

# AgeWell Services (AWS) Spring 2026 Newsletter

March | April | May

AgeWell Services will be closed March 31 and May 25 in observance of City Holidays. 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



Contact  
Information

Locations and site information are listed on page 3.

Email | [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov)

<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

**Kristi Fenick, CTRS**

KFenick@sandiego.gov

### Supervising Aging Recreation Specialist

**Sharon Moninger, CTRS**

SMoninger@sandiego.gov

### Aging Recreation Specialists

**Lauren Davis**

TurnerL@sandiego.gov

**Morgan Furr**

MFurr@sandiego.gov

**Skyler Lemire**

SLemire@sandiego.gov

**Rafael Padilla**

RafaelP@sandiego.gov

### Recreation Leader I/II/Rec Aide/Intern

- Patrick Ball • Carmen Coutee • Tyler Harris
- Mai Kawaguchi • Irma Lara • Sean Lee
- Mark Leo • Jolee Nieberding- Swanberg
- Kristen Olson • Niko Rodriguez • James Rao
- Loretta Roiz • Yulonda Seaton
- Angel Segura

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## Goodbye April!



April recently transferred to Community Parks 1 within Parks and Recreation. April cared about all AgeWell participants and enjoyed providing a space for older adults to recreate and socialize. We are so grateful to have had her on the AgeWell team and wish her all the best.



# AgeWell Services Locations & Hours

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

## Balboa Park Senior Lounge

1650 El Prado, 92101  
 Phone: (619) 235-1191  
 Email: [SLemire@sandiego.gov](mailto:SLemire@sandiego.gov)  
 Tuesday - Saturday 9:00am - 1:00pm

## Memorial Senior Center

610 South 30th St., 92113  
 Phone: (619) 668-2027  
 Email: [RafaelP@sandiego.gov](mailto:RafaelP@sandiego.gov)  
 Monday - Friday 9:00am - 3:00pm

## Cathy Hopper Friendship Center

4425 Bannock Ave., 92117  
 Phone: (619) 235-1113  
 Email: [SMoninger@sandiego.gov](mailto:SMoninger@sandiego.gov)  
 Monday - Friday 9:00am - 3:00pm

## Park de la Cruz Community Center

3901 Landis St., 92105  
 Phone: (619) 525-8247  
 Email: [MFurr@sandiego.gov](mailto:MFurr@sandiego.gov)  
 Monday - Thursday 8:30am - 8:00pm  
 Friday 8:30am - 5:00pm  
 Saturday 10:00am - 3:00pm

## 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](http://www.sandiego.gov/park-and-recreation/centers/recctr) for 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, 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 32<sup>nd</sup> St., 92102  
 (619) 235-1163

### Tecolote Recreation Center

4675 Tecolote Rd., 92110  
 (858) 581-9930

### Tierrasanta Recreation Center

11220 Clairemont Mesa Blvd., 92124  
 (858) 573-1393

## Registration Information

Registration begins Saturday, February 14 at 10:00am.

**Pre-registration is required for programs.**

**Please register early and help prevent class cancellations.**

**Online Registration: [SDRecConnect.com](https://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](https://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.

**2025 scholarships expire after February 2026 and are not accepted for Spring 2026 registration. Re-new your scholarship starting January 1, 2026.**

# Volunteers

AWS is proud to offer a wide variety of volunteer opportunities. We rely heavily on volunteers to help provide quality programming to enrich the lives of older adults.

## Volunteer Spotlight Christophver R

Christophver R has been volunteering for many years. Leading numerous programs such as Poetry Party, Poetic Legacy, and Otherwise Improvise. He is also responsible for the Zoro Garden Theater Festival during the summer in Balboa Park. He is a bright and charismatic man who welcomes anyone into his classes with open arms. As a published poet, an award-winning filmmaker, and a stellar man, we are fortunate to have such a talented volunteer.



## Volunteer Opportunities

- Site and program assistance
- Program leaders for intergenerational and technology programs
- Garden maintenance (2 locations)
- Serving Senior congregate lunch program

## Happy Birthday!

Please join us in celebrating the following AgeWell Services' volunteer birthdays:

Fred (3/21) • Maria (4/3) • Diane (4/21)  
Stephanie (4/26) • Angela (5/8)  
Keith (5/12) Linda (5/13) • Tom (5/28)

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.

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We want to make sure you get the most out of your healthcare by having the right doctor and medical group to meet your needs.

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To learn more about our local doctors and services, visit us at [RegalMed.com](http://RegalMed.com)



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& MEMORY CARE**

Our specialized Memory Care focuses on improving the lives of people with Alzheimer's and dementia.

