

AgeWell Services (AWS) Summer 2026 Newsletter

June | July | August

AgeWell Services will be closed June 19, July 3, and 4 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

<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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Thank you!

Thank you to the San Diego Seniors Community Foundation for awarding AgeWell Services' the Longevity Grant. Funds will support a wellness initiative providing older adults with access to evidence-based fitness programs, nutrition education, preventative health screenings, health and beauty as self-care workshops, and longevity health principal education. We look forward to expanding AgeWell programs and resources to better serve older adults at Cathy Hopper Friendship Center, in Clairemont, and Memorial Senior Center in Logan Heights.



AgeWell Services Locations & 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. **Hours of operation are subject to change depending on proposed Parks and Recreation budget reductions.**

Balboa Park Senior Lounge

1650 El Prado Rm #105, 92101

Phone: (619) 235-1191

Email: 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

Monday - Friday 9:00am - 3:00pm

Cathy Hopper Friendship Center

4425 Bannock Ave., 92117

Phone: (619) 235-1113

Email: 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

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 for full list of recreation centers.

Balboa Park Activity Ctr.

2145 Park Blvd., 92101

(619) 235-5997

Bay Terraces Community Ctr.

7445 Tooma St., 92139

(619) 527-7632

Carmel Valley Recreation Ctr.

3777 Townsgate Dr., 92130

(858) 552-1616

Chollas Lake Park

6350 College Grove Dr., 92115

(619) 525-7683

City Heights Square Mini Park

4061 43rd St., 92106

(619) 641-6125

Nobel Recreation Ctr.

8810 Judicial Dr., 92122

(858) 552-1626

N. Clairemont Recreation Ctr.

4421 Bannock Ave., 92117

(858) 581-9926

Ocean Air Recreation Ctr.

4770 Fairport Way, 92130

(858) 552-1687

Presidio Recreation Ctr.

2811 Jackson St, 92110

(619) 692-4918

Santa Clara Recreation Ctr.

1008 Santa Clara Pl., 92109

(858) 581-9928

San Carlos Recreation Ctr.

6445 Lake Badin Ave., 92119

(619) 527-3343

San Ysidro Senior Ctr.

125 East Park Ave., 92173

(619) 247-4207

Standley Recreation Ctr.

3585 Governor Dr., 92122

(858) 552-1652

Tecolote Recreation Ctr.

4675 Tecolote Rd., 92110

(858) 581-9930

Tierrasanta Recreation Ctr.

11220 Clairemont Mesa Blvd.,

92124

(858) 573-1393



Registration Information

Registration begins Saturday, May 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.

For assistance creating an online customer account or learning how to register online, visit a Digital Navigator class (see pg. 11).

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

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: Lee



Lee leads the Piano Notes program once a month at the Balboa Park Club (see pg. 14). His favorite part of volunteering is leading a group that focuses on something he enjoys, and providing that opportunity to others to play the piano or listen to the people playing. In his free time, Lee enjoys playing the piano, being outside in nature, and traveling.

Volunteer Opportunities

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

Happy Birthday!

David S (6/3) • Hanh T (6/4) • Kathy V (6/5)
Mark A (6/5) • Michael T (7/10) • Yen W (7/13)
Lee W (7/31) • Angeles W (8/5)
Gurkamal K (8/9) • Stephan L (8/17)

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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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 10:00am (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 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.



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Gold Level



Bronze Level



Thank you to San Diego County Employees' Charitable Organization, Rancho Santa Fe Garden Club, San Diego Seniors Community Foundation, and Sycuan Band of the Kumeyaay Nation for financially supporting the Cathy Hopper Kitchen Renovation and Memorial Outdoor Beautification projects.

Contact Sharon at
SMoninger@sandiego.gov or
(619) 236-6910 for sponsorship inquiries.

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Community Resources & Support 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 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. **Contact Fernando Reyes at (619) 650-5032 or freyes@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 HomeShare

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. 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 65th 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:

AARP Community Action Team:

Adult Protective Services:

Aging and Independence Services:

Alzheimer's Association San Diego Chapter:

Consumer Fraud:

ElderHelp HomeShare:

Elder Law:

HICAP (Health Insurance Counseling & Advocacy):

MTS Transportation (ADA Ride):

Renter's Rights:

Social Security Administration:

211

(619) 641-7020

(858) 495-5660

(800) 339-4661

(800) 272-3900

(619) 531-3507

(619) 284-9281

(858) 565-1392 (ext. 200)

(858) 565-1392

(877) 232-7433

(858) 571-1166

(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.

