

THE SENIOR VOICE

GLORIA MCCLELLAN SENIOR CENTER
1400 VALE TERRACE DRIVE, VISTA, CALIFORNIA 92084
760-643-5288 GMACVISTA.COM

PROGRAMS

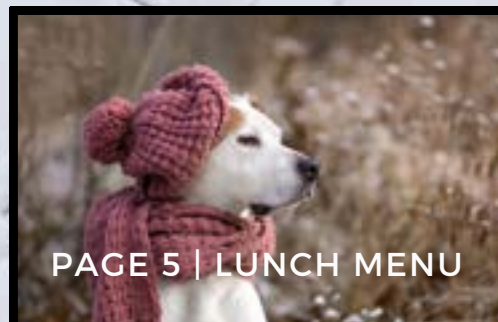
ABOUT US

MARK YOUR CALENDAR

- Activities
- Clubs
- Classes
- Education
- Events
- Nutrition
- Cultural Trips
- Transportation

We are open
Monday-Friday
8:00am-3:30pm
and closed on
holidays.

- January 1-2 SENIOR CENTER CLOSED
- January 5 - Senior Center reopens
- January 16 - Ringin' in the New Year
- January 19- Martin Luther King, Jr. Day
SENIOR CENTER CLOSED
- January 26- Movie Monday - Knives Out



NEWS YOU CAN USE

- **Blood Pressure and Carotid Artery Checks by Ambassador Dan - Tuesdays and Fridays 9:30-11:30am**, in the Azalea Building Lobby.
- **Trivia with Maria - First Thursday of the month at 11am.**
- **Senior Shenanigans! hosted by Unscripted Learning in the Park Terrace Café - Thursday at 1pm.** A playful improv comedy class where quick thinking, creativity, and laughter take center stage. Through fun games and spontaneous silliness, you'll discover the joy of staying mentally playful at any age. No experience needed—just a sense of humor and a willingness to have fun with friends old and new. Laugh loud, think fast, and play like a kid again!
- **The Senior Citizens Affairs Commission** meets to make recommendations and advise the City Council of matters pertinent to Vista's Senior Citizens. **The next meeting is on Wednesday, January 21st at 1:30pm at the Senior Center.** Meetings are open to the public to attend. For more information, including a link to the agenda, which is posted 72 hours in advance, please visit the city website at <https://www.vista.gov/city-hall/city-clerk/online-resources/boards-commissions/senior-citizens-affairs-commission>.
- **The San Diego Food Bank** operates a senior citizen food distribution site in the upper parking lot on the 3rd Tuesday of each month from 11:00am-12:00pm. For info regarding program and eligibility: SanDiegoFoodBank.org or call 866-350-3663.
- **Bocce Ball on Tuesday mornings at 9am** Join instructor Jean Wilson every Tuesday morning from 9 to 10:30am for Bocce Ball at Brengle Terrace Park. Courts are located at the top of the hill above the bathroom house. Bring your sun hat and water bottle and learn a great game. This is a free activity. Any questions please give Jean a call at 760-599-0317.
- **Fall Prevention** Take control of your fear of falling and stay active with this twice a week, two hours each time, 8-session program designed to help older adults reduce fall risk and improve balance. This class will be led by an experienced occupational therapist with expertise in fall prevention for older adults. Content includes exercise to improve balance, discussions about home safety, and exploration of how to reduce fear of falling. The total cost for these 8 sessions is \$40.00, and participants need to commit to attending 6/8 sessions to benefit fully from this class. Register at the Azalea Building front desk
- **Dance for Wellness, Friday, February 13th and Friday, February 27th 11am-12pm** AARP & Tranqui Foundation is offering two trial Bachata classes. Experience the benefits of mindful movement while honoring traditions that keep us healthy and thriving. This one-hour dance and wellness program, led by the Tranqui Foundation, invites participants of all skill levels to explore movement as a pathway to connection and brain healthy habits. Rooted in comunidad and cultura, the sessions blends dance, AARP's Six Pillars of Brain Health, and wellness practices that celebrate the power of tradition and community.
- **Mischief Makers will be on a break until further notice.**
- **Empowered Aging Program five-part series led by industry professionals in the Azalea Room. Should I stay in my home, or move to senior housing? Explore your options - financially, legally, and personally.** Monday 2/2 1-2pm **Alzheimer's & Memory Loss**, Monday 2/9 1-2pm **Home Equity Strategies**, Monday 2/23 1-2pm **Understanding In-Home Care**, Monday 3/2 1-2pm **Smart Financial Planning**, Monday 3/9 1-2pm **Legal Readiness**. Sign up at the Azalea front desk.

