

AgeWell Services (AWS)

Fall 2025 Newsletter

September | October | November

**AgeWell Services will be closed September 1,
November 11 and 27 in observance of City Holidays.**

**To join our mailing list, or for more information, please
call (619) 525-8247 or email thescroll@sandiego.gov.**

The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter. The majority of programs offered in this newsletter are for adults 60 years and better, but some programs are available to all ages, as identified in the activity descriptions.

Scan here for
online website



<https://www.sandiego.gov/agewell>

AgeWell Services (AWS)

The City of San Diego, Parks and Recreation Department, AgeWell Services' enhances the lives of older adults by providing opportunities for social interaction, recreation, health and wellness, education, community enrichment and volunteerism. AWS's goal is to facilitate social interaction, promote lifelong learning, encourage creative expression, enhance physical fitness and well-being, and enable successful aging for adults age 60 and better.

Staff Directory

District Manager

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Patrick Ball • Carmen Coutee • Tyler Harris

April Jackson • Mai Kawaguchi • Irma Lara

Sean Lee • Mark Leo • Jolee Nieberding-

Swanberg • Kristen Olson • Niko Rodriguez

James Rao • Loretta Roiz • Yulonda Seaton

Jose Segura

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Welcome Our New Staff!

Kristen Olson, Recreation Aide

Kristen loves the outdoors, preferably the mountains. She loves trying new things and places that have historical significance to explore. Every year, her family gets together and meets at Lee Vinning, where there are endless adventures to be had. Let her know your favorite outdoors places!



AgeWell Services Locations and Hours

Visit your local AgeWell Services' location for a monthly calendar of events or visit www.sandiego.gov/agewell for site specific calendars and information.

Balboa Park Senior Lounge

1650 El Prado, 92101

(619) 235-1191

Hours of Operation: Tuesday - Saturday 9:00am - 1:00pm

For more information email SLemire@sandiego.gov.

Cathy Hopper Friendship Center

4425 Bannock Ave., 92117

(619) 235-1113

Hours of Operation: Monday - Friday 9:00am - 3:00pm

For more information email SMoninger@sandiego.gov.

Memorial Senior Center

610 South 30th St., 92113

(619) 668-2027

Hours of Operation: Monday - Friday 9:00am - 3:00pm

For more information email RafaelP@sandiego.gov.

Park de la Cruz Community Center

3901 Landis St., 92105

(619) 525-8247

Hours of Operation: Monday - Thursday 8:30am - 8:00pm

Friday 8:30am - 5:00pm

Saturday 10:00am - 3:00pm

For more information email MFurr@sandiego.gov.

Citywide Recreation Centers

City of San Diego recreation centers listed below offer programs for older adults. Visit www.sandiego.gov/park-and-recreation/centers/recctr for a full list of recreation centers.

Bay Terraces Community Center

7445 Tooma St., 92139

(619) 527-7632

City Heights Square Mini Park

4061 43rd St., 92106

(619) 641-6125

Nobel Recreation Center

8810 Judicial Dr., 92122

(858) 552-1626

North Clairemont Recreation Center

4421 Bannock Ave., 92117

(858) 581-9926

Ocean Air Recreation Center

4770 Fairport Way, 92130

(858) 552-1687

Presidio Recreation Center

2811 Jackson St, CA 92110

(619) 692-4918

Santa Clara Recreation Center

1008 Santa Clara Pl., 92109

(858) 581-9928

San Carlos Recreation Center

6445 Lake Badin Ave., 92119

(619) 527-3443

San Ysidro Senior Center

125 East Park Ave., 92173

(619) 247-4207

Stockton Recreation Center

330 32nd St., 92102

(619) 235-1163

Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd., 92124

(858) 573-1393

Registration Information

Registration begins Saturday, August 16 at 10:00am

Pre-registration is required for programs.

Please register early and help prevent class cancellations.

Online Registration: SDRecConnect.com

First Time users: Click "Create an Account". Fill out "New Account Request" form completely for the primary responsible person, including all required fields, and click Submit. Upon completion, a confirmation email with a first-time activation link will be sent to the email address provided. You will not be able to use your new account until you've used this link. Note: this email may go to your "spam" folder.

Returning Customers: for returning customers, click the "Sign In" or "My Account" button. Enter your login (email address) and password. Search activity by code provided.

Payment Information

Payments can be made online at SDRecConnect.com or at the center where the program is held. See page 3 for location addresses and hours.

Acceptable payment methods include: electronic check– proper ID with proof of checking account (blank or voided check) or credit, debit, or gift cards issued by qualified card service merchants (Visa, MasterCard, American Express, and Discover only). **No cash accepted.** A \$25.00 fee will be charged for declined electronic checks. Customers should verify that bank routing and account numbers are entered correctly. Activities not meeting the minimum enrollment may be cancelled.

Refund Policy

Written refund applications must be submitted, using the Application for Miscellaneous Refund Form, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

Refund policy exclusions: 3.56% processing fee will be deducted from all refunds. No refund or transfer for non-attendance at activity. No credits to account. Activity fees less than \$10 will not be refunded. No refunds for requests submitted less than 20 business days prior to the activity. Refunds will take 4-8 weeks, depending on payment method.

DSAC Scholarship and City Low Income Fee Waiver

For information on applying for the City of San Diego low income fee waiver or the Disabled Services Advisory Council (DSAC) scholarship, call (619) 525-8247 or stop by Park de la Cruz, Cathy Hopper Center, Balboa Park Senior Lounge or Memorial Senior Center (see page 3 for location information). Applications can be dropped off at these sites. Discounts will vary depending on program.

Volunteers

Volunteer Opportunities

If you are interested in volunteering with AgeWell Services or at your local recreation center contact Mark at (619) 235-1191 or MLeo@sandiego.gov.

Volunteer opportunities include site and program assistance, program leaders for intergenerational and technology programs, garden maintenance and Serving Senior congregate lunch program.



Happy Birthday!



Please join us in celebrating the following AgeWell Services' volunteer birthdays: Teri H. (9/5), Lina L. (9/10), William D. (9/15), Chris R. (9/23), Marlene G. (9/24), Cindy S. (10/12), Sylvia (11/3), Joyce M. (11/11), Bob J. (11/17), Marlys E. (11/18), Frances C. (11/29).

