AgeWell Services

The Scroll

June, July, August 2022

AgeWell Services’ Staff

Kristi Fenick, District Manager, CTRS
Marla Davis, Supervising Recreation Specialist, CTRS
Caitlin Weston, Recreation Specialist
Vacant, Recreation Specialist
Mark Leo, Recreation Leader II
Mai Kawaguchi, Recreation Aide

AgeWell Services will be closed July 4th in observance of a City Holiday.
To join our mailing list, or for more information, please call (619) 525–8247 or email thescroll@sandiego.gov.

Throughout this newsletter there are a number of advertisements and community-sponsored activities. The City of San Diego does not necessarily endorse the services offered by these organizations. Programs offered in this newsletter are for adults 55 years and better.

Visit us on the web at:

https://www.sandiego.gov/agewell
Announcements

**Disabled Services Advisory Council, Inc.**

**Online Registration**

**Serving Seniors**

**TRS 50th Anniversary Celebration**

**AWS Dances**

**Park de la Cruz Activities**

**Balboa Park Programs & Virtual Activities**

**Citywide Parks and Recreation Center Activities**

**Community Resources**

**AgeWell Calendar**

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**Volunteer Updates**

**Welcome new volunteers!**

Yen W., Martha S., Terri H., Maria S. to the Social Calls Program and Dianne B. to the Serving Seniors Congregate Lunch Program.

**Happy Birthday!**

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

Michael T. (7/10); Yen W. (7/13); Lee W. (7/31); Helen L. (7/31); Dianne B. (7/31); Angie W. (8/5); Carmen H. (8/10)

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**Volunteers Needed**

Do you have some extra time and would like to give back to others? We are looking for volunteers to assist with the following activities:

**Social Calls** – In need of a volunteer, on Mondays, to make phone calls to older adults. Calls may be made from 8:00am to 11:00am from the comfort of your own home or at the community center.

**Walk to Wellness** – Volunteers walk and socialize with older adults on Saturdays from 8:00am-10:00am.

**PDLC Café Host** – Hosts socialize with older adults and prepare and serve coffee, tea, and water. Three-hour shifts available, from 9:00am-12:00pm Tuesdays-Fridays.

**Mahjong Instructor** – We are looking for someone to teach beginner American Mahjong on Monday mornings for a two-four hour shift.

Contact Sharon Moninger at (619) 236-7753 or Smoninger@sandiego.gov if you are interested in volunteering.

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**Cover Contest**

Congratulations to this season’s cover contest winner, Lina Gomez. Thanks for sharing your garden photo of the caterpillar on parsley, Lina!

AgeWell Services is taking new submissions for our fall cover of The Scroll. If you are interested in having your fall-themed photo featured, please submit it to cweston@sandiego.gov by July 1, 2022.

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**Daily Social Calls**

Due to the popularity of our Social Calls Program, there is currently a waitlist to join.

Please call (619) 525-8247 or email thescroll@sandiego.gov to let us know if you or a loved one would like to be put on the waitlist or referred to a another community agency.
Welcome Kim!

Kim is a former Army Captain with the Wisconsin National Guard. She has an undergrad degree from University of Wisconsin -La Crosse in Therapeutic Recreation and is a Certified Therapeutic Recreation Specialist. Due to her former military obligations and being away from the recreation therapy field, she decided to pursue her M.S. degree in Therapeutic Recreation from Indiana University. She is looking forward to this wonderful opportunity and experience in completing her summer internship with AgeWell and Therapeutic Recreation Services. A few interesting things about her is that she grew up on a dairy farm in Wisconsin, has four sisters and two brothers and is a combat veteran.

Visit the AgeWell Services Photo Exhibit

Photographs, submitted by adults 55 and better, will be displayed at Park de la Cruz Community Center from June 3rd through June 24th, 2022. Stop by and vote for your favorite piece during the community center’s general hours of operation (see page 5).

SCSEP Volunteers

The Senior Community Service Employment Program (SCSEP) is a work-based training program for older Americans to build/enhance/update job skills to be able to look for and find a job. AgeWell Services is fortunate to have three, hard working SCSEP volunteers: Loretta, Maria Rosa and Sylvia who assist staff with a variety of important duties including dance prep, Serving Seniors congregate lunch, Balboa Park Lounge, Social Calls, special events, programs, and various administrative duties. Thank you ladies! We appreciate everything you do for AgeWell Services. Contact Gisel Huracha, at ghuracha@sercalifornia.org, or call (619) 628-0355 ext. 1355, if you would like more information about SCSEP.

