

Senior Citizen Services

The Scroll

December 2016/ January, February 2017

Senior Citizen Services Staff

Kristi Fenick, District Manager

Frank Cardenas, Supervising Recreation Specialist

Lewis Higgins, Recreation Specialist

Jazmin Garcia, Assistant Recreation Center Director

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, CA 92101.

The Senior Office and Senior Lounge will be closed on December 25th & 26th, January 1st & 2nd, 16th, February 20th, 2017, 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/park-and-recreation/activities/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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Fall Registration starts November 19th, 2016

More information on [page 13](#).

The Senior Citizen Services Office and the Balboa Park Senior Lounge will be **closed**:
Dec. 25th & 26th, Jan. 1st, 2nd & 16th, Feb. 20th

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 Gold Level Sponsors; *St. Paul's Senior Services* and *HAPI-CHI A healthy aging study*. Thanks to these organizations for helping to improve the lives of San Diegans. See page 20 for ads.

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

Park de la Cruz Update

Everyone has been patiently waiting for the opening of Park de la Cruz (3901 Landis St., San Diego), where Senior Services will have the opportunity to expand recreational opportunities for community members and older adults, through the availability of an adaptive weight room, community recreation room, ball field, playground and gymnasium. Due to necessary renovations to Park de la Cruz's main building, there has been a delay in the scheduled opening. The projected opening of Park de la Cruz Community Center is the Summer of 2018. We are excited to announce that the Park de la Cruz Gymnasium is now open. Please stay tuned and we appreciate your patience.

Feel free to contact Frank Cardenas at (619) 236-6910 or FCardenas@sandiego.gov, if you have some program ideas for Park de la Cruz.

AMAZON SMILE FUNDRAISER

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to **DSAC/Senior Services** when you shop at AmazonSmile. Follow these easy steps: Shop under your normal Amazon login at smile.amazon.com. Once you are prompted to choose an organization to donate to, select Disabled Services Advisory Council, Inc. in San Diego, California. All proceeds will benefit programs for people with disabilities and senior citizens.

RALPHS/FOOD 4 LESS FUNDRAISER

If you register your Ralphs and/or Food 4 Less cards, **DSAC/Senior Services** will earn a percentage of your purchase to support Senior programs. Log onto www.ralphs.com and/or www.food4less.com or call (800) 443-4438.

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

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/>.

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.

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.

City of San Diego

Balboa Park Senior Lounge

1650 El Prado, Room 105

San Diego, CA 92101

Monday-Sunday 9:30 a.m. -3:30 p.m.

Lounge Phone: (619) 235-1191

Lewis Higgins, Recreation Specialist

LHiggins@sandiego.gov

Activities: Art Program, Balboa Park Walk, Cribbage, Needle Crafts, Otherwise Improvise, Technology Help Class and much more!



The Balboa Park Senior Lounge is currently accepting monetary donations for ongoing services.

San Ysidro Senior Center

125 East Park

San Ysidro, CA 92173

Monday, Wednesday, Friday 2:00 p.m.-6:00p.m.

Center Phone: (619) 424-0472

Robert Lara, Center Director III

(619) 424-0415 or RLara@sandiego.gov

Activities: Loteria, Zumba, Ceramics, Watercolor, Home Crafts, Gardening, Book Club, Tech Time, Nutrition Program, Journaling and much more!



Center is currently accepting monetary donations for programming of activities and events.

Volunteer Updates

If you are interested in becoming a volunteer, please contact Lewis Higgins at (619) 235-1191 or by email LHiggins@sandiego.gov.

Welcome Volunteers

Please help us welcome our new volunteers, Kim S. and Elaine M. Kim is currently leading with the Technology Help Club and Elaine is currently leading the Photographic Arts.

Be sure to welcome our new volunteers!

Happy Birthday

Please join us in celebrating the following Senior Citizen Services' volunteer and staff birthdays: Alicia S. (12/4); Joan M. (12/8); Carolyn S. (12/13); Helen L. (12/14); Ruth C. (12/15); Ray J. (12/19); Connie J. (12/28); Olivia P. (1/2); Michael M. (1/7); Mary T. (1/10); Helen Z. (1/15); Betty Z. (1/29); Helen L. (2/9); Afsar K. (2/17);

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



Balboa Park Senior Lounge Host

The Balboa Park Lounge plays host to seniors visiting Balboa Park from all over the world. Lounge hosts greet guests, serve complimentary coffee or tea, and provide information about senior programs and services. Currently the Lounge is recruiting hosts for the following shifts:

Friday, Saturday, and Sunday
12:00 - 3:30 p.m. (1 or 2 shifts/month)

Dance Assistant

Dance assistants are needed for our bi-monthly dances held in Balboa Park. **Dancing is not required!** Volunteers will assist staff with decorating the ballroom, prepping and serving trays of refreshments and cleaning up at the end of the dance. This is a great opportunity to meet new people, enjoy live entertainment, and dance if you like. **For more information on the dances, see page 10.**

In memory of... Carolyn Wilson



On Friday, August 26th, friends and family gathered at the Balboa Park Senior Lounge to celebrate the life of Carolyn Wilson, 93. Carolyn was one of the first volunteers at the Senior Lounge when it opened 10 years ago. It's dedicated volunteers like Carolyn that have helped our program grow. Family and friends shared stories and laughed about "The good ol' days". Our thoughts and prayers are with Carolyn's family.

