

November 2025

# THE DISCOVERY

San Marcos Senior Center

**Please note the Senior Center will be closed in observance of Veterans Day on Tuesday, November 11, and for Thanksgiving on Thursday, November 27 and Friday, November 28.**

## EXCITING UPGRADES ON THE WAY!

*We're making the Senior Center more comfortable year-round*

The San Marcos Senior Center's aging heating and cooling system is getting a well-deserved upgrade! Beginning Monday, December 22, the Center will close temporarily while crews install a new system.

Some classes will continue to be held onsite, while other classes and activities will be temporarily relocated to the San Marcos Community Center and Richmar Center. The lunch program (no Soup & Salad Bar) will also continue, moving next door to the Richmar Center.

Tentative schedule for January through March 2026:

### RICHMAR CENTER

- Lunch program
- Ukulele
- BINGO
- American Mahjong
- Samba
- Canasta
- Merry Makers Bridge

### SENIOR CENTER FITNESS ROOM

- Fun 2B Fit
- Chair Yoga
- Line Dance
- Individual Exercise Activity
- Balance and Coordination
- Tai Chi
- Indian Dance

### COMMUNITY CENTER

- Pilates Basics
- Zumba Gold
- Beginning Acrylic
- Beginning Watercolor
- Mixed Media Art
- Ringin' in the New Year Party 1/14/26
- Valentine's Day Party 2/11/26
- Senior Social 3/13/26



For updates and important details visit, [www.san-marcos.net](http://www.san-marcos.net).



### PROGRAMS

#### Front Desk

(760) 744-5535

#### Lunch Reservations

(760) 744-5535 x3607

#### Transportation

(760) 744-5535 x3605

### HOURS

**MON – FRI** 8 am to 4 pm

**SAT & SUN** Closed

# Lunchtime Events

## Lunch is promptly served at 11:30 am

Daily lunch reservations must be made by 2 pm at least one (1) business day prior and one (1) week ahead for special events.

Sign up by calling, (760) 744-5535 ext. 3607, visit the Lunch Desk or by email to [nutrition@san-marcos.net](mailto:nutrition@san-marcos.net)

**Pre-registration is required for first time attendees.**

**60+ years:** \$5 suggested contribution

**50-59 years:** \$7 fee

**Non-senior guests 49 years & younger:** \$7 fee  
Must be accompanied by a senior over 60

## Events

### BIRTHDAY CELEBRATION

**Monday, November 3 | 11:30 a.m.**

Cupcakes and ice cream are served to all.

Complimentary lunch coupon for all guests 60 years + celebrating a birthday this month.

**Sponsored by Whole Life Home Care.**



### VETERAN'S DAY LUNCHEON

**Monday, November 10**

**11:30 a.m. Lunch & Entertainment**

Celebrate all who have served with a delicious meal and music by the Sweethearts of Swing.

RSVP at the Lunch Desk, via email at [nutrition@san-marcos.net](mailto:nutrition@san-marcos.net) or by calling (760) 744-5535 x3607.

**Reservation required to attend party.**

**Sponsored by BrightStar Care of Escondido/San Marcos and Memory Lane.**



### THANKSGIVING LUNCHEON

**Wednesday, November 26**

**11:30 a.m. Lunch & Entertainment**

Enjoy a traditional Thanksgiving meal, time with friends and Marimba music by David Topham.

RSVP at the Lunch Desk, via email at [nutrition@san-marcos.net](mailto:nutrition@san-marcos.net) or by calling (760) 744-5535 x3607.

