



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) 858-637-3388

8788 Balboa Ave., San Diego, CA 92123

<https://www.jfssd.org/our-services/older-adults/social-wellness-centers/>

BALBOA PARK SENIOR LOUNGE..... 619-236-6905

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

BAYSIDE COMMUNITY CENTER858-278-0771

6882 Linda Vista Rd., San Diego, CA 92111

www.baysideecc.org

#* COLLEGE AVE OLDER ADULT CTR (JFS) kosher meals served 858-637-3270

6229 Capri Dr., San Diego, CA 92120

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

LA JOLLA COMMUNITY CENTER.....858-459-0831

6811 La Jolla Blvd , La Jolla, CA 92037

www.ljcommunitycenter.org

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



CENTRAL SAN DIEGO (continued)

- LA JOLLA FIREHOUSE YMCA** 858-551-9622
7877 Herschel Ave, La Jolla, CA 92037
<https://www.ymcasd.org/locations/shepherd-ymca-firehouse>
- 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
<http://www.neighborhoodhouse.org/nha-programs/senior-services/senior-service-center/>
- OASIS (Education and Wellness Center)** 619-881-6262
Grossmont Center, 5500 Grossmont Center Dr., La Mesa, CA 91942
<https://san-diego.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
<https://shermanheightscc.org/>
- 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
<http://www.cityoflamesa.com/416/Adult-Services>
- #* LEMON GROVE SENIOR CENTER** 619-337-1425
8235 Mt. Vernon Street, Lemon Grove, CA 91945
- #* SALVATION ARMY SENIOR NUTRITION PROGRAM** 619-440-2457
1011 East Main, El Cajon, CA 92021
ext 413
- # SPRING VALLEY COMMUNITY CENTER** 619-479-1832
8735 Jamacha Blvd, Spring Valley, CA 91977

SOUTH COUNTY

- IMPERIAL BEACH SENIOR CTR** 619-424-7077
1075 8th Street, Imperial Beach, CA 91932

SOUTH COUNTY (continued)

- # KIMBALL SENIOR CENTER** (*National City; lunch M-F*) **619-336-6760**
1221 D Ave, National City, CA 91950
- 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

NORTH COUNTY

- ** CARLSBAD SENIOR CENTER**..... **760-602-4650**
799 Pine Ave, Carlsbad, CA 92008
<https://www.carlsbadca.gov/services/depts/parks/programs/seniors/default.asp>
- ** COUNTRY CLUB SENIOR CENTER** (*Oceanside*) **760-435-5250**
455 Country Club Lane, Oceanside, CA 92054
<https://www.ci.oceanside.ca.us/gov/ns/parks/senior/default.asp>
- ED BROWN SENIOR CENTER**..... **858-487-9324**
18402 West Bernardo Drive, San Diego, CA 92127
www.edbrowncenter.org
- EL CORAZON SENIOR CENTER**..... **760-435-5300**
3302 Senior Center Dr., Oceanside, CA 92056
- # ENCINITAS SENIOR CENTER**..... **760-943-2250**
1140 Oakcrest Park Dr., Encinitas, CA 92024
<https://encinitasca.gov/Residents/Senior-Citizens/Community-Senior-Center>
- # ESCONDIDO (Park Avenue Community Center)** **760-839-4688**
210 Park Ave., Escondido, CA 92025 (*café reservations*) **760-839-4803**
- ** FALLBROOK SENIOR CENTER**..... **760-728-4498**
399 Heald Lane, Fallbrook, CA 92028
www.fallbrookseniorcenter.com
- ** GLORIA McCLELLAN Adult Activity & Resource Center** **760-643-5288**
1400 Vale Terrace Dr., Vista, CA 92084
- OASIS** (*Education Only*) **760-796-6020**
210 Park Ave., Escondido, CA 92025
<https://san-diego.oasisnet.org/>
- ** POWAY SENIOR CENTER**..... **858-618-5545**
16315 Pomerado Rd., Poway, CA 92064
<http://www.powayseniorcenter.org/>
- ** 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
www.san-marcos.net/play/adults-50
- # SOLANA BEACH COMMUNITY SR CTR** (*SB Presbyterian Church*) ... **858-509-2587**
120 Stevens Ave., Solana Beach, CA 92075