Dance Donor

AgeWell Services would like to express heartfelt appreciation to Henry (Hank) D., one of our longtime dancers who generously donated (for the second time!) to help support the bimonthly dances at the Balboa Park Club. Thank you, Hank, for helping us to keep the dances going. We appreciate your kindness. If you would like to make a donation in support of dances or any other AgeWell Services’ program, contact Marla at MarlaD@sandiego.gov or (619) 236-6910.
Disabled Services Advisory Council, Inc. (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 older adults, persons with disabilities, businesspersons, advocates & other interested individuals. Meetings are held at Park de la Cruz (3901 Landis St.) on the second Wednesday of each month at 6:00 pm. www.dsacsd.org. DSAC 2022 elections were held in February with the following results: Dallin Young, Chairperson; Betty Templeton, Vice Chairperson; Jeanette Alden, Secretary; Eleanor Tamayo, Treasurer; Board members include Meagan Nunez and Vanessa Onstad; General member is Richard Gilbert.

**Fundraisers: Please help spread the word!**

Donations received through GoFundMe will be used to purchase recreation equipment and partial scholarships to those demonstrating a need.

[https://gofund.me/2ef2e56c](https://gofund.me/2ef2e56c)

**Amazon Smile Fundraiser**

Amazon donates .5% of eligible purchases to DSAC when you shop at [smile.amazon.com](http://smile.amazon.com).

Follow these easy steps:

1. Shop under your normal Amazon account at [smile.amazon.com](http://smile.amazon.com)
2. When prompted to choose an organization to donate to, select Disabled Services Advisory Council Inc in San Diego CA and shop away!

**Ralphs & Food4Less Fundraiser**

Sign up online and every time you shop, a percentage of your purchase will be donated to DSAC. These rewards can be used for your fuel purchases too!

To add your community rewards program:

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

**Disabled Services Advisory Council**

Remember to update after September first each year!
Where to Start/Get Involved!

Steps to register on SD Rec Connect

Create an online profile using the Activity Registration System. Log on at SDRecConnect.com. First Time Online Registration: Click “Create an Account”. Fill out “New Account Request” form completely for the primary responsible person, including all required fields, and click Submit (or Submit and Add Family Member to add family members). Upon completion, an email will be sent to the email address provided. Check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you’ve used this special link. Note: it’s possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you’ve set up the account.

Returning Customers: For people who have an existing account online, click the “Sign In” or “My Account” button. Enter your login (email address) and password.

Summer registration starts May 14th at 10:00am

Park de la Cruz Community Center Hours of Operation:
- Monday, Tuesday, Wednesday: 8:30am–6:00pm
- Thursday, Friday: 8:30am–4:00pm
- Saturday: 9:30am–2:30pm

Payment Process
Payments can be made online at SDRecConnect.com or at Park de la Cruz Community Center (3901 Landis St., 92105) during open center hours (see above).

Cash or paper check are NOT accepted when paying in advance. Acceptable payments 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.)

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. All registration and reservation fees include a non-refundable 3% processing fee.

Refund Policy
Refund is based on the date that the written application was submitted, using the Refund Application, in person at the facility where the program occurs. Refunds will be processed in accordance with the following policy.

Refund policy exclusions:
- 3% 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 $10.00 will not be refunded.
- No refunds for requests submitted less than 20 business days prior to the activity.
- Refunds will take up to 6-8 weeks.
- Payments made by credit card will be refunded to the credit card.

Contact AgeWell Services’ staff at (619) 525-8247 with questions.
SENIOR MEALS
AT PARK DE LA CRUZ COMMUNITY CENTER

When
Lunch Service
Monday thru Friday
12:00 PM - 1:00 PM

Where
Park de la Cruz Community Center
3901 Landis St., San Diego, CA 92105

Meals are provided at no cost to seniors; however, contributions are accepted. A $4.00 fee is requested for those who are under 60 years of age, however a scholarship is available through the Disabled Services Advisory Council Inc. (DSAC) for those who cannot afford to pay this amount. If you would like to fill out a DSAC scholarship form, contact our office at (619) 525-8247 or come to the front counter. Recipients of the DSAC scholarship are able to receive up to 10 meals per month for free.

Contact

The City of
SAN DIEGO
Parks and Recreation Department
GENERAL INFO
(619) 525-8247
SERVING SENIORS
(619) 235-6572

Therapeutic Recreation Services
50th Anniversary Bash

Saturday, June 18, 2022
2:00pm–5:00pm
Park de la Cruz Community Center
3901 Landis St., 92105

Register via SDRecConnect.com by May 25th to receive a commemorative gift using the code: 98965, or call (619) 525-8247 if you are interested in attending.
AgeWell Dances

The following dances are held on the 2nd and 4th Thursdays of the month at the Balboa Park Club Ballroom (2150 Pan American Road West), located off of Park Blvd. and Presidents Way. There is a $5.00 charge at the door which includes live entertainment, refreshments (pre-packed snacks) and prizes. For more information, call (619) 525-8247.

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**Father's Day**

Thursday, June 9th
12:30-2:30pm
Celebrating all the great dads and father figures. Music by the “Sophisticats”.

