



Starting December 2026, AWS newsletters will no longer be mailed. We apologize for any inconvenience this causes. Hardcopies will be available at AWS locations, events, and programs.

AgeWell Services (AWS) Fall 2026 Newsletter

September | October | November

AgeWell Services will be closed September 7 and November 11, 26, and 27 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.

**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

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 • Loretta Roiz
- Yulonda Seaton • Angel Segura

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Announcements

Farewell Skyler!

We will miss Aging Recreation Specialist, Skyler Lemire, who recently moved to Hawaii. We thank him for all he's done for AWS and wish him all the best.



Congratulations Kristen!

Congratulations to Recreation Leader 1, Kristen, on welcoming their baby boy, Wyatt, to the family.



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.

Balboa Park Senior Lounge

1650 El Prado Rm #105, 92101

Phone: (619) 235-1191

Email: SMoninger@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.

Allied Gardens Recreation Ctr.

5155 Greenbrier Ave., 92120

619-235-1129

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

Encanto Recreation Ctr.

6508 Wunderlin Ave., 92114

(619) 527-3411

Nobel Recreation Ctr.

8810 Judicial Dr., 92122

(858) 552-1629

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) 527-3443

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, August 15 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 the "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: Karen and Stephen Lee

Volunteering with the Pickleball classes, as well as helping with special events, has been a rewarding experience for both of us. We enjoy watching seniors learn a new skill while improving their physical fitness, confidence, and friendships. In our free time, we enjoy spending time with our family, trying new restaurants, playing a variety of net sports, and traveling.



Volunteer Opportunities

- Site and program assistance
- Longevity Program Leaders- if you want to become a certified instructor please reach out to Sharon for more information.
- Garden maintenance (2 locations)
- Serving Senior congregate lunch program

Happy Birthday!

Teri H. 9/5, Lina L. 9/10, Dana H. 9/10
William D. 9/15, Christophver R 9/23,
Marlene G. 9/24, Karen L.10/7,
Mary O.10/21, Agnes C.10/28, Joyce M.11/11,
Bob J.11/17, Marlys E.11/18, Frances C.11/29

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



Special Events and Program Sponsors



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

Mickey Cafagna Community Center
13094 Civic Center Dr., Poway
(858) 668-4671

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:

211
(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.

Color Creations

Staff Led: Johana

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

Memorial Senior Center on Tuesdays

134710 11:15am - 1:15pm \$10 per quarter

Getting Crafty

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

Cathy Hopper Center on Fridays

135856 10:00am - 12:00pm Free

*No class November 27

Crochet & Knitting

Open to all levels, beginning instruction provided.

Balboa Park Lounge on Wednesdays

Volunteer Led: Effie

135882 10:30am - 12:00pm Free

*No class November 11

Crochet & Knitting (continued)

Cathy Hopper Center on Tuesday

Volunteer Led: Julie

September 8 & 22 | October 13 & 27

November 10 & 24

135857 12:00 - 1:00pm Free

Encanto Recreation Center on Wednesdays

Relax, sip and stitch. Beginner friendly **18+** crochet class where you'll learn the basics.

134997 12:00pm \$25- Sept

135000 12:00pm \$25- Oct

135001 12:00pm \$25- Nov

Japanese Crafts

Volunteer Led: Laurilyn

Learn how to make unique origami & more.

Balboa Park Lounge on Wednesday

September 2 | October 7 | November 4

135888 9:30 - 11:30am Free

Reach a hyperlocal audience.

An advertisement in this newsletter is a highly effective way to promote your business to our community.