Senior Services Ambassador

Senior Services Ambassadors assist at the main office of Senior Citizen Services, located downtown at the City Administration Building (202 C. Street, San Diego, CA 92101). Volunteers will assist staff by answering phones and giving directions and referral information to residents and visitors. If you are looking for a new opportunity or want to gain experience working in an office, consider volunteering at the senior office.

Special Events

41st Annual Senior Art Contest & Exhibit

Thank you to all the talented artists who participated in the 2016 Senior Art Contest and Exhibit. The artwork was proudly displayed in the lobby of the City Administration Building and enjoyed by City employees and the public. On October 18th, all artists were invited to the awards reception at the downtown public library. A special thank you to our judges: Ray Johnston, Randi Hawkins, and Susan Roberts. They had a tough job choosing between all of the great pieces!

Our 2016 Senior Art Contest winners were:

The 2016 People's Choice Award

Acrylics

First Place	Madeline Derczo
Second Place	Gerald Williamson
Third Place	Jo Madden
Honorable Mention	Margarita Velazquez

Drawing

First Place	David A. Arenas
Second Place	Norm MacDonald
Third Place	Charles Torbert
Honorable Mention	Artist Raven

Mixed Media

First Place	Gary Matthews
Second Place	May Tse
Third Place	Eileen Tallamante
Honorable Mention	Karen Anderson

Oils

First Place	Lanny Sloan
Second Place	Valerie Jean Benson
Third Place	Miguel Chavez
Honorable Mention	Ralph Beaty

Pastels

First Place	Terry Smith
Second Place	Sue Bosch Swift
Third Place	John Sankis
Honorable Mention	James Berglund II

Watercolors

First Place	Chunhui Yang
Second Place	Kay Olson
Second Place	Toshie Honjo
Third Place	Sunny Borkat
Honorable Mention	Laurie Jahns



Pictured from left to right: Frank Cardenas, Artist Raven, Lewis Higgins, Adolfo Herrera, Kristi Fenick, and Jazmin Garcia

This is just a sample of the great artwork in the show!



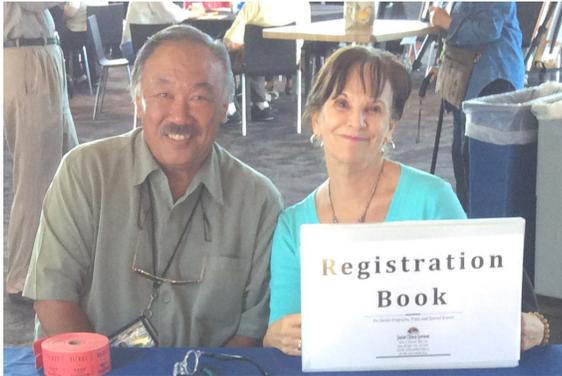
See page 6 for more pictures from this event!



Special Events

41st Annual Senior Art Contest & Exhibit

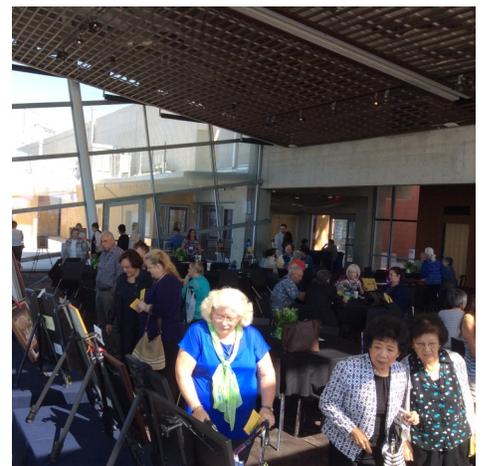
A big THANK YOU to the volunteers who assisted on the day of the event!



Pictured from left to right:
Steve T. and Heather M.



Pictured above:
Jann G., Heidi H.,
Janice J., and Krista G.



Special Events



Talent Auditions Friday, January 27 12:00 - 3:00 p.m.

Would you like to audition for a spot in this year's San Diego's Got Talent show? Seniors, 55 years and older, perform their best number in various talent categories: dance, vocal, instrumental, variety or group performance.

Please join us at the auditions to encourage and cheer on these performers (at no charge). Audience does not need to register. Auditions are at the Balboa Park Club (2150 Pan American Rd. West, Balboa Park).

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

Registration code: 34123

Save the Date!



San Diego's Got Talent

Wednesday, March 22, 2017

12:30 - 3:30 p.m.

Balboa Park Club

2150 Pan American Rd. West, Balboa Park

Tickets go on sale January 3, 2017.

\$5 advance tickets can be purchased at the War Memorial Building (8:30 a.m.-4:30 p.m.)