Monday	Tuesday	Wednesday	Thursday	Friday
Movement Classes In Azalea Room	(\$ indicates a fee-based class that requires registration			
10:45-11:45 Beginning Tap Dance	10:45-11:45 "Danzerise"	9:30-10:30 Chair Yoga (\$)	10:45-11:45 "Danzerise"	9:30-10:30 Chair Yoga (\$)
Free Activities, Classes, Services				
11:00-12:00 Start with Art Jasmine Room Ann Force on 1st & 2nd Monday Marcos Solorio on 3rd & 4th Monday	11:00-12:00 Bingo Park Terrace Cafe	10:30-11:30 Theatre Appreciation Class Jasmine Room	9:00-12:00 "Ask An Attorney" Appointments Conference Room (3rd Thursday) 10:00-12:00 "Ask A Social Worker" Appointments Conference Room (2nd & 4th Thursday)	
		1:00-2:30 Music Appreciation (2nd & 4th Wednesday) Azalea Room	11:00-12:00 Trivia with Maria (1st Thursday) 1:00-2:30 Senior Shenanigans Improv 1:00-2:30 Cyber Seniors Computer Lab (1st and 3rd Thursday)	
Club Meetings				
	1:00-3:00 Mahjong Game Room	1:00-2:00 Joy Walkers meet in the Resource Room then walk the Vista Conservancy Walking Trail	12:00-3:00 Stash Busters (2nd & 4th Thursday) Jasmine Room	9:00-12:00 Happy Stitchers Jasmine Room
	9:00-10:30 Bocce Ball Brengle Terrace Park		1:00-3:00 Mahjong Game Room	

The Azalea Building Fitness Room is open for Seniors aged 50 and older, from 9:00am-3:00pm, Monday-Friday (closed holidays). Fitness Room users are required to check in and out at the Azalea Building Welcome Desk and adhere to Fitness Room Rules. Proper closed-toe footwear and exercise attire required.

NUTRITION PROGRAM

Congregate Lunch Service

Nutritious lunch is offered weekdays for older adults aged 60 and above. First time attendees must fill out a San Diego County intake form.

- **60+ Years:** \$4.00 Suggested Contribution
- **Guests 59 Years and Younger:** \$8.00 mandatory cost
- **Reservations are required at least one business day in advance by 1pm** for daily lunch and at least one week in advance for special events.
- Call **760-643-5288** or stop by the lunch desk to make or change lunch reservations.
- **Meals are served at 12pm and beverage service is available at 11am** for those who wish to arrive early and socialize. Lunch patrons are asked to check in by 12pm. The latest lunch check-in is 12:15pm, so please plan accordingly.
- Attendees may take their leftovers home in their own container. We do not provide disposable containers for leftovers or “to-go” meals.
- “To-go” meals are offered to guests dining at the Park Terrace Cafe only when available.

Transportation Service

- Transportation for Congregate lunch is available for eligible Vista residents aged 60 and above who cannot drive. Advanced registration and approval required. Participants must be ambulatory.
- Transportation to/from lunch is available Monday-Friday (closed holidays). There is a suggested contribution of \$1 for a roundtrip ride.
- Other transportation services are available with our Out & About Program. See page 8 for information on transportation for shopping and medical appointments.

Home Meal Delivery Service

- Qualifying Vista residents aged 60 and older may register to have a meal delivered to their home weekdays between 10am-2pm. There is a suggested contribution of \$4 per meal.
- To qualify, the participant must be homebound and incapable of doing two or more of the following on their own: eating, dressing, bathing, toileting, walking, or transferring in and out of bed.
- **The service is subject to availability.**
- An intake assessment is required to determine eligibility.

