

Announcements

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The Senior Citizen Services Office and the Balboa Park Senior Lounge will be **closed** on March 31st, April 9th, & May 30th

Spring Registration starts February 20th & Summer Registration starts May 14th, 2016
More information on page 13.

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

Starting in March 2016, refund checks will need to be picked up at the War Memorial Building (3225 Zoo Dr., SD, 92101) or the City Administration Building (202 C St., SD, 92101).

Checks will not be mailed.

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 Fall/Winter of 2017, but we are excited about the opening of Park de la Cruz Gymnasium, which is scheduled to open this Spring. Senior Services will be utilizing the gymnasium for some upcoming activities. 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 to register or call (619) 525-8247 and we will send you a letter to bring to Ralph's or Food 4 Less to register or re-enroll. Our organization is Disabled Services Advisory Council.

Senior Services

Daily Social Call

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

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



Violetta



Connie

Free Legal Assistance

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

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

Health Insurance Counseling & Advocacy Program (HICAP)

HICAP provides free and unbiased counseling and information to Medicare beneficiaries at more than 30 sites in San Diego and Imperial Counties. This is a non-profit organization funded by the California Department of Aging and the County of San Diego Aging and Independence Services.

For an appointment, please call (800) 434-0222 or (858) 565-8772 ext. 232 or (858) 565-1392.

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

City of San Diego Senior Lounge

Balboa Park Senior Lounge

1800 El Prado Way, Room 105,
San Diego, CA 92101

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

Lounge Phone: (619) 235-1191

Contact: Lewis Higgins, Recreation Specialist
(619) 236-6906 or LHiggins@sandiego.gov

Lounge is currently accepting monetary donations for ongoing services.

City of San Diego Senior Center

San Ysidro Senior Center

125 East Park,
San Ysidro, CA 92173

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

Center Phone: (619) 424-0472

Contact: Robert Lara, Center Director III
(619) 424-0415 or RLara@sandiego.gov

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

Community Senior Center Locations

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

Mira Mesa Senior Center: 8460 Mira Mesa Boulevard, (858) 578-7325

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

Volunteer Updates

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

Welcome Volunteers

Please help us welcome our new volunteer, Chris B. Chris is volunteering at our senior dances on the 2nd and 4th Thursday of each month. Chris has been a long time guest (and donator of donuts) of the Balboa Park Senior Lounge. Thanks to fellow volunteer, Virginia W., for convincing Chris to help at the dances. When you get your coffee at the dance, please welcome Chris and thank Virginia for their help!

Thank you for giving your time and talents to the City of San Diego!



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, listen to great music, and dance if you like. **For more information on the dances, see page 10.**

Office Assistant

Office assistants are needed for the main office of Senior Citizen Services, located downtown at the City Administration Building (202 C. St., 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 get experience working in an office, consider volunteering at the senior office.

Happy Birthday!

Please join us in celebrating the following Senior Citizen Services' volunteer and staff birthdays: Lewis H. (3/22); Adolfo H. (4/17); Delilah D. (4/30); Joe F. (5/5); Jazmin G. (5/5), Frank C. (5/8), Mary J. (5/28).



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

In Memory of...



Michael Buchannon

It is with great sadness that we announce the passing of longtime Balboa Park Senior Lounge volunteer, Michael Buchannon. Michael volunteered on Thursday mornings at the Lounge and quickly gained a reputation for making the best coffee. A small memorial will be held for Michael on Thursday, March 3 at 9:30 a.m. in the Balboa Park Senior Lounge (1650 El Prado, room 105).



Don't miss out on the City-Wide Volunteer Recognition Event held on Saturday, April 9th at 9:30 a.m. in the Spreckels Organ Pavilion. All registered City of San Diego volunteers and their families are invited!

More information to come.

Thank you Virgil, Jean, and Steve!

Please join us in thanking Virgil Akers, Jean Soroka, and Steve Tom for their dedication and service to Senior Citizen Services.



Congratulations Virgil, Jean, and Steve for a combined thirty-four years of volunteer service to the City of San Diego. On December 10th, we thanked and honored these three volunteers with proclamations from Councilmember Gloria's office. At ninety-six years young, Virgil and Jean have decided to take it easy, and they've earned it! Steve is exploring new hobbies and relaxing when he can. Although we are happy for them, they will be missed! Thank you for sharing your time and talents!

Thank you St. Paul's Villa, MTS and MEA!

