

# AgeWell Services (AWS)

# The Scroll

Fall 2024

SEPTEMBER | OCTOBER | NOVEMBER

AgeWell Services will be closed September 2, November 11, 28 and 29 in observance of City Holidays.

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

*The City of San Diego does not necessarily endorse the services offered by the advertisements and community-sponsored activities listed in this newsletter.*

**Programs offered in this newsletter are for adults 60 years and better.**



Scan here for online  
website

Visit us on the web at:  
<https://www.sandiego.gov/agewell>

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# Staff Directory

## District Manager

Kristi Fenick, CTRS

## Supervising Aging Recreation Specialist

Sharon Moninger

## Aging Recreation Specialists

Rafael Padilla

Martha Plazola

Lauren Turner

## Recreation Leader I/ II/ Aides

April Jackson • Carmen Coutee • Irma

Lara • Loretta Roiz • Mai Kawaguchi •

MariaRosa Cenicerros • Mark Leo • Morgan

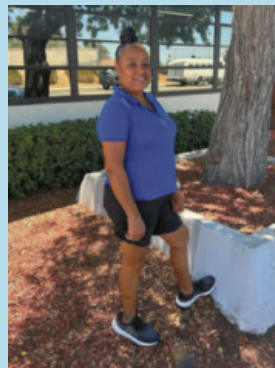
Furr • Skyler Lemire • Tyler Harris

# Announcements

## Welcome to AgeWell Services!

### **Carmen Coutee Recreation Aide**

Carmen is from San Diego and has worked locally in hospitality since 2001. After spending the last 14 years working in the rental car industry, she is excited to join the AgeWell Services team. Carmen looks forward to helping seniors maintain their physical fitness by leading programs such as chair aerobics and Walk to Wellness at Park de la Cruz.



### **Sharon Moninger**

### **Supervising Aging Recreation Specialist**

Sharon moved to San Diego in 2007 to study Kinesiology at Point Loma Nazarene University. She started with the City of San Diego in 2016, in the Therapeutic Recreation Services section and oversaw programs for adults with a mental or behavioral health diagnosis. Sharon comes to AgeWell Services with experience in programming and working with older adults and looks forward to expanding programs and services for older adults citywide and supporting the department.

Want to get The Scroll faster? Ditch the paper, and sign up to receive a digital copy of the newsletter sent right to your e-mail. E-mail [thescroll@sandiego.gov](mailto:thescroll@sandiego.gov) for more information.

# Where to Start/Get Involved!

Fall registration starts **August 17, 2024** at 10:00am

## Steps to register on SD Rec Connect

**Create an online profile** using the Activity Registration System at [SDRecConnect.com](https://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.

## Payment Process

Payments can be made online at [SDRecConnect.com](https://SDRecConnect.com) or at Park de la Cruz Community Center (3901 Landis St., 92105) during open center hours (see page 9).

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

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 3.56% 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:

- 3.56% 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 \$10.00 will not be refunded.
- No refunds for requests submitted less than 20 business days prior to the activity.
- Refunds will take up to 4-8 weeks.
- Payments made by credit card will be refunded to the credit card.

**Contact AgeWell Services' staff at (619) 525-8247 with questions.**

**Scholarship Procedure** For information on applying for the City of San Diego low income fee waiver or the Disabled Service Advisory Council (DSAC) scholarship, please call (619) 525-8247 or stop by the Park de la Cruz (PDLC) office (3901 Landis St., 92105). Application can be submitted with a recreation center staff at PDLC.

# Volunteer Spotlight

## Kenneth Corley

Kenneth, who goes by Kenny, is from Nashville, TN. He moved to San Diego in 1953 and worked as an x-ray machine service technician until retiring in 1991. In 2014, he began volunteering with Serving Seniors downtown at the Gary and Mary West Senior Wellness Center where he participated in walking and signing groups. He enjoys volunteering at Park de la Cruz because he gets to meet new people and serve his community. He looks forward to seeing everyone during lunch and Bingo.



## Angela Gomez-Rubio

Angela has made a tremendous impact volunteering for our Balboa Park dances this year. Angela has been giving back since 2020, and has been an irreplaceable member of the AWS Dance Volunteer Team, managing and replenishing beverages for over 150 participants who attend dances (see page 6). Angela always arrives early, shares a smile and operates her station with ease and preparedness every time. Her vibrant personality, witty charm, and professionalism is enjoyed and appreciated by all. In her free time she reads, cooks, and creates spectacular art. Angela also enjoys time with friends and scenic walking. We are all so very grateful for her hard work!



## Volunteer Updates

### Welcome new volunteers!

Welcome Shanae H. and Samantha M.!  
We're so happy to have you as part of  
The AgeWell Services' Team.

# Happy Birthday!

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

Teri H. (9/5), Lina L. (9/10),

William D. (9/15), Marlene G.

(9/24), Christophver R (9/23),

Orpha H. (10/4), Mary O.

(10/21), Joyce M. (11/11), Bob J. (11/17),

Marlys E. (11/18), and Frances C. (11/29).



## Volunteers Needed

Do you have some extra time and would like to help? If so, we need volunteers to assist with the following activities:

**Balboa Park Senior Lounge** – Host the Senior Lounge, meet new friends and serve coffee from 9:30am-2:30pm. We also need volunteers to assist with bingo set up/take down, and calling numbers on Saturdays from 10:00am-1:00pm (see page 14).

