



WAYS TO ENGAGE!

Great Ideas for Older Adults in San Diego County to Get Involved

Educational Opportunities

County Libraries sdcl.org 858.694.2415

San Diego Oasis oasisnet.org 619.881.6262

San Diego Public Library sandiego.gov/public-library 619.236.5800

Open University calstate.edu/extension/openuniversity/ 562.951.4880

UCSD TV <https://ucsd.tv/> 858.534.3535

OSHER Lifelong Learning Institute

- ❖ Cal State San Marcos: csusm.edu/el/olli 760.750.4020
- ❖ SDSU: neverstoplearning.net/osher 619.594.2863
- ❖ UCSD: extension.ucsd.edu/olli/home 858.534.3409

Health, Fitness, and Nature

County Department of Parks and Recreation sdparks.org 858.565.3600

Healthier Living Classes HealthierLivingSD.org 858.495.5500

San Diego Senior Games Association sd seniorgames.org 858.292.5812

Sharp Senior Resource Centers sharp.com/services/seniors/ 619.740.4214

The San Diego River Park Foundation <http://sandiegoriver.org/> 619.297.7380

Peer Empowerment Program for Physical Activity <http://bit.ly/2IY8HKk> (858) 534-5726

Walkabout International walkabout-int.org 619.231.7463

YMCA ymcasd.org

Military and Veteran Services

Easterseals easterseals.com/southernca/ 858.505.9083

Support The Enlisted Project teamstepusa.org 858.695.6810

Mentoring a Young Person

AARP Experience Corps San Diego aarp.org/experience-corps/ 858.581.5880 (Host Agency: The Children's Initiative)

Big Brothers Big Sisters San Diego sdbigs.org 858.536.4900

Foster Youth Mentor Program rostum.ramos@sdcountry.ca.gov 619.767.5222

Older Adult Organizations

AARP local.aarp.org/san-diego-ca/ 619.641.7020

Associations of retired professionals

RSVP/SVA Advisory Council armida.martinez@sdcountry.ca.gov 858.505.6448

San Diego Fall Prevention Task Force www.sandiegofallprevention.org 858.495.5500



Civic Engagement

Aging & Independence Services Advisory Council jana.jordan@sdcountry.ca.gov 858.495.5885
Become a board member for a non-profit organization
Become a poll worker sdvote.com 858.565.5800
League of Women Voters lww.org 858.483.8696
Long-Term Care Ombudsman Program sandiegocounty.gov/hhsa/programs/ais/ 800-640-4661
Resident Leadership Academies sdchip.org 858.609.7960

Revisit Hobbies and Connect with Others Who Share Your Interests meetup.com

Senior Centers 800.339.4661

Service Organizations

Elks sandiegoelks168.org 619.337.0168
Kiwanis kiwanisclubsandiego.org 619.222.1929
Lions sandiegolions.org 619.239.7264
Optimist optimist.org 800.500.8130
Rotary Club rotary.org 619.299.3309

Travel

Road Scholar roadscholar.org 800.454.5768

Volunteering

Retired Senior and Volunteer Program/Senior Volunteers in Action
armida.martinez@sdcountry.ca.gov 858.505.6448
Volunteer Match VolunteerMatch.org

Worshipping with faith-based groups

Serving Homebound and Persons with Disabilities

Interfaith Community Services interfaithservices.org 760.489.6380
Jewish Family Services www.jfssd.org 858.637.3210
You Are Not Alone (volunteer home visits) call your local law enforcement agency or 858.495.5039
ElderHelp-RUOK? 619.284.9281
San Diego Center for the Blind sdcb.org 619.583.1542
Covia Well Connected covia.org/programs/well-connected/ English 877.797.7299, Spanish 877-400-5867
Services for the Blind and Visually Impaired brailleinstitute.org/sandiego 858.452.1111
St. Madeleine's Sophie Center (developmental disabilities) stmisc.org 619.442.5129
The Friendship Line (Institute on Aging toll-free, 24/7 hotline) 800.971.0016
Guardian Angel Program (friendly volunteer visits to skilled nursing facility residents)
guardianangelvolunteers.org 619.543.4700
Wheelchair Dancers wheelchairdancers.org 858.573.1571

Need Transportation?

FACT (Facilitating Access to Coordinated Transportation) Factsd.org 888.924.3228
MTS (Metropolitan Transit System) sdmts.com 619.233.3004
Jewish Family Services "On the Go" program www.jfssd.org 858.637.3210

This list is a sampling of the many ways to get involved in San Diego County. For more ideas, call 2-1-1 or visit 211sd.org