Please join us in thanking St. Paul's Villa, MTS and MEA for their generous support of our 2015 Volunteer Holiday Celebration.



St. Paul's Senior Homes and Services hosted the annual Volunteer Holiday Party on December 14th. Over thirty senior volunteers enjoyed a nice brunch and some even won a poinsettia! Thank you to *Metropolitan Transit System* for providing transportation for this event. Thank you to the *Municipal Employees Association* who presented City of San Diego Senior Citizen Services' volunteers with gifts to show appreciation for their volunteer service to the City of San Diego. We are very fortunate to have such dedicated volunteers and generous community sponsors. **Special thank you to the Law Firm of Smith, Steiner, Vanderpool and Wax for their gift contributions for all of our volunteers during this wonderful time of the year.**

A red carpet runs diagonally from the top left to the bottom right. Three gold stanchions with red ropes are positioned along the carpet. The background is white with horizontal lines.

SAN DIEGO'S GOT TALENT

WEDNESDAY, MARCH 30, 2016

12:30 — 3:30 P.M.

**BALBOA PARK CLUB
2150 PAN AMERICAN RD. WEST**

TICKETS ARE AVAILABLE NOW!

\$3.00 PREPAID OR \$5.00 AT THE DOOR (LIMITED QUANTITY)

**TO PREPAY FOR YOUR TICKETS,
VISIT WWW.SDRECCONNECT.COM
AND USE REGISTRATION CODE 21999.**

SEE PAGE 12 FOR ONLINE REGISTRATION INFORMATION.



Senior Photography Contest June 6 - 17, 2016

- ★ Amateur and professional senior photographers (55 years and older) are invited to enter **two** of their best pieces.
- ★ Entries will be accepted between 9:00 a.m. and 3:00 p.m., from **May 16th - 27th** at Senior Citizen Services (202 C St., SD, 92101), War Memorial Building (3325 Zoo Dr., SD, 92101), and San Ysidro Senior Center (125 East Park, San Ysidro, 92173, during site business hours, see page 3).
- ★ Winning pieces will be on display and open to the public from June 6th-17th (8:00 a.m. to 5:00 p.m.), in the lobby of the City Administration Building.
- ★ All photographers will receive an invitation to the awards reception, held on Monday, June 20th.
- ★ **For contest rules, prior to submitting your photographs, call Senior Citizen Services at (619) 236-6905.**

Balboa Park Senior Lounge

The Balboa Park Senior Lounge will be closed on March 31st, April 9th, & May 30th.

The Senior Lounge (1650 El Prado, room 105) is located between the Natural History Museum and the Lily Pond. Feel free to stop by and visit the Lounge, typically open seven days a week from 9:30 a.m. to 3:30 p.m., excluding City Holidays. Feel free to call the Lounge at (619) 235-1191, prior to visiting (the Lounge could be closed during these hours due to volunteer availability). Thanks to a wonderful group of volunteers, the following activities will be available at the Lounge.

Senior Art Program

Tuesdays: 1 p.m. - 3:30 p.m.

Activity 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.



Otherwise Improvise

Wednesdays:

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

Registration code:

18791

Make it up as you go! Join us every Wednesday for an improvisational workshop. Learn the illusive art of being in the moment. Practice the techniques of give and take. Experience out of mind travel, faster than the speed of mouth.

It's Free!!!

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



Balboa Park Walk

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

Registration code: 18007



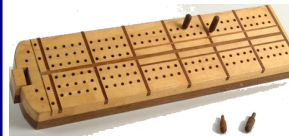
Balboa Park is a beautiful place to take a walk and enjoy the company of peers. Interested walkers, please gather at the Lounge at 10 a.m. The walk starts at 10:15 a.m. sharp.

Activity Leader: Mary T. or 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: 9:00 a.m. - 11:00 a.m.

March 4 & 18; April 1 & 15; May 6 & 20

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.



Activities

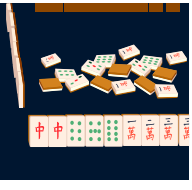
The following programs are conducted by volunteers at the War Memorial Building (3325 Zoo Dr., north end of Zoo parking lot), the Santa Fe Room in Balboa Park (2150 Pan American Road West), or the Museum of Photographic Arts (1649 El Prado, Balboa Park).

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

Mah Jong

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!

Deaf Seniors Club

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

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

Piano Notes

Tuesdays: Mar. 29, Apr. 26, May. 31

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.