Call 800.950.9952



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

August 26 - January 16

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

*No class November 11 and 25

**Quilt & Sewing Club**

Staff Led

Standley Recreation Center on Thursdays and Fridays

Drop-In 11:00am - 8:00pm- Thurs Free

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

136163 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: September 2 - 30

Session 2: October 7 - 28

Session 3: November 4 - 25

135644 10:30 - 11:30am \$21 - Session 1

135645 10:30 - 11:30am \$21 - Session 2

135646 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

135858 10:00am - 12:00pm Free

*No class September 7 and November 9

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 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 3:00 - 4:00pm

135272	September 2 - 30	\$15
135273	October 7 - 28	\$15
135274	November 4 - 25	\$15

Garden to Table Meals

Led by: Haley

Let's use our garden harvest to make a meal to share! **Program for all ages. No direct supervision provided.**

Park De La Cruz

September 29 | October 27 | November 24

135605	9:30 - 11:30am	\$20 per quarter
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Intergenerational Cooking

Staff Led: Taylor & Haley

16+

There is nothing better than sharing the kitchen with friends and family. Learn a fun, simple meal that everyone can help with in the kitchen. The program is for all ages. No direct supervision provided.

Park de la Cruz on Saturday, October 10

135601	1:00 - 3:00pm	\$10
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Let's Get Cooking

Staff Led: Tyler

Learn basic skills and create delicious food!

Park de la Cruz on Mondays

Session 1: September 14 - October 5

Session 2: October 19 - November 9

134934	1:30 - 3:30pm	\$25- Session 1
134935	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

134716 11:15am - 1:15pm \$10 for the quarter



Yummy Meals

Led by Taylor

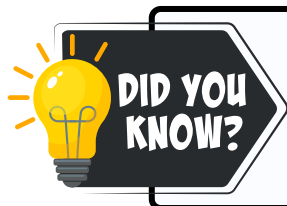
Come experience different foods from around the world while practicing kitchen skills and safety. **Program for individuals 16 years and older.** The second Wednesday of every month we will be cooking for the Disabled Services Advisory Council.

Park de la Cruz on Wednesday

September 9 & 23 | October 14 & 28 |

November 4 & 18

135737	4:00 - 6:30pm	\$30
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September is National Senior Center Month. This shines a light on senior centers, showing how vital they are to the health and well-being of a community. AWS is proud to provide various recreation and social opportunities for older adults to connect with one another.

Dance & Music

Dances are held on the 2nd and 4th Thursdays of the month from 12:30 pm – 2:30 pm at the Balboa Park Club (2150 Pan American Rd. West). **No dance on November 26th.** The event includes live entertainment, refreshments, and prizes. Dance lessons on the 4th Thursday. For more information, contact (619) 525-8247 or TheScroll@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: 135881. Or pay \$5 cash at the door.

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

Sock Hop

Thursday, September 10
Music by "The Sopisticats"



Wildlife Safari

Thursday, September 24
Music by "DJ Rafa"
Dance lessons: John Nagel



Oktoberfest

Thursday, October 8
Music by "The Sopisticats"



Halloween

Thursday, October 22
Music by "Blue Zone"
Dance lessons: John Nagel



Veterans Day

November 12

Music by "The Sophisticats"



Thank you to our sponsor, REA.



*Veterans are free. RSVP by calling (619) 525-8247 by November 6 to be guaranteed lunch.

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cmcnair@4LPi.com
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Classes

Civic Dance18+

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 September 12 at 10:00am.
Classes begin the week of September 21.

Chorus – Sweet Harmony Choral Ensemble

Led by: Emeritus Staff

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

Cathy Hopper Center on Fridays
August 28 - January 8
SDCCE.EDU 9:00am - 12:30pm Free
*No class November 27

Dance

Staff Led: Johana and Patricia

Included in “A Moment for you package”.
See page 17.

Memorial Senior Center on Wednesdays and Fridays
134711 10:00 - 11:00am \$12 per quarter

Line Dancing55+

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

Bay Terraces
September 2 - November 30
135228 10:00am - 12:00pm Free - Mon-Fri
135234 4:00 - 5:30pm Free - Mon, Tue, Thurs

Cathy Hopper Center on Tuesday and Thursdays

Contractor Led: Pat

135900	10:30 - 11:30am	\$35 - September
135904	10:30 - 11:30am	\$35 - October
135909	10:30 - 11:30am	\$35 - November*

*No class November 26

Piano Notes18+

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
September 29 | October 27 | November 17
135912 10:00 - 11:45am Free

Remix Mondays

Staff Led: Johana and Patricia

Dance, move, and enjoy great music.