**CALL 760-643-5288 FOR MORE INFORMATION
REGARDING NUTRITION SERVICES.**

PARK TERRACE CAFÉ – JANUARY 2026 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>\$4 suggested contribution for guests ages 60 and over. \$8 cost for 59 and younger.</p>	<p>No eligible person shall be denied a meal for choosing not to contribute.</p>	<p>MENU LEGEND: *Denotes meal ≥ 1000 mg Sodium **Subject to Change 1% Milk served daily</p> 	<p style="text-align: center;">1 CLOSED</p> <div style="text-align: center;">  </div>	<p style="text-align: center;">2 CLOSED</p>
<p style="text-align: center;">5 Paella (Chicken & Sausage) Mixed Rice California Vegetables Pineapple 10:15am Nutrition Counsel Meeting</p>	<p style="text-align: center;">6 Yankee Pot Roast w/ Gravy Mixed Rice Manhattan Vegetables Apple Bingo!</p>	<p style="text-align: center;">7 Italian Meatballs (Beef & Pork) w/ Marinara Sauce Pasta Spinach Cucumber Salad Orange OR Soup & Salad*</p>	<p style="text-align: center;">8 Savory Pork Loin w/ Gravy Sweet Potatoes Curried Lentils Whole Wheat Bread Orange</p>	<p style="text-align: center;">9 Vegetarian Black Bean Burger Whole Wheat Burger Roll Potato Salad Coleslaw Apple</p>
<p style="text-align: center;">12 Mexican Chicken Soup Corn Tortilla Stir Fry Mix Spring Salad w/ Dressing Orange</p>	<p style="text-align: center;">13 Hamburger w/ Sautéed Onions White/Wheat Burger Roll Sweet Potatoes Coleslaw Apple Bingo!</p>	<p style="text-align: center;">14 Meatloaf (Beef & Pork) Mashed Potatoes Brown Gravy Peas & Carrots Whole Wheat Bread Orange OR Soup & Salad*</p>	<p style="text-align: center;">15 Chicken Marsala w/ Mushrooms Dill Rice Herbed Potatoes Mandarin Orange</p>	<p style="text-align: center;">16 Pasta Bolognese w/ Meat Sauce Whole Grain Pasta Broccoli Normandy Chickpea Tomato Stew Fruit Cocktail Ringin' in the New Year!!!</p>
<p style="text-align: center;">19 CLOSED Martin Luther King, Jr. Day</p>	<p style="text-align: center;">20 Beef Stew Parsley Potatoes Carrots Whole Wheat Bread Apple Bingo!</p>	<p style="text-align: center;">21 Beef Stroganoff Spinach Italian Lentils Whole Grain Pasta Mandarin OR Soup & Salad*</p>	<p style="text-align: center;">22 Greek Lemon Chicken Tabbouleh Salad Rice Pilaf Orange BDAY & ANNIVERSARY CELEBRATION</p>	<p style="text-align: center;">23 Tuna Salad Sandwich Whole Wheat Roll Black Beans Coleslaw Mandarin Oranges</p>
<p style="text-align: center;">26 Basque Chicken Peppers, Tomatoes, Olives Basque Potatoes Green Beans Whole Wheat Bread Pineapple</p>	<p style="text-align: center;">27 Ground Beef Casserole Whole Grain Pasta Broccoli Normandy Apple Bingo!</p>	<p style="text-align: center;">28 Beef Stuffed Peppers Marinara Sauce Whole Grain Pasta Lentils Orange OR Soup & Salad*</p>	<p style="text-align: center;">29 Chicken Fricassee Quinoa/Rice Mix Italian Chickpeas Broccoli Mandarin Oranges</p>	<p style="text-align: center;">30 Italian Lentil Stew w/Turkey Mixed Vegetables Sautéed Cabbage Mixed Rice Peaches</p>

This program is supported by Older American Act Funds awarded by the County of San Diego Aging and Independence Services & the City of Vista.

Lunch served Monday-Friday at 12:00pm

Reservations required 1 business day in advance by 1pm, and at least one week in advance for special events.

Call 760-643-5288 to make or cancel lunch reservation.

***For Wednesdays, indicate Main Meal or Soup & Salad when you RSVP.**

WHAT'S HAPPENING THIS MONTH

Beginning Tap Dance, Mondays 10:45-11:45am in the Azalea Room. Learn how to Flap, Shuffle, Ball Change, and more. This low impact fun class is taught by volunteer Diane Felthous. Diane has owned three performing art studios, tap danced on the Lawrence Welk Show, and was directed by Gene Kelly.

