The Senior Citizen Services office is located in the lobby of the City Administration Building, 202 C Street, San Diego, CA 92101.

The Senior Citizen Services office and Balboa Park Senior Lounge will be closed on: June 8 (Senior Talent Show), July 4 (Independence Day), and July 19 (Volunteer Appreciation Lunch).

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.

Summer of Change

Things have been busy at Senior Citizen Services these past few months. Staff and volunteers have been preparing for the upcoming opening of Park de la Cruz Community Center, 3901 Landis St., San Diego, 92105. The long awaited opening is scheduled to place in the Winter of 2018, with many opportunities for senior citizens to learn new skills, stay fit and socialize. Please stay tuned for a grand opening celebration.

In addition, we are very excited to bring you several new and stimulating programs that we hope you will enjoy! Look for the following new activities in this edition of the Scroll:

- Move and Groove Dance
- Lunch & Learn Sessions
- New & Improved Walking Group
- Must See Movie Group
- Local San Diego Day Trips
- Book Club
- Bingo
- Yoga

We hope to see you at one of our new programs soon!

Thanks to a group of dedicated volunteers, a majority of the activities are offered free of charge or at a minimal cost. The staff at Senior Citizen Services, are constantly considering new program ideas and looking for volunteers who would like to lead activities at the Balboa Park Senior Lounge and Park de la Cruz. Let us know if you would like to share your skills and talents with us.

Contact Sinthya Carranza for more information at (619) 236–6906 or SCarranza@sandiego.gov.
If you are interested in becoming a volunteer, please contact Sinthya Carranza at (619) 236-6906 or scarranza@sandiego.gov

Senior Citizen Services Ambassadors assist at the main office of Senior Citizen Services, located downtown at the City Administration Building (202 C Street, San Diego, 92101). Volunteers assist staff by answering phones, giving directions and providing referral information to residents and visitors. Clerical experience such as filing and database entry is highly desired. If you are looking for a new opportunity or want to get experience working in an office, consider volunteering at the senior office.

Currently, we are in need of Ambassadors for the following shifts:

**Morning shift**
- Mon, Tue, Fri
- 8:00am – 12:00pm

**Afternoon shift**
- Monday – Thursday
- 12:00pm – 4:00pm

Volunteer Updates

“It’s not what you look at that matters, it’s what you see.”
- Henry David Thoreau

Happy Birthday!

<table>
<thead>
<tr>
<th>Volunteer Birthday</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Haywood</td>
<td>7/10</td>
</tr>
<tr>
<td>Michael</td>
<td>7/10</td>
</tr>
<tr>
<td>Helen</td>
<td>7/31</td>
</tr>
<tr>
<td>Angie</td>
<td>8/5</td>
</tr>
<tr>
<td>Carmen</td>
<td>8/10</td>
</tr>
</tbody>
</table>

Welcome to our new Volunteers!

Diane—Your smile will be a wonderful addition to the Senior Lounge.
Jim—Thank you for sharing your love of art with the community.

Activity Leader

Do you have a special talent or hobby? Are you interested in teaching your skills to others or leading a group of peers that have the same interest? We are in constant search of new activities at Senior Citizen Services. If you are 17 years or older, please consider sharing your passion or hobby with others and become an activity leader. Currently, we are in need of an activity leader in the following areas:

- Book Club
- Mah Jongg
- Board Games
- Card Games
- Walking Group
- Bingo

Ambassador

If you are interested in becoming a volunteer, please contact Sinthya Carranza at (619) 236-6906 or scarranza@sandiego.gov
Senior Talent Show
Friday, June 8th, 12:30pm – 3:30pm
Doors open at 11:45am

Tickets are available at the
War Memorial Building
Monday – Friday (8:30am – 4:30pm)
3325 Zoo Drive, San Diego, CA 92101
*$5.00 prepaid/$10.00 at the door
(while seating is available)
*includes $2.00 transaction fee

Registration code: 49176

For information call (619) 236-6905

Garden Theatre Festival
Daylight, open-air theatre performances for the whole family to enjoy.
Bring your folding chairs and a picnic. Performers still needed!

Balboa Park, Zoro Gardens

July 28 thru August 19, 2018
Saturdays and Sundays
2:00pm-6:00pm
FREE

Registration code: 52092

Interested performers to contact Christophver R at (619) 569-4922.
Senior Photography Contest & Exhibit

Photographs will be displayed in the lobby of the City Administration Building from June 25 through July 6, 2018.

**CATEGORIES and DESCRIPTIONS**

**ANIMALS**
Any type of wild, farm, zoo or domesticated animal.

**MACRO**
Tight composition of the subject taken at close range.

**DESIGN**
Images of any subject matter that highlight designs such as shapes, patterns, lines or texture.

**HUMAN**
Portraits or images of individuals, couples or groups of people.

**NATURE and LANDSCAPE**
Images portraying scenes of outdoor beauty, such as sunsets, farms, or hillsides.

**ALTERED or DIGITAL DARKROOM**
Photographs that have been manipulated for artistic purposes by applying digital or traditional special effects.

