

January 2026

THE DISCOVERY

San Marcos Senior Center

TEMPORARY CLOSURE! January - March 2026

The San Marcos Senior Center will be closed from January through March 2026 for an upgrade to the heating and air conditioning system.

During this time, activities will be temporarily relocated to the following sites:

SENIOR CENTER FITNESS ROOM

see schedule on page 4

Please note that classes held in the Senior Center Fitness Room will continue as scheduled and will not be affected by the closure.

RICHMAR CENTER

see schedule on page 5

SAN MARCOS COMMUNITY CENTER

see schedule on page 6



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 a.m. to 4 p.m.

SAT & SUN Closed

Lunchtime Events

Lunch is promptly served at 11:30 a.m.

Daily lunch reservations must be made by 2 p.m. 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
Must be accompanied by a senior over 60	

Events

BIRTHDAY CELEBRATION

Monday, January 12 | 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.

Ringin' in THE NEW YEAR

Celebrate with friends, enjoy a delicious meal and music by Ricky Rivas.

DATE: Wednesday, January 14

TIME: 11:30 a.m.


Location: San Marcos
Community Center

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

Reservation required to attend party.



JANUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Paella w/Chicken & Sausage WG Rice California Blend Pineapple	6 Yankee Pot Roast WG Rice Mixed Veggies Apple	7 Italian Meatballs (beef & pork) WG Pasta Spinach Cucumber Salad Orange	8 Orange Glazed Pork Loin Sweet Potatoes Curried Lentils WW Bread Applesauce	9 VEGETARIAN Black Bean Burger WW Burger Roll Potato Salad Macaroni Salad Apple
BIRTHDAY CELEBRATION 12 Mexican Chicken Soup Corn Tortilla Fajita Veggie Mix Spring Salad Mix Orange	13 Hamburger WW Burger Roll Sweet Potato Coleslaw Apple	14 Ringin' In the New Year @ San Marcos Community Center Meatloaf (beef & pork) Mashed Potatoes Peas & Carrots WW Bread Orange 	15 Chicken Marsala WG Rice Herb Potatoes California Blend Mandarin Orange	16 Pasta Bolognaise WG Pasta Normandy Blend Chickpea Stew Fruit Cocktail
20  MARTIN LUTHER KING DAY CLOSED FOR HOLIDAY	20 Beef Stew Potatoes Steamed Carrots WW Bread Apple	21 Beef Stroganoff WG Pasta Spinach Italian Lentils Mandarin Orange	22 Greek Lemon Chicken WG Rice Tabbouleh Orange	23 Tuna Sandwich (WW Roll) Coleslaw Black Beans Mandarin Orange
26 Basque Chicken Basque Potatoes Green Beans WW Bread Pineapple	27 Ground Beef Casserole WG Pasta Broccoli Normandy Apple	28 Stuffed Peppers (beef) WG Pasta Lentils Oranges	29 Chicken Fricassee WG Quinoa Rice Broccoli Italian Chickpeas Mandarin Orange	30 Italian Lentil Turkey Stew WG Rice Sautéed Cabbage Mixed Veggies Peaches

WW = Whole Wheat
WG = Whole Grain

NOTE: No Soup and Salad Bar during renovations



Musical Entertainment



Vegetarian



Meal contains 1,000+ mg of sodium



1% milk is served daily

SENIOR CENTER FITNESS ROOM

Classes & Activities

Senior Center Fitness Room

These activities take place
in the Fitness Room.

**Please enter through door on the south side
of the building (near Mission Road).**

111 Richmar Avenue, San Marcos, CA 92069

(760) 744-5535



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5	Chair Yoga T/TH 9-9:45 a.m. \$56/5 weeks Drop In \$7	Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5	Chair Yoga T/TH 9-9:45 a.m. \$56/5 weeks Drop In \$7	Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5
Fun 2b Fit (M/W) 11 a.m. – 12 p.m. \$22/4 weeks Drop In \$5	Line Dance Beginner 11:15 a.m.-12:15 p.m. \$32/5 weeks Drop In \$7	Fun 2b Fit (M/W) 11 a.m. – 12 p.m. \$22/4 weeks Drop In \$5	Balance & Coordination 10:15 – 11 a.m. \$32/5 weeks Drop In \$7	
	Individual Exercise Activity 2:30 – 3:30 p.m. \$1		Line Dance Improver 11:15 a.m.-12:45 p.m. \$32/5 weeks Drop In \$7	
			Tai Chi 1 – 2 p.m. \$32/5 weeks Drop In \$7	
			Indian Fusion Folk Dance 2:15 – 3:15 p.m. \$32/5 weeks Drop In \$7	



Class locations are subject to change. For updates and important details visit, www.san-marcos.net.

Class prices vary by session & are subject to change.

RICHMAR CENTER

Classes & Activities

Richmar Center

These activities take place
at the Richmar Center

131 Richmar Avenue
San Marcos, CA 92069
(760) 744-5535



i Class locations are subject to change.
For updates and important details visit,
www.san-marcos.net.

Class prices vary by session & are
subject to change.

MONDAY

Beginner Ukulele 8:30-9:30 a.m. | \$1
Intermediate Ukulele 9:30-10:30 a.m. | \$1

Lunch 11:30 a.m.

Prize BINGO
12:30 p.m. | \$1

TUESDAY

Lunch 11:30 a.m.

American Mahjongg
12 - 3:30 p.m. | \$1
Must bring own Mahjongg card.