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- MEMORY CARE
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- ACTIVITIES
- 24-HOUR CAREGIVER SUPPORT

Visit our website for this month's special offer!  
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2045 Skyline Drive, Lemon Grove, CA

**619.464.2273**

Lic #374603437

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## 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](http://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 2<sup>nd</sup> 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](http://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 2<sup>nd</sup> 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](mailto: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](http://www.food4less.com) or [www.ralphs.com](http://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 our Fall/Winter programs, dances, and special events.



Platinum Level



Special Events and Program Sponsors



Gold Level



Thank you to John Hopper for the significant donation to Cathy Hopper Friendship Center.

Contact Sharon at [SMoninger@sandiego.gov](mailto:SMoninger@sandiego.gov) or (619) 525-8247 for sponsorship inquiries.

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LIC# 37000058



# Community Resources & Social Services

## 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](mailto:alconradt@gmail.com) or visit [chvillagesd.org](http://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. **Contact Jocelyn Protopappas at (619) 650-5032 or [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](http://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. Pre-packed breakfasts (Monday-Friday) and to go weekend meals (Thursdays and Fridays) are offered at Park de la Cruz. **Call sites (page 3) for more information.**

Bay Terraces Community Center  
Monday - Friday 12:30 - 1:30pm

Park de la Cruz Community Center  
Monday - Friday 12:00 - 1:00pm

SERVING  
SENIORS

### Community Centers for Older Adults

**4th District Senior Center**  
570 South 65<sup>th</sup> St., San Diego  
(619) 266-2066

**Alpine Community Center**  
1830 Alpine Blvd., Alpine  
(619) 445-7330

**Bayside Community Center**  
2202 Comstock St., San Diego  
(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., San Diego  
(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., San Diego  
(619) 235-6572

**Judith L Seltzer Senior Wellness Center**  
5257 Mt. Etna Dr., San Diego  
(619) 546-4038

**La Jolla Community Center**  
6811 La Jolla Blvd., San Diego  
(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., San Diego  
(858) 860-5355

**Norman Park Senior Center**  
270 F St., Chula Vista  
(619) 409-1930

**Paradise Senior Center (Mondays only)**  
1880 Logan Ave., San Diego  
(619) 235-1148

**Peninsula Shepherd Center**  
1475 Catalina Blvd., San Diego  
(619) 223-1640

**San Marcos Senior Activity Center**  
111 Richmar Ave., San Marcos  
(760) 744-5535

**Solana Beach Senior Center**  
120 Stevens Ave., Solana Beach  
(858) 509-2587

### Important Numbers for Older Adult Services and Referral Information

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.

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

# Arts & Crafts

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

## Art Class

Staff Led

55+

### Bay Terraces on Fridays

130073	2:00 - 3:00pm	\$15- March
130074	2:00 - 3:00pm	\$15- April
130075	2:00 - 3:00pm	\$15- May



## Japanese Crafts

Volunteer Led: Laurilyn

3+

Learn how to make unique origami & more.  
Balboa Park Lounge on Wednesday

March 4 | April 1 | May 6

129769 9:30 - 11:30am Free

## Knitting and Crocheting

Open to all levels, beginning instruction provided to learn basic crochet stitches.

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

129767 10:30am - 12:00pm Free

Cathy Hopper Center on Tuesday

March 10 & 24 | April 14 & 28 | May 12 & 26

Staff Led: Jolee

129856 12:00 - 1:00pm Free

## Getting Crafty

Staff Led

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

Cathy Hopper Center on Fridays

129854 10:00am - 12:00pm Free

DO YOU HAVE  
**MEMORY  
ISSUES?**



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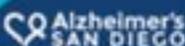
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Call us at 858-492-4400 or  
email [info@alzsd.org](mailto:info@alzsd.org).



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**Oil Painting**

Led by: Emeritus Staff- Patrick  
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](http://SDCCE.EDU).  
**Cathy Hopper Center on Wednesdays**  
March 4 - May 27

[SDCCE.EDU](http://SDCCE.EDU) 11:30am - 3:30pm Free

**Self-Expression Through Art**

18+

Volunteer Led: Michael & Joan  
Express images hidden within using paints, colored pencils, markers, or other media without judgment.