One entry per person will be accepted at the following locations from June 4 through June 21:

- **Senior Citizen Services**
  - (202 C St., San Diego)
  - Mon– Fri 10:00am-3:00pm

- **San Ysidro Senior Center**
  - (125 East Park, San Ysidro)
  - Mon/Wed/Fri 2:00pm-6:00pm

- **War Memorial Building**
  - (3325 Zoo Drive, San Diego)
  - Mon-Fri 8:30am-4:00pm

Artists must be age 55 or better.

Activity Code: 52091

For information or to request a registration form call (619) 236-6905

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43rd Annual Senior Art Contest

Artwork will be displayed in the lobby of the City Administration Building from September 4 through September 14, 2018.

*ACRYLIC *DRAWING*MIXED MEDIA*OIL*PASTEL* WATER COLOR*

**NEW CATEGORIES**

3D and WOODWORK

One entry per person will be accepted at the following locations from August 13 through August 30, 2018:

- **Senior Citizen Services**
  - (202 C St., San Diego)
  - Mon– Fri 10:00am-3:00pm

- **San Ysidro Senior Center**
  - (125 East Park, San Ysidro)
  - Mon/Wed/Fri 2:00pm-6:00pm

- **War Memorial Building**
  - (3325 Zoo Drive, San Diego)
  - Mon-Fri 8:30am-4:00pm

Artists must be age 55 or better.

Activity Code: 52093

For information or to request a registration form call (619) 236-6905
**Important note:** Walk in registration starts on Saturday, May 12, between 10:00am and 2:00pm at the War Memorial Building (3325 Zoo Dr., San Diego, room 6). You may also make an appointment at the Senior Services office (202 C St., San Diego, lobby floor), by calling (619) 236–6905. Payments can be made with a credit card, check or cash (exact change needed) when paying in person.

Make check payable to: City Treasurer. $25.00 fee for Non Sufficient Funds.

**Summer registration starts May 12, 10:00am * Fall registration starts August 18, 10:00am**

To be eligible for program participation, you must create a profile online using the online registration system. Log on at [www.SDRecConnect.com](http://www.SDRecConnect.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.). Click submit (or Submit & Add Family Member to add family members). Upon completion, an email will be sent to the email address you provided. Check your email for a confirmation message for a special first–time activation link. You will not be able to use your new account until you’ve used this special link. Check your spam email file if you do not see the confirmation message email. 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 in the Scroll 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 visit us, Monday – Friday from 8:30am – 4:30pm, at the War Memorial Building or call for an appointment at the City Administration Building, Senior Citizen Services. We are here to help!

Please note:

- Walk in registration starts on Saturday, May 12, between 10:00am and 2:00pm at the War Memorial Building (3325 Zoo Dr., San Diego, room 6). You may also make an appointment at the Senior Services office (202 C St., San Diego, lobby floor), by calling (619) 236–6905. Payments can be made with a credit card, check or cash (exact change needed) when paying in person.
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- When registering for programs/trips online, use the registration code listed in the Scroll 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 visit us, Monday – Friday from 8:30am – 4:30pm, at the War Memorial Building or call for an appointment at the City Administration Building, Senior Citizen Services. We are here to help!

**Senior Trips**

**Pick-up locations:**

- **War Memorial Building:** 3325 Zoo Dr., San Diego (North end of Zoo parking lot)
- **Clairemont:** South Clairemont Rec. Center 3605 Clairemont Dr., San Diego (street parking)

**Bus seating is prioritized by registration date**

**Trip Departure Information**

It is your responsibility to call the Senior Citizen Services office at (619) 236–6905, one week prior to trip departure, to confirm your pick–up time. Pick–up times typically range from 7:00am to 8:30am

**Transaction Fees/Refund Policy**

*Requests for refunds will be allowed with a minimum of 20 business days. Refunds will only be processed for transactions of $10.00 or more.
*Refund checks will be mailed and may take up to 30 days to receive.
*A $2.00 transaction fee and a 3% credit card convenience fee will be charged for every transaction. These fees are nonrefundable.
*No refunds for failure to board bus at the assigned time and place.
*All scheduled tours will operate rain or shine unless the main attraction of a tour is cancelled by the service provider, in which case you will be notified as soon as possible and issued a refund.
*Senior Citizen Services will not refund due to unforeseen delays i.e. Traffic delays, weather or other events beyond our control.
*We reserve the right to cancel or alter any tour when circumstances require.
*Senior trips are subject to cancellation and refund IF minimum enrollment is not met. You would be notified of trip cancellations within 3 days of the trip date.

For refund or cancellation inquiries, please contact Jazmin Garcia at (619) 533–4702.
Register for Senior Trips online at [www.SDRecConnect.com](http://www.SDRecConnect.com)

Trips fill up quickly (see page 6 for more information): Register early!

* $2.00 transaction and 3% credit card fees will be applied at check-out.

### Catalina Island and Tour
**Thursday, June 7**
- **Trip Only** ................................................ $111.00*
- **Trip and Buffalo Tour** ................................. $152.00*

Registration Code: 48257

Don’t miss out! Space is limited.