Memorial Senior Center on Mondays
134712 5:00 - 6:00pm \$10 per quarter

Ukulele

Contractor Led: Villa Musica

No experience necessary, and ukuleles are provided.

Cathy Hopper Center on Wednesdays
September 16 - November 4

135914	10:00 - 10:45am	\$35- Beginner
135916	10:45 - 11:30am	\$35- Intermediate

Park de la Cruz on Fridays
September 18 - November 6

134936	12:00 - 12:45pm	\$35- Beginner
134937	11:15 - 12:00pm	\$35- Intermediate



Gardening

Page 15

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.

Caterpillar Chow Gardens Tour

Led by Haley

Check out a local garden this fall! Bring a lunch to enjoy following the tour. Meet at 11470 Posthill Pl, Lakeside, CA 92040. **Program for all ages.**

October 3

135603 9:30am - 12:00pm

3+



Free

Green Thumb Club

Led by Haley

Get involved with our program garden club! **Program for all ages.**

Park De La Cruz on Thursday

September 17 | October 29 | November 19
135602 10:00 - 11:00am Free

3+

Zen Garden Club

Led by Haley

Spend time and unwind with us using our garden space for various meditative and mindful activities.

Park De la Cruz on Tuesday

September 15 | October 13 | November 10
135604 9:30 - 10:30am Free

13+

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

Martin Luther King

(619) 527-3451

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.

Fall Hours of Operation

September: Thurs - Sun, 9:30am - 2:30pm

October - December: Fri - Sun, 11:30am - 3:30pm

*Closed November 11 and 26

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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Group Fitness Classes

Aikido- Martial Arts

Standley Recreation Center on Tuesdays,
Thursdays, Saturdays

Register onsite 6:30 - 8:00pm- Tues, Thurs \$123
Register onsite 10:00am - 12:00pm-Sat

A Moment for You (Dance Fitness) 18+

Staff Led: Johana & Patricia

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

Memorial Senior Center on Wednesdays and
Fridays

134711 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.

Memorial Senior Center on Tuesdays

134713 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

135919 9:15 - 10:45am Free

Feeling Fit

Cardio, strength, flexibility, and balance!

Learn great moves with lively music!

Cathy Hopper Center on Tuesdays and
Thursdays

Volunteer Led: SD County Staff- Robert

135921 9:00 - 10:00am Free

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

**No class November 26*

North Clairemont Center on Tuesday and
Thursdays

Volunteer Led: SD County Staff

134703 1:30 - 3:00pm Free

PCRC Stretch

Standley Recreation Center on Mondays

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

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

134711 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.

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 and October 12*

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 4:45 - 5:45pm

135249 September Free

135251 October Free

135259 November Free

Cathy Hopper Center on Fridays

Staff Led: Irma

*135922 9:00 - 10:00am \$10 per quarter

**Virtual sessions available with registration*

***No class November 27*

*135924 10:30 - 11:30am \$10 per quarter

**Chair Yoga class*

***No class November 27*

Memorial Senior Center on Mondays

Staff Led: Irma

134714 10:00 - 11:00am \$10 per quarter

**No class September 7*

Yoga (continued)

Park de la Cruz on Tuesdays

Staff Led: Irma

134918 9:30 - 10:30am \$10 per quarter

San Ysidro on Monday and Tuesdays

Staff Led: Irma

134988 5:00 - 6:00pm \$15 per season

Standly Recreation Center on Mondays

Register onsite 5:30 - 7:30pm cost may vary

Yoga Day Field Trip to Olivewood Gardens

Staff Led: Irma

Enjoy yoga in a beautiful garden setting. Participants will be taking public transportation from the locations listed below to Olivewood Garden. Participants will pay for their own MTS fare.