Antique and Vintage Sewing Machine Class - "Through the Years", Friday January 9th 1:00pm in the Jasmine Room. We'll discuss the history of the sewing machine, the "Sewing Machine War" and delve into the lockstitch mechanism. Next, hands-on instruction involving threading, thread tension, the needle, and bobbin-winding will be provided. Participants are invited to bring their own sewing machine for use during the class.

Unlocking Joint Health for Arthritis with Dr. Sebastian Monday, January 12 at 1:00pm in the Azalea Room. Sign up at Azalea front desk.

Ringin' In the New Year! Friday, January 16 at 11am A new year means more beautiful memories when spent with friends at the Gloria McClellan Senior Center. Let's ring it in with a bang at the Park Terrace Café. Entertainment, Friends, Food, Fun & Dancing.

Mischief Makers will be on a break until further notice.

Martin Luther King, Jr. Day - Senior Center is Closed



January 2026 Calendar of Events and Activities

Monday	Tuesday	Wednesday	Thursday	Friday
5	6	7	8	9
<p>10:45-11:45 Beginning Tap Dance</p> <p>11-12 Start with Art – Ann Force</p>	<p>10:45-11:45 "Danzerercise" CANCELED</p> <p>11-12 Bingo</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class- CANCELED for January</p> <p>1-2 Joy Walkers Club</p>	<p style="color: red;">CENTER CLOSED</p> <p>10-12 "Ask a Social Worker" Appointments</p> <p>10:45-11:45 "Danzerercise" CANCELED</p> <p>11-12 Live Music by Lou Rosgen</p> <p>12-3 Stash Busters Club</p> <p>1-3 Mahjong</p>	<p style="color: red;">CENTER CLOSED</p> <p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>1:00 Sewing Machine Class</p>
12	13	14	15	16
<p>10:45-11:45 Beginning Tap Dance</p> <p>10:00 Silver Star Foundation</p> <p>11-12 Start with Art – Ann Force</p> <p>1:00 Joint Health for Arthritis</p>	<p>10:45-11:45 "Danzerercise" CANCELED</p> <p>11-12 Bingo</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class- CANCELED for January</p> <p>1-2 Joy Walkers Club</p> <p>1-2:30 Music Appreciation</p>	<p>9-12 "Ask an Attorney" Appointments</p> <p>10:45-11:45 Free "Danzerercise" Class</p> <p>1-3 Mahjong</p> <p>1:00-2:30 Cyber Seniors Computer Lab</p>	<p>9-12 Happy Stitchers Club</p> <p>11:00 Ringin' in the New Year Celebration with live entertainment</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p>
19	20	21	22	23
CENTER CLOSED	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class- CANCELED for January</p> <p>1-2 Joy Walkers Club</p> <p>1:30-2:30 Senior Citizen Affairs Commission Meeting</p>	<p>10-12 "Ask a Social Worker" Appointments</p> <p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Live Music by Lou Rosgen</p> <p>12-3 Stash Busters Club</p> <p>12:30 Birthday & Anniversary Celebration</p> <p>1-3 Mahjong</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p>
26	27	28	29	30
<p>10:45-11:45 Beginning Tap Dance</p> <p>11-12 Start with Art – Marcos Solorio</p> <p>1-3 Movie in the Café – Knives Out</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>11-12 Bingo</p> <p>1-3 Mahjong</p>	<p>9:30-10:30 Chair Yoga Fee-Based Class</p> <p>10-12 Financial Check-Up Appointments</p> <p>10:30-11:30 Theatre Appreciation Class- CANCELED for January</p> <p>1-2 Joy Walkers Club</p> <p>1-2:30 Music Appreciation</p>	<p>10:45-11:45 Free "Danzerercise" Class</p> <p>1-3 Mahjong</p>	<p>9-12 Happy Stitchers Club</p> <p>9:30-10:30 Chair Yoga Fee-Based Class</p>

Red – Events in the Park Terrace Café

Blue - Activities and Classes in the Jasmine Room

Purple – Activities in the Azalea Room

Brown – Club Meetings in the Azalea Game Room

Black – Meetings, Clubs, Activities in the Park Terrace Café

Green – Appointments in the Azalea Conference Room

Orange – Activity meets in Azalea Resource Room

OUT & ABOUT TRANSPORTATION PROGRAMS

Our **OUT & ABOUT** program provides ADA transportation for grocery shopping shuttles on Mondays & Wednesdays (see schedule below for dates and locations).