What better way to spend your day than visiting Catalina Island! Those individuals not attending the Buffalo Tour will have time to shop, eat lunch and look around beautiful Avalon on your own. The Buffalo Tour will take place at 2:00 p.m. at a designated location. However, you will have time to grab a bite to eat before the tour begins. Please note the Buffalo Tour travels on steep, narrow, winding, bumpy, dusty, scenic mountain roads. For your safety you should be in good health & free from high blood pressure, heart, neck or back problems, motion sickness, or other conditions that could be aggravated by this tour. **Lunch is on your own.**

*Returning to San Diego at approximately 9:00pm.*

Activity Level: Moderate

### Living Coast Discovery Center and Chula Vista Shopping Center
**Wednesday, July 18**
- **$37.00**
- Registration Code: 50926

Join us on a local trip to the Living Coast Discovery Center, a nonprofit zoo and aquarium located on San Diego Bay. Greet a sea turtle as it swims up to say hello! Get eye-to-eye with a bald eagle! Touch a bat ray in the interactive touch pool! Explore Southern California's plants and animals on the 316-acre Sweetwater Marsh National Wildlife Refuge. We will then make our way for lunch and shopping at the Chula Vista Shopping Center, which includes over 85 different restaurants and department stores to choose from. This trip includes a Wildlife Guided Tour, an opportunity to walk along the Refuge's walking trails, and driver gratuity. **Lunch is on your own.**

*Returning to San Diego at approximately 5:00pm.*

Activity Level: Light – Moderate

### Ronald Reagan Presidential Library and the Genghis Khan Exhibit
**Tuesday, August 14**
- **$64.00**
- Registration Code: 50929

Perched atop a hill with sweeping views of the southland, the Reagan Library is one of California's most beautiful and unique destinations. Walk onboard the actual Air Force One aircraft which flew seven U.S. Presidents! View a full-sized replica of the White House Oval Office! PLUS gain access to Genghis Khan: The Exhibition. See the treasures and explore the culture, conquests and heritage of Genghis Khan’s 13th-century Mongol Empire. This exhibit has over 200 spectacular objects and artifacts on display. Trip includes transportation, admission, and driver gratuity. **Lunch is on your own.**

*Returning to San Diego at approximately 8:00pm.*

Activity Level: Moderate

### Docent Led Tour of San Diego's Unique Neighborhoods and 7-Bridges
**Thursday, September 20**
- **$34.00**
- Registration Code: 52068

The varied and unique beauty of San Diego will be evident on this local tour. Our first stop will be to view the remarkable murals of Barrio Logan. From there we will cross the Coronado Bay Bridge to survey the mansions of Coronado Island. Here we will stop at the Ferry Landing for lunch and shopping. We will then head back to San Diego to visit all seven historical bridges promptly followed by a tour of the beautiful Mission Hills homes. Our final stop will be Heritage Park, adjacent to Old Town, site of historic Victorian buildings. You will have plenty of opportunities to get off the bus, walk, and view these wonders. This trip includes transportation and driver gratuity. **Lunch is on your own.**

*Returning to San Diego at approximately 5:00pm.*

Activity Level: Light – Moderate

If paying in person, make check payable to City Treasurer or exact change.
The following dances are held on the 2nd and 4th Thursdays of the month at the Balboa Park Club (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. There is a $5.00 charge at the door, which includes live entertainment, light refreshments and prizes. **Exact change or check made out to, the City Treasurer, is required.**

**Father's Day**

Thursday, June 14
1:00pm-3:30pm
Come celebrate all the great Dads with good company, while enjoying the **Sophisticats.**

**Western**

Thursday, June 28
1:00pm-3:30pm
Put on your boots & cowboy hat & win a prize! Live music provided by the **Sundance Band.**

**Red, White & Blue**

Thursday, July 12
1:00pm-3:30pm
Dress in red, white and blue and join us as we celebrate our country’s independence. Live music provided by the **Sophisticats.**

**Luau**

Thursday, July 26
1:00pm-3:30pm
Join us for our annual Luau! Wear your Hawaiian shirt, lei and grass skirt and enjoy the sounds of **Janet Hammer Presents.**

**Crazy Hat Dance**

Thursday, August 9
1:00pm-3:30pm
Wear your most unique and crazy hat and win a prize! Live music provided by **Bluezone.**

**End of Summer**

Thursday, August 23
1:00pm-3:30pm
Join us as we say good bye to summer and say hello to fall, while enjoying live music by **Janet Hammer Presents.**

**Move and Groove Dance**

12:00pm–12:45pm
June 14 & 28
July 12 & 26
August 9 & 23
Do you wish you knew how to salsa, waltz, merengue, fox trot or just line dance? Maybe you just want to socialize with others or get some exercise? Whatever the reason, join us for our new dance program, **Move and Groove,** which will be held before each of the summer dances at the Balboa Park Club. Your instructor, **Jennifer Ables,** will lead you in becoming more comfortable with dancing. Try it! You will have a great time! Cost is $5.00 and includes dance instruction and admission to the dance. All levels of dancers are welcome.
The Balboa Park Senior Lounge (1650 El Prado, room 105, San Diego) is located between the Natural History Museum and the Lily Pond.

