credit card fees will be applied

Fall Registration starts on August 22 & Winter Registration starts on November 21

Birch Aquarium

Tuesday, November 10 \$32.00*

Registration code: 18686



Perched on a bluff overlooking the Pacific Ocean, the aquarium features more than 60 habitats of fishes and invertebrates from the cold waters of the Pacific

Northwest to the tropical waters of Mexico and beyond. An oceanographic museum showcases research discoveries by Scripps scientists on climate, earth and ocean science and includes five dozen interactive elements **For more information, visit aquarium.ucsd.edu. Your trip includes transportation, driver gratuity, admission to the aquarium and a docent led tour. Lunch is on your own. We will arrive back to the pick-up locations at approximately 2:30 p.m.**

Mission Inn

Wednesday, December 2 \$49.00*

Registration code: 18695



Allow yourself to be swept away by more than 3.6+ million brilliant holiday lights decoration over 400 animated characters,

transforming Riversides historic hotel into pure magic. With live entertainment, seasonal touches throughout, including horse-drawn carriage rides, the Festival of Lights is a loved Southern California tradition, not to be missed. **For more information visit, www.missioninn.com. Your trip includes transportation, driver gratuity, and a 75 minute docent led tour of the Mission Inn. Lunch is on your own. We will arrive back in San Diego by approximately 8:15 p.m.**



September 2015



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1 Art Program	2 Cribbage Laugh Hour	3 BP Walk Deaf Seniors Club	4 Needle Crafts Poetry Party	5 BP Walk
6	7  Labor Day City Holiday Office & Senior Lounge Closed	8 Art Program	9 Cribbage Laugh Hour	10 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story?	11 Travel Club	12 BP Walk
13	14 Mah Jongg NARFE	15 Art Program <div style="background-color: yellow; padding: 5px; display: inline-block;">Getty Center Trip</div>	16 Cribbage Laugh Hour Otherwise Improv	17 BP Walk Deaf Seniors Club Wheelchair Dance	18 Needle Crafts	19 BP Walk
20	21 Mah Jongg	22 Art Program	23 Cribbage Laugh Hour Otherwise Improv	24 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story? Wheelchair Dance	25	26 BP Walk
27	28 Mah Jongg	29 Art Program Piano Notes SanDi-CAN	30 Cribbage Laugh Hour Otherwise Improv			

More information, about the activities listed above, can be found on pages 5-16.



October 2015



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
<p><i>More information, about the activities listed below, can be found on pages 5-16.</i></p>				1 BP Walk Deaf Seniors Club Wheelchair Dance	2 Poetry Party Needle Crafts	3 BP Walk
4	5 Mah Jongg	6 Art Program	7 Cribbage Laugh Hour Otherwise Improv	8 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story? Wheelchair Dance	9 Senior Olympics Healthy Luncheon Travel Club Wonder 101	10 BP Walk
<p>Senior Art Display in City Administration Building Lobby</p>						
11	12 Mah Jongg NARFE	13 Art Program	14 Cribbage Laugh Hour Otherwise Improv	15 BP Walk Deaf Seniors Club Wheelchair Dance	16 Needle Crafts	17 BP Walk
<p>Senior Art Display in City Administration Building Lobby</p>						
18	19 Mah Jongg	20 Art Program	21 Cribbage Laugh Hour Otherwise Improv	22 BP Walk Deaf Seniors Club Dance Free To Act What's Your Story? Wheelchair Dance	22	24 BP Walk
25	26 Mah Jongg	27 Art Program Piano Notes Planning Ahead Event	28 Cribbage Laugh Hour Otherwise Improv	29 BP Walk Deaf Seniors Club Wheelchair Dance Hello Dolly! Trip	30	31 BP Walk 



November 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Mah Jongg	3 Art Program	4 Cribbage Laugh Hour Otherwise Improv	5 BP Walk Deaf Seniors Club Wheelchair Dance	6 Poetry party Needle Crafts	7 BP Walk
8	9 Mah Jongg NARFE	10 Art Program Birch Aquarium Trip	11 Veterans Day City Holiday Office & Senior Lounge closed	12 Dance BP Walk Deaf Seniors Club Free To Act What's Your Story?	13 Senior Olympics Healthy Luncheon Travel Club Wonder 101	14 BP Walk
15	16 Mah Jongg	17 Art Program	18 Cribbage Laugh Hour Otherwise Improv	19 BP Walk Deaf Seniors Club	20 Needle Crafts	21 BP Walk Craft Sale
22 Craft Sale	23 Mah Jongg	24 SanDi-Can Piano Notes Art Program	25 Cribbage Laugh Hour Otherwise Improv	26  HAPPY THANKSGIVING! City Holiday Office & Senior Lounge closed	27	28 BP Walk
29	30 Mah Jongg	More information about the activities listed above can be found on pages 5-16.				