**Reservation required to attend party.**

**Sponsored by BrightStar Care of Escondido/San Marcos and Memory Lane.**

## NOVEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BIRTHDAY CELEBRATION</b> Mongolian Meatballs (Beef/ chicken) Parsley Potatoes Broccoli WW Bread Banana Birthday Celebration	<b>3</b> Hamburger w/ Sautéed Onions Potato Salad Coleslaw White Wheat Bun Orange	<b>4</b> Pork Chile Verde Mexican Rice Zucchini & Corn Orange Mandarin	<b>5</b> Chicken Creole 51% WG Pasta Italian Vegetables Black Beans Pineapple	<b>6</b> Chili Con Carne Mixed Rice Fiesta Corn Mandarin
<b>VETERAN'S DAY CELEBRATION</b> MEAT LASAGNA Spring Mix Salad Italian Blend WW Bread Orange	<b>10</b> <b>11</b> <b>CLOSED</b> <b>VETERAN'S DAY HOLIDAY</b>	<b>12</b> Butter Chicken Cumin Rice Stir Fry Mix Mandarin	<b>13</b> Vegetarian Pot Pie (w/ Potatoes, Carrots, Onions, Peas) Garbanzo Stew w/ Tomato Lemon Garlic potatoes WG Bread Banana	<b>14</b> Chicken Florentine Penne Pasta Manhattan Blend Italian Lentils Pineapple
<b>17</b> Turkey à la King Mixed Veggies Butter Pasta Peaches	<b>18</b> Salisbury Steak (Beef/pork) Mashed Potatoes Brown Gravy Peas & Carrots WW Bread Mandarin	<b>19</b> Open-Faced Cubano Sandwich w/ Swiss Cheese WW Roll Sweet Potatoes Cabbage Salad Orange	<b>20</b> Curry Tilapia Coconut Mixed Rice Stir Fried Blend WW Bread Pineapple	<b>21</b> Green Goddess Chicken Salad Spring Mix (cabbage, peas, Cucumbers, Tomatoes) Creamy Goddess Dressing Provencial Chickpeas Delicious Rainbow Pasta Banana
<b>24</b> BBQ Chicken Slider Collard Greens Mixed Rice White Wheat Bun Orange	<b>25</b> Hamburger w/ Sautéed Onions/ Mushrooms BBQ Beans Coleslaw White Wheat Bun Pineapple	<b>26</b> <b>THANKSGIVING LUNCHEON</b> Roast Turkey Bread Stuffing Brown Gravy Green Beans Sweet Potatoes Cranberry Sauce Apple	<b>27</b> <b>CLOSED FOR THANKSGIVING HOLIDAY</b>	<b>28</b> <b>CLOSED FOR THANKSGIVING HOLIDAY</b> 



Alternative meal choice: Soup and Salad Bar

WW = Whole Wheat  
WG = Whole Grain

 Musical Entertainment

 Vegetarian



Meal contains 1,000+ mg of sodium



1% milk is served daily

# Classes & Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Open Play 8 am – 4 pm	Billiards Traveling League 8 am – 12 pm	Senior 8-Ball 8 am – 12 pm	Billiards Open Play 8 am – 4 pm	Billiards Open Play 8 am – 4 pm
Open Computer Lab 8 am – 4 pm	Open Computer Lab 8 am – 4 pm	Open Computer Lab 8 am – 4 pm	Open Computer Lab 8 am – 4 pm	Open Computer Lab 8 am – 4 pm
El Camino Cuddle Quilts 4th Monday/mo 8:30 am - 4 pm	Quilting 8 am- 4 pm   \$1	French 101 9 am   \$1	Chair Yoga T/TH 9:15-10a.m. \$56/5 weeks Drop In \$7	Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5
Beginner Ukulele 8:30-9:30 am   \$1 Intermediate Ukulele 9:30-11:30 am  \$1	Chair Yoga T/TH 9:15-10a.m. \$56/5 weeks Drop In \$7	Fun 2b Fit (M/W/F) 10-11 am \$32/4 weeks Drop In \$5	Balance & Coordination 10:15 – 11 am \$32/5 weeks Drop In \$7	Pilates Basics 10 - 11 am \$32/5 weeks Drop In \$7
Beginning Acrylic Painting 9 – 10 am \$37/5 weeks \$8 drop in	Line Dance Beginner 11:15 am-12:45 pm \$32/5 weeks Drop In \$7	Mixed Media 10 – 11 a.m. \$37/5 weeks \$8 drop in	Singer Featherweight Sewing Machine Group 2nd Thur/mo   \$1 10 am - 2 pm	Singer Featherweight Sewing Machine Group 1st Fri/mo   \$1 10 am - 2 pm
Beginning Watercolor 10 – 11 am \$37/5 weeks Drop In \$8	Billiards Open Play 12 pm – 4 pm	Spanish 101 10:30am   \$1	Line Dance Improver 11:15 am-12:45 pm \$32/5 weeks Drop In \$7	Zumba Gold 11:15 am – 12:15 pm \$32/5 weeks Drop In \$7
Pilates Basics 10 - 11 am \$32/5 weeks Drop In \$7	American Mahjong 12 - 3:30 pm   \$1 Must bring own Mahjong card.	Fun 2b Fit (M/W) 11 am – 12 pm \$22/4 weeks Drop In \$5	Games & Cards 12 - 3:30 pm   \$1	Knitting & Crocheting 12:15 – 3 pm   \$1
Fun 2b Fit (M/W/F) 10-11 am \$32/4 weeks Drop In \$5	Canasta (Hand & Foot) 12:15 – 3:30 pm   \$1	Billiards Open Play 12 – 4 pm	Canasta (Hand & Foot) 12:15 – 3:30 pm   \$1	Merry Makers Bridge 12:15 - 3:30 pm   \$1
Fun 2b Fit (M/W) 11 am – 12 pm \$22/4 weeks Drop In \$5	Individual Exercise Activity 2:30 – 3:30 pm  \$1	Book Club 1st Wednesday/mo 12:30 – 3 pm   \$1	Tai Chi 1 – 2 pm \$32/5 weeks Drop In \$7	Art Workshops 12:30 pm 11/14 & 11/21
Zumba Gold 11:15 a – 12:15 pm \$32/5 weeks Drop in \$7		Writer's Critique Group 12:30 - 3:30 pm	Indian Fusion Folk Dance 2:15 - 3:15 pm \$32/5 weeks Drop In \$7	
Prize BINGO 12:30 pm   \$1		Samba (Card Game) 1st & 3rd Wednesday 12:15 – 3:30 pm   \$1 Must bring own Samba box.		
Chess Club 1 – 3:30 pm   \$1				
Advanced Ceramics Lab 1 – 4 pm   \$1				

