



Community Unit Calendar

April 2019

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

April 2019

4/2- Tomando Control de su Salud (in Spanish): Free 6-week workshop. Tuesdays, April 2nd – May 7th at EMASS, 200 North Ash Street, Suite 100, Escondido, 92027. 9:30AM-12:00PM

4/3-Sharp's Health & Wellness in Aging Conference, Know your Options: Pt. Loma Community Presbyterian Church, 2128 Chatsworth Blvd., San Diego, 92107. 9:30AM-3:00PM

4/4-North County Intergenerational Games Event: San Marcos Senior Activity Center, 111 Richmar Ave., San Marcos, 92069. 8:30AM-2:30PM. **To register, visit www.san-marcos.net/adults50+ or call (760) 744-5535**

4/5- Healthier Living with Diabetes Workshop: Free 6-week workshop. Fridays, April 5th – May 10th at the Poway Library, 13137 Poway Rd. Poway, 92064 11:30AM-2:00PM

4/6-East Region Grandparents Raising Grandchildren/Kinship Caregiver Symposium: Foothills Church, 365 W. Bradley Ave. El Cajon, 92020. 8:30AM-2:30PM. **To register, call 2-1-1**

4/8-Fall Prevention Task Force Meeting: 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00-2:00PM

4/8-Health Promotion Committee Meeting: 5560 Overland Ave, 3rd floor, John Gaffaney Room, San Diego, 92123. 2:30-4:00PM

4/16-Fall Prevention Task Force Meeting: North County Chapter: Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00PM-2:30PM

4/18-ECAN Meeting: El Cajon Library Community Room, 201 E. Douglas Ave. El Cajon, 92020. 1-3PM.

4/19- Healthier Living with Diabetes Workshop: Free 6-week workshop. Fridays, April 19th – May 24th at Sustaining Grace, 9950 Campo Road, Spring Valley 91979, 10:00AM-12:30PM

4/23-NorCAN Meeting: The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1-2:30PM

4/23-SoCAN General Meeting: Bonita-Sunnyside Branch Library Community Room, 4375 Bonita Rd., Bonita 91901 1:00-3:00PM

4/24 – The Caregiver’s Journey with Parkinson’s Disease: St. John’s Episcopal Church, 760 1st Avenue, Chula Vista, CA 91910 (Caregiver Coalition)

4/30-SanDiCAN General Meeting: War Memorial Building 3325 Zoo Dr., San Diego, 92101. 10:30AM -Noon

4/25-Caregiver Coalition General Meeting: Burn Institute, 8825 Aero Drive, San Diego 92123. 10:00am -11:30am.

4/27-NAMIWALKS/RUNS San Diego County: Liberty station, 2455 Cushing Rd. San Diego 92106. 7:30AM-Noon.

4/27-Mesa View Baptist Church Community Health Fair: 13230 Pomerado Road, Poway, 92064. 10:00AM-2:00PM