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**Into the Jungle**

Thursday, June 23rd
12:30-2:30pm
Break out your wildest animal prints for this one! Music provided by “Janet Hammer Presents: Rhythm Express”.

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**Stars & Stripes**

Thursday, July 14th
12:30-2:30pm
Don your patriotic gear and enjoy music performed by the “Sophisticats”.

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**Disney Dance**

Thursday, July 28th
12:30-2:30pm
Get decked out in your best Disney garb while enjoying the sounds of “Blue Zone”.

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**Surfin' Safari**

Thursday, August 11th
12:30-2:30 pm
You don’t need to bring your surf board, but get your boogie (board) on with us while dancing to music by “Janet Hammer Presents: Rhythm Express”.

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**Sail Away**

Thursday, August 25th
12:30-2:30 pm
Set sail with us at this nautical themed dance. Enjoy music by “Sophisticats”.

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**Trouble Finding a Parking Spot?**

Take the FREE Balboa Park Tram and save your energy for the dance floor!
Just park on the West side of Park Blvd. or at the lower parking lot at Inspiration Point.
It runs every 10 minutes and drops you off in front of the Ballroom.
All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 5 for registration instructions. Activities on this page are held at Park de la Cruz Community Center (3910 Landis St.) or Park de la Cruz Gymnasium (3911 Landis St.) Programs are free unless otherwise noted.

**Park de la Cruz Activities**

**PDLC Café**

**Tuesday thru Friday**

10:00am–12:00pm

Drop-in Program

Come enjoy a complimentary cup of coffee or hot tea at the newly reopened PDLC Café. There is a lot you can do at the Café, including reading the daily newspaper, playing a card or board game, socializing with peers, working on a monthly jigsaw puzzle or logging on to our free wi-fi. Stay for the Serving Seniors congregate lunch program (see page 6) which starts at 12:00pm. Covered outdoor patio and indoor seating is available. We look forward to seeing many familiar faces as well as meeting new friends.

**Fitness Center**

**Monday thru Wednesday:** 8:30am–6:00pm

**Thursdays & Fridays:** 8:30am–4:00pm

**Saturdays:** 9:30am–2:30pm

Registration Code: 101407

Looking to increase your fitness level? We have free weights, a treadmill, a rowing machine and a stationary bike to help get your fitness on. **Cost is $15 for 3 months (June–August).** Stop by and check it out! Please bring your own towel and water.

**Leaders:** AWS Volunteers & Staff

**Servicemembers/Veterans – Adaptive Strength Training**

**Mondays & Wednesdays:** 8:30am–9:30am

Registration Code: 101409

This class offers 100% adaptable and customizable functional movement–based exercises to meet individual needs. Class includes dynamic warm-up, body weight, resistance band, kettlebell, and core exercises in combination with cardiovascular activities. **Program is designed for Service Member populations.**

**SD Access 4 All – Technology Program**

**Mondays & Wednesdays:** 9:00am–12:00pm

Registration Code: 100995

Join us for a free technology assistance program led by San Diego Futures Foundation (SDFF) staff. SDFF conducts weekly trainings, hosts Q&A, and distributes information about how to purchase low-cost devices to individuals (age 18 and over) who qualify. Call (619) 525–8247 for more information.

**American Mahjong**

**Mondays:** 10:00am–1:00pm

Registration Code: 100997

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. It is an excellent game to play if you’re looking to improve your memory skills! Feel free to participate the entire time, or drop in for an hour or two. This activity is geared toward intermediate to advanced Mahjong players. AWS is seeking a volunteer to help teach Mahjong to new players (see page 2).

**Otherwise Improv**

**Wednesdays:** 3:00pm–5:00pm

Registration Code: 100998

**June 1st & 15th, July 6th & 20th, August 3rd & 17th**

Come learn how to make it real! Join us on the 1st and 3rd Wednesdays of each month for an improvisational workshop. Learn the secret of being in the moment. If you have good timing you don’t need anything else! Program is open to individuals age 18 and over.

**Leader:** Christophver R, Volunteer
Chair Yoga Class  
Fridays: 12:45pm–1:45pm  
July 8th – August 26th  
Registration Code: 101001

Yoga chair classes are gentle, combining both chair and standing postures to incorporate flexibility and muscular strengthening. We aim for a good stretch, a bit of a workout, and some valuable mind-quiet time, all to help reinforce that ever important connection between your body and your mind. Participate at your own level!  
Cost for 8 sessions: $30.00. Partial scholarships available – please call (619) 525–8247. (Includes Fitness Center Usage)  
Leader: Jackie G., Contractor

Self Expression Art  
Fridays: 2:30pm–4:00pm  
Registration Code: 101207

Express images hidden within using paints, colored pencils, markers, or other media without judgement or criticism. Just enjoy! Program is open to individuals of all ability levels, age 18 to adult.  
Leaders: Michael, Joan and Ray, Volunteers
### Poetic Legacy Program

**June 24th**  
Louise Gluck  

**July 29th**  
Khaled Mattawa  

**August 26th**  
Ada Limon  

This workshop involves a detailed exploration of contemporary and historic poets. Taking prompts from the featured poets, participants are then encouraged to write their own poetry.  
**Leader: Christophver R, Volunteer (619) 569-4922**

### Movie in the Park

**Friday, August 5th**  
Drop-in Program  

Come on out for this summer’s movie screening of Disney Pixar’s Luca. The movie will begin around dusk, but come out for some family-friendly activities beforehand. There will be fun for everyone!