For more information, contact Lee W. at (619) 228-1331 or email LWahlert@sandiego.gov.

Travel Club

April 8 & May 13

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

Join the Travel Club at the War Memorial Building (room 2) and share your travel experiences! Learn about some travel destination specials. Meet others with similar travel interests. Find a travel partner.



For more information, or to RSVP, call Jessica at (858) 279-6032 or email at Jessica.access2fun@gmail.com.

MOPA Photo Program

Wednesdays: 1:00 p.m.-3:00 p.m.

Museum of Photographic Arts

1649 El Prado, San Diego, CA 92101

Beginning March 9th, MOPA will host another photo program on Wednesday afternoons. Dive into the many creative ways to use photography! Join us for all three sessions to expand your photo horizons! Classes are held at MOPA, just across from the Senior Lounge. Space is limited. Please RSVP by calling Kevin Linde at (619) 238-7559 ext. 225 or email linde@mopa.org. All cameras, equipment and supplies are provided at no cost to participants, but participants are welcome to bring their own cameras.

March - Studio & Professional Lighting: *Explore creative lighting for portraiture, product photography, and still lifes.*

April - iPhoneography - *Intro to Smartphone Photography: Come learn the basics of using your smartphone to snap, edit and share your photographs.*

May - Beyond the Screen - *Exhibiting Your Artwork: We'll dive into the topic of printing your work and preparing it for matting & framing, submitting to a contest or for exhibition.*

Senior Dances

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

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



St. Patrick's Day Dance



Thursday, March 10th
1:00 p.m. - 3:30 p.m.

Catch the luck of the Irish at our St. Patrick's Day dance. Music by "The Sophisticats".



Dance

Thursday, March 24th
1:00 p.m. - 3:30 p.m.

Spring is here and it's time to dance to the sounds of "The Billy Harper Band".

Bunny Hop Dance

Thursday, April 14th
1:00 p.m. - 3:30 p.m.

Come dressed to impress and dance the afternoon away with that special someone, while enjoying the musical stylings of "The Blue Zone".



Earth Day Dance

Thursday, April 28th
1:00 p.m. - 3:30 p.m.

Come help celebrate the big blue marble we call home. Enjoy music from "The Java Band".



Mother's Day

Dance

Thursday, May 12th
1:00 p.m. - 3:30 p.m.

Give thanks to all the Mothers by dancing to the live music provided by "The Encores".



Dance

Thursday, May 26th
1:00 p.m. - 3:30 p.m.

Get fired up and sizzle as we Fiesta to the musical sounds by "The Billy Harper Band".

YES, YOU CAN DANCE

Thursday, May 5th - June 23rd, 10:00 a.m. - 12:00 p.m.

Do you use a motorized or manual wheelchair or a walker? Would you like to spin your wheels to the rhythms of Cha-Cha, Rumba, Tango or Hip Hop while dancing with one of our fabulous dance volunteers? The program is led by Joe Torres, a professional dance teacher and the Dance Director of Wheelchair Dancers Org. We encourage all ages, 18 & over to participate. **Location: Park de la Cruz Gym (3911 Landis, City Heights, CA 92105) for more information call Beverly Weurding at (858) 573-1571 or visit www.wheelchairdancers.org**



Performing Arts

The following **FREE** programs are conducted by volunteer **Christophver 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).
For more information, please call (619) 569-4922.



Garden Theatre Festival

Attention: All Theatre Companies, Performance Artists, and Sponsors

“The Garden Theatre Festival 2016” is announcing the summer season in Balboa Park, to herald our “Second Century Festival.”

Daylight performances will be held Saturdays and Sundays from July 16th to August 21st in the enchanted amphitheater of The Butterfly Garden (formerly known as the notorious Zoro Gardens). This invitation is extended to singers, dancers, musicians and buskers, with acts suitable for outdoor public presentation. All performances are free to the public. Come join us! We welcome all contributions and sponsorships. If you are a theatre company, performance group, act, sponsor, or simply interested in becoming involved, please contact Christophver R at (619) 569-4922 or by email at Rproduction@live.com.



What’s Your Story/Storytelling Workshop

War Memorial Building, Room 3

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

March 10th & 24th; April 14th & 28th; May 12th & 26th

Registration Code:18027



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

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

Free To Act/Acting Workshop

War Memorial Building, Room 3

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

March 10th & 24th; April 14th & 28th; May 12th & 26th

Registration Code:18039



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

The Poetry Party

Santa Fe Room

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

March 4th, April 1st, and May 6th

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.