\$8 tickets at the door (limited amount)

Registration code: 34074, see page 13 for more information

Balboa Park Senior Lounge

The Balboa Park Senior Lounge (1650 El Prado, room 105) is located between the Natural History Museum and the Lily Pond. The Lounge is open seven days a week from 9:30 a.m. to 3:30 p.m., excluding City Holidays. For more information about the Lounge, call **(619) 235-1191**. Thanks to a wonderful group of volunteers, the following activities will be available at the Lounge.

The Balboa Park Senior Lounge will be closed on December 25, 26, January 1, 2, 16, and February 20 in observance of City Holidays.

Senior Art Program

Tuesdays: 1:00 - 3:30 p.m.
Registration Code: 21706

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 Leaders: Mary T. & Joe F.

Cribbage

Wednesdays: 10:00 a.m. - 12:00 p.m.
Registration code: 21984



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

Needle Crafts

1st & 3rd Fridays: 9:30 - 11:00 a.m.
Dec. 16th; Jan. 6th & 20th;
Feb. 3rd & 17th

Registration code: 21983

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.

Activity Leader: Helene L.

Otherwise Improvise

Wednesdays: 3:30 - 5:00 p.m.
Registration code: 18791



Make it real! Join us every Wednesday (no registration necessary) for an improvisational workshop. Learn the secret of being in the moment. Practice the techniques of give and take. Experience out of mind travel, faster than the speed of mouth.



Activity Leader: Christophver R

“Walk in...Improvise your way to a better life.”

Technology Help Club

1st & 3rd Wednesdays
Dec. 7th & 21st; Jan. 4th & 18th;
Feb. 1st & 15th

10:00 - 11:00 a.m.

Registration Code: 34075

Join us on Wednesdays as we try and take the “fear” out of technology! Bring your tablet, phone or computer and learn how to use it! A variety of helpful topics, as well as, your own tech questions will be discussed. Our highly experienced volunteer is excited to provide hands on assistance and easy to understand instructions.

Activity Leader: Kim S.

Activities

The following programs are conducted by volunteers at the War Memorial Building (WMB) (3325 Zoo Dr., north end of Zoo parking lot) and the Santa Fe Room in Balboa Park (2150 Pan American Road West). No pre-registration needed; these are drop-in activities.

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

Free!

Mah Jongg

Mondays: 9:00 a.m. - 1:00 p.m.

Registration code: 18015



Feel free to participate the entire time or drop in for an hour or two. Enjoy a friendly game at the War Memorial Building (room 2). New players can learn the game from 9-11 a.m.

Everyone is welcome!

Free!

Telling Your Story Through Photographic Arts

Jan. 5 & Feb. 2 at the Senior Lounge

Jan. 19 & Feb. 16 at WMB, room 3

2:00 p.m. - 3:30 p.m.

Registration Code: 34124

Bring your photo album(s) and/or camera to brainstorm and support each other on photography, photo-collage, or any photography-related projects. Limited collage supplies available, feel free to bring your own. **No registration necessary!**

Activity Leader: Elaine M.

Free!

Piano Notes

Tuesdays: Dec. 27; Jan. 31; Feb. 28

10:00 a.m. - 11:45 a.m.

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.

Activity Leader: Lee W.

Deaf Seniors Club

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

Registration Code: 34126

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:

STARTING IN JANUARY!

May Reduce Pain

Pain

Aids Digestion

Improves: Stamina,

Immune System

and more!

Lowers Stress

Fights Depression

Lowers Fear

Reduces Anger

Improves: Learning

& Communication

Helps Relax

FREE

STARTING IN JANUARY!

Every Wednesday 11:00-12:00 noon

For more information:

(619)236-6905

War Memorial Building-Room 2
3325 Zoo Drive (North end of Zoo parking lot)

Registration code: 34128

Activity Leader: Alicia S.

Free!

Travel Club

Friday: Dec. 9, Jan. 13, Feb. 10

10:30 a.m.-12:00 p.m.

Registration Code: 34125

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.

Activity Leader: Jessica B.

Senior Dances

The following dances are held 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, refreshments and prizes.

Registration code 21839 - For more information, call (619) 236-6905.



Holiday



Thursday, December 8th

1:00-3:30 p.m.

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



Thursday, January 12th

1:00-3:30 p.m.

Let's ring in the New Year with style! Live music by “The Sundance Band”.

年快樂

Chinese New Year

Thursday, January 26th

1:00-3:30 p.m.

Keep the New Year celebration rolling as we ring in the Year of the Rooster! Enjoy the sounds of “The Blue Zone”.



Thursday, February 9th

1:00-3:30 p.m.

Love is in the air! Join your friends for a lovely time. Enjoy the sweet sounds of “The Sophisticats”.