Cathy Hopper Center on Thursday, September 3

136436 8:30am - 1:30pm \$10

Memorial Senior Center on Thursday, October 15

136438 9:00am - 1:00pm \$10

Park de la Cruz on Thursday, October 1

136437 9:00am - 1:00pm \$10

Zumba

Staff Led

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

Bay Terraces on Wednesdays

135236 2:00 - 3:00pm Free

135245* 3:00 - 4:00pm Free

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

San Ysidro on Monday and Tuesdays

134981 6:15 - 7:15pm Free

Stanley Recreation Center on Tuesdays and Thursdays

Drop-In* 11:00am-12:00pm-Tues Free

Drop-In 5:30 - 6:30pm- Tues Free

Drop-In* 11:15am-12:00pm-Thurs Free

*Golden Zumba- lower-intensity, low-impact

Sports

Pickleball- Open Play

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- Tues Free

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

Standley Recreation Center on Fridays

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

Pickleball Lessons

Learn and practice the basics of pickleball.

North Clairemont Recreation Center on Tuesday and Thursdays

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

Park de la Cruz on Tuesdays

Staff Led: Sean

134919 10:00 - 10:45am \$10/quarter-Session 1

134920 11:00 - 11:45am \$10/quarter-Session 2

San Diego Senior Games

The SD Senior Games is the only organization in SD that offers older adults the opportunity to compete in Olympic-style sporting events. Athletes compete in age categories of five-year increments. 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.**

Registration is open for the 2026 Games

August 20 - 23: Pickleball

September 12 - 13: Women's Basketball & Shooting, Tennis, Bowling

September 13: Track & Field

September 19: Men's Basketball & Shooting

September 19 - 20: Road Race Run (5k & 10K), Women's Soccer, Softball, and Volleyball

September 20: Men's Volleyball

September 27: Fitness, Table Tennis

SD Senior Women's Softball League

All Skill Levels Welcome! This league helps **55+** improve physical conditioning, promotes teamwork, develops lasting friendships, and enhances camaraderie. Contact Rafael at RafaelP@sandiego.gov for more information.

Fall/ Winter registration is open now.

Walking Groups

Walk to Wellness

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

Cathy Hopper Center on Tuesdays and Thursdays

Volunteer Led: Kathy & Carmen

135928 10:00 - 11:00am Free

*No program on November 26

Walk to Wellness (continued)

Community Walks on Saturdays

Stay active while exploring beautiful locations throughout the city. Meet at 8:45am for stretching, walk begins at 9:00am. Locations e-mailed prior to program date. Email MFurr@sandiego.gov or call (619) 236-6905 for more information

September 19 - November 14

*No walk October 31

Staff Led: Morgan

134955 9:00 - 10:00am Free



San Diego

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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
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- 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*



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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.

AARP: Social Connection Training

Led by: Tiffany Zhang

Attendees will connect with other like-minded older adults and practice healthy methods of building friendships!

Park de la Cruz on Wednesday, September 23
134952 10:00 - 11:00am Free



Elder Law: Medicare Annual Enrollment Period

Led by: Aurora Valdez

Attendees will learn how Medicare works, available benefits for older adults, and one's independent rights regarding benefit distribution!

Park de la Cruz on Monday, November 9
134939 11:30am - 1:00pm Free



Medicare

Led by: Fernando Garcia from Humana Insurance

Humana provides Medicare 101 educational presentations that explain the basics, compare plan types, understand costs and more. 2027 updates will be shared, so you know what to expect for the following year.

Cathy Hopper on Monday, October 5
135933 1:30 - 2:30pm Free

Memorial Senior Center on Tuesday, October 20
136528 12:30 - 1:30pm Free



Naviguide

Led by: Elizabeth Garcia



Attendees will learn about the senior resources provided by Naviguide!

Park de la Cruz on Wednesday, September 9
134942 10:30 - 11:30am Free

Navigate Trash Service Updates

Led by: City of SD Environmental Services

1 on 1 appointments to review the new trash fees, and get assistance with financial aide.