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

Caution: “Poetry may be inspirational to your health!”

Online Registration

Please note: Checks can no longer be mailed into the office. Payment must be made with a credit card when registering online. Additionally, walk in registration with payments can be made on Saturday, February 20th between 10 a.m. and 2 p.m. and Monday-Friday between 8:30 a.m. and 4:30 p.m. at the War Memorial Building (3325 Zoo Dr., San Diego) room 6, or 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.



Spring Registration starts February 20th & Summer Registration starts May 14th, 2016

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

Downtown: Corner of 1st & C Street., San Diego
Clairemont: South Clairemont Recreation Center 3605 Clairemont Dr., S.D.
War Memorial Building: 3325 Zoo Dr., S.D. (north end of Zoo parking lot)

Trip Departure Information

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

Transaction Fees/Refund Policy

SDRecConnect.com does not accommodate requests for refunds, transfers or cancellations, but Senior Services can offer you a refund, via check, if given a minimum of 2 weeks notice **AND** we are able to find a replacement. **For online registrations:** \$2.00 transaction fee and a 3% processing fee will be charged for every transaction and the fees are nonrefundable.

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

Starting in March 2016, refund checks will need to be picked up at the War Memorial Building or the City Administration Building; checks **will not** be mailed.

Senior Trips

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

FULL - Waitlist Now Open!

Ronald Reagan Library & Vatican Wonders

Wednesday, March 16th \$45.00*

Registration code: 21633



The Ronald Reagan Presidential Library and Museum is the exclusive West Coast destination for Vatican Splendors: A Journey Through Faith and Art. This

12,000 square foot exhibition, comprising one of the largest Vatican collections ever to tour the United States, includes an extraordinary collection of historical and religious objects, some of which date to the first century, as well as works of art by Michelangelo, Bernini, Guercino and others.

Trip includes transportation, driver gratuity, and admission to the library. Lunch is on your own. Pick-up and drop-off information to be announced one week prior to trip.

Hsi Lai Temple Tour & Buffet

Wednesday, May 18th \$42.00*

Registration code: 23163



Join us on a 1 1/2 hour tour of the entire Hsi Lai Temple which includes the Bodhisattva Hall, gardens, courtyard, and Main Shrine and Art Gallery. This tour includes a Vegetarian

Buffet lunch. Comfortable shoes are recommended for climbing stairs and slopes.

Trip includes transportation, driver gratuity, a 1 1/2 hour led tour and a Vegetarian Buffet Lunch at the Hsi Lai Temple. Pick-up and drop-off information to be announced one week prior to our trip. This was a very popular trip last year, so sign up early.



NEW Trip! Orange Empire Railway Museum Tour

Wednesday, April 20th \$41.00*

Registration code: 24008



The Orange Empire Railway Museum operates a 90-acre Museum Railway and Park where you can ride on the historic trains

and trolleys that helped shape the Southern California we know today. Home to more than 200 historic railway cars and locomotives, you can explore Los Angeles' and the West's largest collection of railway locomotives, passenger and freight cars, streetcars, interurban electric cars, buildings and other artifacts dating from the 1870's.

Lunch is on your own. Pick-up and drop-off information to be announced one week prior to our trip.

NEW Trip! Aquarium of the Pacific & Harbor Cruise

Thursday, June 9th \$61.00*

Registration code: 23569



Join us on a trip to the Aquarium of the Pacific.

Home to more than 11,000 ocean animals, with nearly 500 species, the Aquarium celebrates the planet's largest and most diverse

body of water, the Pacific Ocean. After our Aquarium exploration, we will see over 50 points of interest on a 45-minute, full narrated tour of Long Beach Harbor. You will learn history about the harbor, see the beautiful Long Beach skyline, the world famous Queen Mary, large cargo ships from all over the world, and much more. **Trip includes transportation, driver gratuity, and entrance to the Aquarium & Harbor Cruise. Lunch is on your own. Pick-up and drop-off information to be announced one week prior to our trip.**

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

March 29th, April 26th,

May 31st (10:30 a.m.-12:00 p.m.)

RSVP, please email Brian Rollins at

brian.rollins@sdcounty.ca.gov

Or call (858) 505-6305.