### Walk to Wellness

**Saturdays: 8:00am—9:00am**  
June 4th—August 13th  

(No walk on July 2nd)

Participants walk 2–3 miles at various locations throughout San Diego which enables patrons to meet new friends, become physically fit and learn more about beautiful parks & trails i.e., Balboa Park, Park de la Cruz, Shelter Island, Crown Point Shores, Civita Park, and Mission Bay. **Register ahead of time to receive weekly walk location information.**  
**Leader: AgeWell Staff**

### Virtual Programs

#### Aging Well Chair Fitness (Virtual)

**Tuesdays: 10:30am—11:30am & Thursdays: 1:00pm—2:00pm**

Chair-based fitness classes use seated and standing exercises, combining unique Latin moves with rhythms to create an exciting and dynamic workout. The class combines boxing drills and constant easy movements for a well-rounded workout. Improve balance, flexibility and reduce stress. For more information, call (858) 538-8171 or email tlbennett@sandiego.gov.  
**Leader: Trena Bennett, Center Director, Lopez Ridge Recreation Center**

#### Virtual Yoga

**Tuesdays & Thursdays: 9:00am—10:00am**

Discover how yoga can strengthen your core, improve posture and decrease stress. Wear comfortable and loose fitting clothes. **Se Habla Español.**  
**Leader: Irma L., Volunteer**

#### Virtual Laugh Hour

**Thursdays: 11:00am—12:00pm**

Scientific studies show that laughter reduces pain, fights depression and more! Program is open to participants of all ages and their families.  
**Leader: Alicia S., Volunteer**
Poetry Party  
Balboa Park Santa Fe Room  
First Fridays: 3:30pm–5:00pm –  June 3, July 1, August 5
Come read your favorite poetry, listen, or make the scene. Be bold, adventurous, and experience first hand the power of the spoken word.  
Leader: Christophver R, Volunteer

Bingo @ the Senior Lounge  
Saturdays: 11:00am–12:30pm
G55! B15! Spend your morning in the Balboa Park Senior Lounge and meet new friends. If you are lucky you may even win a prize!  
Se Habla Espanola  
Leader: Mariarosa C., Volunteer

Balboa Park Senior Lounge  
Tuesdays thru Fridays: 9:00am–12:00pm  
Saturdays: 9:00am–11:00am
Come enjoy a complimentary cup of coffee or hot tea and socialize with peers in beautiful Balboa Park. We look forward to seeing many familiar faces again and meeting new friends.  
Leader: Mark Leo & Lounge Volunteers

Knitting Group at the Senior Lounge  
1st & 3rd Wednesdays: 10:00am–11:30am – June 1, 15, July 6, 20, August 3, 17
This is a perfect group for those who love to knit or want to learn the basics in a friendly environment. Free class and supplies available to those who are in need.  
Leader Effie K., Volunteer

Must–See–Movies at the Senior Lounge  
2nd Fridays: 12:30pm–3:00pm
Watch distinguished films that have transcended time and trends. The film host introduces each movie and then leads a question and answer session afterwards.

The true story of a high school math teacher who teaches his underserved students calculus.

July 8th: East of Eden–1955–James Dean, Julie Harris, Raymond Massey  
A John Steinbeck novel focusing on the relationship among two brothers and their father and a woman both sons love.

August 12th: Brian’s Song–1971–James Caan, Billy Dee Williams  
A true story of Chicago Bears running back Gayle Sayers who forms a bond with running back Brian Piccolo.  
Leader: Bob J., Volunteer

Piano Notes  
Balboa Park Club Ballroom  
Last Tuesdays: 10:00am–11:45am – June 28th & August 30th
Join us in the historic Balboa Park Ballroom if you enjoy playing or listening to the piano. This is a great opportunity to meet new friends and enjoy music.  
Leader: Lee W., Volunteer

Leader: Effie K., Volunteer

All codes are directly linked to SDRecConnect.com. Click the code to sign up. See page 5 for registration instructions. The Santa Fe Room is located at 2150 Pan American Road West. The Senior Lounge is located in the Casa Del Prado (room 105) at 1650 El Prado.
The following programs are held at various City of San Diego Parks and Recreation Centers. Please call the recreation centers for more information. Programs are free unless otherwise noted.

