

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](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, 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](mailto: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
<b>BIRTHDAY CELEBRATION</b> 1 Chicken Florentine WG Pasta Mixed Vegetables Orange	<b>2</b> Shepherd's Pie Mashed Potato Topping Peas & Carrots WW Bread Apple	<b>3</b> Pork Posole Mixed Rice Black Beans & Corn Collard Greens Banana	<b>4</b> Mongolian Chicken WG Pasta Green Beans Mandarin Oranges	<b>5</b> 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
<b>22 CLOSED</b>	<b>23 CLOSED</b>	<b>24 CLOSED</b>	<b>25 CLOSED</b>	<b>26 CLOSED</b>
<b>29 CLOSED</b>	<b>30 CLOSED</b>	<b>31 CLOSED</b>	<b>JAN-1 CLOSED</b>	<b>JAN-2 CLOSED</b>
<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.

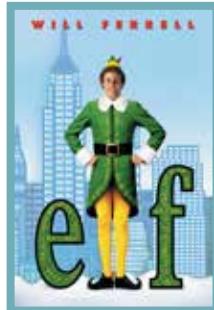


### Prize BINGO

**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.



**AARP**®

## 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](http://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](http://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](http://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](http://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](http://sdge.com/PaymentArrangements).

**Learn about these programs and more at [sdge.com/assistance](http://sdge.com/assistance).**