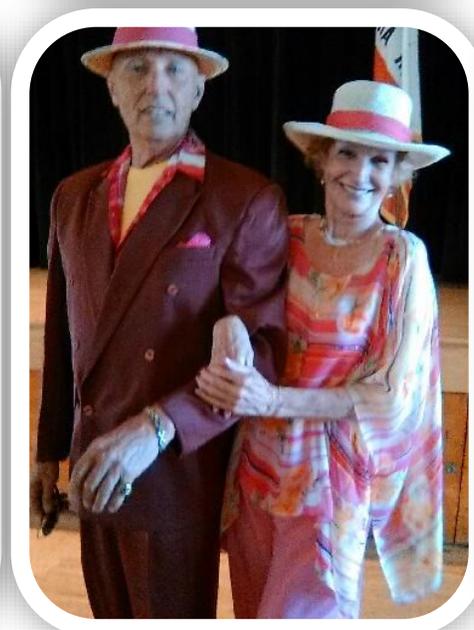
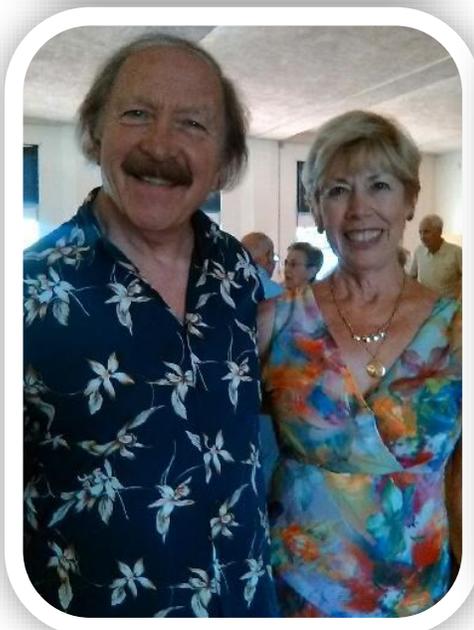
Band Spotlight



The SD Sophisticats have been entertaining Southern California for more than 28 years. Our musical styles include rock, folk, surf pop, country, blues, big band, Latin, reggae, calypso and Hawaiian, covering years from 1920s through the 1990s and more. We've performed special events at most major hotels including the Hyatt, Marriot, Town & Country, Kona Kai and others as well the local casinos such as Viejas, Barona, Sycuan, Pala and Golden Acorn. We've also performed at night clubs, Elks and Moose Lodge dances, ballroom dance clubs, senior centers, birthdays, anniversaries, weddings, and corporate events. The band consists of 2-5 performers, depending on your needs and budget. “Whether its Beatles or Belafonte, Glenn Miller or Santana, there is something for everyone!”- Don Holcomb

Senior Dances

Scenes from our dance floor!



Performing Arts

The following **FREE** programs are conducted by volunteer **Christopher R** at the War Memorial Building (3325 Zoo Dr.-north end of Zoo parking lot), or the Santa Fe Room (2150 Pan American Rd. West). No registration necessary. For more information, call (619) 236-6905.



What's Your Story/Storytelling Workshop **War Memorial Building, Room 3** **2nd & 4th Thursdays: 10:00 a.m. - 11:00 a.m.** **Dec. 8 & 22; Jan. 12 & 26; Feb. 9 & 23** **Registration Code:18027**

You're a born storyteller! 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. Please call (619) 236-6905 ahead to schedule an appointment for video.

Free To Act/Acting Workshop **War Memorial Building, Room 3** **2nd & 4th Thursdays:** **11:00 a.m. - 2:00 p.m.** **Dec. 8 & 22; Jan. 12 & 26;** **Feb. 9 & 23** **Registration Code:18039**

Why wait when you can act? Improve performance skills, develop confidence, abilities, prepare for upcoming talent shows, video and play auditions. Discover those talents you always knew were there!

Are you ready for your close-up?

Poetic Legacy Program **Balboa Park Senior Lounge** **Last Fridays: Dec. 30; Jan. 27; Feb. 24** **2:30 p.m. - 5:00 p.m.** **Registration Code: 34127**

A monthly workshop, exploring two different poets each month. This workshop involves detailed exploration of famous and not-so-famous contemporary and historic poets two per month. Taking prompts from the poets, participants are encouraged to write their own poetry. We have chosen the following poets:

Dec. - Juan Felipe Herrera and Gwendolyn Brooks

Jan. - Theodore Roethke and Natasha Tretheway

Feb. - Adrian C. Louis and Joy Harjo

All of these poets are of great renown, several have served as National Poet Laureates.



Wordstock Festival Special Guest

William Harding, Publisher of San Diego Poetry Annual 2016

The Poetry Party **Balboa Park Senior Lounge (Dec. 2)** **Santa Fe Room (Jan. 6 & Feb. 3)** **1st Fridays: 2:30 p.m. - 5:00 p.m.** **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. Performance poetry groups are now forming.

Thank you to all of the poets who shared their poetry at the 2016 Wordstock Festival on October 7 at the Balboa Park Club, Santa Fe Room. A special thank you to William Harding, publisher of the "San Diego Poetry Annual 2016".

