

WHAT'S THE BUZZ

ENCINITAS SENIOR CENTER

50+ PICKLEBALL

- Open Play
- Wednesdays
8:30am-11:30am
- Fridays 8:30am-10:30am
- No Cost
- Sign in at the front desk
- Clinics available for a fee

Blood Pressure Clinic

- 3rd Thursday
9:30am-12:30pm
- 1st Friday 9:30am-12:30pm
- No Cost
- Sign in at the front desk

Need Transportation?

- On the Go is here for you
- Enroll to become a rider 858-637-3210
- Request a ride 858-637-7320
- Ask about becoming a volunteer driver
- Full details at jfssd.org

NEW MINGLE SERIES

Mingle, move, play or create! Enjoy camaraderie and friendship among fellow minglers as you learn and laugh. Light snacks, refreshments, and a raffle. Everyone is invited!

OCT
18

**Ghostly Gala
Costume Contest**

NOV
15

**Mingle & Move
Autum Harvest**

JAN
17

**Mingle & Create
2025 Vision Board**

FEB
14

**Mingle & Move - DJ
Love is in the Air**



Sponsored by
GROCERYOUTLET
Bargain Market
Encinitas

Time: 2:00 – 4:00pm | Location: Encinitas Community & Senior Center | Ages: 50+
Cost: \$7 plus applicable fees | Register online or in person at the center

- **Register** on-line or in-person.
- Entertainment, refreshments, raffle

Registration Codes:

10/18: #14293
11/15: #14294

2025 events open online Dec. 2.
SAVE THE DATES!
1/17 and 2/14!

ENCINITAS SENIOR CENTER

ENCINITAS SENIOR CITIZENS COMMISSION

Come make your voice heard and learn about what the commission is working on to benefit older adults. These monthly meetings incorporate an educational presentation and are open to the public. They are held at Encinitas City Hall, 505 South Vulcan Avenue, Encinitas, CA 92024, in Council Chambers.

Marilyn Greenblatt, Director of Transportation with the Jewish Family Service of San Diego, will present on transportation programs for older adults on October 15, 2024 at 2pm.



- **3rd Tuesday of each month**
- **2-2:15 pm guest speaker**
- **2:15-3 pm general meeting**

Facility Rentals

Discover diverse venues for every occasion!

- Banquet Hall
- Conference Rooms
- Meeting Rooms
- Community Rooms
- Gymnasium
- Conference Rooms
- Dance Studio
- Courtyard
- Kitchen
- Library Literacy Lab



Take a virtual tour of our spaces at
www.EncinitasParksandRec.com

FALL PROGRAMS

- Chair Yoga
- Every-Body Yoga
- Gentle Yoga
- Yoga For All
- Golden & Toned
- Health Barre
- Qi Gong
- T'ai Chi Chih
- Zumba
- Healthier Living
- Gym Hours
- & so much more!

CONNECT WITH US

Encinitas Senior Center
1140, Oakcrest Park Dr.,
Encinitas, CA 92024
760-943-2250
EncinitasParksandRec.com

OAKCREST CAFE

Come for a morning class then stay for lunch. Registration and a reservation required. See page 40 of the Fall Explore Encinitas Guide for details.