Volunteer Spotlight - Agnes Conrad

Agnes has participated in San Diego Parks and Rec activities for over 50 years while raising her family. Agnes helps with the Walk to Wellness program and fills in where she is needed. She enjoys meeting people who participate in these events. Outside of AgeWell Services, she volunteers with the Old Globe theater, belongs to a book club, a stitch and bitch group, and is the co-chair of City Heights Village, San Diego. It is an organization whose motto is "aging better." She spends time with her four grown children and their families, which include nine grandchildren and five great grandchildren.



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DSAC-City of San Diego Age Well Services, San Diego, CA

A 4C 05-1308

Senior Affairs Advisory Board (SAAB)

The Senior Affairs Advisory Board (SAAB) serves in an advisory capacity to the Mayor and City Council on policies and issues specifically relating to older adults (defined as individuals age 60 and older). These areas include transportation, home security, improved intergenerational interaction, meal delivery, housing, enhanced City-County cooperation, technology access, digital literacy, cybersecurity, awareness, and other issues affecting older adults as determined by the Chair. SAAB typically meets on the third Wednesday at noon (location to be determined at the previous board meeting). Meetings are open to the public. **For more information visit www.sandiego.gov/park-and-recreation/general-info/boards/saab.**

Disabled Services Advisory Council (DSAC)

Therapeutic Recreation & AgeWell Services' Group (TR &AWS)



DSAC meets on the 2nd Wednesday of each month (excluding July and August) at 6:00pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation and AgeWell Services. Their purpose is to offer support and promotion of quality activities, provide public relations, and fundraising/scholarship support. The Board is made up of volunteer members from various agencies that serve persons with disabilities, parents, older adults, businesspersons, advocates, and other interested individuals. **www.dsacsd.org**



Scan QR code to visit the DSAC homepage



Scan QR code to donate to DSAC

The TR & AWS group meets quarterly on the 2nd Wednesday immediately following the September, December, March and June DSAC meetings (at approximately 6:45pm). The role of the TR & AWS group is to make recommendations to City Council, the Parks and Recreation Department, with respect to recreation programs and services for individuals with disabilities and older adults, in addition to providing recommendations on expenditures of TR & AWS Recreation Center Funds.

Contact Sharon at SMoninger@sandiego.gov or (619) 525-8247 for donation inquiries.

Fundraising

Ralphs & Food4Less Fundraiser

Every time you shop, for food or fuel, a percentage of your purchase will be donated to DSAC. To add your community rewards program:

1. Log into www.food4less.com or www.ralphs.com and click "sign in"
2. Enter your email address and password, then click on "my account" in the top right-hand corner
3. Link your card to your organization by clicking on:
 - a. Community rewards
 - b. Edit community rewards program & follow the instructions
 - c. Click the circle to the left of your organizations name **Disabled Services Advisory Council**

Donations & Sponsors

AgeWell Services, in conjunction with Disabled Services Advisory Council, sends their biggest thanks to all the individual and agency donors. Thanks to this financial and in-kind assistance, we are able to provide quality programming to enrich the lives of older adults. The following agencies contributed to the success of Summer/Fall programs, dances and special events.



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Contact Sharon at SMoninger@san Diego.gov or (619) 525-8247 for sponsorship inquiries.

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Social Services & Community Resources

See page 27 for additional Community Resources and phone directory.

City Heights Village San Diego

City Heights Village San Diego is an organization for people who want to age better in their community. Members live in their own homes or apartments and gather together to enjoy monthly meetings and activities that help keep them informed, active and healthy. **For more information contact Agnes at alconradt@gmail.com or visit chvillagesd.org.**

Community CallHub

Are you looking for a little more connection in your week? We're inviting anyone over the age of 55 to join our Community CallHub Program where you'll receive a friendly phone call once a week from a caring community member or college student. We want to hear your stories, and share ours too! Help us bridge generations and make meaningful connections. Regular friendly phone calls have been shown to boost well-being and improve physical and mental health. The Community CallHub is free, and easy-to-use. **Call (619) 650-5032 or email [Jocelyn Protopappas at JProtopappas@sdsu.edu](mailto:JProtopappas@sdsu.edu) for more information.**



We believe simple actions can make a huge difference.

Elder Law & Advocacy

Elder Law & Advocacy provides free legal services to qualifying individuals over the age of 60 and unpaid caregivers of seniors. Areas they advise on regularly include Powers of Attorney and Advanced Healthcare Directives, Consumer Protection, Age Discrimination issues, Elder Abuse, Tenant and Housing, and debt issues. **Call (858) 565-1392 for more information.**



ElderHelp Home Share

ElderHelp's Homeshare program connects those who want to share their homes with those looking for housing. Benefits include companionship, affordability, and a safe, stable living environment for all. To learn more about HomeShare and other ElderHelp Housing Services, **call (619) 284-9281 or visit www.elderhelpofsandiego.org.**

Jewish Family Services - "On the Go Rides and Smiles"

Jewish Family Services' (JFS) On the Go and Rides and Smiles transportation services are available to individuals 60 years and better residing in specific zip code areas. This is a donation based service so participants pay what they can. No senior will be turned away based on their ability to donate. A \$20 initial enrollment fee grants you access to all of the On the Go services. **For more information or to check eligibility, call JFS at (858) 637-3210.**

Serving Seniors Lunch Program

Meals are provided at no cost to those age 60 and over; however, donations are accepted. A \$4 fee is required for those under 60 years of age. Pre-packed breakfasts are offered during lunch and to go weekend meals are offered on Thursdays and Fridays at Park de la Cruz and Memorial Senior Center. **For more information call (619) 525-8247.**

Bay Terraces Community Center

Monday- Friday 12:30 - 1:30pm

Memorial Senior Center

Monday - Friday 12:00 - 1:00pm

Park de la Cruz Community Center

Monday- Friday 12:00 - 1:00pm

Arts and Crafts

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Getting Crafty

Open craft time to work on those projects you've been meaning to finish in the company of friends.

Cathy Hopper Center on Fridays

126309 10:00am - 12:00pm Free

Intergenerational Artist Workshop 18+

Bring your own supplies and projects to work on and meet some new friends. Basic supplies will be available.