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



Online Registration

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

Please note:



Payment must be made with a credit card when registering online. Additionally, walk in registration with payments can be made on Saturday, November 19th, 2016 between 10:00 a.m. and 2:00 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 call the Senior Office for an appointment (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.

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

Winter 2016 Registration starts November 19th * Spring 2017 Registration starts February 18th.

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 call for an appointment to be seen at the City Administration Building, Senior Citizen Services. Senior Services' staff & volunteers are here to help!

Senior Trips



***Pick-up locations:**

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

Downtown: Corner of 1st & C Street, S.D. (MTS Bus Stop)

Clairemont: South Clairemont Recreation Center 3605 Clairemont Dr., S.D. (Street Parking)

Trip Departure Information

It is your responsibility to call 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 7:00 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, with 30 days notice. If less than 30 days notice is given, **AND** we are able to find a replacement, a refund will also be given. 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 canceled by the service provider, in which case you will be notified as soon as possible and issued a full refund. Senior Citizen Services will not refund due to unforeseen delays and acts of Providence or other events beyond our control. We reserve the right to cancel or alter any tour when circumstances require.

A \$2.00 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable. Contact Jazmin Garcia at (619) 533-4702 for refund inquires.

*****Important Refund Update*****

Refund checks will need to be picked up at the War Memorial Building or the City Administration Building; **checks will not be mailed**. Please allow 2 weeks for processing.

Senior Trips

Register for Senior Trips online at www.SDRecConnect.com

*\$2.00 transaction and credit card fees will be applied at check-out. (see page 13 for more info.)

This trip is full!
Waitlist is now open!

Tom's Farms & Mission Inn Festival of Lights

Wednesday, December 14th \$48.00*

Registration code: 31427



Allow yourself to be swept away by more than 3.6+ million brilliant holiday lights decoration over 400 animated characters, transforming Riverside's historic hotel into pure magic. With live entertainment and seasonal touches throughout, including horse-drawn carriage rides. On our way up to Mission Inn we will stop for 1.5 hours at Tom's Farms for shopping. Trip includes transportation and driver gratuity. **Lunch is on your own.** Pick-up/drop-off information to be announced one week prior to trip.

Returning to San Diego at approx. 8:00 PM

Mission San Juan Capistrano Tour

Thursday, February 16th \$46.00*

Registration code: 33088



Join us on a docent guided tour of Mission San Juan Capistrano, historic landmark and museum. The docent will be hosting you through 10 acres of museum rooms, exhibits, gardens, fountains and more; providing you with the details of California's early history and the birthplace of Orange County. **Lunch is on your own.**

Pick-up/drop-off information to be announced one week prior to our trip.

Returning to San Diego at approx. 7:00 PM

Post Rose Bowl Float Viewing

Tuesday, January 3rd \$48.00*

Registration code: 33083



Bring in the New Year by getting a close-up view and see the detail, design, and workmanship that goes into every float. You can walk almost within arm's reach of these floats and see for yourself the creativity and imagination of the floral displays. Tournament volunteers will be available to answer any questions you have on how the floats are put together. There are over 50 floats gathered on two streets for you to walk at your leisure and explore one by one. **Lunch is on your own.** There are a limited number of food vendors at the venue. Visitors are welcome to bring small quantities of food into the venue. (No coolers, please)

Returning to San Diego at approx. 8:00 PM

Getty Center

Tuesday, March 14th \$38.00*

Registration code: 34007



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. **Lunch is on your own.**

Pick-up/drop-off information to be announced one week prior to our trip.

Returning to San Diego at approx. 7:00 PM

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)

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 Room #3, are open to the public and there is no charge.

Meets last Tuesdays: January 31st, 2017 and February 28th, 2017 10:30 a.m.-12:00 p.m.
RSVP, please email Brian Rollins at brian.rollins@sdcounty.ca.gov or call (858) 505-6305.

Healthy Life-Style Luncheons Everyone is invited to attend the Senior Games 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 (includes lunch).

Lunch starts at 12:00 p.m.
Meets on Friday: December 9th, 2016 January 13th, 2017 and February 10th, 2017
RSVP, call (858) 292-5812

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). General membership meeting from 12:00 p.m.-3:00 p.m.

Meets 2nd Monday: December 12th, 2016, January 9th, 2017, February 13th, 2017
RSVP, call (619) 226-4108
www.narfesandiego.org



HAPI-CHI A Healthy Aging Study

UC San Diego

Researchers from the University of California, San Diego (UCSD) are partnering with the City of San Diego to invite individuals of the community to participate in a healthy aging study. Funded by the National Institutes of Health, this study examines the role of instructor-led Healthy Aging Education or Mindful Movement for improving physical and mental health among individuals over the age of 60 with elevated blood pressure. Though not every individual will be eligible to participate in the study, everyone is welcome to join the classes free of charge.

See ad on page 20 for details.

Please call Nicholas Guay-Ross at 619-543-2861 for more information.

City of San Diego Park & Recreation Department

City Heights Swim Center 4380 Landis Street, 92105

Water Fitness Classes

Classes are held at varying times in both deep and shallow water. Pre-registration is NOT necessary.