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

RSVP, please call (619) 226-4108

March 14, 2016: Senior Outreach Specialist

Scripps Hospice & Home Health

1:00 p.m. - 2:30 p.m. at War Memorial

Building. Speaker: **Katy Ott**

April 11, 2016 : SDG& E

1:00 p.m. - 2:30 p.m. at War Memorial

Building. Speaker: **Maricamen Corum**

April 18, 2016 – NARFE Meet & Greet

5:00 p.m. - 7:00 p.m. at 94th Aerosquadron

Restaurant.

May 9, 2016 – Speaker: To be announced

(will be posted at <http://www.narfesandiego.org/> when available)

San Diego Hospice Veterans Partnership in Collaboration with Caregiver Coalition of San Diego & Co-sponsored by the City of San Diego

(FREE) SAVE the DATE; **Wednesday, May 18th, 2016** at the War Memorial Building 3325 Zoo Dr. San Diego, CA 92101

This community information fair will provide you with the opportunity to learn about community resources for our veterans and their families such as Advanced Care Planning, Caregiver Support, Dementia Care, Integrative Therapies, Volunteer Programs, Hospice Care, Bereavement and Grief Support, Veterans Benefits and VA Palliative Care Program. Note: Light refreshments will be served.

* **Further details regarding registration and/agenda contact: veva.arroyo@sharp.com**

Co-Sponsored Events

Register online at www.sdreconnect.com

CODE: 24191

Join us for the 2nd annual



Padres FUNDRAISER

Sunday, August 21st @ 1:40 p.m.
vs Arizona Diamondbacks

Includes FOOD and BEVERAGES!*
\$100 (CRAFT BEER & SODA)
per ticket

*Food service is available one hour prior to first pitch until one hour after first pitch.
Beverage service is available one hour prior to first pitch through the 7th Inning.

The Western Metal Building has been reserved for this year's fundraiser!
DONT MISS THIS AMAZING OPPORTUNITY!



ALL PROCEEDS BENEFIT
Therapeutic Recreation
Services and fund recreation
programs for individuals
with disabilities!

The City of
SAN DIEGO

Tickets will be available for pick-up at the War Memorial Building (3325 Zoo Drive, 92101) closer to the event.
If you have any additional questions, please call the office at 619-525-8247.

Proceeds of this fundraiser benefit children & adults with disabilities.
(See page 12 for online registration information).

San Diego Senior Olympics Games



San Diego Senior Games Association presents

2016 Spring/Summer Fund-Raising Events

April 2 – Bocce Ball Tournament

May 13 – Golf Tournament

June 4 – Darts Tournament

July 9 – Golf Tournament

August 6 – Bocce Ball Tournament

We are also introducing our Brand NEW Website

Register for one or all of these tournaments at:

sd seniorgames.org

We are getting these tournaments ready, so keep returning to our website for updated information. Any questions, please email us through the website.



Also, for the upcoming September Senior Olympics, we are introducing a new series of events called, **SilverArts**. So get your creative spirit going in the arts of Photography, Drawing, Painting, Sculpting and more. Stayed tuned for additional information.

Park & Recreation Department

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

Cinco De Mayo Senior Dance Fiesta

Dinner, beverages, coffee & dessert will be served. Live entertainment will be provided by The A-team. The dance will be held in the multi-purpose room at La Jolla Recreation Center. The door will open at 5:15 p.m. The dance is from 5:30-8:45 p.m.

\$15.00 per person Ages 55 & older.

Reservations begin Monday, April 4 at 11:00 a.m. at the La Jolla Recreation Center, 615 Prospect St. La Jolla, CA 92037

For more information please call (858) 552-1658

North Park Recreation Center

North Park Recreation Center offers the following activities for seniors: Adult Fitness on Tuesdays and Thursdays from 11:45 a.m. – 12:45 p.m. (Free), Senior Dance on the first Friday of the month from 1:00 – 3:00 p.m. (\$1.25) & Ballroom Dance classes on Tuesdays from 6:30 – 7:30 pm (\$10). North Park Recreation Center, 4044 Idaho St

San Diego, CA 92104, **For more information call (619) 235-1152**

Standley Park Recreation Center

offers Senior classes through the San Diego Community College District, Continuing Education Program. Ikebana (Japanese Flower Arrangement), Physical Fitness, Magic of Pastels (Art). Standley Park Recreation Center 3585 Governor Dr. San Diego, CA 92122. **For more information and cost please call (858) 552-1652.**

