



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

6882 Linda Vista Rd., San Diego, CA 92111

[www.baysideecc.org](http://www.baysideecc.org)

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

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 65<sup>th</sup> 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)

**LAWRENCE FAMILY JEWISH COMMUNITY CENTER .....858-457-3030**

4126 Executive Dr., La Jolla, CA 92037

[www.lfjcc.org](http://www.lfjcc.org)

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



## CENTRAL SAN DIEGO (continued)

- #\* MIRA MESA SENIOR CENTER (Verne Goodwin)** ..... 858-860-5355  
8460 Mira Mesa Blvd., San Diego, CA 92126  
[www.miramesacenter.org](http://www.miramesacenter.org)
- # NEIGHBORHOOD HOUSE (Senior Service Center)** ..... 858-276-8361  
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/>
- # PARK DE LA CRUZ COMMUNITY CENTER** ..... 619-528-8247  
3901 Landis St., San Diego, CA 92105  
[www.sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym](http://www.sandiego.gov/park-and-recreation/centers/recctr/parkdelacruzgym)
- PENINSULA SHEPHERD'S SENIOR CENTER** ..... 619-223-1640  
1475 Catalina Blvd. San Diego, CA 92107  
[www.sdpsc.org](http://www.sdpsc.org)
- 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](http://www.saintdavidschurch.com)
- STOCKTON RECREATION CENTER** ..... 619-235-1163  
330 32<sup>nd</sup> St., San Diego, CA 92102  
[www.sandiego.gov/park-and-recreation/centers/recctr/stockton](http://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  
<http://alpinecommunitycenter.com>
- # LA MESA ADULT ENRICHMENT CENTER**..... 619-667-1322  
8450 La Mesa Blvd., La Mesa, CA 91941  
<http://www.cityoflamesa.com/416/Adult-Services>
- #\* 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 8<sup>th</sup> Street, Imperial Beach, CA 91932
- NORMAN PARK SENIOR CTR**..... 619-409-1930  
270 F Street, Chula Vista, CA 91910

## NORTH COUNTY

- #\* CARLSBAD SENIOR CENTER**.....**442-339-2650**  
799 Pine Ave, Carlsbad, CA 92008  
*Adults 50+ | Carlsbad, CA (carlsbadca.gov)*
- #\* 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](http://www.edbrowncenter.org)*
- EL CORAZON SENIOR CENTER**.....**760-435-5300**  
3302 Senior Center Dr., Oceanside, CA 92056  
*City of Oceanside, California - Senior Centers & Services*
- # 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](http://www.fallbrookseniorcenter.com)*
- # 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](http://www.friendsofpowayseniors.org)*
- # GLORIA McCLELLAN Adult Activity & Resource Center** ..... **760-643-5288**  
1400 Vale Terrace Dr., Vista, CA 92084
- # MICKEY CAFAGNA COMMUNITY CENTER** ..... **858-668-4671**  
130945 Civic Center Dr., Poway, CA 92064  
*Older Adult Programs & Services | Poway, CA - Official Website*
- 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](http://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](http://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