Tuesdays: 10:00am to 12:00pm starting 02/01/2022
- **Exercise** - low impact chair exercise class (30min)
- **Table Games** - ping pong, pool, foosball, and more.
- **Puzzles** – work on to be puzzles displayed on site!
- **Technology Classes** – coming soon!
- **Arts & Crafts** - a different project each week (3:00pm-4:00pm)

Thursdays: 10:00am to 12:00pm (coffee & more)
- **Loteria** - a traditional Mexican card game that is similar to Bingo, but uses illustrated cards, & letters.
- **Games** - boardgames, cards and domino games.

Fridays: 10:00am to 12:00pm
**Walking Club** – join us at the recreation center to walk around the community. We will start with a goal of one mile and increasing to a maximum of three miles. Bring water, good shoes and sun screen.

The Stockton Recreation Center staff are excited to offer senior programs for the first time! We encourage all older adults to visit the center to meet your neighbors, make new friends, engage in new social activities and explore the community together. All senior programs are currently free. For questions, please ask for Ricard0 Arteaga. or email – rarteaga@sandiego.gov

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City’s policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)533-6333 or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.