Ways to Engage!

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

**Educational Opportunities**

- County Libraries  [sdcl.org](http://sdcl.org) 858.694.2415
- San Diego Oasis  [oasisnet.org](http://oasisnet.org) 619.881.6262
- San Diego Public Library  [sandiego.gov/public-library](http://sandiego.gov/public-library) 619.236.5800
- Open University  [calstate.edu/extension/openuniversity/](http://calstate.edu/extension/openuniversity/) 562.951.4880
- Osher Lifelong Learning Institute
  - Cal State San Marcos:  [csusm.edu/olli](http://csusm.edu/olli) 760.750.4020
  - SDSU:  [neverstoplearning.net/isher](http://neverstoplearning.net/isher) 619.594.2863
  - UCSD:  [extension.ucsd.edu/olli/home](http://extension.ucsd.edu/olli/home) 858.534.3409

**Health, Fitness, and Nature**

- County Department of Parks and Recreation  [sdparks.org](http://sdparks.org) 858.565.3600
- Healthier Living Classes  [HealthierLivingSD.org](http://HealthierLivingSD.org) 858.495.5500
- San Diego Senior Games Association  [sdseniorgames.org](http://sdseniorgames.org) 858.292.5812
- Sharp Senior Resource Centers  [sharp.com/services/seniors/](http://sharp.com/services/seniors/) 619.740.4214
- Walkabout International  [walkabout-int.org](http://walkabout-int.org) 619.231.7463
- YMCA  [ymcasd.org](http://ymcasd.org)

**Military and Veteran Services**

- Easterseals  [easterseals.com/southerncal/](http://easterseals.com/southerncal/) 858.505.9083
- Support The Enlisted Project  [teamstepusa.org](http://teamstepusa.org) 858.695.6810

**Mentoring a Young Person**

- Big Brothers Big Sisters San Diego  [sdbigs.org](http://sdbigs.org) 858.536.4900
- Foster Youth Mentor Program  [rostum.ramos@sdcournty.ca.gov](mailto:rostum.ramos@sdcournty.ca.gov) 619.767.5222

**Older Adult Organizations**

- AARP  [local.aarp.org/san-diego-ca/](http://local.aarp.org/san-diego-ca/) 619.641.7020
- Associations of retired professionals
- RSVP/SVA Advisory Council  [armida.martinez@sdcournty.ca.gov](mailto:armida.martinez@sdcournty.ca.gov) 858.505.6448
- San Diego Fall Prevention Task Force  [www.sandiegofallprevention.org](http://www.sandiegofallprevention.org) 858.495.5500
Civic Engagement
Aging & Independence Services Advisory Council  jana.jordan@sdcounty.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  lwv.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@sdcounty.ca.gov  858.505.6448
Volunteer Match  VolunteerMatch.org

Worshiping 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-ROUK?  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)  stmsc.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