

December 2025

THE DISCOVERY

San Marcos Senior Center

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

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
2/1/26

Senior Social 3/13/26



For updates and important details
visit, 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

SAN MARCOS
DISCOVER LIFE'S POSSIBILITIES

San Marcos Senior Center
111 Richmar Avenue
San Marcos, CA 92069

T: (760) 744-5535
www.san-marcos.net/seniors



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

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
<i>Must be accompanied by a senior over 60</i>	

Events

BIRTHDAY CELEBRATION

Monday, December 1 | 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.

HOLIDAY PARTY

Wednesday, December 17
11 a.m. Lunch & Entertainment
Celebrate with friends, a delicious meal and music by The Buckleys.

Reservation required to attend party.
RSVP at the Lunch Desk, via email at nutrition@san-marcos.net or by calling (760) 744-5535 x3607.

Sponsored by
BrightStar Care of Escondido/San Marcos
Memory Lane | Regal Medical Group.



DECEMBER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BIRTHDAY CELEBRATION 1 Chicken Florentine WG Pasta Mixed Vegetables Orange	2 Shepherd's Pie Mashed Potato Topping Peas & Carrots WW Bread Apple	3 Pork Posole Mixed Rice Black Beans & Corn Collard Greens Banana	4 Mongolian Chicken WG Pasta Green Beans Mandarin Oranges	5 Beef Sukiyaki Mixed Rice Zucchini & Carrots Pineapple
8 4-Cheese Ravioli Marinara Sauce Spinach Lentil Stew WW Bread Peaches	9 Hamburger WW Burger Roll Potato Salad Coleslaw Apple	10 Salisbury Steak Mashed Potatoes Peas & Carrots WW Roll Pineapple	11 Chicken Quesadilla W/ Pico de Gallo Black Beans Salad Mexican Rice California Blend Apple Sauce	12 Chicken Curry Sweet Potato Mixed Rice Mandarin Oranges
15 Sloppy Joe's Carrots Black Beans & Corn WW Sandwich Bun Orange	16 Ground Beef Casserole WG Penne Pasta Normandy Blend WW Bread Pineapple	17 Chicken Cordon Bleu w/ Bearnaise Sauce Mashed Potatoes Peas & Carrots WW Roll Apple	18 Moroccan Chickpea Stew Rice Pilaf Spinach Pineapple	19 Meat Lasagna Spring Mix Salad Italian Blend WW Bread Fruit Cocktail
22 CLOSED	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED
San Marcos Senior Center closed December 22 – January 2.				
29 CLOSED	30 CLOSED	31 CLOSED	JAN-1 CLOSED	JAN-2 CLOSED
<i>Happy Holidays</i>				



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 Last Day 12/3	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 12/12 & 12/19
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, December 18 | 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

Elf (2003) | PG-13 | 1 hr. 37 min.

Friday, December 12 | 12:30 PM | \$1 | Free with lunch admission

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of Christmas spirit.



COOKIE DECORATING

Tuesday, December 2 | 12:30 pm

Join us for some sweet creativity—decorate cookies with frosting and as many sprinkles as your heart desires!



HOT COCOA BAR

Thursday, December 4 | 12:30 pm

Warm up with our Hot Cocoa Bar, pile on whipped cream, marshmallows, candy canes, and more!



ORNAMENT MAKING


Monday, December 15 | 10 am

We'll provide the supplies; you bring the creativity. Make an ornament to take home or give as a gift.

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	Cyber Security & Smartphone Help 12/3 & 12/10 1 – 2 pm Register at Front Desk.	Dementia Caregiver Support Group Every Thursday 10 am - 12 pm	Free Auditory Testing December 12 10 am - 12 pm
	Understanding Financial Elder Abuse 12/2 10:30 am			
	General Legal Consultations December 16 12:30-3:15 pm Appointment needed			
	SD Food Bank Pick Up Location 1:30 – 3 p.m. 3rd Tuesday / mo Call (866) 350-3663 to enroll.			

 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

2025 AARP Tax Preparation

NEW LOCATION

Change of location, appointments will be held at the San Marcos Community Center from February 5 – April 15.



Appointments will be scheduled on Wednesdays & Thursdays from 9 am – 1 pm.



Register at the Senior Center Front Desk or by calling (760) 744-5535 x3600

CALL AFTER JANUARY 20 to book an appointment.



ENERGY BILL ASSISTANCE PROGRAMS: *Help is available*

Managing energy bills can be challenging. But did you know that SDG&E offers several assistance programs to help customers reduce their energy costs and improve energy efficiency?

1. California Alternate Rates for Energy (CARE) Program

The CARE program provides a 30% or more discount on monthly energy bills for eligible households. Eligibility is based on household size and income, or participation in certain public-assistance programs. Applying is quick and easy, with no documentation required. Find out if you qualify at sdge.com/CARE.

2. Family Electric Rate Assistance (FERA) Program

FERA offers an 18% discount on electric bills for households that exceed CARE income limits but still meet FERA guidelines. Now, the eligibility criteria have changed from a minimum of three people in the household to just one! Learn more at sdge.com/FERA.

3. Energy Savings Assistance (ESA) Program

The ESA program provides no-cost, energy-efficient home improvements to income-qualified customers. Services and products may include attic insulation, energy-efficient refrigerators, weatherstripping and more. The program aims to reduce energy use and help lower bills. Find details at sdge.com/ESA.

4. Medical Baseline Allowance

Customers with certain medical conditions may qualify for additional energy at the lowest rates through the Medical Baseline Allowance program. This helps offset the cost of operating medical equipment or maintaining necessary heating and cooling. Learn more at sdge.com/Medical.

5. Payment Arrangements

If you're having trouble paying your energy bill, you can request an extension to help avoid interruptions to your service. Flexible payment arrangements are also available to help you pay down past-due balances. Learn more at sdge.com/PaymentArrangements.

Learn about these programs and more at sdge.com/assistance.