**Park de la Cruz on Fridays**

[129833](http://129833) 2:00 - 4:00pm Free

**Watercolor Painting**

18+

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

**Nobel Recreation on Wednesdays**

Session 1: March 18 & 25

Session 2: April 1 - 29

Session 3: May 6 - 27

129542	10:30 - 11:30am	\$11	Session 1
129543	10:30 - 11:30am	\$26	Session 2
129544	10:30 - 11:30am	\$21	Session 3

**Computers & Technology**

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

**Computer Labs**

18+

Desktop computers are available to the public at Cathy Hopper Friendship Center, Memorial Senior Center, Park de la Cruz Community Center. The computers are available when the community center is open, except during scheduled technology classes and Digital Navigators (see page 3 for hours of operation).

**Cathy Hopper received a donation of an Epson Perfection V850 Pro professional-grade scanner.** This high-quality scanner has the ability to scan photos, documents, slides, and film negatives to preserve family memories. Must attend a learning session with Digital Navigators prior to receiving instructions on how to use the device.

**Access 4 All: Tech on the Go**

18+

Led by: SDFF Staff

San Diego Futures conducts informational trainings on programs and devices.

**Cathy Hopper Center on Mondays**

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

**Digital Navigators**

18+

Led by: Digital Navigators Staff

Trained staff provide one on one instruction with basic technical support.

**Cathy Hopper Center on Wednesdays**

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

**Park de la Cruz on Tuesday and Thursdays**

Drop-In 9:00 - 11:45am Free

# Cooking

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

## Cooking Class

Staff Led

55+

Bay Terraces on Wednesdays

130067	4:00 - 5:00pm	\$15- March
130068	4:00 - 5:00pm	\$15- April
130069	4:00 - 5:00pm	\$15- May

## Garden to Table Meals

Staff Led: Haley

Let's use our garden harvest to make a meal to share! Register for one session only.

Park de la Cruz on Tuesday

Session 1: March 10 | April 7 | May 5

**OR**

Session 2: March 24 | April 21 | May 19

129811 9:30 - 11:30am \$20 for the quarter

3+

## Intergenerational Cooking

Staff Led: Tyler

3+

Learn a fun, simple meal that everyone can help with in the kitchen.

Park de la Cruz on Saturday, April 25

129807 1:30 - 3:00pm \$10

## Let's Get Cooking

Staff Led: Tyler

Learn basic skills and create delicious food!

Park de la Cruz on Thursdays

Session 1: March 12 - April 2

Session 2: April 16 - May 7

129967 1:30 - 3:30pm \$25- Session 1

129968 1:30 - 3:30pm \$25- Session 2

# Dance & Music

Dances are held on the 2nd and 4th Thursdays of the month from 12:30 - 2:30pm at the Balboa Park Club (2150 Pan American Rd. West). The event includes live entertainment, refreshments, and prizes. For more information, contact Patrick at (619) 525-8247 or PBall@sandiego.gov.

**Dance punch card available at [SDRecConnect.com](http://SDRecConnect.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: 129774. Or pay \$5 cash at the door.**

*Updated parking information can be found at [www.sandiego.gov/parking/balboapark](http://www.sandiego.gov/parking/balboapark).*

## St. Patrick's Day

Thursday, March 12



Music by "The Sophisticats"

## Springtime in Paris

Thursday, April 9



Music by "The Sophisticats"

## Garden Party

Thursday, May 14



Music by "The Sophisticats"



## Bunny Hop

Thursday, March 26



Music by "Blue Zone"



## Fiesta

Thursday, April 23



Music by "Janet Hammer & The Rhythm Express"



## Groovy 70's

Thursday, May 28



Music by "Blue Zone"



### Beginners Ballroom Dancing

55+

Staff Led

Come check out our Beginners Ballroom class. Slow pace Ballroom appropriate for Beginners levels seniors.

#### Bay Terraces on Thursday

March 5 & 19 | April 2, 16, 30 | May 7 & 21  
130055 2:00 - 4:00pm Free

### Chorus

Led by: SDCC Emeritus Staff

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](http://SDCCE.EDU).

#### Cathy Hopper Center on Fridays

March 6 - May 29  
[SDCCE.EDU](http://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. Call the Dance office at (619) 235-5255 or visit [www.cividdancearts.org](http://www.cividdancearts.org).

Spring registration opened **Saturday, December 13 at 10:00am**. Classes began the week of **January 5, 2026**.

Summer registration opens **Saturday, June 20 at 10:00am**.