Craft Program

Staff Led: Johana

Join us for a fun, creative craft project each week. All supplies are provided.

Memorial Senior Center on Tuesdays

131883 11:15am - 1:15pm \$10 per quarter

Embroidery Club

Staff Led

A program where participants are invited to bring fabric of their choice, learn to embroider, and socialize with others! All thread, needles, and embroidery hoops will be provided.

Tecolote Recreation Center on Mondays

132207 12:00 - 1:00pm \$10 - June 8 - 29

132206 12:00 - 1:00pm \$10 - July 6 - 27

132208 12:00 - 1:00pm \$10 - August 3 - 24

18+

Getting Crafty

Staff Led

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

Cathy Hopper Center on Fridays

131867 10:00am - 12:00pm Free

Knitting

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

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

131903 10:30am - 12:00pm Free

Cathy Hopper Center on Tuesday

Volunteer Led: Julie

June 9 & 23 | July 14 & 28 | August 11 & 25

Drop-In 12:00 - 1:00pm Free

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Japanese Crafts**3+**

Volunteer Led: Laurilyn

Learn how to make unique origami & more.

Balboa Park Lounge on Wednesday

June 3 | July 1 | August 5

131906

9:30 - 11:30am

Free

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.

Cathy Hopper Center on Wednesdays

June 8 - July 18

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 Fridays132133

2:00 - 4:00pm

\$10 per quarter

Watercolor Painting**18+**

Staff Led

A stimulating watercolor class where we study some of the greats through history and re-create our own rendition while learning more poignant features of this art.

Nobel Recreation on Wednesdays

Session 1: June 3 - 24

Session 2: July 1 - 29

Session 3: August 5 - 26

131434 10:30 - 11:30am

\$21 - Session 1

131435 10:30 - 11:30am

\$21 - Session 2

131436 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: SDFF Staff

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

Cathy Hopper Center on Wednesdays

Drop-In

9:00 - 11:45am

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.

BBQ Meals

Staff Led: Taylor & Haley

Learn to cook BBQ dishes! Program is for individuals of all ability levels. No direct supervision provided. **Friends and Family end of summer BBQ included in BBQ Meals.**

Park de la Cruz on Wednesday and Saturday

June 10 | July 1 | August 19 & 22

<u>131988</u>	4:00 - 6:30pm	\$30 - Weds.
	9:00 - 11:00am	- Sat.

Cooking Class

Staff Led

Bay Terraces on Wednesdays

<u>132525</u>	4:00 - 5:00pm	\$10- June
<u>132526</u>	4:00 - 5:00pm	\$10- July
<u>132527</u>	4:00 - 5:00pm	\$10- August

Friends & Family BBQ

Staff Led: Taylor & Haley

Come on down for an end of summer BBQ.

Park de la Cruz on Saturday, August 22.

<u>131986</u>	11:30am - 1:30pm	\$10
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13+

Let's Get Cooking

Staff Led: Tyler

Learn basic skills and create delicious food!

Park de la Cruz on Thursdays

Session 1: June 4 - June 25

Session 2: July 9 - July 30

<u>132410</u>	1:30 - 3:30pm	\$25- Session 1
<u>132411</u>	1:30 - 3:30pm	\$25- Session 2

Nutrition Class

Staff Led: Tyler & Carmen

Make and enjoy fresh, healthy recipes like salsa and guacamole.

Memorial Senior Center on Monday and Wednesdays

<u>131925</u>	11:15am - 1:15pm	\$15 for the quarter
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55+

3+

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). **NO DANCES IN JULY.** The event includes live entertainment, refreshments, and prizes. Dance lessons on the 4th Thursday. For more information, contact Patrick at (619) 525-8247 or PBall@sandiego.gov. **Dance punch card available at 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: 131912. Or pay \$5 cash at the door.**

Updated parking information can be found at www.sandiego.gov/parking/balboapark.