**Cathy Hopper Friendship Center**– Host the café and provide program assistance (see pages 16-17). Shifts are available from 9:00am-12:30pm & 12:30pm to 3:00pm.

**PDLC Garden Club**– Assist with watering, fertilizing, planting, harvesting crops, and much more. Shifts are flexible.

**Memorial Senior Center**– Host the café and provide program assistance. See page 18.

Call Park de la Cruz at (619) 525-8247  
or email [TheScroll@sandiego.gov](mailto:TheScroll@sandiego.gov), if you are  
interested in volunteering.

# Trips

Staff will notify registered participants of pick up and return times one week before the trip. Pick up locations include War Memorial Building (3325 Zoo Dr., 92101) & Cathy Hopper (4425 Bannock St., 92117). See page 3 for registration instructions and partial scholarship information.

## Explore Julian Tuesday, October 15

Fill your day with art, antiques, specialty shopping, dining and entertainment. AgeWell Services will offer a Julian Historical Walking Tour map that will guide you at your own pace through this Southern California mountain town, where you can explore rich history and its transition from mining town to apple pie paradise! Bus returns at approximately 6pm.

**Activity level: Moderate**



**Registration Code: 115197**

**Cost: \$65.00**

## Tom's Farm and Mission Inn Festival of Lights Tuesday, December 10

The first stop on this holiday adventure is at Tom's Farm, where you'll enjoy a variety of shops, restaurants, and attractions. Then we'll head to the Mission Inn Hotel & Spa, to experience the Festival of Lights, which is one of the nation's largest holiday light collections, voted "Best Public Lights Display" by USA Today. A 45-minute, docent led walking tour of the perimeters at the Mission Hotel & Spa is included in this unforgettable Holiday Experience. Bus returns at approximately 8pm.

**Activity level: Moderate**



**Registration Code: 116572**

**CODE: \$85**

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# AgeWell Dances

Dances are held on the 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of the month from 12:30pm– 2:30pm at the Balboa Park Club Ballroom (2150 Pan American Road West). The \$5.00 charge includes dance lessons from 11:30am-12:30pm, led by professional ballroom instructor, John Nagel, live entertainment, refreshments, and prizes. For more information, call (619) 525-8247 or email Slemire@sandiego.gov.

## Around the World

Thursday, September 12

Lessons - Foxtrot & East Coast Swing

Celebrating cultures around the world! Music provided by the "Sophisticats".



## Oktoberfest

Thursday, September 26

Lessons - Foxtrot & East Coast Swing

Wear your Oktoberfest gear or fall colors. Music by "Blue Zone".

## Sock Hop

Thursday, October 10

Lessons - Waltz & Rumba

Dress in your preferred 50s attire and boogie to music performed by the "Sophisticats".



## Costume

Thursday, October 24

Lessons - Waltz & Rumba

Wear your favorite costume and enjoy the sounds of "Blue Zone".



## Veterans Appreciation

Thursday, November 14

Lessons - Country 2 Step & Jitterbug

Let's acknowledge and honor those who served our country. Veterans will receive free dance admission. Music will be provided by "Blue Zone". Pinning ceremony will be held for all veterans compliments of Sharp, Hospice and Palliative Care.

## The Manor on Bankers Hill

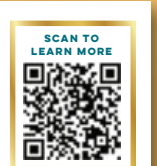
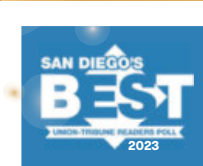
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# Special Events

## AgeWell Services Craft Sale

November 16 & 17: 9:00am-3:00pm

- Free to Public
- Family Friendly Event
- Holiday Shopping
- Activities For Kids

**Attention Crafters (Age 60 and better) space is limited!**

Registration opens on Tuesday, September 17, 2024 at 9:00am

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

\*No refunds after October 25, 2024\*

**6x5 Table - \$30**

**10x10 Table - \$40**

**Registration Code: 116579**

**Registration Code: 116578**

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

Call (619) 525-8247 or email [slemire@sandiego.gov](mailto:slemire@sandiego.gov) for more information.

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# Special Events

## Friendsgiving



Park De La Cruz  
3901 Landis St, 92105  
Tuesday, November 12  
1:00pm-2:30pm

Registration Code: 117767      Cost: \$5



Cathy Hopper Friendship Center  
4425 Bannock Ave., 92117  
Tuesday, November 19  
1:00pm-2:30pm

Registration Code: 117766      Cost: \$5

Join us for coffee, pumpkin pie, and a fall themed craft. Bring your friends and have a good time celebrating what you are thankful for!

Sign up on [SDRecConnect.com](http://SDRecConnect.com). Must register by November 6.  
Call (619) 525-8247 or email [rafaelp@sandiego.gov](mailto:rafaelp@sandiego.gov) for more information.

## TURKEY TROT

Saturday, November 16  
9:00am-11:00am  
Check-in 8:30am

Come stroll, walk, or run with the AWS/TRS Turkey Trot event! Cost includes event t-shirt and post trot refreshments.

Park de la Cruz Gymnasium  
3911 Landis Street, 92105

Registration Code: 117885      Cost: \$10





# Garden Programs

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up.