<table>
<thead>
<tr>
<th>Program</th>
<th>Location</th>
<th>Time</th>
<th>Registration Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretching &amp; Relaxation</td>
<td>Tecolote Recreation Center</td>
<td>Mon., Wed., Fri.: 11:00am–11:50am</td>
<td>101279 (June); 101280 (July); 101281 (August)</td>
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<tr>
<td>For more information, call (858) 581–9930.</td>
<td>Leader: Tecolote Staff</td>
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<tr>
<td>Vovinam (Vietnamese Martial Arts)</td>
<td>Linda Vista Recreation Center</td>
<td>Mon. &amp; Wed. 6:30pm–8:00pm</td>
<td>101463</td>
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<td>For more information, call (858) 573–1392.</td>
<td>Leader: Volunteer</td>
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<tr>
<td>Senior Bridge &amp; Pinochle</td>
<td>Standley Recreation Center</td>
<td>Fridays: 9:00am–12:00pm</td>
<td>Drop-in Program</td>
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<tr>
<td>New players are welcome.</td>
<td>More information is available by calling Vern at (619) 465–6463.</td>
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<td>City Heights Steppers—Line Dance</td>
<td>Mid–City Gym: 4302 Landis St., 92105</td>
<td>Tuesdays June 7th–August 23rd: 6:00pm–8:00pm</td>
<td>101042</td>
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<tr>
<td>Learning different line dances will help you get in shape and have some fun.</td>
<td>Call (619) 641–6125 for more information.</td>
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<tr>
<td>American Mahjong</td>
<td>Nobel Recreation Center</td>
<td>Thursdays: 12:30pm–3:00pm</td>
<td>Drop-in Program</td>
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<td>American Mahjong is played with four players using tiles stamped with Chinese symbols.</td>
<td>Leader: Nobel Recreation Center Staff</td>
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<tr>
<td>Women’s Self Defense Class</td>
<td>Nobel Recreation Center</td>
<td>Saturday 1:00pm–3:00pm</td>
<td>Cost: $33</td>
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<td>Participants will learn effective striking to key target areas to ward off an attacker, cover escapes from common attacks and ground defense. Call (858) 552–1626 with questions.</td>
<td>Leader: Master Joe Montanez</td>
<td>Reg. Codes: 100864 (6/18); 100865 (7/23); 100866 (8/20)</td>
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<tr>
<td>Adult Zumba</td>
<td>Adams Recreation Center</td>
<td>Mondays: 6:00pm–7:30pm</td>
<td>Registration Code: 101058</td>
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<tr>
<td>Join this free and fun Zumba class. Call (619) 235–1149 with questions.</td>
<td>Leader: Staff</td>
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<tr>
<td>Tai Chi Moving for Better Balance</td>
<td>Allied Gardens Recreation Center</td>
<td>Tuesdays &amp; Fridays 3:00pm–4:00pm</td>
<td>Leader: County of San Diego</td>
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<tr>
<td>Tai Chi Moving for Better Balance, can be done from a seated or standing position, has been shown to improve balance and mobility, and reduce the risk of falls. Call (619) 235–1129 or (858) 495–5500 with questions. Class began March 15, 2022 and runs for 24 weeks.</td>
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<td>Gentle Fitness for Seniors</td>
<td>Colina Del Sol Recreation Center</td>
<td>Tuesdays &amp; Thursdays 11:30am–1:00pm</td>
<td>Registration Code: 101216</td>
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<td>Classes (free) include stretching, walking, chair yoga, and other strength training activities. Call (619) 235–1144 for more information.</td>
<td>Leader: Colina Staff Ms. Velma</td>
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</table>
The following programs are held at various City of San Diego Parks and Recreation Centers. Please call the recreation centers for more information.

**Blazing Turtles Walking Group**

**South Bay Recreation Center:** 1885 Coronado Ave., 92154  
**Mondays–Fridays:** 8:00am–10:00am  
**June 6–August 31**

This free walking program is designed to enhance health and well being of participants. Blazing Turtles Walking Group members will log the number of laps they walked around the park every week. **For more information, contact Kevin Kirkpatrick, ARCD at (619) 424–0470 or KLkirkpatrick@sandiego.gov.**

**Ceramics**

**South Bay Recreation Center:** 1885 Coronado Ave., 92154  
**Wednesdays, June 7–August 30:** 10:00am–12:00pm

This program consists of pouring clay slip into molds, preparing pieces for firing, then painting and glazing those ceramic pieces. Participants to provide own materials.  
**Please call (619) 424–0470 for more information.**

**Friends of the Garden**

*NEW* Facility & Programs  
**Bay Terraces Community & Senior Center**  
**7445 Tooma St., 92139**  
**https://www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace**

- **Friends of the Garden**  
  2nd Saturdays 10:00–11:30am (FREE)  
  Check out our Native Garden & learn about our park beautification.  
  June–August # [100727](#)