Surfing Safari

Thursday, June 11

Music by "The Sophisticats"



Western

Thursday, August 13

Music by "The Sophisticats"



Sail Away

Thursday, August 27

Music by "Blue Zone"
Dance Lessons: John Nagel



Stars and Stripes

Thursday, June 25

Music by "Janet Hammer Band"
Dance Lessons: John Nagel

Classes

Beginners Ballroom Dancing

55+

Staff Led

Slow pace Ballroom appropriate for beginners level older adults.

Bay Terraces on Thursday

June 4 & 18 | July 2, 16 & 30 | August 6 & 20
132511 2:00 - 4:00pm 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. For more information, call the Dance office at (619) 235-5255 or visit www.cividdancearts.org.

Registration opens Saturday, June 21 at 10:00am. Classes begin the week of June 23.

Chorus - Mixed Voices

Led by: Emeritus Staff

Create beautiful music in this class for female voices. Register through SDCCE Emeritus.

Cathy Hopper Center on Fridays

June 8 - July 18

SDCCE.EDU 9:00am - 12:30pm Free

Dynamic Inclusive Dance

18+

Volunteer Led: Jason

A class designed to make ballroom dancing accessible to individuals of all abilities. Learn the waltz, tango, and cha-cha. This class combines technical drills, choreography, and light-hearted dance activities to keep things fresh and fun. No dance experience needed.

Park de la Cruz Gymnasium on Wednesday

June 3 & 24 | July 1, 8, 15, 22 & 29

August 5, 12 & 26

132144 10:00 - 11:00am Free



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Line Dancing

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

55+**Bay Terraces**

June 1 - August 28

<u>132514</u>	10:00am - 12:00pm	Free - Mon-Fri
<u>132521</u>	3:00 - 4:30pm	Free - Mon
	4:00 - 5:30pm	Free - Tues, Thurs

Cathy Hopper Center on Tuesday and Thursdays

Contractor Led: Pat

<u>131870</u>	10:30 - 11:30am	\$35 - June
<u>131869</u>	10:30 - 11:30am	\$35 - July
<u>131871</u>	10:30 - 11:30am	\$35 - August

Piano Notes**18+**

Volunteer Led: Lee

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

Balboa Park Club

Tuesday, June 30 | Thursday, August 20

<u>131902</u>	10:00 - 11:45am	Free
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**No class in July*

Piano with Margie & Friends

Led by: Margie

Come hear the music play! Margie V. and students will be entertaining a special 4th of July concert with all the classics.

Cathy Hopper Center on Friday, June 26

<u>131993</u>	1:00 pm - 3:00pm	Free
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**Ukulele**

Contractor Led: Villa Musica

No experience necessary, and ukuleles are provided.

Cathy Hopper Center on Wednesdays

June 3 - August 5

<u>131966</u>	10:00 - 10:45am	\$35- Beginner
<u>131967</u>	10:45 - 11:30am	\$35- Intermediate

**No class June 17 & July 1*

Park de la Cruz on Fridays

June 5 - August 7

<u>132413</u>	10:00 - 10:45am	\$35- Beginner
<u>132414</u>	10:45 - 11:30am	\$35- Intermediate

**No class June 19 & July 3*

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 Garden

Want to volunteer to help maintain the Park de la Cruz and/or Memorial Senior Center gardens?

Have too many seeds at home? We'll take them! Donate any seeds you don't want. Drop seed packets off with our front desk staff at Park de la Cruz or Memorial Senior Center.

Interested in donating to support our garden? Scan this QR code or visit <http://dsacsd.org/get-involved/>



For more information call (619) 525-8247.

City Farmers Nursery Tour**3+**

Staff Led: Haley

Tour a local nursery! After, we will eat at Nate's Garden Grill (Bring money for lunch).

3110 Euclid Ave, 92105 on Friday, August 21

<u>132066</u>	9:30 - 11:30am	Free- money for lunch
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Green Thumb Club**3+**

Staff Led: Haley

Get involved with our program garden!

Park de la Cruz on Thursday

June 11 | July 2 | August 20

<u>132060</u>	9:00 - 10:00am	Free
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Introduction to Vegetable Gardening

18+

Volunteer Led: Master Gardeners

Learn about creating, maintaining, and harvesting a vegetable garden. Talk presentation followed by hands-on activities. No direct supervision provided.

Park de la Cruz on Tuesday

June 9, 16, 23 & 30

132067

9:00 - 11:00am

\$15



Congratulations to the AWS Team for taking 1st place in the Open 2 division at the Sports 4 Exceptional Athletes Annual Guacamole Bowl.