OPEN LOUNGE HOURS

<table>
<thead>
<tr>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30am - 12:00pm</td>
<td>9:30am - 12:00pm</td>
<td>9:30am - 12:00pm</td>
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</table>

For more information about the Lounge, call (619) 384-4619. Thanks to a wonderful group of volunteers, ALL of these activities are FREE.

The Senior Office and Balboa Park Senior Lounge will be closed on June 8, July 4 and July 19.

**Balboa Park Walk**

*Select Thursdays: 9:00am - 10:30am*

*June 21 to August 16 (no walk on July 19)*

Activity Code: 18007

This 8 week program is a great way for you to begin your pathway to better health. We will help you track your steps, record goals and measure improvements along the way. Participants will meet at the Senior Lounge at 9:00am. We will start off with a 15 minute stretch, followed by an informative health tip and an overview of the walk for the day. Participants will walk at their own pace from 9:15am to 10:15am. Upon returning to the Lounge, you will log your steps and set step/distance goals for the following week. This program is open to all levels. Beginners are welcome. Walkers need not participate in the entire 8 week session.

Activity Leader: Joe and Staff

**Needle Crafts**

*1st and 3rd Fridays: 9:30am - 11:00am*

*June 1 & 15  July 6 & 20  August 3 & 17*

Activity Code: 21983

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

Activity Leader: Helene

**Board and Card Games**

*Every Saturday: 10:00am - 12:00pm*

Activity Code: 52096

Gather with your friends or meet new people in the heart of beautiful Balboa Park. There are a variety of board and card games available for you to use. Stimulate your brain, be social, learn a new game or share your skills with others.

**Senior Art Program**

*Every Tuesday: 1:00pm - 3:30pm*

Activity Code: 21706

This is a drop in art program for all levels. Bring your own supplies or use our limited supply. Prepare to revive your creativity in a quite and friendly atmosphere. Beginners are welcome.

Activity Leader: Ray
**Tech Tutor**  
**Intergenerational Program**  
*Select Sundays: 1:00pm–3:00pm*  
June 3 & 17  
July 8 & 22  
August 5 & 19  
Activity Code: 46792

This program is led by high school student volunteers. It consists of a short presentation covering a variety of topics related to technology, followed by a small group or one on one instruction. You must attend the presentation in order to receive one on one instruction. Please bring your smartphones, tablets or laptops. If you need technology assistance, this is the class for you. Exact dates to be determined at a later time. **Call the Senior office for more details at (619) 236–6905.**  
Activity Leader: Moriah

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**Book Club**  
**2nd Friday: 1:30pm–3:00pm**  
Activity Code: 52192

Would you like to share your thoughts on a good read, recommend your favorite books or just listen in on commentary from your peers? Join our newest activity and share your love of reading.

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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<tbody>
<tr>
<td>May</td>
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<tr>
<td>June</td>
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<tr>
<td>July</td>
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</tr>
<tr>
<td>July</td>
<td>The Music Shop</td>
</tr>
<tr>
<td>Aug</td>
<td>A Thousand Splendid Suns</td>
</tr>
</tbody>
</table>

Activity Leader: Staff

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**Must See Movies**  
**3rd Friday: 1:00pm–3:30pm**  
Activity Code: 52191

Come watch distinguished films that have transcended time and trends. Enjoy a flick and tasty popcorn in the company of other movie lovers. Your film host, will introduce each movie and then lead a question and answer session afterwards.

<table>
<thead>
<tr>
<th>Date</th>
<th>Title</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 15</td>
<td>With a Song in My Heart</td>
<td>1952</td>
</tr>
<tr>
<td>July 20</td>
<td>Resurrection</td>
<td>1980</td>
</tr>
<tr>
<td>Aug 17</td>
<td>The High and The Mighty</td>
<td>1954</td>
</tr>
</tbody>
</table>

Activity Leader: Bob

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**Art Philosophy Group**  
**3rd Monday: 10:00am–11:30am**

(This activity must have a minimum of 5 participants to be offered)  
Activity Code: 52098

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>June 18</td>
<td>Review an application of analytical methodologies of Heinrich Wolfflin &amp; Erwin Panofsky</td>
</tr>
<tr>
<td>July 16</td>
<td>Introduction to Critical Theory</td>
</tr>
<tr>
<td>August 20</td>
<td>Structuralism and Post Structuralism</td>
</tr>
</tbody>
</table>

*Must contact activity leader in advance to obtain required material for upcoming discussion.*  
Activity Leader: Jim (jim@lachlancreative.com)

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**Taking Transit 101**  
**3rd Tuesday: 10:00am–11:30am**  
June 19  
July 17  
August 21  
Activity Code: 52099

Using the trolley and bus for the first time can be intimidating for anyone, including seniors. But with the right instruction, anyone can use transit and live a more fulfilling and independent life. This workshop is intended to teach seniors the skills needed to successfully use San Diego’s public transit system. Learn how to read bus and trolley schedules, use wheelchair ramps and apply for senior discounts. If you would like to start taking public transit and see more of San Diego in 2018, this is the workshop for you!