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**Dynamic Inclusive Dance****18+**

Volunteer Led: Jason

Dance class sessions are open to standing and seated people of all abilities. Come learn the basics of a variety of dance styles including the Cha Cha, Rumba and Foxtrot. When time permits, line dancing is included. We have customized wheelchairs for those using a walker, cane or power wheelchair. Nothing should stop someone from learning the joy of dance. Meet at PDLC Gymnasium, Park de la Cruz on Wednesdays

129871 10:00 - 11:00am Free

**Line Dancing**

Bring balance and energy back to your life through line dancing!

Bay Terraces

**55+**

130057 10:00am - 12:00pm Free Mon-Fri  
130058 4:00 - 5:30pm Free Mon, Tues, Thurs

**Cathy Hopper Center on Tuesday and Thursdays**

Contractor Led: Pat

129858 10:30 - 11:30am \$35 - March  
129857 10:30 - 11:30am \$35 - April  
129859 10:30 - 11:30am \$35 - May

**Piano Notes****18+**

Volunteer Led: Lee

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

**Balboa Park Club on Tuesday**

March 24 | April 28 | May 26  
129766 10:00 - 11:45am Free

**Ukulele**

Contractor Led: Villa Musica

No experience necessary, and ukuleles are provided.

**Cathy Hopper Center on Wednesdays**

March 4 - May 6

129865 10:00 - 10:45am \$35- Beginner  
129866 10:45 - 11:30am \$35- Intermediate

\*No class April 1 &amp; 8

**Park de la Cruz on Fridays**

March 6 - May 8

129969 11:15am - 12:00pm \$35- Beginner  
129970 12:00 - 12:45pm \$35- Intermediate

\*No class April 3 &amp; 10

# Gardening

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

**Program Gardens**

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

**Have too many seeds at home? We'll take them!** Donate any seeds you don't want to our program garden. Drop the seed packets off with our front desk staff at Park de la Cruz Community Center or Memorial Senior Center. Call (619) 525-8247 for more information.

**Interested in donating to support our garden?** Visit <http://dsacsd.org/get-involved>

**Green Thumb Club****3+**

Staff Led

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

**Park de la Cruz on Thursday**

March 19 | April 30 | May 14  
129809 10:00 - 11:00am Free



# 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](http://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	

**\*Offers Arthritis class \*\*Deep end only classes**



## Beach Wheelchair Program

Freedom Trax, beach wheelchairs, Rollator, and Access Trax are available at no charge to individuals with mobility impairments or those otherwise unable to walk unaided on the beach. Freedom Trax allows users to use their own personal wheelchair on the beach. Access Trax are durable, lightweight, and portable mats that allow for easier access throughout the beach. For other beach accessible locations, visit

[www.sandiego.gov/park-and-recreation/activities/trs](http://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.**

### Hours of Operation

March- April: Fri - Sun 11:30am - 3:30pm  
May- October: Mon - Sun 11:30am - 3:30pm

\*Closed Tuesdays

\*\*Location has temporarily relocated to S. Mission Beach Lifeguard Tower (339 N. Jetty Rd., 92109).

## Fitness Centers

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 Classes**

18+

**A Moment for You (Dance Fitness)**

Staff Led: Patricia

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 Tuesday, Wednesday and Fridays

**129823** 10:00 - 11:00am Free

**Chair Aerobics**

Staff Led: Carmen

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

**129825** 9:15 - 10:15am Free

**Chigong**

Volunteer Led: David

Feel great, stay flexible, breathe deeply utilizing the power of the breath to support the entire body.

North Clairemont Center on Mondays

**129853** 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  
**129862** 9:00 - 10:00am Free

North Clairemont Center on Tuesday and Thursdays

Volunteer Led: SD County Staff  
Drop-In 1:30 - 3:00pm Free



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- 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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### Senior Fitness

50+

Staff Led

Cardio, strength, flexibility, and balance!

**Ocean Air on Thursdays**

March 12 - 28

129699 9:30 - 10:30am Free

### Step Aerobics

Staff Led: Johana

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

**Memorial Senior Center on Tuesdays**

129823 10:00 - 11:00am \$10 per quarter

### Tai Chi

Do you want to improve balance and reduce your risk of falling? Try Tai Chi. This program has been shown to improve movement, balance, strength, and flexibility; offer relaxation; and decrease pain and falls.