Seed Swap

3+

Staff Led: Haley

Swing by our seed swap in the Park de la Cruz Garden! We will supply various types of seeds and take-home bags. Light refreshments will be provided. Program is for all ages. No direct supervision provided. You must bring seeds/seed packet to swap to be able to take seeds home.

Park de la Cruz on Thursday, July 23

132063 10:00 - 11:30am 1+ packet of seeds

Tabletop Herb Gardens

3+

Staff Led: Haley

No more buying herbs from the store! Learn to create and take care of an herb garden that you will get to take home. Program is for all ages. No direct supervision provided.

Park de la Cruz on Saturday, August 1

132068

9:30 - 11:00am

\$18

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

Bud Kearns**

(619) 692-4920

Carmel Mountain

(858) 581-9954

City Heights

(619) 641-6126

Colina De Sol

(619) 235-1147

Kearny Mesa

(858) 573-1389

Memorial

(619) 235-1139

Swanson*

(858) 552-1653

Standley**

(619) 605-2170

Tierrasanta

(858) 636-4837

Vista Terrace

(619) 424-0469

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

Summer Hours of Operation

June - August: Mon - Sun 9:30am - 2:30pm

*Closed Tuesdays *Closed July 4

The beach wheelchair program is located in Mission Beach (3071 Ocean Front Walk, 92109). Look for the conex box by the public restrooms and parking lot.

Fitness Centers

Participants must be at least 18 years of age to use the facility. Equipment includes various free weights, cardio machines, and adaptable equipment. Contact PDLC or Santa Clara Recreation Center for information such as equipment, rules, and hours.

Park de la Cruz

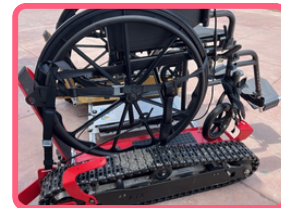
\$15 per quarter for ages 60+

\$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).



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

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

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- 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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San Diego

www.RightatHome.net

Group Fitness Classes**A Moment for You (Dance Fitness) 18+**

Staff Led: Johana & Patricia

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

Cost includes A Moment for You Dance class, Steps & Weights (pg. 17), and Loteria (pg. 23).

Memorial Senior Center on Wednesday and Fridays

131879 10:00 - 11:00am \$12 per quarter

Chair Aerobics

Staff Led: Carmen

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

Memorial Senior Center on Tuesdays

131880 9:00 - 10:00am Free

Chigong

Volunteer Led: David

Feel great and stay flexible using the power of breath to support the entire body.

Cathy Hopper Center on Mondays

131938 9:15 - 10:45am Free

Dance Fitness Class 55+

Staff Led

Stay active, energized and social in this fun, low impact dance fitness class. All movements can be modified for comfort, ability and cardiovascular health.

Balboa Park Activity Center on Sundays

June 7 - August 16

131969 10:30 - 11:30am 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

131874 9:00 - 10:00am

*Class size limited- overflow virtual streaming available onsite. Free

Feeling Fit (continued)

North Clairemont Center on Tuesday and Thursdays

Volunteer Led: SD County Staff

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

Remix Mondays

Staff Led: Johana & Patricia

Dance, move, and enjoy great music.

Memorial Senior Center on Mondays

131884 5:00 - 6:00pm Free

Senior Fitness 50+

Staff Led

Improve balance and build strength with exercise and stretching for maturing adults.

Ocean Air on Thursdays

Session 1: June 4 - 25

Session 2: July 23 - August 27

132374 9:30 - 10:30am Free - Session 1

132375 9:30 - 10:30am Free - Session 2

Step & Weights

Staff Led: Johana

Build up a sweat with us during our step and weights class. Cost includes A Moment for You Dance class (pg.17), Steps & Weights, and Loteria (pg. 23).

Memorial Senior Center on Tuesdays

131879 10:00 - 11:00am \$12 per quarter

Tai Chi

Do you want to improve balance and reduce your risk of falling? This program has been shown to improve movement, balance, strength, and flexibility; provides relaxation; and decreases pain and falls.

Carmel Valley Recreation Center

COMING SOON

Volunteer Led

*Contact site (pg. 3) for start date information.