Cathy Hopper on Wednesday, October 14
Drop-In 9:30am - 3:30pm Free

UCSD: Effects of Sleep

Led by: Jade Hawk

Attend this presentation to learn about the importance of sleep as an older adult from a qualified UC San Diego research team!

Park de la Cruz on Wednesday, October 7
134938 10:00 - 11:00am Free



When is it time to consider Senior Living?

Led by: Cody Smith-Jaugen from Canyon Villas Retirement Community

This informative and educational presentation is designed to help seniors and their families navigate the senior living journey. Identify the signs that it may be time to consider senior living, the different between Independent Living and Assisted Living, common misconceptions, and important questions families should ask when exploring their options.

Cathy Hopper on Monday, September 14
135931 1:30 - 2:30pm 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 9:30 - 11:30am

Entertainment

Karaoke

Take the stage and sing your favorite tunes.

Cathy Hopper Center on Tuesday

September 1 & 15 | October 6 & 20 | November 3 & 17

Staff Led: Yulonda

135935 12:00 - 1:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

Drop-In 11:00am - 12:00pm Free

San Ysidro Senior Center on Wednesday and Thursdays

134988 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

September 17 | October 15 | November 19
134715 11:15am - 1:15pm Free

Must-See Movies

Volunteer Led: Bob

September

Charing Cross Road - 1987 *(PDLC only)

A New York City researcher and the owner of an old bookstore in London develop a friendship via correspondence circa 1949-1968.

Meet Me in St. Louis - 1944 **(CHFC only)

A musical about a family in 1903 as it prepares for the Louisiana Purchase Exposition.

October: The Killers - 1946

A film noir focusing on an insurance detective investigating the deaths of two professional killers.

November: Dark Victory - 1939

A socialite must come to terms with a life-changing emergency.

Cathy Hopper Center on Friday

September 18 | October 16 | November 20
135939 12:00 - 2:00pm Free

Park de la Cruz on Friday

September 11 | October 9 | November 13
134932 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

136144 10:30am - 12:00pm Free

Bay Terraces on Thursday

2nd and 4th Thursdays

135266 2:00 - 3:00pm \$10- September

135267 2:00 - 3:00pm \$10- October

135268 2:00 - 3:00pm \$10- November

Cathy Hopper Center on Mondays

Volunteer Led: Fred & Dana

131877 11:30am - 1:00pm Free

*No class on September 7 and November 9

55+

Bingo (continued)**55+**

City Heights Square Mini Park on Tuesday

September 29 | October 27 | November 24

Staff Led

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

Park de la Cruz on Wednesdays

Led by: Angel and Jennifer (Volunteer)

134930 1:30 - 3:00pm Free

Memorial Senior Center on Thursdays

Staff Led: Carmen

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

Bridge- Open Play**18+**

Cathy Hopper Center on Friday

131936 11:30am - 1:30pm Free

Standley Recreation Center on Tuesdays and Fridays

Drop-In 11:00am - 3:00pm- Tues Free

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

Croquet Class & Game**18+**

Croquet is a lawn sport involving the players driving balls through a course of hoops.

Nobel Rec Center on Thursdays 10:30 -11:30 am

135649 September 3 - 24 \$15

135650 October 8 -15 \$15

135651 November 5 - 19 \$15

Jams & Games

Staff Led: Carmen

Listen to music and play board games with friends.

Memorial Senior Center on Wednesdays

134717 11:30am - 12:30pm Free



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Loteria

Memorial Senior Center on Fridays

Staff Led: Patricia

134711 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

134987 2:00 - 3:00pm Free

Mahjong

This engaging tile-based game helps keep the mind sharp while encouraging conversation and connection.