Activity Leader: MTS Volunteers

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For information about the Senior Lounge, call (619) 384–4619. Thanks to a wonderful group of volunteers, **ALL of these activities are FREE.**
Cross-Generational Live Music and Dance

August 31, 5:30pm–7:30pm
Activity Code: 52097

Please join us for our quarterly acoustic jam session. Bring your instrument and/or dancing shoes and get ready to share in the love of music and movement with people of all ages.
Activity Leader: Staff (619) 236-6906

Bingo

Saturdays 1:30pm–3:00pm
Activity Code: 52270

Join us for a few friendly games of Bingo. Spend your afternoon at the lounge and meet new friends. If you are lucky, you may win a prize!
Activity Leader: Volunteer

Otherwise Improvise

Wednesdays: 2:30pm–4:45pm
Activity Code: 18791

Come learn how to make it real! Join us every Wednesday for an improvisational workshop. Learn the secrets of being in the moment. Experience out of mind travel, faster than a motor-mouth! If you’ve have good timing you don’t need anything else except fresh breath!
Activity Leader: Christophver (619) 569-4922

Poetic Legacy Program

Last Friday: 3:30pm–5:00pm
Activity Code: 34127

This monthly workshop involves a detailed exploration of two famous and not-so-famous contemporary and historic poets. Taking prompts from the poets, participants are encouraged to write their own poetry.

- June 29  William Blake
- July 27  C.D. Wright
- August 31  Wallace Stevens

Activity Leader: Christophver (619) 569-4922

Save the Date! Senior Craft Sale in Balboa Park

November 17 & 18, 2018
Casa del Prado Patios A, B, and Room 101
(Located off Park Blvd., on Village Place)
Registration will start in early September.
Call (619) 236-6905 for more information.
Lifelong learning refers to the concept of gaining knowledge throughout life through educational and training opportunities. As such, we will begin offering the **Lunch and Learn** series to those individuals 55 years and better.

Life learning classes can:
- Promote self-reliance and aging in place
- Improve cognitive function
- Enhance quality of life
- Build upon a current skill
- Ability to take better care of health
- Increase sense of self-reliance
- Boost health and wellness
- Stimulate better physical and mental health

---

**Alzheimer’s San Diego – Free!**
Memory Loss 101 is a comprehensive overview about memory loss, Alzheimer’s disease and other types of dementias. Learn about risk factors, signs and symptoms and next steps if you’re concerned.

**June 13**
**Memory Loss 101**
*Bring your own lunch*

---

**Sharp Rees-Steely Lunch and Learns – Free!**
Join Sharp Rees-Steely in collaboration with the City of San Diego Parks and Recreation Department for a series of free health and wellness programs:

**June 27**
**Eating Healthy in a Fast Food World**
*Lunch is provided*

**July 25**
**Healthy Eating on a Budget**
*Bring your own lunch*

**August 29**
**Nutrition Basics: The Key to Healthy Eating**
*Lunch is provided*

---

**Identity Theft Resource Center – Free!**
Do you know the difference between a scam, fraud and identity theft? How would you know if your personal information was compromised? What would you do if it was? Identity Theft Resource Center is here to help you learn how to identify various types of identity theft and protect your personal information. You will leave feeling empowered with the tools to create better habits and minimize risks.

**August 8**
**Identify Theft – What you Need to Know Now!**
*Bring your own lunch*

**August 22**
**How to Avoid Becoming a Victim of a Scam**
*Bring your own lunch*
Jewish Family Services – Free!
Since 2004, the award-winning Rides & Smiles Program has engaged volunteers in helping older adults get to medical appointments, personal appointments, pharmacies, banks, and other life necessities. Rides are provided for a donation and must be reserved at least one week in advance.

*Rides & Smiles transportation services are available to adult’s age 60+ who reside in the following areas:*
Eastern San Diego – 91941, 91942, 92103, 92108, 92111, 92115, 92116, 92117, 92119, 92120, 92123, 92124
Northern San Diego – 92007, 92014, 92024, 92037, 92067, 92075, 92091, 92109, 92110 (North of I-8), 92121, 92122, 92130
North County Inland – 92029, 92064, 92126, 92127, 92128, 92129, 92131, 92025 (West of San Pasqual/Highland Valley Road)

**July 11**
On the Go and Rides & Smiles
Affordable Senior Transportation Resources

Attendees will also learn about the On the Go Program for older adults who no longer drive. *On the Go* is more than a ride—it’s independence, connection, and the ability to live with dignity in the community they love.

*Everyone is welcome to participate in these programs*

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California Telephone Access Program – Free!
Do you have trouble hearing on the phone? Find out how you can receive a free phone or cell phone amplifier that can help you hear louder and clearer. Sandra Lambarri-Johnson from the California Telephone Access Program will be here with telephones and information on the state program that provides free specialized phones for those with hearing, vision, speech, memory and mobility difficulties.