Balboa Park Lounge on Saturdays

Led by: AWS Staff

Sept. 6 | Oct. 4 | Nov. 1

125515 12:30 - 2:30pm Free

Japanese Crafts 3+

Learn how to make unique origami & other crafts.

Balboa Park Lounge on Wednesday

Sept. 3

Volunteer Led: Laurilyn

125510 9:30 - 11:30am Free

Knitting & Crocheting Group

Open to all levels, beginning instruction provided to learn basic crochet stitches to make scarves, beanies, and squares.

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

125508 10:30am - 12:00pm Free

Cathy Hopper Center on Tuesdays

Sept. 9 & 23 | Oct. 14 & 28 | Nov. 25

Staff Led: Jolee

126308 12:00 - 1:00pm Free



Oil Painting

Learn the techniques of oil painting and create your own works of art. Registration with Emeritus through the San Diego College of Continuing Education at SDCCE.EDU.

Cathy Hopper Center on Wednesdays

Sept. 3, 2025 - Jan. 17, 2026

Led by: Emeritus Staff

SDCCE.EDU 11:30am - 3:30pm Free

Self-Expression Through Art 18+

Express images hidden within using paints, colored pencils, markers, or other media without judgment.

Park de la Cruz on Fridays

Volunteer Led: Michael, Joan & Teri

125688 2:00 - 4:00pm Free



Water Color Painting 18+

A stimulating watercolor class where we study some of the greats through history by copying those works to create our own rendition while learning more poignant features of this art.

Nobel Recreation Center on Wednesdays

Led by: Nobel Recreation Staff

Sept. 3-24 | Oct. 1-29 | Nov. 5-19

124654 10:30 - 11:30 am \$21/session

124655 10:30 - 11:30 am \$26/session

124658 10:30 - 11:30 am \$16/session

Computers & Technology

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Access 4 All: Tech on the Go

Led by: SDFE Staff

San Diego Futures conduct trainings, Q&A, and provide information on low-cost devices to individuals who qualify.

Park de la Cruz on Mondays

Drop-In 9:30am - 11:30pm Free

Computer Lab

Desktop computers are available to the public when the community centers are open, except during scheduled programs. Sites offering Computer Lab access: **Memorial Senior Center, Park de la Cruz Community Center and Cathy Hopper Friendship Center.** See page 3 for hours. Must register on site.

18+

Digital Navigators

Led by: Digital Navigators Staff

Trained staff provide one on one instruction with basic technical support, assistance using online programs and access education, work, telehealth, government services, and more. They also assist with enrollment into programs that offer free or low-cost devices and affordable internet. Call (619) 525-8247 for more information.

18+

Cathy Hopper Center on Wednesdays

Drop-In 9:30am - 12:30pm Free

Park de la Cruz on Tuesday and Thursdays

Drop-In 9:00am - 12:00pm Free

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Cooking

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Garden to Table Meals

3+

Let's use our garden harvest to make a meal to share!

Park de la Cruz on Tuesdays

Sept. 30 | Oct. 28 | Nov. 18

Staff Led: Haley (TRS)

125664 9:30 - 11:30am \$15

Intergenerational Cooking

3+

There is nothing better than sharing the kitchen with friends and family. Learn a simple meal that everyone can help with in the kitchen.

Park de la Cruz on Saturday

Oct. 25

Staff Led: Tyler

125661 1:30 - 3:00pm \$5

Let's Get Cooking

Staff Led: Tyler

Learn basic skills and create delicious food!

Memorial Senior Center on Fridays

Sept. 12 | Oct. 10 | Nov. 14

126616 1:30 - 3:00pm \$15 for the quarter

Park de la Cruz on Thursdays

Session A: Sept. 11 - Oct. 2

Session B: Oct. 16 - Nov. 6

125190 1:30 - 3:30pm \$25- Session A

125191 1:30 - 3:30pm \$25- Session B



Dance & Music

Dances are held on the 2nd and 4th Thursdays of the month from 11:30am- 2:30pm at 2150 Pan American Rd. West. The event includes dance lessons from 11:30am-12:30pm, led by a professional ballroom instructor, live entertainment, refreshments, and prizes. For more information, contact Patrick at (619) 525-8247 or PBall@sandiego.gov. **Dance punch card available at SDRcConnect.com for \$25 (usable at any AWS Dance - free dance with purchase of dance pass) or at Park de la Cruz, Cathy Hopper or Memorial Senior Center using the code: 126064. Or pay \$5 cash at the door.**

Sock Hop

Thursday, September 11

Lessons - Waltz & Rumba
Music by "The Sophisticats"



Groovy 70s

Thursday, September 25

Lessons - Waltz & Rumba
Music by "Janet Hammer's Rhythm Express"



Oktoberfest

Thursday, October 9

Lessons - Tango & Cha-cha
Music by "The Sophisticats"



Halloween Ball

Thursday, October 23

Lessons - Tango & Cha-cha
Music by "Blue Zone"



Veterans Day Dance



Thursday, November 13 - No Charge for Veterans

Lessons - Viennese Waltz & Jitterbug
Music by "The Sophisticats"



Sponsored by



A Moment for You (Dance)**18+**

Dance can be a gentle and painless way to exercise, engaging the mind and body in an enjoyable way that does not feel like typical exercise.

Memorial Senior Center on Wednesday and Fridays

Volunteer Led: Patricia

125629 10:00 - 11:00am Free

Chorus

Have a hand in creating beautiful music in this class for female voices. Register with Emeritus through the San Diego College of Continuing Education at SDCCE.EDU.

Cathy Hopper Center on Fridays

Aug. 29, 2025 - Jan. 17, 2026

Led by: SDCC Emeritus Staff

SDCCE.EDU 9:00am - 12:00pm Free

Civic Dance**18+**

Since 1942, The San Diego Parks and Recreation Department's Civic Dance Arts program has been offering high quality, affordable dance lessons to individuals of all ages and abilities. Classes at Cathy Hopper Friendship Center are scheduled for Tuesdays from 6:00 - 7:45pm and are for ages 18 and older. For more information call the Dance office at (619) 235-5255 or visit www.civildancearts.org.

Registration opens September 13, at 10:00am.

Classes begin the week of September 23.

