



# senior centers

## CONTINUING CARE SERVICES

*This information is compiled from public sources or provided by the resources listed. Unless specifically identified as a Kaiser Permanente resource, there is no legal relationship or financial interest in any listed service. Kaiser Permanente makes no representations or judgments and assumes no responsibility for the quality of care provided by any service included. Members are encouraged to contact providers and agree upon terms and rates before accepting services. This should not be relied upon as an authorization for payment. Please contact Member Services at 1-800-464-4000 if you have any benefit or coverage questions.*

### 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 PARK SENIOR LOUNGE**..... 619-236-0262

Casa Del Prado, Room 105, San Diego, CA 92101  
[www.balboapark.org/in-the-park/balboa-park-senior-lounge](http://www.balboapark.org/in-the-park/balboa-park-senior-lounge)

**# BAYSIDE COMMUNITY CENTER** .....858-278-0771

2202 Comstock St., San Diego, CA 92111  
[www.baysideecc.org](http://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](http://www.jfssd.org/caoac)

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

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

**#\* GARY & MARY WEST SENIOR WELLNESS CENTER** ..... 619-235-6538

1525 4<sup>th</sup> Avenue, San Diego, CA 92101  
[www.servingseiors.org/west-wellness-center](http://www.servingseiors.org/west-wellness-center)

**# GEORGE L. STEVENS SENIOR CENTER** ..... 619-266-2066

570 65th Street, San Diego, CA 92114  
[www.fdsr.org](http://www.fdsr.org)

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

6811 La Jolla Blvd , La Jolla, CA 92037  
[www.ljcommunitycenter.org](http://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
- LAWRENCE FAMILY JEWISH COMMUNITY CENTER** .....858-457-3030  
4126 Executive Dr., La Jolla, CA 92037  
[www.lfjcc.org](http://www.lfjcc.org)
- #\* MIRA MESA SENIOR CENTER (Verne Goodwin)** .....858-578-7325  
**Closed for remodeling until July 1, 2016**  
8460 Mira Mesa Blvd., San Diego, CA 92126
- #\* NEIGHBORHOOD HOUSE** ..... 619-263-2108  
795 South Boundary Street, San Diego, CA 92113  
[www.neighborhoodhouse.org](http://www.neighborhoodhouse.org)
- OASIS (Education Center Only)** ..... 619-881-6262  
Macy's - 3<sup>rd</sup> Floor - 1702 Camino Del Rio No., San Diego, CA 92108  
[www.oasisnet.org](http://www.oasisnet.org)
- PENINSULA SHEPHERD'S CENTER** .....619-223-1640  
1475 Catalina Blvd. San Diego, CA 92107  
[www.sdpsc.org](http://www.sdpsc.org)
- # SHERMAN HEIGHTS COMMUNITY CENTER (Tues & Thurs)** .....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
- # UNIVERSITY CITY OLDER ADULT CENTER (JFS)**..... 858-550-5998  
9001 Towne Centre Dr., San Diego, CA 92122  
[www.jfssd.org/ucoac](http://www.jfssd.org/ucoac)  
(Lunch Tue., Wed., Thur. only)

## EAST COUNTY

- # \* ALPINE COMMUNITY CTR (lunch Weds & 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**
- WELLS PARK COMMUNITY CENTER** ..... 619-441-1680  
1153 East Madison Ave., El Cajon, CA 92021

## SOUTH BAY

- # CASA DE SERVICIOS (lunch Weds only)**.....619-423-1902  
1188 Beyer Way, Ste. 101, San Diego, CA 92154  
**(Lunch on Wed. only)**

## SOUTH BAY (continued)

<b>IMPERIAL BEACH SR. CTR.</b> .....	<b>619-424-7077</b>
1075 Eight Street, Imperial Beach, CA 91932	
<b>KIMBALL SENIOR CENTER</b> .....	<b>619-336-6760</b>
1221 D Ave, National City, CA 91950 (Activity only)	
<b>#* LEMON GROVE SENIOR CENTER</b> .....	<b>619-337-1425</b>
8235 Mt. Vernon Street, Lemon Grove, CA 91945	
<b>NORMAN PARK SENIOR CTR.</b> .....	<b>619-691-5086</b>
270 F Street, Chula Vista, CA 91910	
<b>SAN YSIDRO SENIOR CTR.</b> .....	<b>619-424-0468</b>
125 East Park Ave, San Ysidro, CA 91973	
<b># SPRING VALLEY COMMUNITY CENTER</b> .....	<b>619-479-1832</b>
8735 Jamacha Blvd, Spring Valley, CA 91977	

## NORTH COUNTY

<b>#* CARLSBAD SENIOR CENTER</b> .....	<b>760-602-4650</b>
799 Pine Ave, Carlsbad, CA 92008	
<b>ED BROWN SENIOR CENTER</b> .....	<b>858-487-9324</b>
18402 West Bernardo Drive, San Diego, CA 92127 <a href="http://www.edbrowncenter.org">www.edbrowncenter.org</a>	
<b># ENCINITAS SENIOR CENTER</b> .....	<b>760-943-2250</b>
1140 Oakcrest Park Dr., Encinitas, CA 92024	
<b># ESCONDIDO (Park Avenue Community Center)</b> .....	<b>760-839-4688</b>
210 Park Ave., Escondido, CA 92025 <a href="http://www.escondido.org/joslyn-senior-center.aspx">www.escondido.org/joslyn-senior-center.aspx</a>	
<b>#* FALLBROOK SENIOR CENTER</b> .....	<b>760-728-4498</b>
399 Heald Lane, Fallbrook, CA 92028	
<b>#* GLORIA E. McCLELLAN SENIOR CENTER</b> .....	<b>760-639-6160</b>
1400 Vale Terrace Dr., Vista, CA 92084	
<b>#*NORTH COUNTY INLAND CENTER (JFS)</b> .....	<b>858-674-1123</b>
15905 Pomerado Rd, Poway, CA 92064 <a href="http://www.jfssd.org/ncioac">www.jfssd.org/ncioac</a> (Lunch on Mon, Tues, Weds only)	
<b>OASIS (Education Only)</b> .....	<b>760-796-6020</b>
210 Park Ave., Escondido, CA 92025 (Joslyn Senior Ctr) <a href="http://www.oasisnet.org">www.oasisnet.org</a>	
<b>#* OCEANSIDE SENIOR CENTER</b> .....	<b>760-435-5250</b>
455 Country Club Lane, Oceanside, CA 92054	
<b>#* POWAY SENIOR CENTER</b> .....	<b>858-748-6094</b>
13094 Civic Center Dr., Poway, CA 92064	

**NORTH COUNTY (continued)**

**#\* RAMONA SENIOR CENTER..... 760-789-0440**

434 Aqua Lane, Ramona, CA 92065  
[www.ramonaseniorcenter.com](http://www.ramonaseniorcenter.com)

**# SAN MARCOS SENIOR CENTER..... 760-744-5535**

111 West Richmar Ave., San Marcos, CA 92069

**# SOLANA BEACH SENIOR CENTER (SB Presbyterian Church)..... 858-509-2587**

120 Stevens Ave., Solana Beach, CA 92075  
(Lunch on Wed. only)