**July 18**
California Phones
Bring your own lunch

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San Diego Senior Games Healthy Luncheons
Select Fridays: 12:00pm-1:30pm
Cost $5.00 (includes lunch)

<table>
<thead>
<tr>
<th>June 15</th>
<th>Healing Remedies for Athletes</th>
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<tbody>
<tr>
<td>July 13</td>
<td>Science &amp; Aging</td>
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<tr>
<td>August 10</td>
<td>Improving Your Vision Naturally</td>
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</tbody>
</table>

The sessions listed above are offered at the War Memorial Building, located at 3325 Zoo Drive, San Diego 92101.
For RSVP and questions, please call (858) 292-5812
The following programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr., San Diego. North end of Zoo parking lot)
For more information, call Senior Citizen Services at (619) 236-6905.
ALL of these activities are FREE

Travel Club
Select Fridays:
10:30am – 12:00pm
June 8 July 13 August 10
Activity Code: 34125
Join the Travel Club and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner.
Activity Leader: Jessica

Laugh Hour
Wednesdays:
11:00am – 12:00pm
Activity Code: 49228
If you can breathe, you can laugh! Scientific studies show that laughter: may reduce pain, can aid digestion, lowers stress, fights depression, lowers fear, reduces anger, improves learning, improves communication, helps relax, improves immune system and more!
Activity Leader: Alicia

All Can Dance On Wheels or Walk!
Thursdays: May 3 through June 28
(No June 7 session)
10:00am to 11:00 am – Social Dancing
11:00am to 12:00 pm – Dance Instruction
Dancing is for everyone! Learn at your own pace and interact with new friends! Come learn line dancing, Cha Cha, Disco or Rumba with a great group of people who use a wheelchair, walker or cane. Able-bodied volunteers are needed to partner with our wheelchair dancers.
For more information, contact Karma La Donna at (562) 631-9494 or email www.wheelchairdancers.org

Mah Jongg
Mondays:
9:00am – 2:00pm
Activity Code: 18015
Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game. Everyone is welcome!

Yoga for Seniors
Wednesdays:
9:30am – 10:45am
Activity Code: 52100
Yoga is for everyone! You will not be asked to twist yourself into a pretzel. This is a beginner level class which focuses on a gentle approach to increasing your flexibility and balance. Wear comfortable, loose fitting clothing.
Activity Leader: Maria

What’s Your Story / Free to Act
2nd and 4th Thursday of the month
10:00am – 2:00pm
June 14 & 28, July 12 & 26, August 9 & 23
Activity Code: 46792
Your story is important! Share and develop your history. Improve performance skills and ability. Learn the secrets of audition techniques. Prepare for upcoming Theatre Festival, Talent Show, video and play auditions. Discover those talents you always knew were there.
Activity Leader: Christophver (619) 569-4922

Auditions and Rehearsals
Call ahead to schedule an appointment for upcoming performance opportunities, such as the Garden Theater Festival:

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<td>July 9</td>
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Activity Leader: Christophver (619) 569-4922
Activities at the Santa Fe Room

The following programs are conducted by volunteers at the Santa Fe Room in Balboa Park (2150 Pan American Road West, San Diego). Next to the Balboa Park Club Ballroom.
For more information, call Senior Citizen Services at (619) 236-6905.

ALL of these programs are FREE

Piano Notes
Last Tuesday of the month:
10:00am – 11:45am
June 25
No Meeting in July
August 28

Activity Code: 18019
If you enjoy playing or listening to the piano, join us at the Santa Fe Room. This is a great opportunity to meet new friends and enjoy music. For questions, call Lee at (619) 228-1331.
Activity Leader: Lee

Poetry Party:
“The Poetical Party of Choice”
1st Friday of the month:
2:30pm–5:00pm
June 1
July 6
August 3

Activity Code: 49229
Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word. Performance poetry groups are now forming.
Activity Leader: Christophver

SUMMER Poetry Selection

City of Purple Trees
City of purple trees in May
in shadows of glass and metals
But beds of concrete still sleep hard
under Jacaranda petals

When hunger gnaws upon my gut
and I can’t afford the rentals
Like Esau I’d sell tomorrow

for just half a bowl of lentils
Someone will care if I’m lucky
that someone will give me a hand
But wind blows and rain falls tonight

seems nobody’s taking a stand
Man’s sins will soon be examined
and this is society’s sin
Judgement will come for ignoring
the plight of unfortunate men

Kathleen C. Bloom
Co-Sponsored Events

The City of San Diego Parks & Recreation Department Senior Citizen Services is proud to sponsor the following programs.

**SanDi–CAN**

**Last Tuesdays: 10:30am–12:00pm**

**June 26, July 31, No August meeting**

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 open to the public and there is no charge. Meetings take place at the War Memorial Building, 3325 Zoo Dr., Room 3, San Diego, 92101.

**Technology and Interactive Health Fair**

**Thursday, August 9, 9:00am–2:00pm**

SanDi–CAN and SOCAN (2 CANS) present the first combined Action network event “Technology and Interactive Health Fair” at George L. Stevens Senior Center (42nd District) located at 570 South 65th Street (off Skyline Drive), San Diego, 92114. This is an opportunity for San Diego Seniors and families to visit interactive information booths; to learn about new technology from industry leaders and to gain access to services and information about benefits and support. This includes hands on demonstrations. Participating agencies include federal, county, and municipal entities and non-profit organizations whose missions relate to support for San Diego Seniors and families. The event will include presentations, health screenings and a resource fair. Attendance is free.