Dynamic Inclusive Dance**18+**

Dance class sessions are open to standing and seated people of all abilities. Learn the basics of a variety of dance styles. We have custom wheelchairs for those using a walker, cane or power wheelchair.

Park de la Cruz on Wednesdays

Volunteer Led: Jason

125893 10:00 - 11:00am Free

Hip Hop Exercise**18+**

Join an exciting and active dance class, no experience required!

Park De la Cruz on Saturdays

Sept. 13 & 27 | Oct. 11 & 25 | Nov. 8 & 22

Staff Led: Niko

125544 10:30 - 11:30am \$5 for the quarter

Line Dancing

Bring balance and energy back to your life through line dancing! Free trial available, call (619) 235-1113 for more information.

Cathy Hopper Center on Tuesday and Thursdays

Contractor Led: Pat

126324 10:30 - 11:30am \$32 - September

126319 10:30 - 11:30am \$32 - October

126325 10:30 - 11:30am \$32 - November

Piano Notes**18+**

Join us at the historic Balboa Park Ballroom if you enjoy playing or listening to the piano (2150 Pan America Rd. West).

Balboa Park on Tuesdays

Sept. 30 | Oct. 28 | Nov. 25

Volunteer Led: Lee

125507 10:00 - 11:45am Free

Ukulele

Contractor Led: Villa Musica

Learn the basic chords, rhythms and note reading skills on the ukulele. No experience necessary and ukuleles are provided.

Cathy Hopper Center on Wednesdays

Sept. 10 - Oct. 29

126311 10:00 - 10:45am \$35- Beginner

126312 10:45 - 11:30am \$35- Intermediate

Park de la Cruz on Fridays

Sept. 12 - Oct. 31

126389 11:15am - 12:00pm \$35- Beginner

126395 12:00 - 12:45pm \$35- Intermediate

Health & Fitness

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Aquatics

The City of San Diego Aquatics Division offers a variety of classes, including lap swim, recreational swim, water fitness and arthro-swim. Participants do not need to know how to swim, but should be comfortable in water. The depth of water varies by class. All pools are accessible by ramp or lift. **Call the pools for more information about class schedules, open swim, and cost.** Visit www.sandiego.gov/pools for a full list of pools and updates.

Water Fitness Classes

\$4.00 per class or \$33 for a 10 class pass

Allied Gardens (619) 235-1143	City Heights (619) 641-6126	Memorial (619) 235-1139	Tierrasanta (858) 636-4837
Bud Kearns** (619) 692-4920	Colina De Sol (619) 235-1147	Swanson* (858) 552-1653	Vista Terrace (619) 424-0469
Carmel Mountain (858) 581-9954	Kearny Mesa (858) 573-1389	Standley** (619) 605-2170	

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Fitness Center & Weight Rooms

18+

Enjoy a workout at your local recreation center. Participants must be at least 18 years of age to use the facility. Equipment includes various free weights, cardio machines, and adaptable equipment. Please contact your local recreation center for site information such as equipment, rules, hours and cost.

Park de la Cruz

\$15 per quarter for ages 60+

\$25 per quarter for ages 18-59

Register at Front Desk See page 3 for hours

Santa Clara Recreation Center

Memberships sold daily (\$5), monthly (\$15), quarterly (\$35), bi-annually (\$60) and annually (\$100).

Group Fitness

Chair Aerobics

This class is a safe and effective way to improve strength, flexibility, and coordination. It focuses on low-impact exercises performed from a seated position.

Memorial Senior Center on Tuesdays

Staff Led: Carmen

125630 9:15 - 10:15am Free



Chigong

Feel great, stay flexible, breathe deeply, make friends, and live long utilizing the power of the breath to support the entire body.

Cathy Hopper Center on Mondays

Volunteer Led: David

126320 9:15 - 10:45am Free

Feeling Fit

Cardio, strength, flexibility, and balance! Learn great moves with lively music!

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: SD County Staff- Robert

126321 9:00 - 10:00am Free

North Clairemont Center on Tuesday and Thursdays

Drop-In 1:30 - 3:00pm Free

TRS - ALL Sit Fit Bingo

16+

Complete fun fitness challenges, mark your bingo cards, and win awesome prizes.

Park de la Cruz on Wednesdays

Staff Led: Angela (TRS)

Sept. 24 | Oct. 22 | Nov. 19

125921 10:30 - 11:30am \$5 for the quarter

Step Aerobics

18+

Build up a sweat with us during our step and weights class.

Memorial Senior Center on Tuesdays

Staff Led

125633 10:00 - 11:00am Free

Yoga

Staff Led: Irma

Yoga is a practice that connects the body, breath, and mind. Equipment provided.

Cathy Hopper Center on Fridays

126365 9:00 - 10:00am \$5 per quarter

*10:30 - 11:30 am

*126561 9:00-9:45am **Free-Virtual

*Modified class that offers the use of a chair.

*Must register to receive the Teams link.

Memorial Senior Center on Mondays

125631 9:15 - 10:15am \$5 per quarter

Park de la Cruz on Tuesdays

125112 10:00 - 11:00am \$5 per quarter

San Ysidro on Monday and Tuesdays

126116 5:00 - 6:00pm \$5 per quarter

Sports

Open Play Pickleball

North Clairemont Center on Tuesday and Thursdays

Drop-In 9:00 - 10:30am Free

Park de la Cruz on Tuesday and Thursdays

Drop-In 12:30 - 2:30pm Free

Drop-In 10:00am - 12:00pm Free

Pickleball Lessons

Learn and practice the basics of pickleball.

North Clairemont Recreation Center on Tuesday and Thursdays

Drop-In 9:00 - 10:30am Free

Park de la Cruz on Tuesdays

Staff Led: Sean

125121 11:00am - 12:00pm Free

San Diego Senior Games



The San Diego Senior Games, in partnership with AgeWell Services, is the only organization in San Diego that offers older adults the opportunity to compete in multiple Olympic-style sporting events. Athletes compete in age categories of five-year increments: Ages 50-54, on up to 94-99, 100+. With 15+ sports to choose from, we welcome you into a community of active older adults who love to compete and socialize! **For more information visit www.sdseniorgames.org or email info@sdseniorgames.org.**



Walking

Pet Walking Club

18+

Enjoy a walk around Memorial with your pet! Must be leashed!