Cathy Hopper Center on Thursdays

Western Mahjong

Volunteer Led: Francesca & Sandy

136150 10:00am - 1:00pm Free

Chinese Mahjong

Volunteer Led: Brian

131878 1:00 - 3:00pm Free

Western Mahjong

Volunteer Led: Sandy

136149 1:00 - 3:00pm Free

Memorial Senior Center on Mondays

Staff Led: Irma

136388 11:00am-12:00pm Free

Nobel Recreation Center on Thursday and Select Saturdays*

Open Play American Mahjong

135643 12:00 - 3:00pm Free - Thurs.

135661 12:00 - 3:00pm Free - Sat.*

*September 5, October 3, November 7

Park de la Cruz on Mondays*

Open play

134916 10:00am - 1:00pm Free

*No lessons provided.

San Carlos on Thursdays

Open play

Drop-in 10:30am - 12:30pm Free

Standley on Mondays

Open play

Drop-in 12:00 - 4:00pm Free

Mexican Train Dominoes

Volunteer Led: David

A popular domino game. Instruction provided.

Cathy Hopper on Tuesdays and Thursdays

136151 10:30am - 2:00pm Free



Ping Pong

Park de la Cruz on Mondays*

Beginner lessons provided.

Volunteer Led: Jenny

136184 2:30 - 4:00pm Free

*No class September 7

San Carlos Recreation on Monday - Saturday

Open Play

September 1 - November 30

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

Table Games

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

135647 10:15am - 2:00pm 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*

134917 12:30 - 2:30pm Free

*Select Saturdays: first time attendees, call Morgan at (619) 236-6905 prior to attending.

Social Groups

Book Club

Staff Led: Tyler

A monthly book club for seniors, meeting to discuss a new read each time, with titles selected from the library's collection.

Park de la Cruz on select Fridays

September 18 | October 16 | November 20
136152 10:30am - 12:00pm \$10



Day 2 of AWS Summer Camp

Current Events

Volunteer Led: Mark and Rachel

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

Park de la Cruz on Fridays

134931 10:30 - 11:30am Free

Family Campfire

Staff Led: Alicia

Enjoy a night under the stars. We will have crafts, hotdogs, s'mores, cocoa, skits, songs, and stargazing. All ages welcome. This is a friends and family event. **Minors and participants requiring extra assistance must be accompanied by a parent/guardian.**

Direct supervision is not provided. Every family member wanting to attend must register individually no later than September 21. Meet at the SD Youth Aquatic Center (1750 Fiesta Island Rd, 92109) on Fiesta Island.

September 26

136161 5:30 - 8:30pm \$10

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

134922 9:00am - 2:00pm Free

*No meeting on the fifth Wednesday

FRIENDSGIVING

Join us for a Friendsgiving celebration at one of our locations this Fall! Come enjoy light refreshments, good company, and holiday cheer with fellow seniors. Cash at the door. Must register with the codes listed below a week prior to event date to be guaranteed refreshments.

Balboa Park Lounge

Tuesday, November 10, 11:30am - 1:00pm
Code: 136191 Cost \$5

Cathy Hopper

Wednesday, November 18, 12:30 - 2:30pm
Code: 136186 Cost: \$5



Memorial

Friday, November 6, 11:00am - 12:00pm
Code: 135211 Cost \$5

Park de la Cruz

Thursday, November 19, 1:30 - 3:30pm
Code: 134945 Cost \$5

Wordstock

Balboa Park Club
Santa Fe Room
October 2
3:00 - 5:00pm

Volunteer Led:
Christopher R

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

Code:136160

FREE



CRAFTERS WANTED!

**Park de la Cruz Winter Carnival
Saturday, December 5, 2026**

11:30am – 2:00pm

Park de la Cruz Community Center
3911 Landis St., 92105

Have a homemade craft? Host your own
table at this year's Winter Carnival!

Homemade crafts only

\$15 per booth – table & 2 chairs included

Indoor and Outdoor spaces available

Bring your own canopy.

This year's Craft Sale will be combined with
the Winter Carnival. Registration details
coming soon. Contact Haley Marshall,
HEMarshall@sandiego.gov, (619) 525-8247
for more information.