Adult Fitness Class

Rancho Bernardo Recreation Center

This is an exercise class appropriate for individuals who are fit and active as well as those who have been sedentary or are intimidated or unfamiliar with exercise classes. The class is designed to increase strength, endurance, range of movement, agility, balance and coordination. Come and join us! Meeting every Tuesdays and Thursdays 9:30-10:30 a.m., Location: 18448 West Bernardo Drive San Diego, CA 92127. Room 1

Cost: \$40 for 2 weeks (4 classes), \$60 for 4 weeks (8 classes). **For more information please call (858) 538-8129.**

Free! Vibrational Sound Yoga

Registration Code: 23628

Join Instructors Morissa Lazar & Marbella Mondaca for great yoga classes. Please arrive at least 10 minutes early, wear comfortable clothes, bring a yoga mat, and blanket. 5:30 p.m.-6:30 p.m. Friday, March 4, April 29, May 6. Location: War Memorial Building (3325 Zoo Drive San Diego, CA 92101).

Direct supervision is not provided. Space is limited.

For more information call (619) 525-8247

Lake Hodges Bowls Club

What activity can you try out for free -- and, if you like it, you can play as often as you want for less than \$15 a month? Well, none other than lawn bowling. It's an activity played in a non-threatening environment, out in the open air, in a beautiful park. There's no weekly commitment; come when you like. We're waiting to meet you in Rancho Bernardo Community Park 18402 W Bernardo Dr, San Diego, CA 92127 (www.northcountylawnbowling.com) or call Georgie Deno at (858) 715-0392. All you need is a pair of flat shoes (no heels); we provide everything else.

Small Group Guitar Lessons

March 23rd– April 20th

\$80.00 for Five (5) weeks

BEGINNING GUITAR

5:30 p.m. - 6:30 p.m.

INTERMEDIATE GUITAR

6:30 p.m. - 7:30 p.m.

For more information, call Lesley Alexander at (858) 204-5697

Park & Recreation Department

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

Physical Fitness & Senior Bridge

Join us for our physical fitness class for seniors on Tuesdays and Thursdays from 9:00-11:30 a.m. & Senior Bridge Club open to the public Mondays from 9:00 a.m.-12:00 p.m.

South Clairemont Recreation Center
3605 Clairemont Drive
San Diego, CA 92117

Tierrasanta Community Pool

Please join Tierrasanta Pool as they will be re-opening to the public on April 11th, 2016. We offer lap swim times and water fitness classes to our senior community. Lap Swim is \$4 for Adults, \$2 for seniors (+62 years old) and Water Fitness Classes are \$3.50. We also offer recreation hours for grandparents that would like to bring their grandchildren, children are \$2.

Tierrasanta Community Pool
11238 Clairemont Mesa Blvd.
San Diego, CA 92124

For more information, call (858) 636-4837.

Allied Gardens Pool

Shallow Water Fitness

Mon., Wed., Fri., 8:00 – 9:00 a.m.

Tu/Thu 5:30 – 6:30 p.m.

Deep End Fitness (January 20 – April 9)

Mon., Wed., Fri., 10:00 – 11:00 a.m.

Allied Gardens Pool

6707 Glenroy St.

San Diego, CA 92120

For more information, please call (619) 235 -1143.

Memorial Park Pool

The Memorial Park Pool offers lap swim & recreational swim everyday (times varied). Fee for senior is \$2.00, discount passes are available.

Memorial Park Pool

2902 Marcy Ave

San Diego CA, 92115

For more information, please call (619) 235-1139.

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 impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but are recommended.



Closed February

Open: March-April 2016

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

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

Ed Brown Senior Center

Our lives are constantly changing, kids grow up and move away; we relocate to a different part of the country, away from friends and family. We no longer go to work every day, our partner dies and we are suddenly alone for the first time in decades. As our lives change, we find ourselves at a crossroads, not knowing how to proceed. Your friends at the Ed Brown Center for Active Adults are here to help! With more than 35 classes and activities each week- from art to Zumba- you are sure to find something to fill those lonely hours and keep you involved in the business of living. All you have to do is come on over to:

18402 W. Bernardo Drive SD, CA 92127.

For more information, please call (858) 487-9327 or visit www.rowncenter.org .