**Nobel on Tuesday and Thursdays**

Led by: County of San Diego

March 3 - April 7

127881 9:30 - 10:30am Free

**Tecolote Park on Tuesday and Wednesdays**

Led by: County of San Diego

April 14 - September 23

129079 9:00 - 10:00am Free

### Yoga

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

**Cathy Hopper Center on Fridays**

Staff Led: Irma

\*129864 9:00 - 10:00am \$10 per quarter

\*Virtual sessions available with registration

\*129861 10:30 - 11:30 am \$10 per quarter

\*Chair Yoga class



### Yoga (continued)

**Memorial Senior Center on Mondays**

Staff Led: Irma

129826 9:15 - 10:15am \$10 per quarter

**Park de la Cruz on Tuesdays**

Staff Led: Irma

129958 9:30 - 10:30am \$10 per quarter

**San Ysidro on Monday and Tuesdays**

Staff Led: Irma

129581 5:00 - 6:00pm \$15 per quarter

### Zumba

Staff Led

Easy-to-follow, fun, and effective workout for every body and every level.

**Bay Terraces on Wednesdays**

130063 2:00 - 3:00pm Free

\*130056 3:00 - 4:00pm Free

\*Golden Zumba- lower-intensity, low-impact.

**San Ysidro on Monday and Tuesdays**

129583 6:15 - 7:15pm Free

55+

### Sports

#### Open Play Pickleball

**North Clairemont Center on Tuesday and Thursdays**

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

**Park de la Cruz on Tuesday & Thursdays**

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

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

#### 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

129959 10:00 - 10:45am \$10 per quarter Lv. 1

129961 10:45 - 11:30am \$10 per quarter Lv. 2

## 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](http://www.sdseniorgames.org) or email [info@sdseniorgames.org](mailto:info@sdseniorgames.org).**

**SAN DIEGO**  
Senior Games

## Women's Softball Registration

All Skill Levels Welcome! (Practice on Tuesdays and games on Saturdays).

Contact [RafaelP@sandiego.gov](mailto:RafaelP@sandiego.gov) for schedule.

### Presidio Recreation Center on Tuesday and Saturdays

Dec. 23 - May 25

127988      10:00 - 11:00am      \$40

## Walking Groups

### 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](mailto:gherrera@sandiego.gov).

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

### Ethnobotany Walk

April 11 | May 9

Drop-in      1:00pm      Free

### Chollas Lake Wildlife Walk

May 13

Drop-in      1:00pm      Free

### Chollas Lake History Hike with a Ranger

March 14

Drop-in      1:00pm      Free

## Ranger-Led Hikes (continued)

### Explorations With a Ranger

March 16 | April 20 | May 18

Drop-in      2:00pm      Free

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

### Wheelchair-Accessible Botanical Tour

March 28 | April 25 | May 30

Drop-in      11:00am      Free

## Walk to Wellness

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

### Balboa Park Lounge on Fridays

Intern Led by: James

129775      9:30 - 10:30am      Free

### Bay Terraces on Monday, Wednesday and Fridays

130060      8:30 - 9:30am      Free- March

130061      8:30 - 9:30am      Free- April

130062      8:30 - 9:30am      Free- May

### Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: Kathy & Carmen

129863      10:00 - 11:00am      Free

### Community Walks on Saturdays

March 21 - May 9

Staff Led

127989      8:30 - 9:30am      Free

*\*Meet at various locations. Locations will be emailed prior to meeting date.*



# Presentations

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.

## Alzheimer's Association: Empowered Caregiving Series

Led by: Lena H.

This 3-part series will provide important insight regarding available resources for caregivers and those who support persons diagnosed with Alzheimer's.

Park de la Cruz on Wednesday

March 11 | April 8 | May 13

129977 10:00 - 11:00am Free

## Circulate San Diego

Led by: Cierra J.

Attendees will learn the best means of utilizing San Diego's public transportation resources as an older adult.

Park de la Cruz on Wednesday, April 15

129974 10:30 - 11:30am Free

## Catholic Charities

Led by: Erick G.

Attendees will learn about the senior resources provided by Catholic Charities including the renowned Foster-Grandparent Program.

Park de la Cruz on Wednesday, May 6

129972 10:00 - 11:00am Free

## HICAP: Medicare- Know Your Rights

Led by: Aurora V.

Learn how Medicare works, available benefits for older adults, and one's independent rights regarding benefit distribution.

Park de la Cruz on Wednesday, April 22

129975 10:00 - 11:00am Free

San Diego

Hi! I'm your local Kaiser Permanente Medicare specialist, and I'm here to help.

I know choosing a Medicare health plan can be challenging. Let me help make it simple.