- **Senior Ballroom Dancing**  
  Fridays 10:00am–1:00pm (FREE)  
  Join us in ballroom dance and lessons!  
  June–August # [100728](#)

- **Senior Bingo**  
  Last Thursdays (6/23, 7/28, 8/25) 1:00–3:00pm  
  June–August # [100729](#)

- **Senior Game Day (Lounge Room)**  
  *Monday – Friday* 11:00am–2:00pm (FREE)  
  Join our noncompetitive games including mah-jong, cards, board games & lots more!  
  June–August # [100730](#)

**Karaoke**

*NEW* Facility & Programs  
**Bay Terraces Community & Senior Center**  
**7445 Tooma St., 92139**  
**https://www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace**

- **Karaoke**  
  Last Weds. (6/29, 7/27, 8/31) 1:00–3:00pm (FREE)  
  Join us in ballroom dance and lessons!  
  June–August # [100731](#)

**Senior Line Dancing**

*NEW* Facility & Programs  
**Bay Terraces Community & Senior Center**  
**7445 Tooma St., 92139**  
**https://www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace**

- **Senior Line Dancing**  
  Monday–Friday 11:00am–1:00pm (FREE)  
  This is a simple, exercise dance class you are welcome to jump in and join at any time.  
  June–August # [100732](#)

**Tech Class**

*NEW* Facility & Programs  
**Bay Terraces Community & Senior Center**  
**7445 Tooma St., 92139**  
**https://www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace**

- **Tech Class**  
  Saturdays 11:00am–1:00pm (FREE)  
  June–August # [100733](#)

**Movie in the Park:** “Little Rascals”  
Saturday, *July 23rd* @ dusk  
Join in fun with intergenerational activities prior to the movie.

**Tai Chi Integral**

**Hourglass/Miramar College:** 10440 Blank Mountain Rd., 92126  
**Saturdays (6/4–8/20) & Sundays (6/5–8/21) 10:00am–12:00pm**

Integral Tai Chi is a health improvement program, combing Yoga, Tai Chi, Qi Gong and Meditation in one system that integrates, body, mind, and spirit. (858) 538–8153

**Sewing Fundamentals**

**Golden Hill Recreation Center:** 2600 Gold Course Drive, 92102  
**Thursdays & Fridays 11:00am–2:30pm**

This class will enable the beginning, intermediate, and advanced learner to complete a project of their choice. Call (619) 235–1138 with questions. **Leader: City Staff**
Since 1942, the Civic Dance Arts program of the San Diego Parks and Recreation Department has been offering high quality, affordable dance lessons in disciplines such as Tap, Jazz, Ballet, Musical Theater, Modern, Hip Hop and Hawaiian dance to adults of all ages and abilities. Summer dance classes will be visible on SDRecConnect on May 20 with registration opening Saturday, June 25 at 10am and classes beginning the week of June 27. More information can be found at www.civicdancearts.org or call the Dance Office at (619) 235–5255.

**Racket Sports**

**Tennis news:** Coming soon! Encanto Community Park tennis courts will be resurfaced and are scheduled to reopen in time for summer. Come out and enjoy the beautiful courts! Encanto Community Park is located at 6508 Wunderlin Avenue. Call (619) 527–3411 with questions.

**Open Play Pickleball around the City:**

**North Clairemont Recreation Center:** 4421 Bannock Ave., 92177; (858) 581–9926

Tuesdays & Thursdays: 10:30am–1:30pm

**Ocean Air Recreation Center:** 4770 Fairport Way, 92130; (858) 552–1687

(6 courts): Monday & Friday 10:00am–1:15pm; Wednesday 9:00am–12:15pm

**Presidio Recreation Center:** 2811 Jackson St., 92110; (619) 692–4918

(1 court) Tuesday & Thursday 11:00am–2:00pm

**Park de la Cruz Community Center:** See page 9

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**Civic Dance...You Can Dance!**

The Stockton Recreation Center staff are excited to offer programs for older adults (ages 50+). We encourage all older adults to visit the center to meet your neighbors, make new friends, engage in new social activities and explore the community together. All senior programs are currently free.

**Tuesdays: 10:00am–12:00pm**

- **Exercise** – low impact chair exercise class (30min)

**Wednesdays: 10:00am to 12:00pm**

- **Loteria** – a traditional Mexican card game that is similar to Bingo, but uses illustrated cards and letters.

**Fridays: 10:00am to 12:00pm**

**Walking Group** – join us at the recreation center to walk around the community. We will start with a goal of one mile, increasing to a maximum of three miles. Bring water, good shoes and sun screen.
**Beach Wheelchair**

Take a free one-hour ride on our power-driven beach chairs located at Mission Beach. This program is available to individuals with mobility impairments or those who are not otherwise able to walk unaided on the beach. Reservations are not required, but recommended by calling (619) 525-8247.

