



Community Unit Calendar July 2016

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 ext.3 or visit www.HealthierLivingSD.org.

Items highlighted in blue are AIS sponsored or lead events

Items highlighted in green are events where AIS participates

July 2016

7/15-Sea Breeze Gardens/ Bella Vista Apartments 7th annual Health and Literacy Fair: 4888 Logan Ave. San Diego, 92113. 2:30-5:30PM.

7/12-RSVP Advisory Council: 5560 Overland Ave, Gaffaney Room, San Diego, 92123 10:30-12:00Noon.

7/12-Fall Prevention Task Force: 5500 Overland Ave, First Floor, San Diego, 92123 12:45-2:00PM

7/12-Health Promotion Meeting: 5500 Overland Ave, First Floor, San Diego, 92123 2:30-4:00PM

7/19-North County Fall Prevention Task Force: Tri City Wellness Center, 6250 El Camino Real, Carlsbad 92002, 1:00-2:30PM

7/20-SanDiCAN's Senior & Veteran's Day Fair: 3325 Zoo Drive, San Diego 92103. 9:00AM-1:00PM

7/20-ECAN General Meeting: 935 South Emerald Ave., el Cajon, 1:00-3:00PM

7/26-SoCAN General Meeting, San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902, 1-3 p.m.

7/26-NorCAN General Meeting, San Marcos Senior Activity Center, Recreation Room, 111 Richmar Avenue, San Marcos 92069, 1-3 p.m.

7/28-- Caregiver Coalition Meeting; Burn Institute, 8825 Aero Drive, San Diego, 92123, 10 a.m. – 11:30 a.m.

7/30-Third Annual Live Well San Diego 5K Walk/Run and EXPO, County Administration Waterfront Park, 1600 Pacific Highway, San Diego. 7:30AM. To register for the event go to www.livewellsd5k.com

7/30-Parkinson's Caregiver Symposium and Wellness Festival, Monte Vista Village, 2211 Massachusetts Ave., Lemon Grove 91945 **To register call (858) 273-6763** 9:30AM-2:00PM

August 2016

8/2-Escondido Police Department's National Night Out Event: Grape Day Park, 321 N. Broadway, Escondido 5:00-8:00PM

8/8-RSVP Advisory Council: 5560 Overland Ave, Gaffaney Room, San Diego, 92123 10:30-12:00Noon.

8/9-Fall Prevention Task Force: 5500 Overland Ave, First Floor, San Diego, 92123 12:45-2:00PM

8/9-Health Promotion Meeting: 5500 Overland Ave, First Floor, San Diego, 92123 2:30-4:00PM

8/16-North County Fall Prevention Task Force: Tri City Wellness Center, 6250 El Camino Real, Carlsbad 92002, 1:00-2:30PM

8/17-ECAN General Meeting: 935 South Emerald Ave., el Cajon, 1:00-3:00PM

8/23-SoCAN General Meeting, San Diego County Library-Bonita Branch, 4375 Bonita Rd., Bonita 91902, 1-3 p.m.

8/23-NorCAN General Meeting, San Marcos Senior Activity Center, Recreation Room, 111 Richmar Avenue, San Marcos 92069, 1-3 p.m.

8/24-Oasis Volunteer Fair: Third Floor Macy's Mission Valley Mall, 1702 Camino Del Rio North, San Diego. 92108 10:30AM-12:30 PM

8/25-Let's Talk Dementia: Finding the Balance in Caregiving, La Mesa Community Center, 4975 Memorial Dr. , La Mesa, 92142 Register at www.sharp.com/classes or at 1 800 827-4277

8/27-Black Nurses Association's Third Annual Health & Wellness EXPO, Educational Cultural Complex, 4343 Ocean View Blvd., San Diego 92113. 9:00AM-3:00PM