Now's the time to find out if you could be getting more out of your plan. I can help you:

- Understand the basics of Medicare
- Learn the benefits of a Kaiser Permanente Medicare health plan and how it can help you thrive
- Find a doctor (all our available doctors accept our Medicare health plan members)
- Learn about the new 2026 plan benefits and enhancements
- Add extra benefits like dental, vision, and hearing to your plan
- Learn how to enroll and how I can help you enroll\*



Martha Camarena  
Kaiser Permanente  
Medicare specialist  
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Join me at a live neighborhood webinar or in-person seminar to learn more. Call me to RSVP or visit my website at [mykpagent.org/marthac](http://mykpagent.org/marthac)

\*You must meet all Medicare health plan enrollment requirements. Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. Kaiser Foundation Health Plan, Inc., 255 E. Walnut St., Pasadena, CA 91105-2018

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[info@challengecenter.org](mailto:info@challengecenter.org)  
Ph: 619-667-8644



**St. Paul's- Emergency Preparedness**

Led by: St. Paul's

Learn the importance of keeping medical information ready for emergency personnel to reference during an emergency at home.

**Balboa Park Lounge on Wednesday, March 5**

129954      12:00 - 1:00pm      Free

**St. Paul's- Emergency Preparedness**

Led by: St. Paul's

Learn the importance of keeping medical information ready for emergency personnel to reference during an emergency at home.

**Balboa Park Lounge on Wednesday, March 5**

129954      12:00 - 1:00pm      Free

**Take a Trip on MTS: SDSU**

Staff Led: Morgan

2-part senior, public transit training series.

Attend the informational presentation where you will learn how to purchase a Pronto Pass and navigate San Diego's Metropolitan Transit System (MTS). The group will travel to San Diego State University from City Heights and back via public transit! Transit passes not provided.**Park de la Cruz on Friday**

Training Session- May 15

129978      1:30 - 2:30pm      Free

Guided Trip- May 22

129978      10:00am - 2:00pm      Free

**UCSD: Effects of Sleep**

Led by: Jade H.

Learn about the importance of getting sufficient sleep as an older adult.

**Park de la Cruz on Wednesday, March 18**

129976      10:00 - 11:00am      Free

## Social

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

### Cafes



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 - 11:30am

### Entertainment

**Karaoke**

Take the stage and sing your favorite tunes.

**Bay Terraces on Monday - Friday**

130066      10:00am - 12:00pm      Free

55+

**Cathy Hopper Center on Tuesday**

March 3 &amp; 17 | April 7 &amp; 21 | May 5 &amp; 19

Volunteer Led: Hahn

129855      12:00 - 1:00pm      Free**Memorial Senior Center on Thursdays**

Staff Led: Carmen

129827      11:00am - 12:00pm      Free

**San Ysidro Senior Center on Wednesday and Thursdays**

129580      3:00 - 7:00pm      \$30 per quarter

**Must See Movies**

Volunteer Led: Bob

**March: Caged- Eleanor Parker (1956) -**

A meek, naive young wife is transformed into a hardened convict in prison.

**April: Sweet Smell of Success- Burt Lancaster & Tony Curtis (1957) -**

The story of a powerful and sleazy newspaper columnist- based on Walter Winchell- who does anything to get a story and control those who surround him.

**May: A Summer Place- Sandra Dee, Troy Donahue, Dorothy MacGuire, Richard Egan (1959) -**

Teen-age lovers from different classes re-connect after 20 years and must contend with the passionate affair of their own children.

**Cathy Hopper Center on Friday**

March 20 | April 17 | May 15  
129860 12:00 - 2:00pm Free

**Park de la Cruz on Friday**

March 13 | April 10 | May 8  
129966 1:00 - 3:00pm Free

**Games**

**Bingo**

If you are lucky you may even win a prize.

**Balboa Park Lounge on Saturdays**

Staff Led  
129773 10:30am - 12:00pm Free

**Bay Terraces on Thursday**

March 12 & 26 | April 9 & 23 | May 14 & 28 55+  
130063 2:00 - 4:00pm \$10- March  
130064 2:00 - 4:00pm \$10- April  
130065 2:00 - 4:00pm \$10- May

**Cathy Hopper Center on Mondays**

Volunteer Led: Fred and Dana  
129867 11:30am - 1:00pm Free

**City Heights Square Mini Park on Tuesday**

March 24 | April 28 | May 26  
Staff Led  
Drop-in 10:00 - 11:30am Free

**Bingo (Continued)**

**Park de la Cruz on Wednesdays**

Staff Led: Angel  
129963 1:30 - 3:00pm Free

**Memorial Senior Center on Thursdays**

Led by: Carmen  
127810 10:00 - 11:00am Free

**Dominoes**

Staff Led: Yulonda

**Cathy Hopper Center on Fridays**

Drop In 1:00 - 2:00pm Free

**Loteria**

**Memorial Senior Center on Wednesdays and Fridays**

Staff Led: Patricia  
129823 11:00am - 12:30pm Free  
*\*Must attend "A Moment for You" dance class, to participate in Loteria.*

**San Ysidro Senior Center on Wednesdays**

129579 2:00 - 2:45pm Free

**Mahjong**

Join us for a relaxing and social introduction to Mahjong! This engaging tile-based game helps keep the mind sharp while encouraging conversation and connection. No prior experience is needed.

