



## Community Unit Calendar

**April 2018**

Healthier Living, Feeling Fit, Tai Chi and Diabetes classes and workshops are offered at sites throughout San Diego County. For locations call 858 495-5500 or visit [www.HealthierLivingSD.org](http://www.HealthierLivingSD.org)

Items highlighted in blue are AIS sponsored or lead events

Items highlighted in green are events where AIS participates

**April 2018**

**4/3-SoCAN's 16th Annual South County Intergenerational Games:** Chula Vista Training Center, 2800 Olympic Parkway, Chula Vista, 91915. 9:00AM-12:30PM. **Call Michelle Manly/YMCA at (619) 421-9622 to register**

**4/4- North County Intergenerational Games:** San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos, 92069. 9:00AM-11:00AM. **Call (760) 744-5535 to register.**

**4/9 Healthier Living with Diabetes:** 13137 Poway Rd. Poway, CA 92064. Once a week for six weeks, Mondays. Dates include: 4/9, 4/16, 4/23, 4/30, 5/7, 5/14.

**4/10 Fall Prevention Task Force Meeting:** 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego. 1:00 – 2:00PM

**4/10- Health Promotion Committee Meeting:** 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego. 2:30-4:00PM

**4/11/-San Diego City College Health & Wellness EXPO 2018:** San Diego City College, 1313 Park Blvd. AH/BT upper quad, San Diego , 92101 11:00AM-1:00PM

**4/17- Fall Prevention Task Force Meeting: North County Chapter,** Tri-City Wellness Center, 6250 El Camino Real, Carlsbad. 92009 1:00PM-2:30PM

**4/19-ECAN General Meeting:** El Cajon Library, 201 E. Douglas Ave., El Cajon 92020, 1:00-3:00 PM

**4/20-Caring For the Caregiver Workshop:** Logan Heights Branch Library, 567 S. 28<sup>th</sup> St., San Diego 92103 10-12:30PM

**4/24-SanDiCAN General Meeting:** 3325 Zoo Drive (War Memorial Building), San Diego 10:30-12 Noon.

**4/24-NorCAN General Meeting:** The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069, 1-2:30PM.

**4/24-SoCAN General Meeting:** San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902, 1-3 p.m.

**4/25-Sharp Aging Conference:** Pt. Loma Community Presbyterian Church, 2128 Chatsworth Blvd. San Diego, 92016 9:00AM-1:00PM

**4/26- Caregiver Coalition:** 8825 Aero Dr. 1<sup>st</sup> floor conference room, San Diego, 92123 10:00AM-11:30AM

**4/26-Senior Health & Wellness Expo:** Rancho Carlsbad Clubhouse, 5200El Camino Real, Carlsbad. 10:00AM-2:00PM

**4/28-NAMI WALKS/RUNS San Diego:** NTC Park at Liberty Station, San Diego 7:30-9:00AM

## May 2018

**5/8 Fall Prevention Task Force Meeting:** 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego. 1:00 – 2:00PM

**5/18- Health Promotion Committee Meeting:** 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego. 2:30-4:00PM

**5/11-East County Senior Service Provider's 19<sup>th</sup> Annual Senior Health Fair:** La Mesa Community Center, 4975 Memorial Drive, La Mesa, 91942. 10:00AM-1:00PM

**5/15- Fall Prevention Task Force Meeting: North County Chapter,** Tri-City Wellness Center, 6250 El Camino Real, Carlsbad. 92009 1:00PM-2:30PM

**5/17-ECAN General Meeting:** El Cajon Library, 201 E. Douglas Ave., El Cajon 92020, 1:00-3:00 PM

**5/22-NorCAN General Meeting:** The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069, 1-2:30PM.

**5/22-SoCAN General Meeting:** San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902, 1-3 p.m.

**5/29-SanDiCAN General Meeting:** 3325 Zoo Drive (War Memorial Building), San Diego 10:30-12 Noon.