WEDNESDAY

Spanish 101
9:30 - 10:30 a.m. | \$1

Lunch 11:30 a.m.

Samba (Card Game)
1st & 3rd Wednesday | 12:15 - 3:30 p.m. | \$1

Canasta (Hand, Foot & Toe)
2nd & 4th Wednesday | 12:15 - 3:30 p.m. | \$1

THURSDAY

Lunch 11:30 a.m.

Canasta
12:15 - 3:30 p.m. | \$1

FRIDAY

Lunch 11:30 a.m.

SAN MARCOS COMMUNITY CENTER

Classes & Activities

San Marcos Community Center

These activities take place at the San Marcos Community Center.

3 Civic Center Drive
San Marcos, CA 92069
(760) 744-9000



Class locations are subject to change.
For updates and important details visit,
www.san-marcos.net.

Class prices vary by session & are
subject to change.

MONDAY

Beginning Acrylic Painting

9 – 10 a.m. | \$37/5 weeks | Drop In \$8

Pilates Basics

10 - 11 a.m. | \$32/5 weeks | Drop In \$7

Beginning Watercolor

10 – 11 a.m. | \$37/5 weeks | Drop In \$8

Zumba Gold

11:15 a.m. – 12:15 p.m. | \$32/5 weeks | Drop in \$7

TUESDAY

Dementia Caregiver Support Group

10 am - 12 pm

WEDNESDAY

Mixed Media

10 – 11 a.m. | \$37/5 weeks | Drop In \$8

Book Club

1st Wednesday/mo | 12:30 – 3 p.m. | \$1

FRIDAY

Pilates Basics

10 - 11 a.m. | \$32/5 weeks | Drop In \$7

Zumba Gold

11:15 a.m. – 12:15 p.m. | \$32/5 weeks | Drop In \$7

Knitting & Crocheting

12:15 – 3 p.m. | \$1



FINDING THE RIGHT RIDE

Senior transportation in San Marcos



Do you need a ride **within San Marcos** city limits or **outside San Marcos**?



WITHIN SAN MARCOS

Catch-A-Ride

Door-to-door rides for San Marcos residents age 60+. *Participants must meet program eligibility guidelines.*

☎ (760) 744-5535 x3605

RideFACT

Affordable rides for seniors 60+ throughout San Diego County.

☎ (888) 924-3228

NCTD+ (Paratransit & Mobility Services)

Accessible rides for eligible riders with disabilities.

☎ (760) 966-6500

🌐 www.gonctd.com/mobility

Public Transit (BREEZE Bus & SPRINTER)

Discounted fares for seniors (65+).

☎ (760) 966-6500

🌐 www.gonctd.com



OUTSIDE SAN MARCOS

RideFACT

Affordable rides for seniors 60+ throughout San Diego County.

☎ (888) 924-3228

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Have Questions?

Call (760) 744-5535 x3605 or visit the San Marcos Senior Center Front Desk.

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 REQUIRED, NO WALK-INS ACCEPTED.

Taxes are prepared by trained AARP volunteers.

PLEASE NOTE: City staff are unable to provide tax guidance or answer tax questions.



**CALL ON OR AFTER
WEDNESDAY, JANUARY 21**
Please call (760) 744-5535 to book an appointment.



10 EASY ENERGY-SAVING TIPS FOR YOUR HOME

As the days get shorter and the weather gets cooler, it's a great time to think about how you can save on your energy bill. With just a few simple adjustments, you can keep your home comfortable while keeping costs down.



- 1. SEAL DRAFTS:** Check your windows and doors for drafts and use weather stripping or caulk to seal up gaps. This will keep the warm air inside and the cold air out, making your heating system work more efficiently.
 - 2. ADJUST YOUR THERMOSTAT:** Lowering your thermostat by just a few degrees can make a big difference. Try setting it to 68°F when you're home and awake and lower it when you're asleep or away. A programmable thermostat can make this even easier.
 - 3. MAINTAIN YOUR HEATING SYSTEM.** Make sure your heating system is running efficiently by scheduling a maintenance check. Replace filters regularly to ensure your system is working at its best.
 - 4. UNPLUG DEVICES:** Even when they're turned off, devices can still use energy if they're plugged in. Unplug them when they're not in use or use a power strip to easily turn off multiple items at once.
 - 5. USE CEILING FANS WISELY.** Set your ceiling fans to rotate clockwise at a low speed. This will push warm air down from the ceiling, helping to keep your rooms warmer.
 - 6. CLOSE THE FIREPLACE DAMPER.** When your fireplace is not in use, make sure the damper is closed. An open damper allows warm air to escape up the chimney.
 - 7. USE RUGS.** Cover bare floors with rugs to help insulate your home. Rugs can help keep your feet warm and reduce the need for extra heating.
 - 8. TRY SHORTER SHOWERS.** Hot water can be a big energy expense. Try to take shorter showers and consider installing a low-flow shower-head to reduce water usage.
 - 9. Insulate your home.** Adding insulation to your attic, walls and floors can help keep the heat in and the cold out. This can make a big difference in your energy use.
 - 10. USE NATURAL LIGHT.** Take advantage of the sun's natural heat by opening curtains and blinds during the day. This can help warm up your home without using extra energy.
- By following these tips, you can enjoy a warm and cozy home while staying in control of your energy bill.
- Find more energy-saving tips at [sdge.com/SimpleSteps](https://www.sdge.com/SimpleSteps).