Memorial Senior Center on Saturdays

Sept. 13 | Oct. 11 | Nov. 8

Staff led

123553 9:00 - 10:00am Free

Ranger-Led Hiking

See page 17 for more information on Ranger Led Hiking.

Walk to Wellness

Enjoy a walk at your local recreation center. Contact each site for more information.

Balboa Park Lounge on Fridays

Intern Led: James

125513 9:00 - 10:00am Free

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: Kathy & Carmen

126310 10:00 - 11:00am Free

Santa Clara on Mondays

125784 10:30 - 11:30am Free

Off-Site Walks on Saturdays

Sept. 20 - Nov. 15 (NO WALK on Nov. 1)

Staff Led: Morgan

125219 9:00 - 10:00am Free

**Meet at various locations. Locations will be emailed prior to meeting date. Must register by Thursday before the program.*

Women's Softball Registration

50+

All Skill Levels Welcomed! (Practice on Tuesdays and games on Saturdays)
Contact RafaelP@sanidiego.gov for schedule.

Presidio Recreation Center on Tuesday and Saturdays

Aug. - Dec.

124567 10:00 - 11:00am \$40

Outdoor & Gardening

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Beach Wheelchair Program

Freedom Trax, beach wheelchairs, and Access Mats are available to individuals with mobility impairments or those otherwise unable to walk unaided on the beach for free. To find other beach accessible locations in San Diego, visit www.sandiego.gov/park-and-recreation/activities/trs and select "Beach Accessibility and Wheelchair Program".

Reservations recommended by calling (619) 980-1876 during beach hours or (619) 525-8247 during non-beach hours.

Summer/Fall Hours

May - October

Mon - Sun 11:30am - 3:30pm (closed Tuesdays)

**Location will temporarily be relocating to S. Mission Beach Lifeguard Tower (339 N. Jetty Rd., 92109).*

Green Thumb Club

3+

Get involved with our program garden club! This activity is for all ages.

Park de la Cruz on Thursdays

Staff Led: Haley (TRS)

125665

10:00 - 11:00am

\$5 per quarter





BRAIN HEALTH VIRTUAL REALITY STUDY



Scan to
Learn
More!

Who Can Participate?

- 50-85 years of age
- Fluent in English
- Can safely ride a stationary bike

What is involved?

- Blood draws
- MRI brain imaging
- Bone density scan
- Memory tests

Time Commitment and Compensation

- 16-week in-person training program
- Total of \$585 dispersed at 3 different time points

For more information:
 Phone: (619)543-3494
 Email: brainhealth@health.ucsd.edu
 Website: <https://www.palab.ucsd.edu/participate>

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- Meal Prep/Groceries
- Doctor Appointment Rides
- Our Goal: Keep You Safe at Home

(858) 277-5900
San Diego
www.RightatHome.net

Ignite Roots

Create natural garden art projects, learn the basics of gardening, and visit local gardens. Cost includes both sites.

Olivewood Gardens on Thursdays

Sept. 4 | Oct. 9

Staff Led: Tyler

126112 9:30 - 11:30am \$5 per quarter

Park de la Cruz on Saturdays

Sept. 20 | Oct. 25

10:00am - 12:00pm

Program Gardens

Want to volunteer to help maintain the Park de la Cruz and Memorial Senior Center gardens? Call (619) 525-8247 for information.

Have to many seeds at home? We'll take them! Donate any vegetable/ herb/ flower, etc. seeds you no longer want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz Community Center. Call (619) 525-8247 for more information.

18+

Ranger-Led Hikes

Staff Led: San Diego Rangers

Join an exciting series of Ranger-led hikes!

Contact Ranger Herrera for more information: gherrera@sandiego.gov.

Chollas Lake Park. 6350 College Grove Dr, San Diego, 92115

Ethnobotany Walk

Sept. 13 | Dec. 13

Drop-in 1:00pm Free

Chollas Lake History Hike with a Ranger

Nov. 8

Drop-in 1:00pm Free

Explorations With a Ranger

Sept. 22 | Oct. 20 | Nov. 17

Drop-in 2:00pm Free

Charles Lewis III Memorial Park, 4639 Home Avenue, San Diego, 92105

Wheelchair-Accessible Botanical Tour

Sept. 27 | Oct. 25 | Nov. 29

Drop-in 11:00am Free



Presentations

AARP Driving Courses

Led by: AARP Representative, Tricia

Must pre-register with AARP, call (877) 805-4115 or visit aarp.org/drive.

Park de la Cruz on Wednesday and Thursdays

Session A- Sept. 3 & 4

Session B- Oct. 1 & 2

Register at AARP 9:00am - 1:00pm Session A

Register at AARP 9:00am - 1:00pm Session B

*\$20 (members)/\$25(non-members). Both

sessions are the same 2-day class.

Smart DriverTek: A workshop offering an interactive way to stay up to date with the latest safety technology in your car.

Nov. 5

125197 9:30-11:00am Free

Navigating Long-Term Care

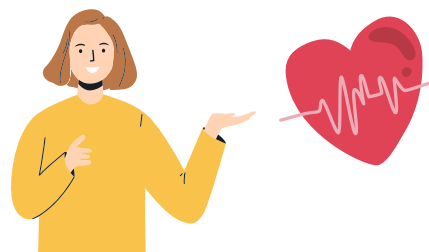
Led by: County of San Diego's Education & Outreach Coordinator, Kristin Rigsbee

Attendees will have an opportunity to learn the nuances of long-term care facilities (skilled nursing/rehab and assisted living) and procedures for reporting issues while living there.

Park de la Cruz on Wednesday

Sept. 24

125208 10:00 - 11:30am Free



Senior Services Workshop

Led by: Logan Insuaste, Craig Carothers, Hasan Ali, Andrea Hall, Christina Nunez, and Erick Garcia.

Learn about various senior resources from CaptionCall, Global Energy Services, ComForCare, Senior Finance, Estate Planning, Vitality Physical Therapy & Wellness, and Catholic Charities. Contact your desired location to see who is presenting for each session.

