

AgeWell Services | February 2025

MON	TUE	WED	THU	FRI	SAT/SUN
 Park de la Cruz Community Center 3901 Landis St., 92105	Questions about programs at Park de la Cruz Community Center? Call (619) 525 - 8247 or email MFurr@sandiego.gov				1 2
3 PDLC Cafe @ 9:30a Senior Lunch @12p Tech on the Go @ 9:30a Mahjong @ 10:30a Tai Chi @ 1:30p	4 PDLC Cafe @ 9:30a Senior Lunch @12p Digital Navigators @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball @ 12:30p	5 PDLC Cafe @ 9:30a Senior Lunch @12p Deaf Senior Club @ 10a Texas Hold 'Em @ 10a BINGO @ 1:30p	6 PDLC Cafe @ 9:30a Senior Lunch @12p (Live Music) Digital Navigators @ 9:30a Pickleball @ 10a Texas Hold 'Em @ 12:30p Tai Chi @ 1:30p	7 PDLC Cafe @ 9:30a Senior Lunch @12p Current Events @ 10:30a Chair Aerobics @ 10:30a Ukulele @ 11:15a	8 9
10 PDLC Cafe @ 9:30a Senior Lunch @12p Tech on the Go @ 9:30a Mahjong @ 10:30a Tai Chi @ 1:30p	11 PDLC Cafe @ 9:30a Senior Lunch @12p Digital Navigators @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball @ 12:30p	12 PDLC Cafe @ 9:30a Senior Lunch @12p Deaf Senior Club @ 10a Texas Hold 'Em @ 10a CPR Informational Class @ 1p BINGO @ 1:30p	13 PDLC Cafe @ 9:30a Senior Lunch @12p (Live Music) Digital Navigators @ 9a Pickleball @ 10a Texas Hold 'Em @ 12:30p Tai Chi @ 1:30p	14  PDLC Cafe @ 9:30a Senior Lunch @12p Current Events @ 10:30a Chair Aerobics @ 10:30a Must See Movies @ 12:30 Take a Trip on MTS Info Session @ 1p	15 16
17 CLOSED 	18 PDLC Cafe @ 9:30a Senior Lunch @ 12p Digital Navigators @ 9:30a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball @ 12:30p	19 PDLC Cafe @ 9:30a Senior Lunch @ 12p Deaf Senior Club @ 10a Texas Hold 'Em @ 10a Documentary Wednes. @ 10a BINGO @ 1:30p	20 PDLC Cafe @ 9:30a Senior Lunch @12p (Live Music) Digital Navigators @ 9a Pickleball @ 10a Texas Hold 'Em @ 12:30p Tai Chi @ 1:30p Castle/Cherokee Meeting @ 6p	21 PDLC Cafe @ 9:30a Senior Lunch @12p Current Events @ 10:30a Chair Aerobics @ 10:30a Travel Club @ 10:30a Take a Trip on MTS Excursion @ 10a	22 23
24 PDLC Cafe @ 9:30a Senior Lunch @12p Tech on the Go @ 9:30a Mahjong @ 10a Tai Chi @ 1:30p	25 PDLC Cafe @ 9:30a Senior Lunch @ 12p Digital Navigators @ 9a Texas Hold 'Em @ 9:30a Walk to Wellness @ 10a Yoga @ 10a Pickleball @ 12:30p	26 PDLC Cafe @ 9:30a Senior Lunch @ 12p Deaf Senior Club @ 10a Texas Hold 'Em @ 10a BINGO @ 1:30p	27 PDLC Cafe @ 9:30a Senior Lunch @12p (Live Music) Digital Navigators @ 9a Pickleball @ 10a Texas Hold 'Em @ 12:30p Tai Chi @ 1:30p	28 PDLC Cafe @ 9:30a Senior Lunch @12p Current Events @ 10:30a Chair Aerobics @ 10:30a	