Class prices vary by session & are subject to change.

# Featured Programs



## SENIOR WALKING CLUB

**Thursday, November 20 | Free | 2 pm**

**Discovery Lake | 650 Foxhall Drive, 92078**

**Meet near the restrooms.**

This activity led by Senior Center staff is for everyone. Go at your own pace, exercise and socialize. Please wear comfortable clothes & sneakers and bring water.

**This activity is made possible by grant funds generously awarded by the San Diego Seniors Community Foundation.**

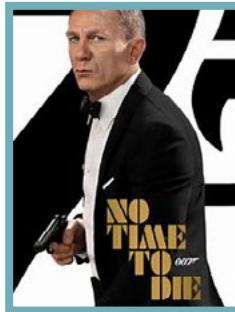
First time participants receive a free gift while supplies last.



### Prize BINGO

**Mondays | 12:30 pm  
\$1 per card (4 card max)**

Prizes include snacks, decorations and household items.



## Movie Matinee

**No Time to Die (2021) | PG-13  
2 hr. 43 min.**

**Friday, November 21 | 12:30 PM | \$1 | Free with lunch admission**

James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail to a mysterious villain armed with dangerous new technology.



## BEGINNING ACRYLIC PAINTING

**Mondays 9 - 10 a.m.**

**\$37 for five weeks | \$8 Drop In**

This class taught by Instructor Laurie Sheahan will include the fundamentals of acrylic painting. Supplies are included.



## SPANISH 101

**Wednesdays 10:30 am | \$1**

Led by volunteer Luz, this class will offer an introduction to basic conversational Spanish, common vocabulary and simple grammar. Please bring a notebook and pen. Register online at [www.san-marcos.net/register](http://www.san-marcos.net/register) or at the Front Desk.



## CRAFT SALE , SAVE THE DATE!

**Wednesday, December 3**

**9 am - 1 pm**

**\$10 per 6-foot table | 1 table per crafter**

Find unique, handmade gifts for friends and family made by local crafters.

Register at the front desk or online at [www.san-marcos.net/register](http://www.san-marcos.net/register).

## Services Schedule

Private vendors providing these services are not affiliated with or endorsed by the city.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Alzheimer's San Diego Support Group 1st & 3rd Tuesday 10 am - 12 pm	Blood Pressure Checks 11/5, 11/12, 11/19 10:30 am - 12:30 pm	Joint Health Workshop November 6 10 am	
	General Legal Consultations November 18 12:30-3:15 pm Appointment needed	Cyber Security & Smartphone Help 11/12 & 11/19 1 - 2 pm Register at Front Desk.	Dementia Caregiver Support Group Every Thursday 10 am - 12 pm	Free Auditory Testing November 14 10 am - 12 pm
	SD Food Bank Pick Up Location 1:30 - 3 p.m. 3rd Tuesday / mo Call (866) 350-3663 to enroll.	Estate Consultations November 12 12:30 - 3 pm	Blood Pressure Checks November 13 10:30 am - 12:30 pm	

 Orange indicates pre-registration is required. Please call the Front Desk at (760) 744-5535, to schedule appointments.