When: Monday, Wednesday, and Friday (9:00am-10:00am) Saturday (12:00pm-1:00pm)

Fee: \$3.50 per class or \$30 for a 10 class pass

Nicole McNeil/Pool Manager III
NMcNeil@sandiego.gov (619) 641-6106

Martin Luther King Jr. Pool 6401 Skyline Drive, 92114

Water Fitness Classes

Adults (18+ years) Mondays & Wednesdays 6-7pm. This is an Aquatic Body Conditioning (ABC) class, meaning the focus is on total body conditioning. It is a multi-level, low-impact, and cardio respiratory workout held in shallow water, so participants do not need to know how to swim.

Lap Swim

When: Monday-Friday (4:00pm-7:00pm)

Rae Weber
Pool Manager II
AWeber@sandiego.gov (619) 527-3451

Balboa Park Golf Course 2600 Golf Course Drive, 92102

Currently we are offering seniors 9 hole rounds of golf for \$10 and 18 hole rounds for \$22 with a valid resident ID card, which can be purchased at any one of the Municipal Golf Courses. For more information:

www.sandiego.gov/golf (619) 235-1184

YES, YOU CAN DANCE!

January 5th, 2017 –February 23rd, 2017

Thursdays

10:00a.m.-11:00 a.m. Social Dancing

11:00a.m.-12:00 p.m. Dance Instruction



Whether you've always loved to dance or have never danced or want to learn, **this is for you**, FREE 8-week dance class. You'll learn the Tango, Cha Cha, or Rumba. New dancers are welcome at every session. You'll meet a great group of people of all ages and abilities. Customized dance chairs are available for people who use a wheelchair, walker, or cane. We need able-bodied volunteers to partner with our wheelchair dancers. It's a lot of fun. Try it - No obligation, come back as often as you wish or whenever you want to.

Location:

War Memorial Building
(3325 Zoo Dr., San Diego, CA 92101)
www.wheelchairdancers.org

Hilltop Rec Center 9711 Oviedo Way, 92129

Currently seeking volunteers to teach classes. If you are interested, please contact:

Rex Cabanas
Recreation Center Director III
RCabanas@sandiego.gov (858) 538-8198

City of San Diego Park & Recreation Department

South Clairemont Rec Center 3605 Clairemont Drive, 92117

Ceramics

When: Monday (9:00am-12:00pm)

Senior Bridge

When: Monday (9:00am-12:00pm)

Dance Fitness

When: Tuesday & Thursday (9:00am-11:30am)

Tia Turner /Recreation Center Director II
TiaTurner@sanidiego.gov (858) 581-9924

North Clairemont Rec Center 4421 Bannock Avenue, 92117

Feeling Fit and Healthy

When: Wednesday & Friday (7:00am-8:45am)

Walk Your Way to Health

When: Tuesday & Thursday (7:00am-8:45am)

Richard Crider/Recreation Center Director III
RCrider@sanidiego.gov (858) 581-9926

Montgomery-Waller Rec Center 3020 Coronado Avenue, 92154

Karaoke & Salsa Class

When: Tuesday (6:30pm-8:30pm) & Thursdays
(5:00pm-7:30pm)

Fee: \$15/3 months

Zumba Class

When: Tuesday (11:00am-12:00pm)

Quick Belly Melt

When: Saturdays (9:00am-10:00am)

Jessie Mullan
Assistant Recreation Center Director
JMullan@sanidiego.gov (619) 424-0466

La Jolla Rec Center 615 Prospect Street, 92037

Kundalini Yoga: Monday (11:15am-12:15pm)

Tai Chi (Beginners): Friday (10:00am-10:45am)

Tai Chi (Advanced): Friday (10:45am-11:30am)

Senior Winter Wonderland Dance

Friday, December 9, 2016 (5:30pm-8:30pm)

Dinner, beverages, coffee & dessert will be served.
Live entertainment will be provided from the
A-Team (\$15 person Ages 55 and older).

ALL CLASSES ARE FREE!

Nicole Otjens
Recreation Center Director II
NOtjens@sanidiego.gov (858) 552-1658

Standley Park Rec Center 3585 Governor Drive, 92122

Senior Fitness

When: Tuesday and Thursday (9:00am-10:30am)

Ikebana (Japanese flower arrangement)

When: Monday (9:00am-2:30pm)

Magic of Pastels (painting & drawing)

When: Thursday (9:00am-2:00pm)

Jesse DeLille
Assistant Recreation Center Director
JDeLille@sanidiego.gov (858) 552-1652

North Park Rec Center 4044 Idaho Street, 92104

Adult Fitness

Tuesdays and Thursdays (11:30am - 1:00pm)

Mixture of jazzercise, seated and standing aerobics,
and stretching. Suitable for all ages and skill levels.

Senior Dance

1st Friday of the Month (1:00pm – 3:00pm) \$5

Music performed by a live band

Becky Lowndes
Assistant Recreation Center Director
BLowndes@sanidiego.gov (619) 235-1152

Community

To post your community opportunities in the Spring 2017 Scroll, send information to Frank Cardenas at FCardenas@sandiego.gov by **January 15, 2017**.