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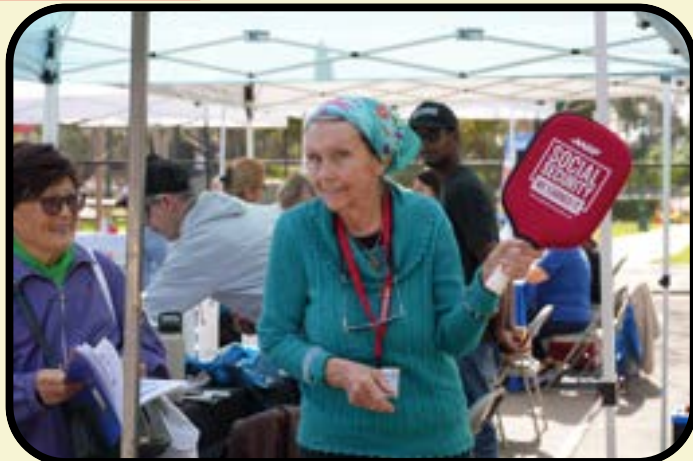
SD Assisted Living Advisors

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

Special Events

SAVE THE DATE

AgeWell's Senior Resource Fair will be held during the Winter Quarter on January 23 from 10:00am - 12:30pm



Attend the 2027 AgeWell Services Senior Resource Fair to connect with local senior-service providers and learn of age-friendly, recreational program offerings throughout San Diego!

Light refreshments will be provided!

The code and more information will be available in the next newsletter. If you are interested in tabling for the event please **call 619-236-6905 or email MFurr@sandiego.gov for more information.**

Turkey Trot-a-Thon

Saturday, November 14

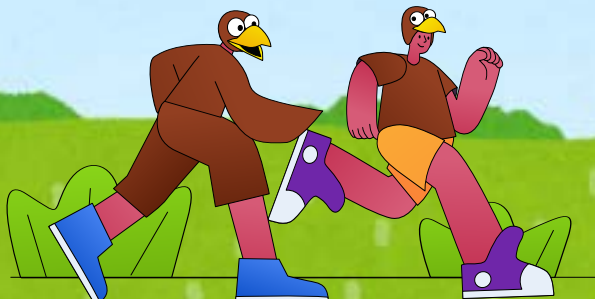
8:30 - 11:00am

Led by Nick

Come trot with your family before you feast for Thanksgiving. Roll, walk, trot, or run with us around the Park de la Cruz facilities. Meet near the Park de la Cruz Softball Field. **This is a family and friends' event. No direct supervision provided.**

COST: \$10

CODE: 136073



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: Christopher 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

September 2 & 16 | October 7 & 21 |
November 4 & 18

136158 2:30 - 5:00pm Free

Poetic Legacy

18+

Volunteer Led: Christopher R

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

September 25: Sylvia Plath

A confessional poet, posthumously awarded the Pulitzer Prize.

October 30: Duane Niatum

A member of the Jamestown S'Klallam tribe. He was awarded the Lifetime Achievement Award from The Native American Writers Circle of the Americas.

Balboa Park Lounge on Friday

September 25 | October 30
136160 3:00 - 5:00pm Free

Poetry Party

18+

Volunteer Led: Christopher R

Read your favorite poetry, listen, or just make the scene.

Balboa Park Lounge on Friday

September 4 | October 2 (Wordstock, see page 25) | November 6

136160 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: La Mesa Oktoberfest

Staff Led: Mark L.

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 the La Mesa Oktoberfest via the trolley! **Pronto passes provided by Travelers Aid San Diego.** Call (619) 525-8247 or email MLeo@sandiego.gov for more information.

Park de la Cruz

Training Session- September 25
134954 1:30 - 2:30pm Free

Old Town Transit Center

Guided Trip - October 4
134954 12:00 - 3:00pm Free

*Must register by Monday, September 28



The City of
SAN DIEGO
Parks and Recreation Department
AgeWell Recreation Services
Parks and Recreation Department
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