Activities on this page are held at Park de la Cruz Community Center Garden (3901 Landis St.).

**Scholarships are available, more information on page 3.** For more information call Park de la Cruz Community Center at (619) 525-8247.

## Ignite Roots Garden Club

**Mondays & Saturdays**

**October 7, 19, 28 | November 2, 18, 25 | December 7, 9, 23**

**9:30 – 11:30am**

Create garden projects, beautify the garden, learn from professional gardeners, and explore different community and botanical gardens around the city. Transportation not provided.

**Registration Code: 117849**

**Cost- \$5 for full session**

**Leader: Tyler**

## Tuesdays in the Garden

**Select Tuesdays**

**September 3, 17 | October 1, 15 | November 12**

**10:00 – 11:00am**

Have fun as we get craft with plant-based art activities.

**Registration Code: 117841**

**Cost- \$5**

**Leader: TRS Staff**

## Green Thumb Club

**Select Thursdays**

**10:00 – 11:00am**

Help sustain the garden by maintaining our garden beds and harvesting produce. Call the main office for program dates.

**Registration Code: 117840**

**Cost- \$5**

**Leader: Lelaina**

## Master Gardener Series

### Fall Veggie Garden

**Monday, September 30: 10:00 – 11:30am**

Master Gardener Heather Holland will present on the best vegetable plant for the Fall season. After the presentation, we will plant vegetables in our PDLC garden.

**Registration Code: 117863**

**Cost: \$5**

**Presenter: Heather Holland**

### Making Gardening Accessible

**Friday, October 25: 10:00 – 11:30 am**

Learn how to make gardening accessible for all with Master Gardener, Stephen Cantu. After the presentation, we will plant easy to maintain plants that you can take with you to add to your home garden.

**Registration Code: 117862**

**Cost: \$5**

**Presenter: Stephen Cantu**

### Succulent Arrangements

**Monday, November 4: 10:00 – 11:30 am**

Learn how to arrange succulents to grow into beautiful displays from Master Gardener, Muriel King. After the presentation, we will make our own arrangements that you can take home to add to your home garden.

**Registration Code: 117864**

**Cost: \$5**

**Presenter: Muriel King**

### Happy Houseplants, Healthy Home

**Monday, November 18: 10:00 – 11:30 am**

Learn how to grow and care for household plants with Master Gardener, Linda Stewart. After the presentation, you will get the opportunity to pot your own pothos plant and take it with



# Park de la Cruz Community Center

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up.

Activities on this page are held at Park de la Cruz Community Center (3901 Landis St.) or Park de la Cruz Gymnasium (3911 Landis St.). Programs are free unless otherwise noted. **Partial Scholarships are available, more information on page 3.** For more information call Park de la Cruz Community Center at (619) 525-8247.

## Hours of Operation:

**Monday - Thursday: 8:30am - 8:00pm**

**Friday: 8:30am - 5:00pm**

**Saturday: 10:00am - 3:00pm**

## Fitness Center

**Monday - Saturday**

We have free-weights, tread mills, rowing machines and stationary bikes to help you get fit. **Cost is \$15 for individuals 60 plus and \$25 for the public for 3 months (September- October).** Fitness center is open during community center hours (hours listed above).

**Register: At Front Desk**

## PDLC Computer Lab

**Monday - Saturday**

The Park de la Cruz Computer Lab is now open! Reserve your one hour time slot at one of our desktop computers at the front desk. No printing available. Computer Lab is open during the community center hours, except when there is a scheduled program.

**Register: At Front Desk**

## PDLC Café

**Monday - Friday**

**9:30am - 12:00pm**

Enjoy a complimentary cup of coffee or hot tea, read the daily newspaper, work on a puzzle, or participate in one of our fun activities happening at the community center. Patrons can enjoy their beverages in the dining room or the outdoor patio.

**Register: Drop-in Program**

**Leader: AWS Staff/ Volunteer**

## Serving Seniors

**Monday - Friday**

**12:00 - 1:00pm**



Meals provided at no cost to individuals age 60 and over; however, donations are accepted. A \$4.00 fee is required for those who are under 60 years of age. Packed breakfast meals are offered during lunch while supplies last. For more information call (619) 525-8247.

**Register: Drop-In Program**

**Leader: Serving Seniors/AWS Staff/ Volunteer**

## American Mahjong

**Mondays**

**10:00am - 1:00pm**

Mahjong is an enormously popular Chinese game of strategy, skill, and summation. Feel free to participate the entire time, or drop in for an hour or two. Lessons available for beginners on Mondays from 1:30 pm- 3:00 pm.

**Registration Code: 117847**

**Volunteer: David Stear**

## Access 4 All: Technology Class

**Mondays**

**9:30am - 12:30pm**



Join us for a free technology program led by San Diego Futures Foundation (SDFF) staff. SDFF conducts weekly lessons and hosts Q&A's for all other technology inquiries.

**Registration Code: 117848**

**Leader: SDFF Staff**

# Park de la Cruz Community Center

## Meet the Masters

Tuesdays, September 3 – October 22

1:00 – 3:00pm

Learn about different artists and then create your own work of art using their techniques. In this 8 week session you will learn about artists like Franz Marc, JH Pierneef, and Margaret Preston.