NORTH CLAIREMONT SENIOR CENTER

NORTH CLAIREMONT SENIOR CENTER

4425 BANNOCK AVE.
SAN DIEGO, CA 92117
PH: (858) 581-9926
FX: (858) 581-9709

HOURS OF OPERATION

MONDAY 8:00—4:30 PM
TUESDAY 7:00—4:30 PM
WEDNESDAY 7:00—4:30 PM
THURSDAY 7:00—4:30 PM
FRIDAY 7:00—4:30 PM
SATURDAY CLOSED
SUNDAY CLOSED

NORTH CLAIREMONT SENIOR CENTER STAFF:

JENNIFER SANDERS

ASSISTANT CENTER DIRECTOR

IVAN CHAVEZ

GROUND MAINTENANCE WORKER I

DESERAY GERMANY

RECREATION LEADER I

ABOUT NORTH CLAIREMONT SENIOR CENTER

Welcome to the North Clairemont Senior Center, where we are bridging the gap for senior services. Come inside and take a look at our interest board and sign up for our next big event. If you are interested in continuing a class or starting a new one during our regular hours of operation, please contact the staff inside. We are located off Genesee and Bannock, adjacent to the North Park Recreation Center. Feel free to come in and ask us a few questions, we look forward to meeting you.

FELLING FIT AND HEALTHY



Body Dynamics is a low impact exercise class that will help increase participants energy and overall well being.

Days: Wed/Fri
Time: 7:00 a.m. - 8:45 a.m.
Cost: free
Instructor C. Schade

WALK YOUR WAY TO HEALTH

Body Dynamics helps improve joint health balance coordination and promotes healthy living.

Days: Tues/Thurs
Time 7:00 a.m. - 8:45 a.m.
Cost: free
Instructor: C. Schade



FEELING FIT CLUB

This class helps participants increase overall wellbeing with low impact exercise, with weights, stretching, and light weights.

Day: Mon/Wed/Fri
Time 10:15 a.m. -11:15 a.m.
Cost: free
Instructor: Joyce



HEALTH EDUCATION

Participants will have fun with weights, cardiovascular training and stretching.

Day: Tues/Thurs
Time 2:30 p.m. - 4:30 p.m.
Cost: free
Instructor: M. Beving-Morning



SMARTPHONE AWARENESS

Come in to our free smart phone class where we will help understand how to get the most out of your smartphone. From texts, font size, brightness to the Cloud.

Classes will be held once a week on Fridays starting at 9:30 a.m.



CHORUS MIXED VOICES



All are welcome in this class, where participants will learn basic skills and techniques singing and how to sing with others.

Day: Thursday
Time: 9:00 a.m. -12:00 p.m.
Cost: free
Instructor: B. Hoeschen

DRAWING AND PAINTING

Participants can become the artist they never thought they could be with help from the instructor.

Day: Monday
Time: 1:00 p.m.- 4:00 p.m.
Cost: free
Instructor: K. Fitzsimons



Community Opportunities

To post your community opportunities in the Summer 2016 Scroll, send information to Frank Cardenas at FCardenas@sandiego.gov by April 15th.

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 at (619) 234-9464 ext. 312

U. S. Military Widowed-Attention!

EAGLES WINGS: Is an all volunteer organization for active duty, veterans and their spouses. This program of support and healing for Military Widowed. Eagles Kings family is here to help and there are no fees for our services.

Contact: 2115 Park Blvd.
San Diego, CA 92101

Phone: (619) 234-9464, swings2115@gmail.com
www.veteranmuseum.org

Thursday Club

89th Annual Rummage Sale

Saturday, March 12th 9 a.m.-4 p.m. &
Sunday, March 13th 10 a.m.-2 p.m.

Join us for San Diego's largest rummage sale at the Activity Center (2145 Park Blvd) in Balboa Park. You never know what treasure you will find; furniture, house wares, books, clothing, antiques, collectibles, new items, etc. All proceeds remain in San Diego. Beneficiaries include many Balboa Park and community institutions. For more information, visit www.thethursdayclub.org.

Concert at Four Points Sheraton

California Women's Chorus (CWC) 501(c)3 non-profit organization members will perform, as well as the recipients of vocal scholarships awarded. The Concert will be held at:

Four Points Pavilion
8110 Aero Drive, San Diego, CA 92123
Sunday, May 1st, 2016 (2:00 p.m.)

Tickets at the door: \$20 each general admission, \$15 each for Seniors and Students.