Foster Grandparent Program

Catholic Charities would like to welcome seniors who are on a fixed income to enroll in the Foster Grandparent Program or be a member of program Advisory Council. As a volunteer, you will tutor and mentor children who need additional support at local schools. The program provides a modest tax deferred stipend, reimbursed transportation, training and more. Must be 55+ to qualify.

Contact: Isabel Butler 349 Cedar Street, San Diego, CA 92101 (619) 231-2828 ext. 312

U. S. Military Widowed-Attention!

Did you know there is a helpful resource available to you? It's called "Eagle's Wings".

EAGLE'S WINGS is a program of support and healing for the military widowed. Eagle's Wings family is here to help and there are no fees for our service.

Contact: Eagle's Wings 2115 Park Blvd.
San Diego, CA 92101. Phone: (619) 234-9464,
eagleswings2115@gmail.com,
www.veteranmuseum.org

Lawrence Family Jewish Community Center (JCC) Jacobs Family Campus!

Join other seniors for a variety of activities. These include theater and cultural outings, a Friday Lecture series, and a number of classes and special programs, such as: computer (iPhone, iPad), music, art, fitness, AARP Smart Driver, Aging Successfully (January) and Cyber Security - How to Stay Safe on the Internet (February). We are a host site for free classes offered through the San Diego Community College Continuing Education. We also have special events like our annual Jewish Book Fair in November and Jewish Film Festival in February, and more! Everyone is welcome.

Contact: Melanie Rubin 4126 Executive Dr.,
La Jolla, (UTC area) Phone: (858) 362-1141 or visit
www.lfjcc.org/seniors

International Dance Association of San Diego County

Non-profit organization supported by the San Diego Park and Recreation Department, and is dedicated to promoting and encouraging dancing as a social recreation for the public. For additional information on upcoming special events and programs:

- *Balboa Park Dancers - Ballroom Dancing*
- *Bon Temps Social Club Cajun & Zydeco Dancers*
- *Cabrillo International Folk Dancers*

Contact: Anne March, IDA Balboa Park Liaison at
(619) 422-1584 or visit
www.idasdc.org

Free! Senior Fire Safety & Smoke Alarm Program



To qualify for the Burn Institute's Senior Smoke Alarm Program, seniors must be 62 years or older, own their own home and live within San Diego County. The Burn Institute's Senior Smoke Alarm Program is available to seniors year-round. Installations are booked on a first-come, first-served basis. Slots fill-up quickly - call now!

Contact: Mary Vilgera, (858) 541-2277 ext. 18 or
smokealarm@burninstitute.org

Community

Holiday Carnival & Craft Fair

Saturday, December 17

2:00-5:30 p.m.

Join Therapeutic Recreation Services for this free annual event at the War Memorial Building (3325 Zoo Dr.). Enjoy live entertainment, game booths, and homemade craft items and food for sale. For more information, call (619) 525-8247. Interested Crafters can register for \$20.00 online (code #31442).

For more information call (619) 525-8247.



Ms. Senior San Diego Preliminary Pageant

February 24

1:30 p.m.

Join the Fun! Be part of the Excitement! Celebrate Being YOU! Earn a SASH! Win the CROWN! YOU could be the next Queen!

Paradise Village Liberty Theatre

2700 Fourth Street, National City, CA,

Contact: Elvia Harris, Director, 858-558-2139

eharris5@san.rr.com

Guacamole Bowl

Saturday, February 18

10:00 a.m.-2:00 p.m.

Join more than 1,000 guests who will taste guacamole from more than 35 teams and help judge who makes the best guacamole at the Balboa Park Club (2150 Pan American Rd. West, 92101). Teams compete in Law Enforcement, Kiwanis, Professional and Open Divisions. The entry fee is \$25 per team. Each division has sponsorship opportunities from \$50 for an Entertainment Sponsor up to \$5,000 for the Championship Round Sponsor. Proceeds benefit S4EA and DSAC. The Guacamole Bowl is cosponsored by Therapeutic Recreation Services, DSAC, and Sports for Exceptional Athletes.

Call (858) 565-7432 for more information or visit

www.guacamolebowl.com

San Diego County Senior Center Locations

Ed Brown Senior Center at Rancho Bernardo: 18402 West Bernardo Drive, 92127 (858) 487-9324

George L. Stevens Senior Center: 570 S. 65th Street, (619) 266-2066

La Jolla Community Center: 6811 La Jolla Boulevard, (858) 459-0831

Mira Mesa Senior Center: 8460 Mira Mesa Boulevard, (858) 860-5355 (New)

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.

Closed January - February

March - April/November - December

Friday, Saturday, Sunday 11:30 a.m. - 3:30 p.m.

May - October

Monday, Wednesday-Friday (11:30 a.m. - 4:30 p.m.)

Saturday-Sunday (11:30 a.m. - 5:30 p.m.)