**Registration Code: 117850**

**Cost: \$20**

**Leader: Skyler**

## Digital Navigators

Tuesdays & Thursdays

9:00am – 12:00pm

Staff provide one-on-one instruction with basic technical support, assistance with using online programs to access education, work, telehealth, government services, and housing assistance.

**Register: Drop-In Program**

**Leader: Digital Navigator Staff**

## Walk to Wellness

Tuesdays

10:00 – 11:00am

Tuesday walks will be along the walking path around the PDLC Community Center and Park tracking the laps as you walk.

**Registration: Drop-In Program**

**Leader: AWS Staff**

Thursdays: September 12 – November 7

10:00 – 11:00am

Thursday walks will meet at various locations throughout San Diego to enjoy an approximately 2 mile walk. **Register ahead of time to receive weekly walk location information.**

**Registration Code: 117851**

**Leader: AWS Staff**

## Texas Hold 'Em

Tuesdays & Thursdays

9:30 – 11:30 am      1:30 – 3:30 pm

Round up the crew and learn to play tournament style Texas Hold 'Em. No betting allowed. Compete for bragging rights!

**Registration Code: 117852**

**Volunteer Led: Charles**

## Open Play Pickleball

Tuesdays & Thursdays

12:30 – 2:30pm      10:00am – 12:00pm

Come play pickleball. Get your workout on and make some friends along the way. All ranges of skills welcome!

**Register: Drop-In Program**

**Leader: TRS Staff**

## Bingo

Wednesdays

1:30 – 3:30pm

Join for some FREE rounds of Bingo! Spend your afternoon at PDLC playing bingo and meeting new friends and if you are lucky, you may win a prize!

**Registration Code: 117853**

**Leader: AWS Staff**

## San Diego Deaf Senior Citizens

Wednesdays

10:00am – 3:00pm

Seniors, who are deaf or hard of hearing, meet for social and recreational activities. American Sign Language (ASL) is primarily used. Text only (619) 249-2558 or VP (video phone) (619) 357-4536 for more information.

**Registration Code: Drop-In Program**

**Volunteer Led: Richard & Cheryl**

# Park de la Cruz Community Center

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up.

## Lets Get Cookin'

**Thursdays**  
**1:30 – 3:30pm**

### Meal Prep: September 5– 26

Learn how to meal prep like a pro to make cooking a breeze.

**Registration Code: 117854**

**Cost: \$25**

**Leader: Tyler**

### One Pot Meals: October 10–31

Cut the mess with this one pot meals session. Learn how to make simple meals with less dishes.

**Registration Code: 117855**

**Costs \$25**

**Leader: Tyler**

## Castle/Cherokee Neighborhood Community Meeting

**3rd Thursdays: September 19 | October 17 | November 21**

**6:00 – 7:00pm**

Bring your concerns and ideas so that together, we can address the quality of life in City Heights and work together to make our neighborhood a safer place.

**Registration: Drop-in Program**

**Volunteer Led: Mary**

## Current Events

**Fridays**

**10:30 – 11:30am**

Discuss current events that are happening in the world. Read a current event that you want to share? Bring it in! This is a group collaboration and discussion. Meet at the PDLC Café.

**Registration Code: 117856**

**Volunteer Led: Annette**

## Chair Aerobics

**Fridays**

Chair exercises offers a safe and effective way to maintain strength, improve flexibility, and boost coordination. Come for a weekly workout without over-stressing your joints!.

**Registration Code: 117859**

**Leader: Carmen**

## Must-See-Movies

**2nd Fridays**

**12:30 – 3:00pm**

### **September 13: Love Story– 1970**

Ali McGraw and Ryan O'Neal. Two Harvard students from desperate backgrounds fall in love.

### **October 11: The Young Philadelphians– 1959**

Paul Newman. A love story involving the rich and powerful in Philadelphia's upper crust society.

### **November 8: Roman Holiday– 1953**

Audrey Hepburn and Gregory Peck. A princess escapes her duties and falls in love with a reporter in Rome.

**Registration Code: 117857**

**Volunteer Led: Bob**

## Ukulele

**Fridays: September 27– November 15**

**11:15am – 12:15pm**

Learn basic chords, rhythms, and note reading skills needed to play new songs. No experience is necessary, and ukuleles are provided for the duration of the class.

**Registration Code: 117858**

**Cost: \$41.50**

**Leader: Encore! Villa Música Staff**



# Park de la Cruz Community Center

## Travel Club

3rd Fridays

September 20 | October 18 | November 15

10:30am - 12:00pm

Share your travel experiences and learn about travel destination specials and discounts. Meet others with similar travel interests.

**Registration Code: 117860**

**Volunteer Led: Brenda & William**

## Intergenerational Cooking

Saturday, October 12

1:30 - 3:00pm



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. This special event is for all ages.

**Registration Code: 1178 61**

**Leader: Tyler**

## Take a Trip on MTS

Select Fridays

Info Session: November 8

Trip: November 15

9:00am - 2:30pm

1:00 - 2:00pm

Unsure about taking public transit? Join us for a guided trip from Park de la Cruz to Cathy Hopper Friendship Center and back via public transit. Stop in a week before the trip for an information session to go over transit fares, the Pronto app, and much more!

