



senior centers

CONTINUING CARE SERVICES

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SAN DIEGO COUNTY SENIOR CENTERS

Offer programs for socialization. Structured activities are provided for ambulatory senior adults. Transportation is usually not provided. Costs are not covered by insurance, private pay only. Fees on sliding scales or scholarships may be available.

CENTRAL SAN DIEGO

BALBOA AVENUE OLDER ADULT CENTER (JFS, lunch M-TH)..... 858-550-5998

8788 Balboa Ave., San Diego, CA 92123
www.jfssd.org (click on aging and wellness programs)

BALBOA PARK SENIOR LOUNGE..... 619-236-0262

Casa Del Prado, Room 105, San Diego, CA 92101

BAYSIDE COMMUNITY CENTER858-278-0771

2202 Comstock St., San Diego, CA 92111
www.baysideecc.org

#* COLLEGE AVE OLDER ADULT CTR (JFS) kosher meals served 619-583-3300

4855 College Ave., San Diego, CA 92115
www.jfssd.org/caoac

CORONADO SENIOR ASSOCIATION (meal last Weds in the month) ... 619-435-2616

1019 Seventh Street, Coronado, CA 92118
<http://coronadoseniorcenter.org>

#* GARY & MARY WEST SENIOR WELLNESS CENTER 619-235-6572

1525 4th Avenue, San Diego, CA 92101
www.servingseniors.org/west-wellness-center

GEORGE L. STEVENS SENIOR CENTER 619-266-2066

570 65th Street, San Diego, CA 92114
www.fdsr.org

<http://continuingcare-sandiego.kp.org>



CENTRAL SAN DIEGO (continued)

- LA JOLLA COMMUNITY CENTER**.....858-459-0831
6811 La Jolla Blvd , La Jolla, CA 92037
www.ljcommunitycenter.org
- LA JOLLA FIREHOUSE YMCA** 858-551-9622
7877 Herschel Ave, La Jolla, CA 92037
- LAWRENCE FAMILY JEWISH COMMUNITY CENTER**858-457-3030
4126 Executive Dr., La Jolla, CA 92037
www.lfjcc.org
- #* MIRA MESA SENIOR CENTER (Verne Goodwin)**858-860-5355
8460 Mira Mesa Blvd., San Diego, CA 92126
www.miramesacenter.org
- # NEIGHBORHOOD HOUSE (Senior Service Center)** 619-263-2108
795 South Boundary Street, San Diego, CA 92113
www.neighborhoodhouse.org
- OASIS (Education and Wellness Center)** 619-881-6262
Grossmont Center, 5500 Grossmont Center Dr., La Mesa, CA 91942
www.oasisnet.org
- PENINSULA SHEPHERD'S CENTER**619-223-1640
1475 Catalina Blvd. San Diego, CA 92107
www.sdpsc.org
- SHERMAN HEIGHTS COMMUNITY CENTER (Bingo only)** 619-232-5181
2258 Island Ave., San Diego, CA 92102
- ST. DAVID'S SENIOR ACTIVITY CENTER**.....619-276-4567
5050 Milton Street, San Diego, CA 92110
www.saintdavidschurch.com

EAST COUNTY

- # * ALPINE COMMUNITY CTR (lunch Thurs)**..... 619-445-7330
1830 Alpine Blvd, Alpine, CA 91901
<http://alpinecommunitycenter.com>
- # LAKESIDE COMMUNITY CENTER**..... 619-443-9176
9841 Vine Street, Lakeside, CA 92040
- # LA MESA ADULT ENRICHMENT CENTER**.....619-667-1322
8450 La Mesa Blvd., La Mesa, CA 91941
- #* SALVATION ARMY SENIOR NUTRITION PROGRAM**.....619-440-2457
1011 East Main, El Cajon, CA 92021
ext 413

SOUTH BAY

- IMPERIAL BEACH SENIOR CTR** 619-424-7077
1075 Eight Street, Imperial Beach, CA 91932
- # KIMBALL SENIOR CENTER (National City; lunch M-F)** 619-336-6760
1221 D Ave, National City, CA 91950

SOUTH BAY (continued)

- #* LEMON GROVE SENIOR CENTER**.....619-337-1425
8235 Mt. Vernon Street, Lemon Grove, CA 91945
- NORMAN PARK SENIOR CTR**..... 619-409-1930
270 F Street, Chula Vista, CA 91910
- SAN YSIDRO SENIOR CTR**.....619-424-0468
125 East Park Ave, San Ysidro, CA 91973
- # SPRING VALLEY COMMUNITY CENTER**..... 619-479-1832
8735 Jamacha Blvd, Spring Valley, CA 91977

NORTH COUNTY

- #* CARLSBAD SENIOR CENTER**.....760-602-4650
799 Pine Ave, Carlsbad, CA 92008
- #* COUNTRY CLUB SENIOR CENTER (Oceanside)** 760-435-5250
455 Country Club Lane, Oceanside, CA 92054
- ED BROWN SENIOR CENTER**..... 858-487-9324
18402 West Bernardo Drive, San Diego, CA 92127
www.edbrowncenter.org
- # ENCINITAS SENIOR CENTER**..... 760-943-2250
1140 Oakcrest Park Dr., Encinitas, CA 92024
- # ESCONDIDO (Park Avenue Community Center)** 760-839-4803
210 Park Ave., Escondido, CA 92025
- #* FALLBROOK SENIOR CENTER**..... 760-728-4498
399 Heald Lane, Fallbrook, CA 92028
- #* GLORIA McCLELLAN Adult Activity & Resource Center** 760-639-6160
1400 Vale Terrace Dr., Vista, CA 92084
- #*NORTH COUNTY INLAND CENTER (JFS; frozen lunch available)**..... 858-637-7320
15905 Pomerado Rd, Poway, CA 92064
www.jfssd.org (click on aging and wellness programs)
- OASIS (Education Only)**760-796-6020
210 Park Ave., Escondido, CA 92025
www.oasisnet.org
- #* POWAY SENIOR CENTER**..... 858-748-6094
13094 Civic Center Dr., Poway, CA 92064
- #* RAMONA SENIOR CENTER**.....760-789-0440
434 Aqua Lane, Ramona, CA 92065
www.ramonaseniorcenter.com
- # SAN MARCOS SENIOR ACTIVITY CENTER** 760-744-5535
111 West Richmar Ave., San Marcos, CA 92069
- # SOLANA BEACH COMMUNITY SR CTR (SB Presbyterian Church) ...** 858-509-2587
120 Stevens Ave., Solana Beach, CA 92075