Park de la Cruz on Monday and Fridays

Led by: County of San Diego- Herbert

August 3 - October 30

132388 10:30 - 11:30am Free

*No class on September 7 & October 12

Sports

Tai Chi (continued)

Standley on Tuesday and Thursdays

Led by: County of San Diego- George

April 28 - July 16

131469 9:30 - 10:30am Free

Tecolote Park on Tuesday and Wednesdays

Led by: County of San Diego- Herbert

April 14 - October 1

129079 9:00 - 10:00am Free**Yoga**

Bay Terraces on Mondays

132522 4:45 - 5:45pm Free - June132523 4:45 - 5:45pm Free - July132524 4:45 - 5:45pm Free - August

Cathy Hopper Center on Fridays

Staff Led: Irma

*131876 9:00 - 10:00am \$10 per quarter

*Virtual sessions available with registration

*131873 10:30 - 11:30 am \$10 per quarter

*Chair Yoga class

Memorial Senior Center on Mondays

Staff Led: Irma

131881 10:00 - 11:00am \$10 per quarter

Park de la Cruz on Tuesdays

Staff Led: Irma

132385 9:30 - 10:30am \$10 per quarter

San Ysidro on Monday and Tuesdays

Staff Led: Irma

132547 5:00 - 6:00pm \$15 per season**Zumba**

Staff Led

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

Bay Terraces on Wednesdays

132513 2:00 - 3:00pm Free*132512 3:00 - 4:00pm Free

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

San Ysidro on Monday and Tuesdays

132544 6:15 - 7:15pm Free**Open Play Pickleball**

Carmel Valley Center on Monday, Tuesday, Friday, and select Saturdays

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

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

132386 10:00 - 10:45am \$10/quarter-Session 1132387 11:00 - 11:45am \$10/quarter-Session 2**San Diego Senior Games**

The San Diego Senior Games 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.**

San Diego Senior Women's Softball League

All Skill Levels Welcome! This league helps improve physical conditioning, promotes teamwork, develops lasting friendships, and enhances camaraderie. Contact Rafael at RafaelP@sandiego.gov for more information.

Spring/ Summer registration is closed. Fall/ Winter registration begins August 15.

Walking Groups

Ranger-Led Hikes

Staff Led: San Diego Rangers
Contact Ranger Herrera for more information
at gherrera@sandiego.gov.

Chollas Lake Park, 6350 College Grove Dr.,
92115

Ethnobotany Walk

July 11 | September 12

Drop-In 1:00pm Free

Chollas Lake Wildlife Walk

June 13

Drop-In 1:00pm Free

Chollas Lake History Hike with a Ranger

August 8

Drop-In 1:00pm Free

Explorations With a Ranger

June 22 | July 20 | August 17

Drop-In 2:00pm Free

Ranger-Led Hikes (continued)

Charles Lewis III Memorial Park, 4639 Home
Ave., 92105

Wheelchair-Accessible Botanical Tour

June 27 | July 25 | August 29

Drop-In 11:00am Free

Walk to Wellness

Stay active and healthy while meeting new
friends and exploring scenic routes. Contact
each site for more information about walking
groups.

Balboa Park Lounge on Fridays

Staff Led

131908 9:30 - 10:30am Free

Balboa Park Activity Center on Sundays

June 7 - August 23

131968 2:00 - 3:30pm Free

San Diego

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Medicare specialist, and I'm here to help.

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- 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
Call me at
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*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., 393 E. Walnut St., Pasadena, CA 91108-8514

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Walk to Wellness (continued)

Cathy Hopper Center on Tuesday and Thursdays

Volunteer Led: Kathy & Carmen

131875 10:00 - 11:00am Free

Chollas Lake Park on Wednesdays

Morning Mingle Walk. Join for iced coffee and tea while doing a lap or two around the lake.

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

**No class July 8 & 22, August 5*

Walk to Wellness (continued)

***Community Walks on Saturdays**

Stay active while exploring beautiful locations throughout the city. Meet at 7:30am for stretching, walk begins at 8:00am. Locations e-mailed prior to program date.

July 11 - August 22

Staff Led: Rafael

132198 8:00 - 9:00am Free

**No walk July 4*

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.

AI Basics Workshop

Led by: SD Access 4 All

Attend this information presentation to learn the basics of new artificial intelligence tools and how to integrate these tools into one's daily life.