**Registration Code: 117866**

**Leader: Morgan**



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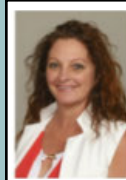
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D 4C 05-1308

# Balboa Park

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up. Activities on this page are held at Balboa Park Club (2150 Pan American Rd West) and Balboa Park Lounge (1650 El Prado- Casa Del Prado Room 105 and 101). All programs are free. For more information call The Balboa Park Lounge at (619) 235-1191.

**Hours of Operation:**  
Tuesday - Saturday: 10:00am - 2:00pm

## Balboa Park Lounge (BPL)

Tuesday - Saturday  
10:00am - 2:00pm

Enjoy complimentary coffee or tea & socialize with peers.

Registration: Drop-In Program

Leader: AWS Staff & Volunteers

## Piano Notes (BPC)

Tuesdays  
September 24 | October 29 | November 26th  
10:00 - 11:45am

Enjoy playing or listening to the piano in the historic Balboa Park Club Ballroom.

Registration Code: 116589

Volunteer Led: Lee

## Yoga (Casa Del Prado Room #101)

Tuesdays  
12:30 - 1:30pm

A free class on balance & strength; bring your own mat or borrow one. **No Class: September 24, October 22, November 19 & 26**

Registration Code: 116590

Leader: Irma

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# Balboa Park

## Knitting Group (BPL)

Wednesdays

10:30am - 12:00pm

Friendly knitting group welcome to all skill levels. Supplies available.

Registration Code: 116592

Volunteer Led: Effie

## Otherwise Improvise (BPL)

1st & 3rd Wednesdays

2:30 - 5:00pm

Join us for improvisational workshops & the secret of being in the moment. Persons 18 & older are welcome to attend.

Registration Code: Drop-In Program

Volunteer Led: Christophver R.

## Poetry Party (BPC/BPL)

1st Fridays

September 6 | October 4 | November 1

3:00 - 5:00pm

Read your favorite poetry, listen, or make the scene. Persons 18 and older are welcome to attend. Meet at the Balboa Park Club, Santa Fe Room. **October meeting will be followed by WordStock event (5:00 - 8:00pm). November meeting will be at the Balboa Park Senior Lounge.**

Registration Code: 116594

Volunteer Led: Christophver R.

## Poetic Legacy (BPL)

Last Fridays

3:00 - 5:00pm

September 27

Lucy Brock-Broido

October 25

Adrian Matejka

Read & discuss contemporary & historic poets. Participants are then encouraged to write their own poems. Persons 18 & older are welcome to attend. **No meeting in November.**

Registration Code: 116595

Volunteer Led: Christophver R.

## Bingo (BPL)

Saturdays

10:30am - 12:00pm

Join us and if you are lucky you may win a prize.

Registration Code: 116596

Leaders: AWS Staff & Volunteers

## Lunch & Learn (BPL)

Select Thursdays

12:30 - 1:30pm

September 19

Learn about whole body donation, and advancing medicine for future generations. Register by September 12, and lunch will be provided.

Registration Code: 116894

Presenter: Research for Life

October 24

This presentation will cover lifetime planning documents. **No lunch provided.** To speak with an attorney, **free appointments are available from 1:30pm-3:00pm, and must be scheduled ahead of time by calling (858) 565-1392.**

Registration Code: 116898

Presenter: Elder Law

November 7

Learn about the pre-planning final arrangements with ease & peace of mind. Register by October 31, and lunch will be provided.

Registration Code: 116896

Presenter: Dignity Memorial El Camino

# Cathy Hopper Friendship Center

All codes are directly linked to [SDRecConnect.com](http://SDRecConnect.com). Click the code to sign up.

Activities on this page are held at Cathy Hopper Friendship Center (4425 Bannock Avenue, 92117). Programs are free unless otherwise noted. **Partial Scholarships are available, more information on page 3.** For more information call Cathy Hopper at (619) 453-3850.

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

**Café** **Monday – Friday**  
**9:00am – 12:00pm**  
Enjoy a complimentary cup of coffee or hot tea. Read the daily newspaper, play a card or board game, socialize with peers, or work on a monthly jigsaw puzzle.  
**Registration: Drop-In Program** **Leader: AWS Volunteers**

**Creative Writing** **Mondays**  
**9:00 – 10:00am**  
Work on creating wonderful and captivating stories by using different templates and creative methods.  
**Registration Code: 116586** **Leader: Skyler**

**Meet the Masters** **Mondays, September 9 – October 28**  
**1:00 – 3:00pm**  
Learn about different artists and then create your own work of art using their techniques. In this 8 week session you will learn about artists like Franz Marc, JH Pierneef, and Margaret Preston.  
**Registration Code: 116585** **Cost: \$20** **Leader: Skyler**

**Walking Program** **Tuesdays**  
**9:00 – 10:00am**  
Get some steps-in as we walk at North Clairemont Community Park and the surrounding area.  
**Registration Code: 117452** **Volunteer Led: Kathy**

**Karaoke** **Last Tuesday , September 24 | October 29 | November 26**  
**12:00 – 1:00pm**  
Join us for some fun singing and dancing to your favorite tunes!  
**Registration Code: 117130** **Leader: April**