**Hours of Operation**

Closed January–February

March–April/November–December
Friday, Saturday, Sunday 11:30am–3:30pm

May–October
Monday, Wednesday, Friday 11:30am–4:30pm

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**Wheelchair Dance**

June–August: Tuesdays 10:00am–12:00pm
Park de la Cruz Gymnasium 3911 Landis St., 92105

If you’ve thought about learning ballroom and Latin dance, here’s your chance! Wheelchair Dancers Organization brings you the best in inclusive dance whether you roll or walk. All abilities and levels welcome! Dance, get some exercise and meet new people. Register at wdoinclusivedance.org. No program on July 12, 26 and August 9.

Free

**CODE: 101438**

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**City of San Diego Aquatics Department Swimming Pools**

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<thead>
<tr>
<th>Location</th>
<th>Address</th>
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<tr>
<td>ALLIED GARDENS</td>
<td>6707 Glenroy Street, 92120</td>
<td>(619) 235-1143</td>
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<tr>
<td>BUD KEARNS</td>
<td>2229 Morley Field Drive, 92101</td>
<td>(619) 692-4920</td>
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<tr>
<td>CARMEL VALLEY</td>
<td>3777 Townsgate Drive, 92130</td>
<td>(858) 552-1623</td>
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<tr>
<td>COLINA DEL SOL</td>
<td>4150 54th Place, 92115</td>
<td>(619) 235-1147</td>
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<td>CLAIREMONT</td>
<td>3605 Clairemont Drive, 92117</td>
<td>(858) 581-9923</td>
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<tr>
<td>KEARNY MESA</td>
<td>3170 Armstrong Street, 92111</td>
<td>(858) 573-1389</td>
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<td>MARTIN LUTHER KING JR.</td>
<td>6401 Skyline Drive, 92114</td>
<td>(619) 527-3451</td>
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<td>MEMORIAL</td>
<td>2902 Marcy Avenue, 92113</td>
<td>(619) 235-1139</td>
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<td>NED BAUMER</td>
<td>10440 Black Mountain Road, 92126</td>
<td>(858) 538-8083</td>
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<td>SWANSON</td>
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<td>11238 Clairemont Mesa Blvd., 92124</td>
<td>(858) 636-4837</td>
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<td>VISTA TERRACE</td>
<td>310 Athey Avenue, 92173</td>
<td>(619) 424-0469</td>
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**Jewish Family Services “On the Go” Transportation Solutions for Older Adults**

**Jewish Family Services’ (JFS) On the Go** 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 inability to donate. Transportation must be inadequate or unavailable and all riders must be mobile and mentally alert. A $20 initial enrollment fee grants you access to all of the On the Go services.

- **Contact AgeWell Services’ staff at**  (619) 525–8247 or thescroll@sandiego.gov for a possible enrollment fee waiver before you call Jewish Family Services.

- **Rides & Smiles**
  When you make the tough decision to turn in your keys, our dedicated team of volunteers show up to drive you where you need to go – whether to the doctor, the grocery store, or lunch with friends. More than a ride, On the Go is about fueling the sense of connection, independence, and mobility that defines aging well.

- **Eligible Zip Codes**
  Rides & Smiles® transportation services are available to older adults age 60+ who reside in the following areas:
  - **Eastern San Diego** – 91941, 91942, 91945, 92019, 92020, 92021, 92040, 92071, 92102, 92103, 92104, 92105, 92108, 92111, 92114, 92115, 92116, 92117, 92119, 92120, 92123, 92124, 92139
  - **Northern San Diego** – 92007, 92014, 92024, 92037, 92067, 92075, 92091, 92106, 92107, 92109, 92110, 92121, 92122, 92130
  - **North County Inland** – 92029, 92064, 92126, 92127, 92128, 92129, 92131, 92025 (West of San Pasqual/Highland Valley Road)

**Digital Navigator**

A Digital Navigator will be scheduled at Park de la Cruz in the near future, offering free assistance with digital inclusion, including literacy, home connectivity, gaining access to devices and more. Languages spoke by Digital Navigators include English, Arabic, Tagalog, Espanol and Francais. **If interested in this service, call (619) 525–8247.**

**Elder Help 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, please [click here](#). Or visit www.elderhelpofsandiego.org. Have a spare room? Maybe it’s the right time for you to consider HomeShare. Call (619) 284–9281 for more information.