Park & Recreation Department

The following programs are sponsored by the City of San Diego Park & Recreation Department.

Senior Ceramics Club Ever wanted to let your creative side out? Bring your green ware, paints and brushes to the arts & crafts room and do just that! Enjoy working with other seniors who create beautiful projects. There are hundreds of molds to choose from, to pour your own green ware. There is storage for the different stages of your ceramic projects, and a kiln to fire in. You can also work on other crafts while enjoying the company of other seniors.

Kearny Mesa Recreation Center
(3170 Armstrong St, San Diego 92111)
Call (858) 573-1387
Tuesday and Thursday
12:00 pm - 4:00 pm

Senior Fitness offers social time and exercise.

Azalea Recreation Center
(2596 Violet St. San Diego, 92105)
Call (619) 235-1162
Wednesdays
12:00-1:30 p.m.

Lawn Bowling What activity can you try out for free and, if you like it, you can play as often as you want for less than \$15 a month? Well, none other than lawn bowling. It's an activity played in a non-threatening environment, out in the open air, in a beautiful park. There's no weekly commitment; come when you like. What could be better? Hardly anything, right? Well, then, get busy and get in touch. All you need is a pair of flat shoes (no heels); we provide everything else. See you on the greens!

Rancho Bernardo Community Park (18448 W. Bernardo Drive, San Diego, CA 92127)
Call Georgie Deno at (858) 715-0392
Visit our website
(www.northcountylawnbowling.com)

Ed Brown Center Our lives are constantly changing, kids grow up and move away; we relocate to a different part of the country, away from friends and family. We no longer go to work every day, our partner dies and we are suddenly alone for the first time in decades. As our lives change, we find ourselves at a crossroads, not knowing how to proceed. Active Adults are here to help! With more than 35 classes and activities each week-from art to zumba.

Ed Brown Center (18402 W. Bernardo Drive SD, CA 92127)
Call (858) 487-9327
Visit our website
(www.edbrowncenter.org).

Adult Crafts and Ceramics Learn several different crafts ranging from Holiday Ornaments to plastic canvas. We also offer ceramic instruction for adults. AGES 18 & UP. we also offer senior bingo on the second Thursday of the month from 1:00pm to 3:00pm.

Colina Del Sol Recreation Center (5319 Orange Ave, San Diego CA 92115)
Call (619) 235-1144
Mondays
5:30pm to 7:30pm

Yoga Please arrive at least ten minutes early, wear comfortable clothes, bring yoga mat, and blanket. Space is limited. **Free!**
Instructors:
Morissa Lazar and Mabella Mondaca.

War Memorial Building (3325 Zoo Drive San Diego, CA 92101)
Call (619) 525-8247
9/11, 10/9 & 11/ 6
5:30pm-6:30 pm

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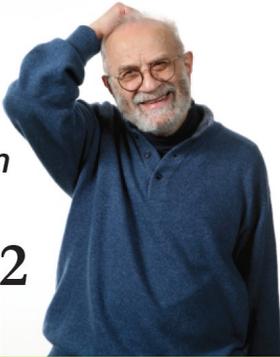
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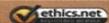
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Connect at sdge.com.



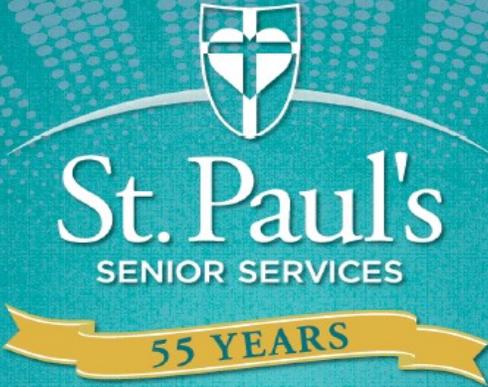
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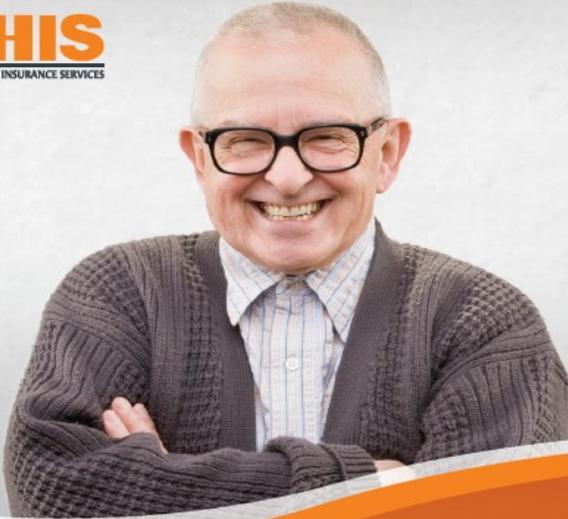
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Park & Recreation Department
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