Pre-Sale Tickets \$15 each general admission, \$10 for groups of ten plus.

Phone: (619) 992-2623

Email: grammal1@hotmail.com

Website: sweetharmonychorus.com

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 Opportunities

Senior Resource Center

SHARP Memorial
Hospital

7901 Frost St., CA 92123

(858) 939-4790

MARCH 2016 PROGRAMS

The Senior Resource Center at Sharp Memorial Hospital offers free health education and screening programs for seniors and their families each month. The Senior Resource Center also provides free information and assistance for health information and community resources, call (858) 939-4790. For information on additional programs, call 1-800-827-4277 or visit our web site at www.sharp.com.

HEARING LOSS: COGNITION, AUDITION, AND AMPLIFICATION

The hot topic in hearing is related to Cognition, Audition, and State of the Art Amplification. Hear from a Doctor of Audiology about looking beyond audibility and the role of SUPRA-Threshold Auditory Processing and Cognition in hearing loss of older adults. Learn about the relationships between cognitive status and hearing aid factors. Monday, March 7th from 10:00 a.m. to 11:00 a.m. at Sharp Health Plan, 8520 Tech Way, San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

CARING FOR THE CAREGIVER

Learn how to take care of yourself while caring of an aging loved one. Caregiving can be stressful and overwhelming. Sessions include Emotional Issues of Caregiving from Southern Caregiver Resource Center; Addressing Behaviors and Communicating with someone with dementia from the Alzheimer's Association; Proper Transfer and Lift Techniques and much more. Free lunch included.

Wednesday, March 16th, 8:30 a.m. to 2:30 p.m. at the Point Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

YOUR PARKINSON'S JOURNEY

Upon being diagnosed with Parkinson's disease, many families are unaware as to how the progression will inevitably affect daily life. Learn from the Director of Clinical Services of the Parkinson's Association how to identify life changes, explore ways to maximize independence and active participation in treatment. Monday, March 28th from 10:00 a.m. to 12:00 p.m. at the Point Loma/Hervey Branch Library, 3701 Voltaire St., San Diego. Registration required. Call 1-800-827-4277 or register online at www.sharp.com.

HICAP INSURANCE COUNSELING

Receive free information about Medicare, HMO's supplement insurance or long-term care insurance from trained volunteer counselors of HICAP (Health Insurance Counseling and Advocacy Program). Choose the date best for you. Wednesday, March 2nd, Wednesday, March 9th or Wednesday, March 23 from 9:00 a.m. to 12:00 p.m. at the Sharp Senior Health Center, 4320 Genesee Ave. #104, San Diego. Appointment required. Call HICAP at 1-800-434-0222 or (858) 565-8772.

FREE BLOOD PRESSURE SCREENINGS

Sharp Senior Resource Center's Registered Nurse offers free blood pressure checks. No appointments necessary. Public is welcome.

Sponsorships

Senior Citizen Services would not be able to provide as many quality programs without the financial assistance of our community sponsors. We would especially like to thank and recognize our Platinum Level Sponsor; *Sycuan Band of the Kumeyaay Nation*; Gold Level Sponsors; *St. Paul's Senior Homes and Services*; *San Diego Gas & Electric's*; Friend Level Sponsor; *Consumer Advocates for RCFE Reform (CARR)*. Thank you to all of these organizations for helping to improve the lives of San Diegans.

We offer a variety of sponsorship and advertising options.

For more information, contact: Frank Cardenas at (619) 236-6910 or FCardenas@sandiego.gov

Friend Sponsor

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www.rcfereform.org

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FOR RCFE REFORM (619) 795-2165

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We applaud the *Disabled Services Advisory Council*, *Senior Services* for their commitment to seniors in our area. We have services that can help such as a discount of at least 20% on monthly energy bills*, more energy at a lower rate for qualifying medical conditions, and no-cost energy-saving home improvements.*

Visit sdge.com/assistance or call 1-800-411-7343 to learn more.

Connect at sdge.com.



*Income qualifications need to be met in order to participate. These programs are funded by California utility customers and administered by SDG&E under the auspices of the California Public Utilities Commission. ©2015 San Diego Gas & Electric Company. All copyright and trademark rights reserved. 0215

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Over the past 55 years we have provided homes and care to generations of San Diego's seniors. With the changing needs of today's older adults, our services have expanded to bring innovative choices to those seeking senior care resources.

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

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 (TRANSEXUAL 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.*