**Line Dancing** **Tuesdays & Thursdays**  
**10:30 – 11:30am**  
Bring balance back to your life through line dancing. Take it one step at a time.  
**Registration Codes: September: 116349, October: 116350, November: 116351**  
**Cost: \$32 per month** **Contractual Leader: Patricia Murray**

**Feeling Fit** **Tuesdays & Thursdays, September 10 – November 21**  
**9:00 – 10:00am**  
Cardio, Strength, Flexibility, Balance! Learn with great moves and great music with our volunteer instructor Robert Bartolo.  
**Registration Code: 117128** **Volunteer Led: Robert**



**Bingo** **Wednesdays**  
**1:00 – 2:30pm**  
Attend Bingo weekly, bring your friends or meet new friends. If you are lucky you may even win a prize!  
**Registration Code: 116596** **Volunteer Led**

**Oil Painting** **Wednesdays, September 4 – January 22**  
**11:30am – 4:00pm**  
Learn the techniques of oil painting and create your own works of art in this FREE weekly class held by Emeritus through the San Diego College of Continuing Education.  
**Registration Code: [sdcce.edu](http://sdcce.edu)** **Leader: Emeritus Staff**

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# Cathy Hopper Friendship Center

## United for Health Equity in Aging Summit “Watch Party”

Wednesday, September 18

9:00am - 4:00pm



This event is held in collaboration with Scan Foundation, CEAL and AgeWell Services. This virtual seminar elevates the voices, perspective, and needs of marginalized older adults while exploring barriers to health equity. Lunch and refreshments will be provided. Must register online or email [TheScroll@sandiego.gov](mailto:TheScroll@sandiego.gov) by September 11 to be guaranteed lunch. Space is limited.

**Registration Code: 117868**

## Ukulele

Wednesdays, September 25 – November 13

10:00 - 11:00am



Learn basic chords, rhythms and note reading skills needed to play new songs on the ukulele. No experience necessary and ukuleles are provided for the duration of the class.

**Registration Code: 116581**

**Cost: \$40**

**Leader: Villa Musica Staff**

## Yoga / Chair Yoga

Thursdays

9:00 - 10:00am & 10:30 - 11:30am

A class on balance & strength; bring your own mat or borrow one. Chair yoga offered after Yoga.

**Registration Code: 116587**

**Leader: Irma**

## Table Games

Thursdays

11:00am - 1:00pm

Playing games is a great way to exercise the brain while having fun!

**Registration Code: Drop-in Program**

**Volunteer Led: Orpha**

## Chorus (Sweet Harmony)

Fridays, September 6 – January 24

9:00am - 12:00pm

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Have a hand in creating beautiful music in this FREE weekly class held by Emeritus through the San Diego College of Continuing Education.

**Registration Code: [sdcce.edu](http://sdcce.edu)**

**Leader: Emeritus Staff, Brandon**

## Must See Movies

3rd Fridays, September 20 | October 18 | November 15

12:30 - 3:00pm

Watch distinguished films that have transcended time and trends. **For film selection, see page 10.**

**Registration Code: 116580**

**Volunteer Led: Bob**

## Getting Crafty

Fridays

10:00am - 12:00pm

Open craft time to work on those crafts you have been meaning to finish in the company of friends. Some donated supplies available, but encouraged to bring your own.

**Registration Code: 116588**

**Leader: Skyler**

## Lunch & Learn

Select Thursdays

11:00am - 12:00pm

### October 3

Prepare to Care is an engaging workshop for family caregivers. Connect with other family caregivers, exchange tips and advice, and learn about resources available for you and your loved ones.

**Registration Code: 114840**

**Presenter: HICAP, Pablo Corona**

### November 7

Presentation: Probate Guardianship & Conservatorships. No lunch provided. Free appointments with an attorney are offered 9:00am to 12:00pm. **Call Elder Law, at (858) 565-1392, to schedule.**

**Registration Code: 116897**

**Leader: Elder Law Attorney**

# Memorial Senior Center Coming Soon!

As part of the Age Friendly San Diego Action Plan, adopted by City Council in December 2021, the Parks and Recreation Department is expanding program and supportive service opportunities for older adults. Although there were some construction delays to the Memorial Senior Center (MSC) in Barrio Logan (610 S. 30th St., 92113), we are looking forward to the doors opening in early fall. Updates to MSC will be posted on the AgeWell Services site at: [sandiego.gov/agewell](https://sandiego.gov/agewell) or you can call (619) 525-8247 for more information.



Café | Chair Yoga | Walking Group | Serving Seniors | Gardening | Lunch & Learns

## SEEKING TREATMENT FOR KNEE OSTEOARTHRITIS PAIN?

The SKOAP Knee Osteoarthritis research study is recruiting nationwide!

The SKOAP study focuses on participants 45 years and older, who suffer from chronic knee pain or have experienced knee pain (most days) for at least three months.

SKOAP will compare non-surgical pain treatments as an alternative to surgery with the goal of reducing knee osteoarthritis (KOA) pain and improving function in study participants and those with knee osteoarthritis.

SKOAP study sites near you include:

- University of California San Diego Medical Center
- UC Davis Health Lawrence J Ellison Ambulatory Care Center



TO LEARN MORE SCAN QR CODE  
OR VISIT [SKOAPSTUDY.ORG](https://SKOAPSTUDY.ORG)



A Sequenced-strategy for improving outcomes in people with Knee Osteoarthritis Pain (SKOAP Trial)



# Thank You to Our 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 old adults. The following agencies contributed to the success of Summer events.



