

senior centers

CONTINUING CARE SERVICES

Community 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

 # AVIVA SAAD & RONNIE DIAMOND OLDER ADULT CENTER …….. ***858-637-3210***
8788 Balboa Ave., San Diego, CA 92123
www.jfssd.org ***(JFS, lunch M-TH)***

BALBOA PARK SENIOR LOUNGE…… ***619-236-6905***
Casa Del Prado, Room 105, San Diego, CA 92101
www.sandiego.gov/park-and-recreation/activities/agewellservices

 # BAYSIDE COMMUNITY CENTER ……***858-278-0771***
2202 Comstock St., San Diego, CA 92111
www.baysidecc.org

CATHY HOPPER FRIENDSHIP CENTER……..***619-235-1113***
4425 Bannock Ave., San Diego, Ca 92117
www.sandiego.gov/park-and-recreation/activities/agewellservices

#* 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 S. 65th Street, San Diego, CA 92114
www.fdsrc.org

LA JOLLA COMMUNITY CENTER……..***858-459-0831***
6811 La Jolla Blvd , La Jolla, CA 92037
www.ljcommunitycenter.org

CENTRAL SAN DIEGO (continued)

LAWRENCE FAMILY JEWISH COMMUNITY CENTER ……***858-457-3030***
4126 Executive Dr., La Jolla, CA 92037
www.lfjcc.org/seniors/home.aspx

MEMORIAL SENIOR CENTER…….....***619-668-2027***
610 South 30th Street, San Diego, CA 92113
www.sandiego.gov/park-and-recreation/activities/agewellservices

#* 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) ……. ***858-221-2225***
795 South Boundary Street, San Diego, CA 92113
www.neighbordhoodhouse.org/nha-programs/senior-services/senior-service-center/

 # PARK DE LA CRUZ COMMUNITY CENTER ……***619-525-8247***
3901 Landis St., San Diego, CA 92105
www.sandiego.gov/park-and-recreation/activities/agewellservices

PENINSULA COMMUNITY SENIOR CENTER ……***619-223-1640***
1475 Catalina Blvd. San Diego, CA 92107
www.pcscsd.org

#* SALVATION ARMY SENIOR NUTRITION PROGRAM (CLUB 60)
San Diego Centre City……...***619-699-2212***
825 7th Avenue, San Diego, CA 92101
San Diego Citadel……***858-483-1831***
2799 Health Center Drive, San Diego, CA 92123
https://sandiego.salvationarmy.org/san_diego2/club-60?random=266

SHERMAN HEIGHTS COMMUNITY CENTER………...***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

STOCKTON RECREATION CENTER …… ***619-235-1163***
330 32nd St., San Diego, CA 92102
www.sandiego.gov/park-and-recreation/centers/recctr/stockton

EAST COUNTY

 # * ALPINE COMMUNITY CTR (lunch Thurs)……..…… ***619-445-7330***
1830 Alpine Blvd, Alpine, CA 91901
https://thealpineclub.org/home

 # LA MESA ADULT ENRICHMENT CENTER……***619-667-1322***
8450 La Mesa Blvd., La Mesa, CA 91941
http://www.cityoflamesa.com/416/Adult-Services

OASIS (Education and Wellness Center) ……***619-881-6262***
Grossmont Center, 5500 Grossmont Center Dr., La Mesa, CA 91942
https://san-diego.oasisnet.org/

EAST COUNTY (continued)

#* SALVATION ARMY SENIOR NUTRITION PROGRAM (CLUB 60)**.....619-592-8292**
1011 East Main, El Cajon, CA 92021
https://sandiego.salvationarmy.org/san_diego2/club-60?random=266

SPRING VALLEY COMMUNITY CENTER**..... 619-479-1832**
8735 Jamacha Blvd, Spring Valley, CA 91977
www.sdparks.org/content/sdparks/en/park-pages/SpringValleyCommunityCneter.html

SOUTH COUNTY

 # Bay Terrace Community & Senior Center**.....619-527-7632**
7445 Tooma St., San Diego, CA 92139
www.sandiego.gov/park-and-recreation/centers/recctr/bayterrace

IMPERIAL BEACH SENIOR CENTER**..... 619-424-7077**
1075 8th Street, Imperial Beach, CA 91932
www.imperialbeachca.gov/563/Senior-Community-Center

NORMAN PARK SENIOR CTR**..... 619-409-1930**
270 F Street, Chula Vista, CA 91910
www.chulavistaca.gov/departments/recreation/seniors

#* SALVATION ARMY SENIOR NUTRITION PROGRAM (CLUB 60)**.....619-498-0298**
648 3rd Avenue, Chula Vista, CA 91910
https://sandiego.salvationarmy.org/san_diego2/club-60?random=266

NORTH COUNTY

#* CARLSBAD SENIOR CENTER**.....442-339-2650**
799 Pine Ave, Carlsbad, CA 92008
www.carlsbadca.gov/departments/park-recreation/adults-50

#*CENTER FOR SENIOR WELLBEING**.....760-728-4498**
399 Heald Lane, Fallbrook, CA 92028
www.fallbrookseniorcenter.com

#* COUNTRY CLUB SENIOR CENTER *(Oceanside)*.....**760-435-5250**
455 Country Club Lane, Oceanside, CA 92054
www.ci.oceanside.ca.us/government/parks-recreation/senior-centers-services/

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**
3480 Village Commercial Dr., Oceanside, CA 92056
www.ci.oceanside.ca.us/government/parks-recreation/senior-centers-services/

 # ENCINITAS SENIOR CENTER**..... 760-943-2250**
1140 Oakcrest Park Dr., Encinitas, CA 92024
www.encinitasca.gov/government/departments/parks-recreation-cultural-arts/

 # ESCONDIDO (Park Avenue Community Center) *.....* ***760-839-4688***
*210 Park Ave., Escondido, CA 92025 (café reservations) ****760-839-4803***
www.escondido.gov/794/Older-Adult-Services

NORTH COUNTY (continued)

 # *FRIENDS OF POWAY* *(only Bingo, low-cost lunch and free tax preparation)* ***858-668-4689***
13094 Civic Center Dr. Poway, CA 92064
www.friendsofpowayseniors.org

 # *GLORIA McCLELLAN Adult Activity & Resource Center* …… ***760-643-5288***
1400 Vale Terrace Dr., Vista, CA 92084
www.vista.gov/residents/senior-services

 # *MATURE ADULT CENTER* (SB Presbyterian Church) ***858-509-2587***
120 Stevens Ave., Solana Beach, CA 92075
https://solanabeach.church/matureadults

 # *MICKEY CAFAGNA COMMUNITY CENTER* …….. ***858-668-4671***
130945 Civic Center Dr., Poway, CA 92064
https://poway.org/1009/Community-Center

OASIS (Education Only) ……..……***760-796-6020***
210 E. Park Ave., Escondido, CA 92025
https://san-diego.oasisnet.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 Richmar Ave., San Marcos, CA 92069
www.san-marcos.net/play/adults-50

#* *SALVATION ARMY SENIOR NUTRITION PROGRAM (CLUB 60)*….***760-631-8212***
3935 Lake Boulevard, Oceanside, CA 92056 ***ext. 5***
https://sandiego.salvationarmy.org/san_diego2/club-60/

For corrections to this handout, please call (858) 614-0533