Seniors are picked up at their homes starting at 9:00am and have about an hour to shop before they are returned home.

We also provide transportation to eligible Vista residents for in-town medical appointments on Tuesdays, Thursdays & Fridays from 9am-1:30pm.

Door-to-Door service is \$5 for Round Trip - under one hour, or \$3 one way.

Call 760-643-5284 at least 3 working days in advance to schedule.

NOTE: Lunch transportation to the Senior Center is offered through our Nutrition Program. See page 4 for information.



Shopping Shuttle Schedule:

First Monday (**January 5**): Albertson's

First Wednesday (**January 7**): **No Trips**

Second Monday (**January 12**): Walmart Supercenter

Second Wednesday (**January 14**): Frazier Farms

Third Monday (**January 19**): **MLK, JR. Holiday**

Third Wednesday (**January 21**): Costco

Fourth Monday (**January 26**): Winco

Fourth Wednesday (**January 28**): Super Target

Bonus Fridays: (January 9): Stater Brothers

(January 23): Trader Joes

CULTURE CARAVAN

Culture Caravan provides roundtrip transportation, event tickets, and friendly tour guides to destinations throughout Southern California.

All trips depart and return at the Gloria McClellan Center located at 1400 Vale Terrace Dr, Vista, CA 92084.

Register at [CityofVista.com/Culture Caravan](http://CityofVista.com/CultureCaravan) or call 760-643-5291.

For full descriptions of our trips, refer to the current Culture Caravan Destination Guide. A copy of the current Destination Guide is available at the Senior Center and can be viewed online at [CityofVista.com/Culture Caravan](http://CityofVista.com/CultureCaravan) or GMACvista.com.



Featured Trip- Going Fast!!



Beetlejuice- San Diego Civic Theater

DATE: THURSDAY, FEBRUARY 26

TIME: 5:30 P.M.- 11:00 P.M.

COST: \$109

Time is running out to see Beetlejuice on Broadway. Delight in captivating sets and an astounding score. Adapted from the Academy Award winning film and transformed to a musical Broadway production, Beetlejuice is sure to leave even the most skeptical stage goers enthralled. If you have been wanting to go OR even take the family to witness the splendor of Broadway- Beetlejuice, is it!



PROFESSIONAL SERVICES COMPLIMENTARY CONSULTATIONS

Meetings with professionals are available by appointment and are hosted in the Azalea Building Conference Room. Call 760-643-5288 to schedule an appointment. Walk-ins are worked in around the scheduled appointments when possible.

- **Money Tools and Tips from Susan Sager, Senior Representative, Primerica.** Susan Sager staffs the Azalea Building Welcome Desk on Wednesday mornings from 10am-12pm. if you would like to meet with her, stop by with your financial questions.
- **Ask an Attorney.** Bring a list of your legal questions and meet with local attorney Mark Caruana for a 15-minute meeting between 9am-12pm on the third Thursday of the month.
- **Ask a Social Worker.** Aging is a journey that requires planning. Not sure how to plan for this for yourself, your spouse/partner, or parents? Schedule an appointment with Darcy Mulholland, Licensed Clinical Social Worker with over 20 years of experience working with seniors and their families. She will offer guidance, support, information, and referrals. 30-minute appointments are scheduled on the 2nd and 4th Thursdays from 10am-12pm.

TECH CLASSES 1st and 3rd Thursday 1pm Azalea Building Computer Room



Cyber-Seniors offers FREE tech training classes to help you learn how to use your smartphone, discover useful local apps, and stay safe online with cybersecurity tips and practices.

I DIDN'T KNOW THAT!

Tidbits from Maria McSweeney

Despite their names, the largest continental glacier, or ice sheet, in the Northern Hemisphere covers most of Greenland not Iceland. The ice sheet covers 660,000 square miles (around 80% of the surface of Greenland) which is about 12% of the area of the Antarctic ice sheet. The ice sheets atop Greenland and Antarctica store about two-thirds of all the fresh water on Earth. Greenland also has significant untapped mineral resources including iron ore; copper; zinc; gold; and rare earth elements (used in electronics such as smartphones; electric vehicle motors; wind turbines; and defense applications such as fighter jets).