**VOTERS**  
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## Disabled Services Advisory Council (DSAC) Therapeutic Recreation & AgeWell Services' Group (TR & AWS)

DSAC meets on the 2<sup>nd</sup> Wednesday of each month (excluding July and August) at 6:00pm at Park de la Cruz (3901 Landis St., 92105). DSAC is a non-profit advisory organization to Therapeutic Recreation & 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, businesspersons, advocates, and other interested individuals. [www.dsacsd.org](http://www.dsacsd.org).

The TR & AWS group meets quarterly on the 2<sup>nd</sup> Wednesdays immediately following the September, December, March and June DSAC meetings (at approximately 6:30pm). 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 Kristi Fenick at [kfenick@san Diego.gov](mailto:kfenick@san Diego.gov) or (619) 525-8247 for more information.**

# AWS Summer Highlights



Our fabulous Summer Interns, Kevin A. and James R. & Volunteer Adrienne at this year's San Diego Pride Festival!



Dancing the day away with friends at AgeWell's Stars & Stripes Dance. Join us this fall for more (see page 6).



AgeWell's summer trip to Catalina Island. Our patrons enjoyed a bus tour through the island!



Cathy Hopper Open House Celebration.



Day 1: Art Day at AgeWell's First Annual Summer Camp



Learning how to create a Tabletop Herb Garden from a Master Gardener.

# CityWide Programs

The following programs are held at various City of San Diego parks and community centers and pools. Call the centers/pools for more information. Programs are free unless otherwise noted. Visit [SanDiego.gov/AgeWell](http://SanDiego.gov/AgeWell) or call (619) 525-8247 for a list of over 15 City of San Diego Recreation Centers that provide programs for older adults.

**Bay Terraces Community & Senior Center**  
7445 Tooma St., 92139 | (619) 527-7632

## Serving Seniors – Now at Bay Terraces!

**Monday – Friday 12:30pm – 1:30pm**  
**FREE lunch for those 60+**  
**Registration Required.**

### Below Programs \$10/month

**Craft Class – Tuesdays | 2:00 pm**  
September – Registration Code: 117419  
October – Registration Code: 117418  
November – Registration Code: 117417

**Cooking – Wednesdays | 2:00 pm**  
September – Registration Code: 117431  
October – Registration Code: 117430  
November – Registration Code: 117429

**Bingo – 2nd & 4th Thursdays | 2:00 pm**  
September – Registration Code: 117425  
October – Registration Code: 117424  
November – Registration Code: 117423

**Dessert Class – Fridays | 2:00 pm**  
September – Registration Code: 117432  
October – Registration Code: 117434  
November – Registration Code: 117433

### Below Programs FREE

**Line Dance, Monday-Friday | 10:00am-12:00pm**  
Registration Code: 117436

**Senior Hula, Mondays | 2:00pm-3:00pm**  
Registration Code: 117438

**Gentle Yoga, Mondays | 4:45pm-5:45pm**  
Registration Code: 117441

**Golden Zumba, Wednesdays | 3:00 pm-4:00pm**  
Registration Code: 117435

**Adult Self Defense – Fridays | 4:30 – 6:00 pm**  
Registration Code: 117428  
**\$25 / Season**

**Stockton Recreation Center:**  
**330 32nd St., 92102 | (619) 235-1163**

Call Stockton Recreation Center for upcoming Fall Programs.

**San Ysidro Senior Center**  
125 East Park Ave., 92173  
(619) 247-4207

**Chair Exercise – Mondays | 12:00 – 12:30 pm**  
Registration Code: 117152

**Yoga – Mondays & Tuesdays | 5:00 – 6:00 pm**  
Registration Code: 117150

**Zumba – Mondays & Tuesdays | 6:15 – 7:15 pm**  
Registration Code: 117149

**Walking Group – Tuesdays | 12:00 – 1:00 pm**  
Registration Code: 117153

**Loteria – Wednesdays | 3:00 – 4:00 pm**  
Registration Code: 117151

**Karaoke – Wednesdays & Thursdays | 4:00 – 7:30 pm**  
Registration Code: 117148      Cost: \$15

## Water Fitness Classes Available! **\$4.00 per class or \$33 for a 10 class pass**

The City of San Diego Aquatics offers a variety of classes, including lap swim, rec swim, water fitness and arthro-swim. Participants do not need to know how to swim, but should be comfortable in water. Depth of water varies by class. All pools accessible by ramp or lift. **Call the below listed pools for more information about class schedule and cost.**

<b>ALLIED GARDENS</b>	(619) 235-1143
6707 Glenroy Street, 92120	
<b>VISTA TERRACE</b>	(619) 424-0469
301 Athey Avenue, 92173	
<b>MLK</b>	(619) 527-3451
6401 Skyline Drive 92114	
<b>SWANSON</b>	(858) 552-1653
3585 Governor Drive, 92122	
<b>TIERRASANTA</b>	(858) 636-4837
11238 Clairemont Mesa Blvd., 92124	
<b>BUD KEARNS</b>	(619) 692-4920
2229 Morley Field Drive, 92104	
<b>CARMEL VALLEY</b>	(858) 552-1623
3777 Townsgate Drive, 92130	
<b>CLAIREMONT</b>	(858) 581-992
3605 Clairemont Drive, 92117	
<b>NED BAUMER</b>	(858) 538-8083
10440 Black Mountain Rd., 92126	

# CityWide Programs

## Ranger–Led Walks

### **Chollas Lake Wildlife Walk: October 12 at 1:00 pm**

Learn about the wild and feral animals that reside in our park. This ranger walk is 1 mile in length on dirt surfaces with some hills and steps. \*Not stroller or wheelchair accessible. Meet near the comfort station at the north end of the parking lot. Contact Ranger Goldstein for more information: [cgoldstein@sandiego.gov](mailto:cgoldstein@sandiego.gov).

