



## Community Unit Calendar

September 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

September 2018

**9/4-Healthier Living with Chronic Conditions:** Free 6-week workshop at the John D. Spreckels Center 1019 7<sup>th</sup> St. Coronado, 92118. 10:00AM- 12:30PM

**9/4-Healthier Living with Chronic Pain:** Free 6-week workshop at the JFS College Avenue Center 6299 Capri Dr. San Diego, 92120. 12:30PM- 3:00PM

**9/9-New Life Baptist Church Community Resource Fair and Blood Drive:** 9255 Lamar St, Spring Valley, 91977. 12 Noon-3:00PM

**9/11-Fall Prevention Task Force Meeting:** 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00-2:00PM

**9/11-Health Promotion Committee Meeting:** 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego, 92123. 2:30-4:00PM

**9/12- Age Well San Diego Social Participation Meeting:** 5500 Overland Ave, 1<sup>st</sup> Floor, Room 120, San Diego, 92123. 9:30-11:30AM

**9/13-Caring for Someone with Dementia, Caregiver Conference:** La Mesa Community Center, 4975 Memorial Drive, La Mesa 91942. 9:30am -2:00pm

**9/14-Staying Healthy Expo for Seniors:** Jackie Robinson YMCA, 151 YMCA Way San Diego, 92102. 9:00AM-1:00PM

**9/14-Caring for the Caregiver Workshop:** East Region Live Well Center, 367 N. Magnolia Ave. El Cajon, 92020. 9:30AM-12:30PM

**9/14-Healthier Living with Chronic Conditions (Spanish) Workshop:** Free 6-week workshop at the Fallbrook Regional Health District 1636 E. Mission Rd. Fallbrook, 92028. 5:30PM – 8:00PM

**9/18-Senior Scam Stopper:** Lutheran Social Services, 4425 Bannock Ave. San Diego, 92117. 11:00AM-1:00PM

**9/18-Fall Prevention Task Force Meeting: North County Chapter:** Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00PM-2:30PM

**9/20-ECAN Meeting:** El Cajon Library Community Room, 201 E. Douglas Ave. El Cajon, 92020. 1-3PM

**9/21-Healthier Living with Chronic Conditions:** Free 6-week workshop at Paradise Village 2700 E. 4<sup>th</sup> St. National City, 91950. 9:30AM – 12:00PM

**9/25-SanDiCAN General Meeting:** War Memorial Building 3325 Zoo Dr., San Diego, 92101. 10:30AM -Noon

**9/25-NorCAN Meeting:** The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1-2:30PM.

**9/25-SoCAN General Meeting:** San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902. 1-3 p.m.

**9/25 -Escondido Community Wellness Expo:** Park Avenue Community Center, 210 East Park Avenue, Escondido, 92025. 8:30am-11:30am

**9/27 -Caregiver Coalition General Meeting:** Burn Institute, 8825 Aero Dr. 1<sup>st</sup> floor conference room (around back of building), San Diego, 92123. 10:00AM-11:30AM

**9/29-Changing Lives through Dance, Dance-Ability Showcase:** Balboa Park Club, 2150 Pam American Rd. West, San Diego, 92101. 12 Noon-4PM. **FREE**

## October 2018

**10/9-Fall Prevention Task Force Meeting:** 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00-2:00PM

**10/9-Health Promotion Committee Meeting:** 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego, 92123. 2:30-4:00PM

**10/11-Check Your Mood Day:** Visit [www.livewellsd/checkyourmood](http://www.livewellsd/checkyourmood) for all participating sites

**10/11-East Intergenerational Games:** La Mesa Arts Academy, 4200 Parks Ave. La Mesa, 91941.

**10/16-Fall Prevention Task Force Meeting: North County Chapter:** Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00PM-2:30PM

**10/18-ECAN Meeting:** El Cajon Library Community Room, 201 E. Douglas Ave. El Cajon, 92020. 1-3PM

**10/20-Navigating Caregiving for Veterans and Military Families:** First United Methodist Church of San Diego, 2111 Camino Del Rio South, San Diego, 92108  
9:30AM-2:30PM

**10/23-NorCAN Meeting:** The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1-2:30PM.

**10/23-SoCAN General Meeting:** San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902. 1-3 p.m.

**10/25 -Caregiver Coalition General Meeting:** Burn Institute, 8825 Aero Dr. 1<sup>st</sup> floor conference room (around back of building, San Diego, 92123. 10:00AM-11:30AM

**10/25-Retirement Dreaming Fair:** County Operations Center, 5500 Overland Ave, San Diego 92123. 11:30AM-1:30PM

**10/26- SoCAN's Dance for Your Health:** Loma Verde Recreation Center, 1420 Loma Lane, Chula Vista 91911. 6:00-9:00PM

**10/30-SanDiCAN General Meeting:** War Memorial Building 3325 Zoo Dr., San Diego, 92101. 10:3AM -Noon