Balboa Park Lounge on Wednesdays

Session A: Sept. 4

126080 10:00 - 11:30am Free

Session B: Oct. 2

126524 10:00 - 11:30am Free

Cathy Hopper Center on Wednesdays

Session A: Oct. 20

126328 1:30 - 2:30pm Free

Session B: Nov. 17

126330 1:30 - 2:30pm Free

Park de la Cruz on Wednesdays

Session A: Oct. 15

125216 10:00 - 11:30am Free

Session B: Nov. 12

125212 10:00 - 11:30am Free

St. Paul's Pace

Led by: Paola Solis & Karina Rios

Learn about the St. Paul's PACE healthcare plan exclusively for seniors, and what is included when you join, such as primary medical care, transportation, and more.

Balboa Park Lounge on Thursdays

Oct. 16 - Fall Prevention

126073 12:00 - 1:00pm Free

Nov. 6 - Staying Fit at Home

126075 12:00 - 1:00pm Free

Take a Trip on MTS: Memorial Senior Center

Staff Led: Morgan

2-part senior, public transit training series: Participants will learn how to navigate San Diego's Metropolitan Transit System and then bus to Memorial Senior Center with an experienced guide! Transit passes not provided.

Park de la Cruz on Fridays

Training Session- Nov. 14

125227 1:00 - 2:00pm Free

Guided Trip- Nov. 21

125227 10:00am - 2:00pm Free

The Bridge Chiropractic: Fall Prevention- Practical Strategies to Reduce Fall Risk

Led by: Dr. Nate Beyerl

Learn about some of the most common risk factors that contribute to falls and discover simple, practical strategies you can use to improve balance, enhance safety and reduce your risk of injury in everyday life.

Cathy Hopper Center on Monday

Nov. 3

126329 12:00 - 1:00pm Free

Wills, Trusts, & Estate Planning

Attendees will have an opportunity to learn how to efficiently establish and maintain a financial portfolio as an older adult.

Park de la Cruz on Wednesday

Led by: MB Law, Matt Bushman

Sept. 17

125201 10:00 - 11:00am Free

No-pressure educational workshop designed specifically for seniors who want peace of mind when it comes to protecting their wishes.

Cathy Hopper Center on Monday

Led by: Simone De Lira

Sept. 15

126327 12:00 - 1:00pm Free

Social

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Cafe

Enjoy a complimentary cup of coffee or hot tea and good company.

Balboa Park Lounge

Drop in Tuesday – Saturday 9:00am - 1:00pm

Cathy Hopper Center

Drop in Monday - Friday 9:00am - 2:30pm

Memorial Senior Center

Drop in Monday - Friday 9:00am - 12:00pm

Park de la Cruz

Drop in Monday - Friday 9:30am - 12:00pm

Castle/Cherokee Community Meeting

18+

Bring your concerns so that together we can discuss the quality of life in City Heights and make our neighborhood safe.

Park de la Cruz on Thursdays

Sept. 18 | Oct. 16 | Nov. 20

Volunteer Led: Mary O.

Drop in 6:00 - 7:00pm

Free



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that Support our
Community!



Community CallHub (Social Calls)

See page 8 for more information.

Current Events

Discuss current events that are happening in the world in a respectful environment.

Park de la Cruz on Fridays

Led by: AWS Volunteer

125137 10:30 - 11:30am Free

San Diego Deaf Senior Citizens

Seniors who are deaf or hard of hearing or adults of deaf parents are invited to join this social group! American Sign Language (ASL) is primarily used. Text (619) 851-0850 or video call (619) 259-5046 for more information.

Park de la Cruz on Wednesdays

Volunteer Led: Richard & Cheryl

125124 10:00am - 3:00pm Free

Serving Seniors

See page 8 for more information.

Travel Club

Share your travel experiences and learn about travel destination specials and discounts.

Park de la Cruz on Fridays

Volunteer Led: William and Brenda

Sept. 19 | Oct. 17 | Nov. 21

125177 10:30am - 12:00pm Free

Entertainment



Glamour Gals

Enjoy a free makeover!
Manicures & light makeup.



Cathy Hopper Center on Thursdays

Sept. 11 | Oct. 9 | Nov. 13

Volunteer Led: Glamour Gals Staff

126494 12:00 - 1:00pm Free



Karaoke

Take the stage and sing your favorite tunes.

Cathy Hopper Center on Tuesdays

Sept. 2 & 16 | Oct. 7 & 21 | Nov. 4 & 18

Staff Led: April

126317 12:00 - 1:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

125634 11:00am - 12:00pm Free

San Ysidro Senior Center on Wednesday and Thursdays

126113 3:00 - 7:00pm \$30 per quarter

Must See Movies

Volunteer Led: Bob J.

September: Come September (1961) - A wealthy businessman owns a villa in Italy.

October: Gentle's Agreement (1947) - A journalist researches antisemitism in NYC.

November: A Hole in the Head (1959) - A hotel keeper needs money or he will lose everything.

Cathy Hopper Center on Friday

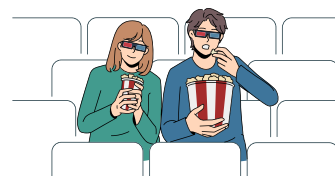
Oct. 17

126331 12:00 - 2:30pm Free

Park de la Cruz on Fridays

Sept. 12 | Oct. 10 | Nov. 14

125171 1:00 - 3:00pm Free



Games

Bingo

Led by: City Staff & Volunteers

If you are lucky you may even win a prize.

Balboa Park Lounge on Saturdays

125516 10:30am - 12:00pm Free

Cathy Hopper Center on Mondays

126323 11:30am - 1:00pm Free

Park de la Cruz on Wednesdays

125129 1:30 - 3:00pm Free

Memorial Senior Center on Thursdays

125635 10:00 - 11:00am Free

Bridge

13+

Learn how to play bridge! Instructions for the first 4 weeks, and in the other weeks, you will learn by playing.

Cathy Hopper Center on Fridays

Instruction Dates - Sept. 5, 12, 19, & 26

Volunteer Led: Mary

126497 12:00 - 2:00pm Free

Dominoes

Cathy Hopper Center on Fridays

Staff Led: Yulonda

Drop In 1:00 - 2:00pm Free

Balboa Park on Tuesdays

Drop in 10:00 - 11:00am Free

Fun Friday

Enjoy various games every Friday!