- **2-1-1** is a free and confidential service that helps people find the local resources they need. Available 24 hours a day, 7 days a week.
- Free copies of the **Eldercare** directory are available at the Senior Center. This directory contains info on transportation, housing, legal help and more.
- **BenefitsCheckUp®** connects millions of older adults and people with disabilities with benefits programs that can help pay for health care, medicine, food, utilities, and more. **800-794-6559**
- The **Low Income Home Energy Assistance Program (LIHEAP)** provides assistance to eligible low-income households with the goal of managing and meeting their immediate home heating and/or cooling needs. **866-675-6623**
- Call the **San Diego Food Bank** at **866-350-3663** to speak with a staff member who can assess if you qualify for the program and provide information about your nearest food distribution site.
- **Meals on Wheels** provides home delivered meals for seniors for low cost. **619-260-6110**
- **ElderHelp** provides housing services, information and referral, caregiver support, and check in calls for those that are interested. **619-284-9281**
- **YANA (You Are Not Alone)** program is a free service from the San Diego Sheriff's Department, providing telephone contact (Monday-Friday) to independently living seniors who have no friends or family to check on them regularly. Call the Vista Substation to enroll: **760-940-4551**
- The **FACT (Facilitating Access to Coordinated Transportation)** program provides transportation services. They pride themselves on providing safe, reliable transportation and excellent service. **760-754-1252**
- **Elder Law & Advocacy** offers free assistance with legal, Medicare, caregiver, long-term care and many other issues. **858-565-1392**
- The **988 Suicide & Crisis Lifeline** offers 24/7 call, text and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crisis, or other emotional distress. People can also dial **988** if concerned for a loved one needing crisis support.
- **For Their Thoughts** offers caregiver support for families impacted by dementia. **760-659-3883**
- **The Alzheimer's Project** focuses on support for caregivers and aims to strengthen the local network of services available to people living with dementia and their families. **619-531-5522**

AGING & INDEPENDENCE SERVICES

Serves all older adults and persons with disabilities, from those who are completely independent to those requiring more assistance. Programs support healthy aging, safety, and independence.

Start with AIS Call Center (1-800-339-4661) for:

- Information and assistance
- Referrals to community services
- 24-hour reporting line for abuse

LET'S MAKE 2026 A HAPPY, HEALTHY NEW YEAR AT THE GLORIA McCLELLAN SENIOR CENTER

Welcome to 2026 here at the Senior Center. We've made a list of New Year Resolutions with our Seniors in mind. Join us in making 2026 a very happy, healthy year!

Healthy Eating with our Congregate Lunch Service. Nutritious and delicious lunch is offered weekdays for our seniors aged 60 and above for a suggested contribution of \$4.00. Seniors 59 and younger can also enjoy Chef Eric's lunches for a mandatory cost of \$8.00. We encourage you to take your leftovers home in containers you bring from home.

Get More Exercise with our fitness classes and gym. We offer fitness classes every day which include free Danzercise and Tap Dancing classes. We also offer Chair Yoga which is fee-based. And please check out our amazing gym which is free. We have exercise machines that will strengthen your whole body, and 4 cardio machines for your aerobic fitness and free weights to give you a full body workout. If you prefer to head outdoors, the Joy Walkers Club walks every Wednesday.

Challenge Yourself to Learn Something New with our amazing free classes and clubs. Try Mahjong or Bocce Ball if you like team games. If you love art you may want to try a Start with Art class, an Art Appreciation class, a Theater Appreciation class or join the Happy Stitchers Club. If technology gives you trouble we have a Cyber Senior class to help you build computer and smart phone skills.

Be Proactive with your Paperwork with our volunteers from the professional fields. You can schedule a complimentary appointment with a Social Worker, an Attorney, or for a Financial Checkup. Make this the year you get your questions answered and your paperwork in order.

Local Exploration with our Culture Caravan Travelers for amazing day trips around Southern California. See museums, zoos, theater shows, aquariums and other fun trips from San Diego to Los Angeles. All excursions are designed with our traveler's preferences in mind. This is a fee based program.

Never Stop Making New Friends. Whether you come for classes, clubs, lunch, excursions or exercise one thing is guaranteed. You will build a community of wonderful friends. Social connection is so important to healthy aging.

We look forward to seeing you here at the Gloria McClellan Senior Center in 2026. Cheers to a happy, healthy New Year!