## CATCH-A-RIDE

Senior Transportation Program

**TWO SERVICES  
AVAILABLE!**

### SENIOR CENTER LUNCH SHUTTLE



**RESERVE  
YOUR SHUTTLE**

Your home → Senior Center for Lunch

**Call (760) 744-5535, ext. 3607**

By 2 pm at least one day in advance

AVAILABLE MONDAY - FRIDAY (except Holidays)

### RIDE SERVICE



**RESERVE  
YOUR RIDE**

Your home → Your destination in San Marcos

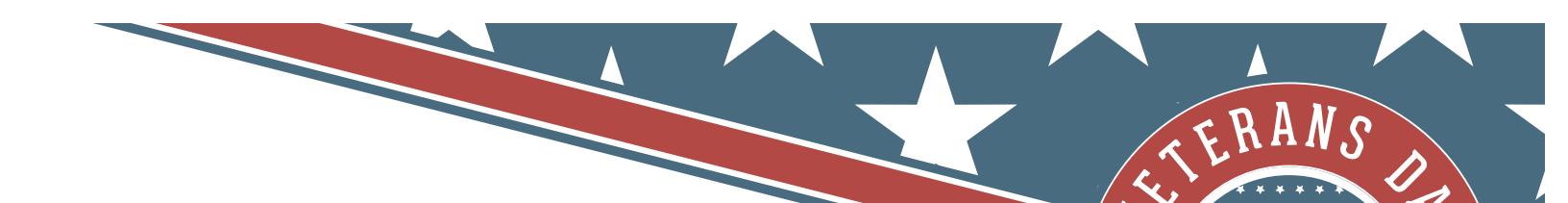
**Call FACT at (888) 924-3228**

Three to seven days in advance

AVAILABLE 7 DAYS/WEEK

**Seniors must be enrolled to use these services.  
To enroll in either program, call (760) 744-5535, ext. 3605**

**SAN MARCOS**  
DISCOVER LIFE'S POSSIBILITIES



# CITY OF SAN MARCOS **VETERAN'S DAY** CEREMONY

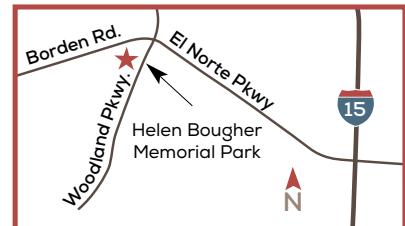


**Tuesday, November 11, 2025**

**11:00 a.m. Ceremony ★ 12:00 p.m. Reception**

Military and active duty personnel are encouraged, but not required, to attend in uniform.

Guests are welcome to bring lawn chairs and carpool. Parking is available at the Church located next to the event location.



**Helen Bougher Memorial Park**  
1243 Borden Road, San Marcos

For more information, visit [www.san-marcos.net/veterans](http://www.san-marcos.net/veterans)

**SAN MARCOS**  
Discover Life's Possibilities

## PROVIDING EXTRA SUPPORT DURING PUBLIC SAFETY POWER SHUTOFFS

If parts of our region experience extreme weather conditions, as a last resort, we may shut off power to help prevent a wildfire and keep our community safe. This is called a Public Safety Power Shutoff (PSPS). To learn more about PSPS, visit [sdge.com/PSPS](http://sdge.com/PSPS). To help ensure we keep you informed with PSPS alerts, please check your contact information and sign up for outage notifications at [sdge.com/notifications](http://sdge.com/notifications).

Do you have a disability or use a medical device for health, safety or independence that requires electricity? Let us know at [sdge.com/AFN-Survey](http://sdge.com/AFN-Survey). And, if you need additional support during a Public Safety Power Shutoff, dial 2-1-1. You may be eligible for helpful resources. For more information on accessibility support, visit [sdge.com/AFN](http://sdge.com/AFN).

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