

Stockton Recreation Center Senior Program

330 32nd Street San Diego CA. 92102

619-235-1163

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 **Ricardo Arteaga**. or email - rarteaga@sandiego.gov

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