Park de la Cruz on Fridays

Staff Led: Carmen

123080 10:00 - 11:30am Free



Let's Play A Game

18+

Volunteer Led: Let's Play a Game Staff

Learn and play new board games.

Cathy Hopper Center on Tuesdays

Sept. 2 | Oct. 7 | Nov. 4

126498 11:00am - 1:00pm Free

Balboa Park Lounge on Wednesdays

Sept. 10 | Oct. 8 | Nov. 12

126499 11:00am - 1:00pm Free

Loteria

Memorial Senior Center on Wednesdays and Fridays

Volunteer Led: Patricia

125629 11:00am - 12:30pm Free

**Must attend "A Moment for You" dance class, to participate in Loteria.*

San Ysidro Senior Center on Wednesdays

126115 2:00 - 2:45pm Free

Mahjong

Nobel Recreation Center on Thursdays and Select Saturdays

Open Play

124660 12:30 - 3:00pm Free Thurs

124661 12:30 - 3:00pm Free *Sat

Park de la Cruz on Mondays

Volunteer Led: David S.

125110 10:00am - 3:00pm Free

*1:30 - 3:00pm

**Beginner class for those wanting to learn.*

San Carlos Recreation Center on Thursdays

Sept. 4 - Nov. 20

Drop-In 10:30am - 12:00pm Free

Santa Clara Recreation Center on Monday and Wednesdays

Drop in 1:00 - 3:00pm Free

Drop in 11:00am - 2:00pm Free

Tierrasanta Recreation Center on Thursdays

Drop-In 10:00am - 2:00pm Free

Ping Pong

San Carlos Recreation Center on Monday-Saturday

Open Play

Sept. 2 - Nov. 22

Drop In 10:30am - 2:00pm Free

Table Games

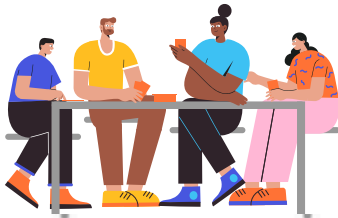
Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led

126313 11:00am - 1:00pm Free

Nobel Recreation Center on Mondays

124662 10:15am - 2:00 pm Free



Texas Hold 'Em

Come play this popular variation of poker in a fun, non-betting atmosphere.

Park de la Cruz on Tuesday, Thursday, and Saturdays

Volunteer Led: Charles A.

<u>125111</u>	10:00am - 12:00pm	Free	Tues
	12:30 - 2:30pm	Free	Thurs
	*11:30am - 2:30pm	Free	Sat

*Beginners class for those wanting to learn.

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VISIT WWW.MYCOMMUNITYONLINE.COM

Special Events

Friendsgiving

JOIN US FOR COFFEE, PUMPKIN PIE, AND A FALL THEMED CRAFT.
BRING YOUR FRIENDS AND HAVE A GOOD TIME CELEBRATING WHAT
YOU ARE THANKFUL FOR!

BALBOA PARK LOUNGE
TUESDAY, NOVEMBER 18

1:00 - 2:30 PM

1650 EL PRADO- CASA DEL PRADO
ROOM 105, 92101

REGISTRATION CODE: 126624
COST: \$5

PARK DE LA CRUZ
THURSDAY, NOVEMBER 20

1:30 - 3:30 PM

3901 LANDIS ST., 92105
REGISTRATION CODE: 126049
COST: \$5

CATHY HOPPER FRIENDSHIP
CENTER

MONDAY, NOVEMBER 10

1:15 - 2:45 PM

4425 BANNOCK AVE., 92117
REGISTRATION CODE: 126623
COST: \$5

MEMORIAL SENIOR CENTER
FRIDAY, NOVEMBER 7

11:00 AM - 12:00 PM

610 SOUTH 30TH ST., 92113
REGISTRATION CODE: 126642
COST: \$5

SEE PAGE 3 FOR SITE SUPERVISOR CONTACT INFORMATION

TURKEY TROT

Saturday, November 15
8:30 - 11:00am

Come trot with your family before you feast for Thanksgiving. Roll,
walk, trot, or run with us around the Park de la Cruz facilities!

Meet at Park de la Cruz Gymnasium (3911 Landis Street, 92105).

REGISTRATION: \$10 CODE: 125849
Includes a T-shirt and snacks!



SAVE THE DATE!

AGEWELL SERVICES

SENIOR RESOURCE FAIR



January 26, 2026

 **10:00 AM – 1:00 PM**

Park de la Cruz Community Center



**3901 Landis Street
San Diego, CA 92105**

RSVP in-person at Park de la Cruz Community Center
OR
online via
SDRecConnect.com using
activity code:
125919



Attend the 2026 AgeWell Services Senior Resource Fair to connect with local senior-service providers and learn of age-friendly, recreational program offerings throughout San Diego!

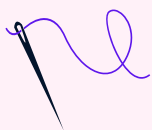
Light refreshments will be provided!



Call 619-525-8247 or email MFurr@sandiego.gov for more information.

AgeWell Services Craft Sale

- 🟢 Free to Public
🟡 Family Friendly Event
🟣 Holiday Shopping
🟠 Activities For Kids



November 22 & 23: 9:00am–3:00pm

Registration opens Tuesday, September 23 at 9:00am

Crafters must be ages 60+

Only allowed 2 spaces. See page 3 for registration information.

*No refunds after October 25, 2025

🔴 6x5 Table – \$30
🔴 10x10 Table – \$40

Registration Code: 126271

Registration Code: 126272

Casa del Prado (Patios A & B, & Room 101) 1650 El Prado, 92101

Call (619) 525-8247 or email slemire@sandiego.gov with any questions.

Theater

See page 3 for site locations. Some programs are available for individuals under age 60 (identified by a circle next to the activity name). Individuals under 18 must be accompanied by a guardian.

Otherwise Improvise

Join us for improvisational workshops. Learn the secret of being in the moment. If you have good timing you don't need anything else!

Balboa Park on Wednesdays

Volunteer Led: Christopher R

Sept. 3 & 17 | Oct. 1 & 15 | Nov. 5 & 19

125509 2:30 - 5:00pm Free

Poetry Party

Read your favorite poetry, listen, or just make the scene. (2150 Pan American Rd. West).