Closed Tuesdays (May - October)

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





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**

St. Paul's Manor



ACTIVE RETIREMENT COMMUNITY

2635 Second Avenue
Located in Bankers Hill
Affordable active living in an amazing location with stunning views.
Call for move-in specials!

(619) 239-2097

Lic#370800558



Are you or do you have ?

- Elevated* blood pressure: higher than 130 mmHg
- Over* the age of 60 years
- Able* to perform mild to moderate exercise

Call us for more information
(619) 543-2861

You will receive:

- Comprehensive* blood pressure checkups
- Free* interactive healthy aging seminar series OR instructor-led group Tai Chi
- Free* basic hospital laboratory tests
- Financial* compensation

In partnership with and

December 2016

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Balboa Park Walk Deaf Seniors Club	2 Poetry Party Needle Crafts	3
4	5 Mah Jongg	6 Art Program	7 Cribbage Otherwise Improvise Technology Help Club	8 Balboa Park Walk Deaf Seniors Club Dance Free To Act What's Your Story?	9 Healthy Life-Style Luncheon Travel Club	10
11	12 Mah Jongg NARFE	13 Art Program	14 Cribbage Otherwise Improvise Tom's Farm & Mission Inn Trip	15 Balboa Park Walk Deaf Seniors Club	16 Needle Crafts	17
18	19 Mah Jongg	20 Art Program	21 Cribbage Otherwise Improvise Technology Help Club	22 Balboa Park Walk Deaf Seniors Club Free To Act What's Your Story?	23	24
25 City Holiday Office & Lounge Closed	26 City Holiday Office & Lounge Closed	27 Art Program Piano Notes	28 Cribbage Otherwise Improvise	29 Balboa Park Walk Deaf Seniors Club	30 Poetic Legacy Program	31

More information about activities listed can be found on pages 7-15.

January 2017

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 City Holiday Office & Lounge Closed	2 City Holiday Office & Lounge Closed	3 Art Program Post Rose Bowl Float Trip	4 Cribbage Laugh Hour Otherwise Improve Technology Help Club	5 Balboa Park Walk Deaf Seniors Club Photographic Arts	6 Needle Crafts Poetry Party	7
8	9 Mah Jongg NARFE	10 Art Program	11 Cribbage Laugh Hour Otherwise Improve	12 Balboa Park Walk Deaf Seniors Club Dance Free To Act What's Your Story?	13 Healthy Life-Style Luncheon Travel Club	14
15	16 City Holiday Office & Lounge Closed	17 Art Program	18 Cribbage Laugh Hour Otherwise Improve Technology Help Club	19 Balboa Park Walk Deaf Seniors Club Photographic Arts	20 Needle Crafts	21
22	23 Mah Jongg	24 Art Program	25 Cribbage Laugh Hour Otherwise Improve	26 Balboa Park Walk Dance Deaf Seniors Club Free To Act What's Your Story?	27 Poetic Legacy Program Talent Auditions	28
29	30 Mah Jongg	31 Art Program Piano Notes SanDi-CAN				

More information about activities listed can be found on pages 7-15.

February 2017

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1 Cribbage Laugh Hour Otherwise Improvise Technology Help Club	2 Balboa Park Walk Deaf Seniors Club Photographic Arts	3 Poetry Party Needle Crafts	4
5	6 Mah Jongg NARFE	7 Art Program	8 Cribbage Laugh Hour Otherwise Improvise	9 Balboa Park Walk Deaf Seniors Club Free To Act What's Your Story? MOPA Photo Dance	10 Travel Club Healthy Life-Style Luncheon	11
12	13 Mah Jongg NARFE	14 Art Program	15 Cribbage Laugh Hour Otherwise Improvise Technology Help Club	16 Balboa Park Walk Deaf Seniors Club Photographic Arts Mission San Juan Capistrano Trip	17 Needle Crafts	18
19	20 City Holiday Office & Lounge Closed	21 Art Program	22 Cribbage Laugh Hour Otherwise Improvise	23 Balboa Park Walk Deaf Seniors Club Free To Act What's Your Story?	24 Poetic Legacy Program	25
26	27 Mah Jongg	28 Art Program Piano Notes SanDi-CAN				

More information about activities listed can be found on pages 7-15.

Senior Citizen Services
Park & Recreation Department
202 C Street MS 1-A
San Diego, CA 92101

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STANDARD
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SAN DIEGO, CA

Return Service Requested

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, CREED, SEX, AGE, NATIONAL ORIGIN OR ANCESTRY, RELIGION, PREGNANCY, PHYSICAL OR MENTAL DISABILITY, VETERAN STATUS, MARITAL STATUS, MEDICAL CONDITION, GENDER (TRANSSEXUAL AND TRANSGENDER), SEXUAL ORIENTATION, AS WELL AS ANY OTHER CATEGORY PROTECTED BY FEDERAL, STATE OR LOCAL LAWS. IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 525-8247) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST. PRINTED ON RECYCLED PAPER.

“We enrich lives through quality parks and programs”

 *All City of San Diego parks and beaches are smoke free.*