



Community Unit Calendar

August 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

Items highlighted in blue are AIS sponsored or lead events

Items highlighted in green are events where AIS participates

August 2018

8/1-Eat Smart Live Strong class: Summercrest Apartments, 2615 E. Plaza Blvd., National City, 91950. 10:30-12:00 noon every Wednesday through September 26. An introduction class on July 25 is a “Meet and Greet” where program is explained.

8/3-Movies in the Park: (The Sandlot) Lindo Lake County Park, 12660 Lindo Lane, Lakeside 92040. 6:00-10:00PM

8/7-National Night Out: Robert Egger Sr. South Bay Recreation Center, 1885 Coronado Ave. San Diego 92154. 5:-7:30PM

8/8-Annual Aging Conference: Healthy & Safe Aging, Fredericka Manor, 183 Third Avenue, Chula Vista, 91910. 9:00AM-2:30PM

8/9- SanDi-CAN and SoCAN’s Interactive Technology & Health Fair: George Stevens Senior Center, 570 south 65th Street, San Diego 92114. 9:00AM-2:00PM
Free Lunch provided so please call to register at (619) 236-6905

8/14- Fall Prevention Task Force Meeting: 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00 – 2:00PM

8/14- Health Promotion Committee Meeting: 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego. 2:30-4:00PM

8/17 – Summer Senior Resource Event: Mira Mesa Senior Center, 8460 Mira Mesa Blvd., San Diego, 92126 2:00PM-5:00PM

8/18- The “3P’s of Caregiving: Purpose, Preparedness, Providers for the Sandwich Generation”: St Paul’s Plaza, Mathes Community Center, 1420 East Palomar Street, Chula Vista, CA 91913. 9:00am -1:00pm

8/21- Fall Prevention Task Force Meeting: North County Chapter: Tri-City Wellness Center, 250 El Camino Real, Carlsbad. 92009 1:00PM-2:30PM

8/25- North County Grandparents Raising Grandchildren/Kinship Caregiver Symposium: North Inland Live Well Center, 649 W. Mission Ave, Escondido, 92025. 8:00 AM-1:30 PM. Call 2-1-1 to register.

8/27– NorCAN Meeting: The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, CA 92069, 1-2:30PM.

8/28-SoCAN General Meeting: San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902. 1-3 p.m.

8/30- Caregiver Coalition General Meeting: 8825 Aero Dr. 1st floor conference room, San Diego, 92123 10:00AM-11:30AM