**Chollas Lake Park: 6350 College Grove Dr., 92115**

### **Exploration with a Ranger: September 23, October 21, November 18 at 2:00 pm**

Join Ranger Najja for an exploration of Chollas Lake Park. The walk will be approximately 2 miles in length. Moderate hills and uneven terrain should be anticipated. Leashed, friendly dogs are welcome. Contact Ranger Lyon for more information: [nylon@sandiego.gov](mailto:nylon@sandiego.gov).

**Chollas Lake Park: 6350 College Grove Dr., 92115**

### **Wheelchair–Accessible Botanical Tour: September 28, October 26, November 30 at 11:00 am**

This easy, 1/4 mile trail is wheelchair and stroller accessible. Leashed, friendly dogs are welcome. Meet near the playground at Charles Lewis III Memorial Park. \*Please arrive early to find street parking. Contact Ranger Herrera for more information: [gherrera@sandiego.gov](mailto:gherrera@sandiego.gov).

**Charles Lewis III Memorial Park,: 4639 Home Avenue, 92105**

### **Kumeyaay Ethnobotany Walk– September 7 and November 16 at 1:00 pm**

Patrons will learn about the various uses of local plants. This ranger walk is 2 miles in length on dirt surfaces with some hills and steps. \*Not stroller or wheelchair accessible. Meet near the comfort station at the north end of the parking lot. Contact Ranger Goldstein for more information: [cgoldstein@sandiego.gov](mailto:cgoldstein@sandiego.gov).

**Chollas Lake Park: 6350 College Grove Dr., 92115**

### **Chollas Lake History Hike with a Ranger– November 2 at 1:00 pm**

This hike of intermediate difficulty is 2 1/2 miles in length on loose dirt surfaces with some steep hills and steps. \*Not stroller or wheelchair accessible. Meet near the comfort station at the north end of the parking lot. Contact Ranger Goldstein for more information: [cgoldstein@sandiego.gov](mailto:cgoldstein@sandiego.gov).

**Chollas Lake Park: 6350 College Grove Dr., 92115**

## Civic Dance...You Can Dance!

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**. Fall class registration will open Saturday, September 14 at 10:00 am. More information can be found at [www.civicedancearts.org](http://www.civicedancearts.org) or call the Dance Office at (619) 235-5255.



# Community Events & Programs

## Jewish Family Service "On the Go and 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 inability to donate. Transportation must be inadequate or unavailable and all riders must be mobile and mentally alert. A \$20 initial enrollment fee.

For more information or to check zip code eligibility, call JFS at **(858) 637-3210**

## Elder Law & Advocacy

Elder Law and 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. Elder Law & Advocacy also provides advice on Medicare and Long-Term Care Insurance, Nursing Home Rights and Elder Abuse Restraining orders.

Call, (858) 565-1392, for more information or to set up a consultation.



## 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](http://www.elderhelpofsandiego.org). For more information, call (619) 284-9281.

## City Heights Village San Diego

### A Membership Organization for Older Adults

CH Village San Diego is an organization for *people who want to age better* in their community. Members live in their homes and gather together to enjoy monthly meetings and activities that help keep them informed, active and healthy. Contact Agnes at [alconradt@gmail.com](mailto:alconradt@gmail.com) or Evie at [ekosower@cox.net](mailto:ekosower@cox.net).



## Community Centers For Older Adults

### 4th District Senior Center

570 South 65<sup>th</sup> St., San Diego (619) 266-2066

### Ed Brown Center (Rancho Bernardo)

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

### City of Coronado John D. Spreckels Center

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

### La Jolla Community Center

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

### Gary and Mary West Senior Wellness Center

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

### Mira Mesa Senior Center

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

### Peninsula Shepherd Center

1475 Catalina Blvd., San Diego (619) 223-1640

### Alpine Community Center

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

### Country Club Senior Center

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

### El Corazon Senior Center

3302 Senior Center Drive, Oceanside (760) 435-5300

### Carlsbad Senior Center

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

### Encinitas Community & Senior Center

1140 Oakcrest Park Drive, Encinitas (760) 943-2260

### La Mesa Adult Enrichment Center

8450 La Mesa Blvd. (619) 667-1322

### Norman Park Senior Center

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

### San Marcos Senior Activity Center

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

### Bayside Community Center

2202 Comstock St., San Diego (858) 278-0771

### Paradise Senior Center (Mondays only)

1880 Logan Ave., San Diego (619) 235-1148

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

**Return Service Requested**

### **Would you like to go paperless?**

If so, please email [thescroll@sandiego.gov](mailto: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.*