**Registration for the event will open June 1st by calling (619) 236–6905.**

**National Active and Retired Federal Employees Association**

National Active and Retired Federal Employees Association (NARFE): NARFE is dedicated to protecting the earned rights and benefits of current and retired federal employees. Meetings, open to the general public, are held in the auditorium of the War Memorial Building on the 2nd Monday of each month starting at 1:00pm Check our website, NARFESanDiego.org, for current information on our program schedule.
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.

**June thru August**
Monday, Wednesday–Friday
11:30am–4:30pm
Saturday–Sunday 11:30am – 5:30pm
Closed Tuesdays (May – October)

To reserve, please call (619) 980–1876 during the above listed beach hours or (619) 525–8247 during non-beach hours.
**Community Centers**

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<tr>
<th>Center</th>
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<td>Ed Brown Center (Rancho Bernardo)</td>
<td>18402 W. Bernardo Dr.</td>
<td>(858) 487-9324</td>
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<tr>
<td>42nd District Senior Center</td>
<td>570 South 65th Street</td>
<td>(619) 266-2066</td>
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<tr>
<td>La Jolla Community Center</td>
<td>6811 La Jolla Blvd</td>
<td>(858) 459-0831</td>
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<tr>
<td>Mira Mesa Senior Center</td>
<td>8460 Mira Mesa Blvd</td>
<td>(858) 860-5355</td>
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<td>San Ysidro Senior Center</td>
<td>125 East Park</td>
<td>(619) 424-0472</td>
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<td>Clairemont Friendship Center</td>
<td>4425 Bannock Avenue</td>
<td>(858) 483-4007</td>
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<tr>
<td>Mary and Gary West Senior Wellness Center</td>
<td>1525 4th Ave</td>
<td>(619) 235-6538</td>
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**Senior Programs**

Registration is required. Call 1–800–827–4277 or register on line at www.sharp.com.

**RESOURCES AND TOOLS FOR THE FAMILY CAREGIVER**

*Monday, June 18, 10:00am–11:30am*

Family caregivers can learn about health and community resources, placement options, support groups and more. We will discuss emotional issues people face when caring for a loved one and coping techniques that can help relieve stress. Sharp Health Building: 8520 Tech Way, San Diego 92123

**TOP 10 THINGS TO DO TO STAY HEALTHY**

*Thursday, June 14, 12:30pm–1:30pm*

Find out the top 10 things you can do to stay healthy at this free presentation. A wellness education specialist & registered dietitian will cover a range of topics from sun protection to stress management and diet & exercise tips. Other topics include information on how to: achieve a healthy body weight, get your five servings of fruits and veggies a day, stop smoking, wash your hands properly and get a better night’s rest. North University Community Library, Community Room: 8820 Judicial Drive, San Diego 92122.

**UNDERSTANDING HOW MEDICARE WORKS**

*Wed., June 13, Wed. July 11, Tues., August 14, 6:00pm–7:30pm*

If you are turning 65, or you are still working and planning to retire soon, it is time to start thinking about Medicare and your options. Learn about Medicare Parts A & B, special enrollment requirements if you start using Medicare after age 65, and the difference between Medicare Advantage and Medicare supplemental plans. Sharp HealthCare Corporate Office, 8695 Spectrum Center Blvd., San Diego 92123.

**TREATING CHRONIC KNEE PAIN SEMINAR**

*Thursday, August 16, 6:00pm–8:00pm*

If you are living with knee pain, do not miss a free upcoming seminar about Sharp HealthCare’s nationally recognized approach to joint replacement. You will meet a team of orthopedic specialists including a surgeon, a physical therapist and a care manager. They will describe this unique approach to caring for joint replacement patients before, during and after surgery to ensure the best possible outcome. Sharp Memorial Outpatient Pavilion, classroom A & B: 7901 Frost St. San Diego 92123.

**Calling All Volunteers! Alzheimer’s | San Diego**

Alzheimer’s San Diego is looking for compassionate individuals who have a few hours each week to spend with a person living with dementia. By becoming an ALZ Companion, you’ll give family caregivers a desperately needed break! Volunteers simply spend time with the person living with dementia – some may watch movies together, do an art project, play cards or even just have a good conversation. They do not help with any physical or personal care. No experience is required. Alzheimer’s San Diego will provide you with specialized training and carefully match you with a family that fits your location, personality and strengths.

“I enjoyed getting to know the family and forming a genuine companionship. It truly was like I gained a second family! The relationships that developed through this program are life-changing.” –Volunteer Randi

Interested in becoming a Companion Volunteer? Contact Adrianna McCollum at amccollum@alzsd.org or call (858) 492-4400.
# June 2018

**KEY:**
- **BPL** = Balboa Park Lounge 1650 El Prado, SD 92101
- **WMB** = War Memorial Building, 3325 Zoo Drive, SD 92101
- **SFR** = Santa Fe Room 2144 Pan American Rd W, SD 92101
- **BPC** = Balboa Park Club, 2144 Pan American Rd W, SD 92101