**Community Centers For Older Adults**

- **42nd District Senior Center**
  570 South 65th St., San Diego  
  (619) 266–2066

- **Bay Terraces Community/Senior Center (page 13)**
  7445 Tooma St., San Diego  
  (619) 527–7632

- **Ed Brown Center (Rancho Bernardo)**
  18402 W. Bernardo Dr., San Diego  
  (858) 487–9324

- **City of Coronado Spreckels Center**
  125 East Park, San Diego  
  (619) 424–0472

- **La Jolla Community Center**
  6811 La Jolla Blvd., San Diego  
  (858) 459–0831

- **Mary and Gary West Senior Wellness Center**
  1525 4th Ave., San Diego  
  (619) 235–6538

- **Mira Mesa Senior Center**
  8460 Mira Mesa Blvd., San Diego  
  (858) 860–5355

- **Peninsula Shepherd Center**
  1475 Catalina Blvd., San Diego  
  (619) 223–1640
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**Note:** Times and dates are approximate and subject to change. Always check for updates and confirm details.
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**KEY:**
BPL (Balboa Park Lounge): 1650 El Prado, 92101
PLDC (Park De La Cruz): 3901 Landis Street, 92105
SFR (Santa Fe Room) and BPC (Balboa Park Club)
2144 Pan American Rd W, 92101
**August 2022**

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<td>Virtual Yoga 9a-10a</td>
<td>Poetry Party @ SFR 3:30p-5:00p</td>
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<td>Knitting @ BPL 10a-11:30a</td>
<td>Otherwise Improv 3-5p</td>
<td>Virtual Laugh 11a-12p</td>
<td>Movie in the Park @ PDLC (see pg. 10)</td>
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<td>Villa Musica 12p-1p</td>
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<td><strong>Park de la Cruz Cafe:</strong> Tuesday-Friday from 10:00am-12:00pm</td>
<td>Serving Seniors Lunch: Monday-Friday from 12:00-1:00pm</td>
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<td><strong>Balboa Park Senior Lounge:</strong> Tuesday-Friday from 9:00am-12:00pm; Saturdays from 9:00-11:00am</td>
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<td>Access 4 All 9a-12p</td>
<td>Virtual Yoga 9:00a-10:00a</td>
<td>Strength Training 8:30a-9:30a</td>
<td>Virtual Yoga 9a-10a</td>
<td>Chair Yoga 12:45p-1:45p</td>
<td>Walk to Wellness 8:00a-9:00a</td>
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<td>Strength Training 8:30a-9:30a</td>
<td>Access 4 All 9a-12p</td>
<td>Access 4 All 9a-12p</td>
<td>Virtual Laugh 11a-12p</td>
<td>Art 2:30-4p</td>
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<td>Mahjong 10:00a-1:00p</td>
<td>Access 4 All 9a-12p</td>
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<td>Strength Training 8:30a-9:30a</td>
<td>Virtual Yoga 9a-10a</td>
<td>Travel Club 10:30a-12:00p</td>
<td>Bingo @ BPL 11:00a-12:30p</td>
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<td>Strength Training 8:30a-9:30a</td>
<td>Access 4 All 9a-12p</td>
<td>Access 4 All 9a-12p</td>
<td>Pickleball 10a-12p</td>
<td>Chair Yoga 12:45p-1:45p</td>
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<td>Virtual Laugh 11a-12p</td>
<td>Poetic Legacy 3:00p-4:30p</td>
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<tr>
<td>Piano Notes @ BPC 10:00am-11:45am</td>
<td>Access 4 All 9a-12p</td>
<td>Access 4 All 9a-12p</td>
<td>Pickleball 10a-12p</td>
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| **Key:**

BPL (Balboa Park Lounge): 1650 El Prado, 92101
PLDC (Park De La Cruz): 3901 Landis Street, 92105

SFR (Santa Fe Room) and BPC (Balboa Park Club)
2144 Pan American Rd W, 92101
The City of
SAN DIEGO
Parks and Recreation Department
AgeWell Services
Parks & Recreation Department
3901 Landis Street, MS 38
San Diego, CA 92105

Return Service Requested

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If so, please email thescroll@sandiego.gov Subject: Paperless Scroll. Starting with the next quarter you will receive an electronic version of the Scroll, sent directly to your email.

The City of
SAN DIEGO
Parks and Recreation Department
"To provide healthy, sustainable, and enriching environments for all."

The City of San Diego is committed to providing an equitable and inclusive environment for all individuals. Consistent with these principles and applicable laws, it is the City’s policy not to discriminate on the basis of any protected classification, including age, ancestry, color, creed, physical or mental disability, gender, gender identity, gender expression, genetic information, marital status, medical condition, veteran or military status, national origin, pregnancy (including childbirth, breastfeeding, or related medical conditions), race, traits historically associated with race (including hair texture and protective hairstyles such as braids, locks, and twists), religion, religious belief or observance, religious creed, sex, sex stereotype, sexual orientation, transgender status or transitioning, or any other classification protected by federal, state, or local law (including being perceived or regarded as or associated with any protected classification). If anyone believes they have been discriminated against, they may file a complaint alleging the discrimination with either the City of San Diego, Parks and Recreation Department District Manager at (619)533-6333, or the California Department of Fair Employment and Housing (DFEH) at (800) 884-1684. This information is available in alternative formats upon request.

All City of San Diego parks and beaches are smoke free.