Balboa Park Santa Fe Room on Fridays

Volunteer Led: Christopher R

Sept. 5 | Oct. 3 | Nov. 7

125514 3:00 - 5:00pm Free

18+

Poetic Legacy

Read and discuss contemporary & historic poets. Participants are then encouraged to write their own poems.

September: Ocean Vuong

October: Jesus Papoleto Melendez

Balboa Park on Fridays

Volunteer Led: Christopher R

Sept. 26 | Oct. 31 | No Meeting in Nov.

125853 3:00 - 5:00pm Free

18+

WordStock

Celebration of new age poetry and spoken word. Refreshments provided.

Balboa Park on Wednesday

Volunteer Led: Christopher R

Oct. 3

126646 2:30 - 5:00pm Free

18+



SD Assisted Living ADVISORS

You wouldn't go to court without a lawyer - don't choose independent or assisted living care without an advisor.

We're here to guide, support and advocate for you every step of the way.

No Cost Service to Seniors

Lunch & Learn
(Learn how to be proactive vs reactive)
Balboa Park Lounge - Lunch and Learn
June 5th 12-1:00pm
Cathy Hopper - Lunch and Learn
July 7th 1:30 to 2:30pm
August 7th 12-1:00pm
Park De La Cruz - Refreshments
August 27th 1:30-2:30pm
RSVP at
Discover@SDAssistedLiving.com

Independent Living

- Tour top Senior Living Communities with us
- Get pricing and learn about amenities

Assisted Living

- Let us take the legwork out of your search
- We will accompany you every step of the way

Memory Care

- Assist and educate you on memory care
- Create a clear plan for peace of mind

SD Assisted Living Advisors

Email: Discover@SDAssistedLiving.com Phone: (619) 363-8922

Local and Out-of-Town Trips

San Diego Harbor Cruise

Tuesday, September 9

Enjoy a 26-mile cruise and tour of the San Diego Bay! A veteran crew on-board will narrate the rich history of the bay, local points of interest, city landmarks, and facts about the military. You'll also be able to see California sea lions living off Point Loma. Enjoy a 90-minute full Bay tour with the best views of San Diego, live narration by experienced captains, comfortable indoor and outdoor seating, and full snack and beverage bar.

Activity level: Moderate

Meet at 11:00am

Cruise 12:00-1:30pm

Cost: \$50

Code: 123346



South Coast Winery

Tuesday, December 9

Enjoy the day with AWS friends and family as we tour the South Coast Winery and take a behind the scenes walking tour, from the lush vineyards to the production facility. Then head to Old Town Temecula to explore its historic buildings, unique shopping, antique stores, and restaurants galore. Lunch is on your own. Wine tasting tickets not included, they can be purchased at the winery. **Activity level:**

Moderate

Estimated Departure

Time: 9:00am; Returning at approximately 6:00pm

**Time subject to change*

Cost: \$90

Code: 126451



Oktoberfest

Sunday, October 5

Visit the 51st annual La Mesa Oktoberfest, one of Southern California's most iconic Fall festivals! The perfect opportunity to create meaningful memories and enjoy tons of traditional German cuisine. Oktoberfest will have 3 stages of non-stop music featuring everything from traditional Bavarian and German music, live oompah bands, and more! **Activity level: Moderate**

Estimated Meeting

Time: 12:00 - 3:00pm

**Time subject to change*

Cost: FREE

Code: 126398



LET'S GO

ADVENTURE



Community Resources

Community Centers For Older Adults

4th District Senior Center

570 South 65th St., SD
(619) 266-2066

Alpine Community Center

1830 Alpine Blvd., Alpine
(619) 445-7330

Bayside Community Center

2202 Comstock St., SD
(858) 278-0771

Carlsbad Senior Center

799 Pine Ave., Carlsbad
(442) 339-2650

City of Coronado John D. Spreckels Center

1019 7th St., Coronado
(619) 522-7343

Country Club Senior Center

455 Country Club Ln, Oceanside
(760) 435-5250

Ed Brown Center (Rancho Bernardo)

18402 W. Bernardo Dr., SD
(858) 487-9324

El Corazon Senior Center

3302 Senior Center Dr., Oceanside
(760) 435-5300

Encinitas Community & Senior Center

1140 Oakcrest Park Dr., Encinitas
(760) 943-2260

Gary and Mary West Senior Wellness Center

1525 4th Ave., SD
(619) 235-6572

La Jolla Community Center

6811 La Jolla Blvd., SD
(858) 459-0831

La Mesa Adult Enrichment Center

8450 La Mesa Blvd., La Mesa
(619) 667-1322

Mira Mesa Senior Center

8460 Mira Mesa Blvd., SD
(858) 860-5355

Norman Park Senior Center

270 F St., Chula Vista
(619) 409-1930

Paradise Senior Center (Mondays only)

1880 Logan Ave., SD
(619) 235-1148

Peninsula Shepherd Center

1475 Catalina Blvd., SD
(619) 223-1640

San Marcos Senior Activity Center

111 Richmar Ave., San Marcos
(760) 744-5535

Solana Beach Senior Center

120 Stevens Ave., 92075
(858) 509-2587

Refer to the information listed below for community resources that might be helpful to older adults. Please call the contact listed below for the most accurate information.

Important Numbers for Older Adult Services and Referral Information

211 Information:

211

AARP Community Action Team:

(619) 641-7020

Adult Protective Services:

(858) 495-5660

Aging and Independence Services:

(800) 339-4661

Alzheimer's Association San Diego Chapter:

(800) 272-3900

Consumer Fraud:

(619) 531-3507

ElderHelp HomeShare:

(619) 284-9281

Elder Law:

(858) 565-1392 (ext. 200)

HICAP (Health Insurance Counseling & Advocacy):

(858) 565-1392

MTS Transportation (ADA Ride):

(877) 232-7433

Renter's Rights:

(858) 571-1166

Social Security Administration:

(800) 772-1213



Parks and Recreation Department

AgeWell Recreation Services

Parks and Recreation Department

3901 Landis Street, MS 38

San Diego, CA 92105

**PRESORTED
STANDARD**

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Scan here!



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Email: thescroll@sandiego.gov

Phone (619) 525-8247



“Enriching lives through quality parks and programs.”

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