Park de la Cruz on Wednesday, August 5

132427 10:30 - 11:30am Free

ASL Basics

Volunteer Led: Richard

Attend this 3-part series to learn and practice the basics of American Sign Language (ASL).

Park de la Cruz on Wednesday

June 17 | July 15 | August 19

132424 10:30 - 11:30am Free

Circulate San Diego

Led by: Maria Walker

Attend this presentation to learn about Circulate San Diego and the best-practices for using public transportation in San Diego.

Park de la Cruz on Friday, June 12

132421 10:30 - 11:30am Free

Emotional Spending and Reducing Expenses

Led by: Clairemont Library & California Coast Credit Union

Explore the ways you can help curb your emotional spending habits, recognize wants versus needs and decrease your monthly expenses. Light Refreshments provided.

Cathy Hopper Center on Thursday, July 9

132011 11:30am - 1:00pm Free

End-of- Life Choices

Led by: Grant Affleck, End of Life Choices

Learn about the importance of sharing your values and end-of-life wishes with loved ones; legal end-of-life options and resources.

Cathy Hopper Center on Monday, June 8

131939 1:30 - 2:30pm Free

Park de la Cruz on Wednesday, July 22

132425 10:30 - 11:30am Free

Safetynet: Smart Cyber Choices- Online Safety

Led by: Clairemont Library & California Coast Credit Union

Learn about sophisticated threats and what adults must know to identify, intervene, and report. Light refreshments provided.

Cathy Hopper Center on Thursday, June 11

131940 11:30am - 1:00pm Free



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 - 12:00pm

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

132510 10:00am - 12:00pm Free **55+**

Cathy Hopper Center on Tuesday

June 2 & 16 | July 7 & 21 | August 4 & 18

Staff Led: Yulonda

131868 12:00 - 1:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

131882 11:00am - 12:00pm Free

San Ysidro Senior Center on Wednesday and Thursdays

132551 3:00 - 7:00pm \$15 per season

Movie Time

Staff Led: Carmen

Watch a movie and enjoy popcorn and refreshments.

Memorial Senior Center on Thursday

June 18 | July 16 | August 20

131927 11:15am - 1:15pm Free

Must See Movies

Volunteer Led: Bob

June - Meet Me in St. Louis - 1944

Judy Garland, Margaret O'Brien

A story of a family living in St. Louis leading up to the Louisiana Purchase Exposition World's Fair of 1904.

July - Lorenzo's Oil - 1992

Susan Sarandon, Nick Nolte

Parents fight to save their child from the ravishes of ALD, a neurological disease.

August - Mildred Pierce - 1945

Joan Crawford, Ann Blyth

A mother and daughter fight to get what they want during the Great Depression.

Cathy Hopper Center on Friday

July 17 | August 21

131872 12:00 - 2:00pm Free

**No class on June 19*

Park de la Cruz on Friday

June 12 | July 10 | August 14

132402 1:00 - 3:00pm Free

Games

Bingo

If you are lucky you may even win a prize.

Balboa Park Lounge on Saturdays

Staff Led: Mark & Tyler

131911 10:30am - 12:00pm Free

Bay Terraces on Thursday

June 11 & 25 | July 9 & 23 | August 13 & 27 **18+**

132515 2:00 - 4:00pm \$10- June

132516 2:00 - 4:00pm \$10- July

132517 2:00 - 4:00pm \$10- August

Cathy Hopper Center on Mondays

Volunteer Led: Fred & Dana

131877 11:30am - 1:00pm Free

Bingo (continued)

55+

City Heights Square Mini Park on Tuesday

June 30 | July 28 | August 25

Staff Led

Drop-In 10:00 - 11:30am Free

Park de la Cruz on Wednesdays

Staff Led: Angel

132390 1:30 - 3:00pm Free

Memorial Senior Center on Thursdays

Led by: Carmen

Drop-In 10:00 - 11:00am Free

Bridge

18+

Volunteer Led: Mary

Learn to play bridge. Instruction provided first three Fridays of the month.

Cathy Hopper Center on Friday

June 5, 12 & 19 | July 10 & 17

August 7, 14 & 21

131936 11:30am - 1:30pm Free

Croquet Class & Game

Staff Led

Croquet is a lawn sport involving the players driving solid balls of color matching mallets through a course of hoops called wickets.

