



Community Unit Calendar

March 2020

Healthier Living, Feeling Fit, and Tai Chi 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

March 2020

3/4-ECAN Spring into Healthy Living: McGrath Family YMCA, 12006 Campo Rd., Spring Valley, 91978. 9:00AM-12:00PM

3/4- Eat Smart, Live Strong Free workshop that encourages healthy nutrition and physical activity, while also engaging participants in community improvement projects. Wednesdays, March 4 – March 18 at New Seasons Church 2300 Bancroft Dr., Spring Valley, 91977. 11:30AM – 1:00PM. For more details, please call (858)495-5998.

3/7-Accessory Dwelling Unit (ADU) Symposium: Spring Valley Community Center, 8735 Jamacha Blvd., Spring Valley, 91977. 10:00AM-12:00PM

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

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

3/17- Fall Prevention Task Force Meeting: North County Chapter: Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00-2:00PM

3/19-ECAN Meeting: (No ECAN meeting this month)

3/21-CaregiverSD Community Expo: Paradise Point Resort and Spa, 1404 Vacation Rd. San Diego, 92109. 9:00AM-3:00PM

3/21- East Region Grandparents Raising Grandchildren/Kinship Caregiver Symposium: STEAM Academy, 1001 Leland St., Spring Valley 91977. 8:30 AM – 2:30 PM. Dial 2-1-1 to register.

3/24-NorCAN Meeting: The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1:00-2:30PM

3/24-SoCAN Meeting: South Region Live Well Center, 401 Mile of Cars Way, second floor, large training room, National City 91950 1:00-3:00PM

3/24-SanDiCAN Meeting: War Memorial Building 3325 Zoo Dr., San Diego, 92101. 10:3AM -Noon (Note Special date this month only)

3/26-Caregiver Coalition General Meeting: Burn Institute, 8825 Aero Drive, San Diego 92123. 10:00-11:30AM.

April 2020

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

4/11-UCSD American Medical Student Association 11th Annual Health Fair: Montgomery-Waller Park, 3020 Coronado Ave. San Diego 92154. 10:00-3:00PM

4/14-Fall Prevention Task Force Meeting: 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 1:00-2:00PM

4/14-Health Promotion Committee Meeting: 5560 Overland Ave, 3rd Floor, John Gaffaney Room, San Diego, 92123. 2:30-3:30PM

4/16-ECAN Meeting: El Cajon Library Community room, 201 E. Douglas Ave, El Cajon, 92020 1:00-2:30PM

4/21- Fall Prevention Task Force Meeting: North County Chapter: Tri-City Wellness Center, 250 El Camino Real, Carlsbad, 92009. 1:00-2:00PM

4/28-NorCAN Meeting: The Foundation for Senior Well-Being, Panorama Building, 131 Richmar Avenue, San Marcos, 92069. 1:00-2:30PM

4/28-SoCAN Meeting: South Region Live Well Center, 401 Mile of Cars Way, second floor, large training room, National City 91950 1:00-3:00PM

4/28-SanDiCAN Meeting: War Memorial Building 3325 Zoo Dr., San Diego, 92101.
10:3AM -Noon

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