



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

BALBOA AVENUE OLDER ADULT CENTER (JFS, lunch M-TH) 858-637-3210

8788 Balboa Ave., San Diego, CA 92123

Balboa Avenue Older Adult Center - JFSSD

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

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

AgeWell Services | City of San Diego Official Website

BAYSIDE COMMUNITY CENTER 858-278-0771

2202 Comstock St., San Diego, CA 92111

www.baysideecc.org

CATHY HOPPER FRIENDSHIP CENTER..... 619-235-1113

4425 Bannock Ave., San Diego, Ca 92117

AgeWell Services | City of San Diego Official Website

#* 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.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)

- 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
AgeWell Services | City of San Diego Official Website
- #* 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
Senior Service Center – Neighborhood House Association
- # PARK DE LA CRUZ COMMUNITY CENTER** 619-525-8247
3901 Landis St., San Diego, CA 92105
AgeWell Services | City of San Diego Official Website
- 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
Club 60 - San Diego Regional Office
- 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.saintdavidchurch.com
- STOCKTON RECREATION CENTER** 619-235-1163
330 32nd St., San Diego, CA 92102
Stockton Recreation Center | City of San Diego Official Website

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>
- 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
Club 60 - San Diego Regional Office

SPRING VALLEY COMMUNITY CENTER..... 619-479-1832
8735 Jamacha Blvd, Spring Valley, CA 91977
Spring Valley Community Center

SOUTH COUNTY

Bay Terrace Community & Senior Center.....619-527-7632
7445 Tooma St., San Diego, CA 92139
Bay Terraces Community & Senior Center | City of San Diego Official Website

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

#* SALVATION ARMY SENIOR NUTRITION PROGRAM (CLUB 60).....619-498-0298
648 3rd Avenue, Chula Vista, CA 91910
Club 60 - San Diego Regional Office

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
Country Club Senior Center | Oceanside, CA

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
City of Oceanside, California - Senior Centers & Services

ENCINITAS SENIOR CENTER..... 760-943-2250
1140 Oakcrest Park Dr., Encinitas, CA 92024
Community & Senior Center | City of Encinitas

ESCONDIDO (Park Avenue Community Center) 760-839-4688
210 Park Ave., Escondido, CA 92025 (café reservations)**760-839-4803**
Facilities • Park Avenue Community Center

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

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
Senior Services | City of Vista
- # **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
- # **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**
Club 60 - San Diego Regional Office
- # **SOLANA BEACH COMMUNITY SR CTR** (SB Presbyterian Church) ... **858-509-2587**
120 Stevens Ave., Solana Beach, CA 92075
Solana Beach Community Senior Center | Solana Beach

For corrections to this handout, please call (619) 641-4456