Nobel Recreation Center on Thursdays

June 4 - 25

131657 10:30 - 11:30am \$15

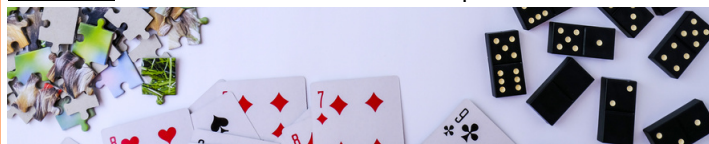
Jams & Games

Staff Led: Carmen

Listen to music and play board games with friends.

Memorial Senior Center on Wednesdays

131926 11:30am - 12:30pm Free



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Loteria

Memorial Senior Center on Fridays

Staff Led: Patricia

131879 11:00am - 12:30pm \$12 per quarter

*Cost includes A Moment for you Dance Class (pg. 17), Strength & Weights (pg. 17), and Loteria.

San Ysidro Senior Center on Wednesdays

132549 2:00 - 3:00pm 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 Hopper Center on Thursdays

Volunteer Led: Francesca

131878 1:00 - 3:00pm Free

Nobel Recreation Center on Thursday and Select Saturdays*

18+

Open Play

131431 12:30 - 3:00pm Free - Thurs.

131432 12:30 - 3:00pm Free - Sat.

*June 6 | July 11 | August 1

Park de la Cruz on Mondays

Open Play

132383 10:00am - 1:00pm Free

San Carlos Recreation on Thursdays

55+

June 4- August 27

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



Mexican Train

Volunteer Led: David

A popular domino game. Instruction provided.

Cathy Hopper on Tuesdays and Thursdays

132613 10:30am - 2:00pm Free

Ping Pong

Park de la Cruz on Monday - Saturday

Drop-In Free

San Carlos Recreation on Monday - Saturday

Open Play

55+

June 1- August 30

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

Table Games

18+

Staff Led

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

Nobel Recreation Center on Mondays

131433 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*

132384 12:30 - 2:30pm Free

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

Social Groups



BBQ in the Park

Staff Led: Tyler, Carmen, Rafa & Johana

Enjoy a beginning of summer BBQ. There will be food, Line Dancing and Karaoke.

Memorial Senior Center on Friday, June 5

132509 11:30am - 1:30pm \$10



Bike Fit Event

Biking is a healthy, affordable and environmentally friendly form of transportation and recreation. This is an educational workshop and hands-on training to keep all road users as safe as possible.



Park de la Cruz Community Center

Saturday, August 1
11:00am - 2:00pm

FREE

To register, call (619) 696-3644 or email Pualani at Vazquez.pualani@scrippshealth.org. For more information, call (619) 236-6905 or email Morgan at MFurr@sandiego.gov.



City Heights Community Clean-Up

Staff Led: Alicia

Volunteer at Park de la Cruz to make our City Heights neighborhood beautiful. Clean up supplies provided. Program is for all ages. No direct supervision provided.

Park de la Cruz on Saturday, August 8

132149 10:30am - 12:30pm Free

Current Events

Volunteer Led

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

Park de la Cruz on Fridays

132392 10:30 - 11:30am Free

Ice Cream Social

We all scream for ice cream!

Cathy Hopper Center on Friday, August 21

Staff Led: Patrick & Skyler

132013 12:00 - 2:00pm Free

**This is an intergenerational event; games and fun for all ages. Register by August 18.*

Park de la Cruz on Friday, August 28

Staff Led: Alicia

132431 1:00 - 2:30pm Free

**Register by August 25.*

Live Your Story Workshop

Led by: Brandy D. (Living Proof Stories)

We all have stories to tell, and the hardest part is often figuring out where to begin. Living Proof Stories will help you develop a narrative that makes sense, entertains, and connects with your audience. This is a generative workshop, meaning we'll be writing, sharing, and offering feedback as we go. All experience levels are encouraged- whether you've never written before or you're a published author, you'll leave with a solid outline or even a first draft of your story!

Cathy Hopper Center on Monday, June 29

131941 1:00 - 3:00pm Free

San Diego Deaf Senior Citizens

Volunteer Led: Richard & 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

132389 9:00am - 2:00pm Free

Succulent Party

Staff Led: Alicia

Plant a beautiful succulent pot to keep or to give as a gift. Each registered participants will be allowed 2 pots.