**Cathy Hoper Center on Thursdays**

Open Play  
129960 1:00 - 4:00pm Free

**Nobel Recreation Center on Thursday and Select Saturdays\***

Open Play 18+  
129539 12:30 - 3:00pm Free Thurs.  
129541 12:30 - 3:00pm Free Sat.  
*\*March 7 | April 11 | May 2*

**Mahjong (continued)**

Park de la Cruz on Mondays

Volunteer Led: David

129956 10:00am - 1:00pm Free

**San Carlos Recreation on Thursdays** 55+

March 5 - May 28

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

**Santa Clara Recreation Center on Monday and Wednesdays** 18+

Drop in 1:00 - 3:00pm Free

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

**Tierrasanta Recreation on Thursdays** 18+

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

**Ping Pong** 55+

San Carlos Recreation on Monday-Saturday

Open Play

March 2 - May 30

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

**Table Games**

Meet new friends and invite friends you know to play a variety of games such as Mahjong, Gin Rummy, Mexican Train, Yahtzee and more.

**Cathy Hopper Center on Tuesday and Thursdays**

Drop-in 11:00am - 1:00pm Free

**Nobel Recreation Center on Mondays** 18+

129470 10:15am - 2:00 pm Free

**Texas Hold 'Em**

Volunteer Led: Charles

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

**Park de la Cruz on Tuesday, Thursday, and select Saturdays\***

129957 12:30 - 2:30pm Free

\*Select Saturdays: first time attendees, call (619) 525-8247 prior to attending.

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**Use it or Lose it!**

Staff Led: Patrick  
 Enjoy stress-free brain games designed to boost focus, clarity, and confidence in a friendly, relaxed environment.

**Cathy Hopper Center on Tuesdays**

129955 11:00am - 12:00pm Free

**Social Groups**

**Celebrate Your Dog Day**

Staff Led: Tyler and Irma  
 Let your dog know just how much you care. Join us for fun, games, and giveaways.

**Memorial Senior Center on Tuesday, April 7**

130130 10:00 - 12:00pm Free

**Current Events**

Volunteer Led: David  
 Discuss current events that are happening in the world in a respectful environment.

**Park de la Cruz on Fridays**

129964 10:30 - 11:30am Free

**San Diego Deaf Senior Citizens**

Volunteer Led: Richard and Cheryl  
 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**

129962 8:30am - 2:30pm Free

**Travel Club**

Volunteer Led: William and Brenda  
 Share your travel experiences and learn about travel destination specials and discounts.

**Park de la Cruz on Friday**

March 20 | April 17 | May 15  
129965 10:30am - 12:00pm Free



**Special Events**

**50th Annual Talent Show**

Fourth District Seniors Resource Center  
 570 S. 65th St., 92114

**Tickets**

Two performance opportunities available. Limited seating per show. RSVP early by calling (619) 525-8247 or email [SLemire@sandiego.gov](mailto:SLemire@sandiego.gov). Please note new venue location for performances.

\$5.00 by March 16  
 \$10.00 at the door

**Show Details**

**Tuesday, March 17**  
**10:00 - 11:30am**  
 Doors open at 9:30 am

**Wednesday, March 18**  
**4:00 - 5:30pm**  
 Doors open at 3:30pm



For more information (619) 525-8247 or email [SLemire@sandiego.gov](mailto:SLemire@sandiego.gov)

# AARP®

## SHRED EVENT



**AARP Fraud Watch Network can help you protect yourself against identity theft. Join us for a FREE document shredding event.**

Saturday, April 18, 2026

10:00am - 1:00pm

Park de la Cruz Community Center

3901 Landis Street, 92105

For more information, call (619) 525- 8247 or email Morgan at [MFurr@sandiego.gov](mailto:MFurr@sandiego.gov)

## Art Contest

**Acrylic | Drawing | Pastel | Mixed Media | Oil | Watercolor**

**All submissions must be done by artists 60+. One entry per person will be accepted at the below locations from May 1- May 11.**