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<td>Mah Jongg 9:00a–2:00p WMB</td>
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<td>Art Program 1:00p–3:30p BPL</td>
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<td>Yoga 9:30a–10:45a WMB&lt;br&gt;Laugh Hour 11:00a–12:00p WMB&lt;br&gt;Otherwise Improvise 2:30p–4:45p BPL</td>
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<td>Mah Jongg 9:00a–2:00p WMB</td>
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<td>Transit 101 10:30a BPL&lt;br&gt;Art Program 1:00p–3:30p BPL</td>
<td>20</td>
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<td>25</td>
<td>Mah Jongg 9:00a–2:00p WMB</td>
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<td>Piano Notes 10:00a–11:45a SFR&lt;br&gt;SanDi–CAN 10:30a–12:00p WMB&lt;br&gt;Art Program 1:00p–3:30p BPL</td>
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<td>Yoga 9:30a–10:45a WMB&lt;br&gt;Laugh Hour 11:00a–12:00p WMB&lt;br&gt;Lunch &amp; Learn 12:30p–1:45p BPL&lt;br&gt;Otherwise Improvise 2:30p–4:45p BPL</td>
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<td>Needle Crafts 9:30a-11:00a BPL</td>
<td>Board Games 10:00a-12:00p BPL</td>
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<td>Free To Act 10:00a–2:00p WMB</td>
<td>Travel Club 10:30a–12:00p WMB</td>
<td>Board Games 10:00a–12:00p BPL</td>
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<td>Living Coast and Shopping Trip</td>
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<td>Poetic Legacy</td>
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| 6   | Mah Jongg 9:00a–2:00p WMB | 7   | Art Program 1:00p–3:30p BPL | 8   | Yoga 9:30–10:45a WMB  
Laugh Hour 11:00a–12:00p WMB  
Lunch & Learn 12:30p–1:45p BPL  
Otherwise Improvise 2:30p–4:45p BPL | 9   | Free To Act 10:00a–2:00p BPL  
Balboa Park Walk 9:00a–10:30a BPL  
Move & Groove 12:00p–12:45p BPC  
Dance 1:00p–3:30p BPC | 10  | Travel Club 10:30a–12:00p WMB  
Healthy Luncheon 12:00p WMB  
Book Club 1:30p–3:30p BPL |
|    |      | 11  |      | 12  |      |
| 13  | Mah Jongg 9:00a–2:00p WMB  
NARFE 1:00p WMB | 14  | Ronald Regan Library Trip  
Art Program 1:00p–3:30p BPL | 15  | Yoga 9:30–10:45a WMB  
Laugh Hour 11:00a–12:00p WMB  
Lunch & Learn 12:30p–1:45p BPL  
Otherwise Improvise 2:30p–4:45p BPL | 16  | Balboa Park Walk 9:00a–10:30a BPL |
| 17  |      | 18  |      | 19  |      |
| 20  | Mah Jongg 9:00a–2:00p WMB  
Art Philosophy Grp 10:00a–11:30a BPL | 21  | Transit 101  
10:30a BPL  
Art Program 1:00p–3:30p BPL | 22  | Yoga 9:30–10:45a WMB  
Laugh Hour 11:00a–12:00p WMB  
Lunch & Learn 12:30p–1:45p BPL  
Otherwise Improvise 2:30p–4:45p BPL | 23  | Free To Act 10:00a–2:00p BPL  
Move & Groove 12:00p–12:45p BPC  
Dance 1:00p–3:30p BPC |
| 24  |      | 25  |      | 26  |      |
| 27  | Mah Jongg 9:00a–2:00p WMB | 28  | Piano Notes  
10:00a–11:45a SFR  
SanDi–CAN 10:30a–12:00p WMB  
Art Program 1:00p–3:30p BPL | 29  | Yoga 9:30–10:45a WMB  
Laugh Hour 11:00a–12:00p WMB  
Lunch & Learn 12:30p–1:45p BPL  
Otherwise Improvise 2:30p–4:45p BPL | 30  |      |
| 31  |      |      |      |      | Poetic Legacy 3:30p–5:00p BPL  
Cross Generational Music & Dance 5:30–7:30 BPL |
Sponsor Opportunities

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors.

Thanks to these organizations for helping to improve the lives of San Diegans.

We offer a variety of sponsorship and advertising options.

For more information, contact: Marla Davis at (619) 236-6910 MarlaD@sandiego.gov

St. Paul's Senior Services

LEADERS IN SENIOR CARE

St. Paul's Senior Services has cared for San Diego seniors since 1960. Our services have expanded to bring innovative choices to those seeking senior care resources. If you need advice please call us, if we can't help you, we'll find someone who can.

We offer: independent living, assisted care, memory support, senior daycare, respite care, skilled nursing, PACE (Program of All-inclusive Care for the Elderly).

(619) 239-6900 StPaulsSeniors.org
Questions about Medicare?
We’re here to help.

If you’re turning 65 or planning to retire, understanding Medicare and making decisions about your coverage can be confusing. Sharp HealthCare, the official health and wellness partner of the City of San Diego, is here to answer your questions and guide you step by step to enrollment.

Free Medicare resources from Sharp
• In-person classes
• Online videos and articles
• Expert advice over the phone

To learn more or to see plans accepted by Sharp, visit sharp.com/medicare or call 1-800-82-SHARP (1-800-827-4277).
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If so, please email jbgarcia@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."

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