Cathy Hopper Center on Thursday, August 6

132629 12:00 - 1:00pm \$10



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

June 26 | July 17 | August 21

132406 10:30am - 12:00pm Free

Special Events



AgeWell Services Summer Camp

Wednesday, July 15 - Friday, July 17, 2026

Cost: \$50 for 3 Days or \$20 for 1 Day (Scholarships Available!) 3 Day Registration Code: 132582

DAY 1



Wednesday, July 15
9:30am - 2:30pm

Balboa Park Outdoor Walking Tour

Enjoy a guided, outdoor 2.5-hour walking tour of San Diego's historic Balboa Park! Meet at the Balboa Park Senior Lounge (see pg. 3 for address). Lunch will be provided.

Day 1 Registration Code: 132595

DAY 2



Thursday, July 16
10:00am - 2:30pm

Stadium Golf Center & Batting Cages

Practice putting in the San Diego sunshine with friends! Meet at Stadium Golf (299 Murphy Canyon Rd., 92123). Lunch will be provided.

Day 2 Registration Code: 132600

DAY 3



Friday, July 17
10:30am - 2:30pm

Olaf Wieghorst Museum & Golden Corral Buffet

Visit the Western-themed Olaf Wieghorst Museum. Following the museum, we will walk to Golden Corral Buffet for lunch! Meet at the El Cajon Transit Center (352 S. Marshall Ave., 92020). **Pronto (Bus) passes provided by Travelers Aid San Diego.**

Day 3 Registration Code: 132605

Limited spots available. Must register by Thursday, July 9.

For more information, call 619-525-8247, email MLeo@sandiego.gov or MFurr@sandiego.gov.




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.

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
Park De la Cruz - Refreshments
August 7th 12-1:00pm
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

No Cost Service to Seniors

SD Assisted Living Advisors

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



AGEWELL SERVICES PHOTO CONTEST



-Portrait -Nature/Landscape -Artistic -Candid -Animals -Motion

All submissions must be done by artists ages 60+.

All styles and themes welcome.

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

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 – 12:00pm
Cathy Hopper Friendship Center	Mon. – Fri. 10:00am – 1:00pm
Bay Terraces Senior Center	Mon. – Fri. 10:00am – 6:00pm
San Ysidro Teen Center	Mon. – Fri. 11:00am – 6:00pm

Photo exhibit will be on display at Park de la Cruz (3901 Landis St., 92105) from August 18 - September 7.
Reception will be on September 7 at Park de la Cruz.

For contest rules call 619-525-8247 or email slemire@sandiego.gov

Zoro Garden Theater Festival

AUGUST 22 & 23

1649 El Prado, San Diego, 92101

This is your invitation to an
upcoming celebration

Any and all are
discouraged from

for performance arts
Park and San Diego.

If you would like to join our show please contact
volunteer Christopher R at
(619) 569-4922 or rproduction@live.com or AWS
staff at slemire@sandiego.gov.

CANCELLED

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

18+

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

June 3 & 17 | July 1 & 15 | August 5 & 19

131904 2:30 - 5:00pm Free

Poetry Party

18+

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

June 5 | August 7

131909 3:00 - 5:00pm Free

**No class on July 3*

Poetic Legacy

18+

Volunteer Led: Christophver R

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

June: Luci Tapahonso- First Poet Laureate of the Navajo nation, taught at University of New Mexico.

July: Seamus Heaney- Formalist, winner of Nobel Prize in literature, taught at Harvard.

August: Joseph Milosch- Locally published and prize-winning poet in person.

Balboa Park Lounge on Friday

June 26 | July 31 | August 28

131910 3:00 - 5:00pm Free

Trips

AgeWell Services 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 updated information.

Take a Trip on MTS: Oceanside

Staff Led: Morgan

This is a 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 Oceanside from the Old Town Transit Center and back via the coaster! **Pronto passes provided by Travelers Aid San Diego.**

Park de la Cruz

Training Session- August 7

132428 1:30 - 2:30pm Free

Old Town Transit Center

Guided Trip- August 21

132428 9:00am - 2:00pm Free

**Must register by Saturday, August 15.*



Community Connection- Camp Counselor reunited after 50 years at the Balboa Park Lounge.



Parks and Recreation Department

AgeWell Recreation Services

Parks and Recreation Department

3901 Landis Street, MS 38

San Diego, CA 92105

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