**Reception will be on June 15 at Park de la Cruz Community Center.**

Art Drop Off Locations: (See page 3 for site address)

PDLC Community Center: Mon. - Thurs. 8:30am - 8:00pm

Fri. 8:30am - 5:00pm

Sat. 10:00am - 2:30pm

Balboa Park Senior Lounge: Tues. - Fri. 9:00am - 1:00pm

Cathy Hopper Friendship Center: Mon. - Fri. 10:00am - 3:00pm

Bay Terraces Senior Center: Mon. - Fri. 10:00am - 6:00pm

San Ysidro Teen Center: Mon. - Fri. 11:00am - 6:00pm

Art Exhibit  
will be displayed at  
Park de la Cruz  
Community Center  
3901 Landis Street  
May 18 - June 12.

For contest rules call 619-525-8247 or email [slemire@sandiego.gov](mailto:slemire@sandiego.gov).

# SAVE THE DATE

3RD ANNUAL  
AGEWELL SUMMER CAMP  
JULY 15 - 17



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### Lunch & Learn

Discover SD Assisted Living

- Ballroom Park Lounge - Lunch and Learn June 9th 12-1:00pm
- Coolby Hyatt - Lunch and Learn July 7th 1:30 to 2:30pm
- August 7th 12-1:00pm
- Park De la Cruz - September 4th 1:30-2:30pm

RSVP at [Discover@SDAssistedLiving.com](http://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](mailto:Discover@SDAssistedLiving.com) **Phone:** (619) 363-8922



# Theater

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

## Otherwise Improvise

Volunteer Led: Christophver R

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 Lounge on Wednesday

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

129768 2:30 - 5:00pm Free

18+

## Poetic Legacy

Volunteer Led: Christophver R

This workshop involves readings and discussions of contemporary and historic poets. Participants are then encouraged to write their own poems.

**March: Countee Cullen-** an imaginative lyric poet. of the Depression Era Harlem Renaissance

**April: National Poetry Month-** Celebration of New Poetry and Prompts, bring your new works to share.

**May: Octavio Paz-** Mexican Modernist & Surrealist Poet, winner of the Nobel Prize for Literature.

Balboa Park Lounge on Friday

March 27 | March 24 | May 29

129772 3:00 - 5:00pm Free

18+

## Poetry Party

Volunteer Led: Christophver R

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

Balboa Park Santa Fe Room on Friday

March 6 | April 3 | May 1

129771 3:00 - 5:00pm Free

18+

# Trips

AgeWell offers local and out-of-town day trips. Time frame of trip is estimated. A confirmation e-mail will be sent prior to the trip with the updated information.

## Golden State Train Ride / Viejas Casino Saturday, March 14

First stop is the Golden State Train Ride & Pacific Southwest Railway Museum. The second stop is the Viejas Outlet Mall, where there are plenty of options to purchase lunch. Then, enjoy shopping at a variety of high-end outlet shops or head to the casino! Transportation provided, pick up at Fashion Valley Trolley Stop (7007 Friars Rd. 92108), or Cathy Hopper.

**Activity level: Moderate**

**Time: 7:30am - 6:00pm**

**Cost: \$75**

**Code: 128578**



## Olivewood Gardens and Learning Center Yoga Day

Thursday, April 16

Enjoy yoga in a beautiful garden setting. Meet at San Ysidro Senior Center (125 E Park Ave., 92173). We will be taking public transportation to Olivewood Gardens. Participants will have to pay for their own MTS bus fare.

**Activity level: Beginner**

**Time: 9:00am - 1:00pm**

**Cost: \$10**

**Code: 130129**





# AgeWell Services Highlights

## HOLIDAY EVENTS: COOKIES AND CHEER & HOLIDAY DANCE

**THANK YOU!**

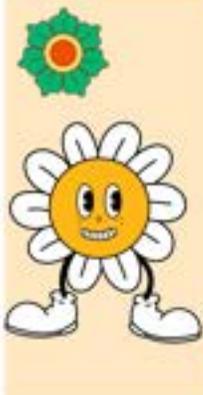
TO THE SAN DIEGO SENIOR COMMUNITY FOUNDATION FOR SUPPORTING AGEWELL'S HOLIDAY EVENTS!



## TRIPS: SOUTH COAST WINERY TOUR & TIMKEN MUSEUM



## PROGRAMS





Parks and Recreation Department  
AgeWell Recreation Services  
Parks and Recreation Department  
3901 Landis Street, MS 38  
San Diego, CA 92105

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**“Enriching lives through quality parks and programs.”**

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City's policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619) 525-8247, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.