

ONGOING EVENTS

Daily Congregate Lunch (60+)
11:30am

Supplemental Food:
Bring your reusable bags (Room 4)
Tuesday 12:00-2:00pm
Thursdays 10-12pm

Food Box for Seniors Only
Feb. 10
9-11:30am for eligible seniors 60
years of age and over.
On first visit, bring, ID, proof of
income and utility/phone bill

NEWS & UPDATES

Help with Cal-Fresh (food stamps) and Medi-cal
Every Tuesday of month
12-2pm

Family Health Mobile Clinic in parking lot.
Feb. 24, 8am-12pm/1-5pm

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:00-11:00am ESL Ingles #1 and #2 9:30-10:30am Zumba Gold \$2 fee 1:30-2:30pm Feeling Fit 5-7pm Ballet Folkorico 6-7/7-8pm Zumba	2 9:30-11:30am Feeling Fit 9:30-11:30am ESL Ingles #1 and #2 12-2 pm Basic Computer 6-8pm Ballet Folkorico 6-7/7-8pm Zumba	3 2-3pm Tai Chi 5:30-8pm Ballet Folkorico
6 9:30-10:30am Zumba Gold \$2 fee 9:00-11:0am ESL Ingles #1 and #2 10-12pm Savings Group 2-3pm Tai Chi 5-8pm Ballet Folkorico 6-7pm/7-8pm Zumba	7 9:30-11:30am ESL Class #1 and #2 9:30-10:30am Feeling Fit 2:00-3:30pm Ukulele 9:30-2:30pm Sewing class 3-8pm Sewing class	8 9:00-11:00am ESL Ingles #1 and #2 9:30-10:30am Zumba Gold \$2 fee 1:30-2:30pm Feeling Fit 5-7pm Ballet Folkorico 6-7/7-8pm Zumba	9 9:30-11:30am Feeling Fit #1 and #2 9:30-11:30am ESL Ingles #1 and #2 12-2 pm Basic Computer 6-8pm Ballet Folkorico 6-7/7-8pm Zumba	10 2-3pm Tai Chi 5:30-8pm Ballet Folkorico
13 9:30-10:30am Zumba Gold \$2 fee 9:00-11:0am ESL Ingles #1 and #2 10-12pm Savings Group 2-3pm Tai Chi 5-8pm Ballet Folkorico 6-7pm/7-8pm Zumba	14 9:30-11:30am ESL Class #1 and #2 9:30-10:30am Feeling Fit 2:00-3:30pm Ukulele 9:30-2:30pm Sewing class 3-8pm Sewing class	15 9:00-11:00am ESL Ingles #1 and #2 9:30-10:30am Zumba Gold \$2 fee 1:30-2:30pm Feeling Fit 5-7pm Ballet Folkorico 6-7/7-8pm Zumba	16 9:30-11:30am Feeling Fit #1 and #2 9:30-11:30am ESL Ingles #1 and #2 12-2 pm Basic Computer 6-8pm Ballet Folkorico 6-7/7-8pm Zumba	17 2-3pm Tai Chi 5:30-8pm Ballet Folkorico
20 Bayside Closed President's Day	21 9:30-11:30am ESL Class #1 and #2 9:30-10:30am Feeling Fit 2:00-3:30pm Ukulele 9:30-2:30pm Sewing class 3-8pm Sewing class	22 9:00-11:00am ESL Ingles #1 and #2 9:30-10:30am Zumba Gold \$2 fee 1:30-2:30pm Feeling Fit 5-7pm Ballet Folkorico 6-7/7-8pm Zumba	23 9:30-11:30am Feeling Fit #1 and #2 9:30-11:30am ESL Ingles #1 and #2 12-2 pm Basic Computer 6-8pm Ballet Folkorico 6-7/7-8pm Zumba	24 2-3pm Tai Chi 5:30-8pm Ballet Folkorico
27 9:30-10:30am Zumba Gold \$2 fee 9:00-11:0am ESL Ingles #1 and #2 10-12pm Savings Group 2-3pm Tai Chi 5-8pm Ballet Folkorico 6-7pm/7-8pm Zumba	28 9:30-11:30am ESL Class #1 and #2 9:30-10:30am Feeling Fit 2:00-3:30pm Ukulele 9:30-2:30pm Sewing Class 3-8pm Sewing class			

Class Descriptions

BALLET FOLKLORICO EL TAPATIO

Learn traditional Mexican dances. \$40 a month (minimum age, 6 years old). Visit www.balletfolkloricoeltapatio.com. Contact Nadia at 619-446-7283 or narambula@baysidecc.org for details. Location: Room 3

BASIC COMPUTER CLASSES FOR AGES 60+ : Please call for details

Develop email, searching and other skills. Contact Rose at 858-278-0771 or rose@baysidecc.org. Location: Room 5

FEELING FIT* Enhances physical/mental health for ages 60+. Location: Grand Hall.

HULA

Learn the Hawaiian art of hula dance. Location: Room 3

SAVINGS GROUP (ENGLISH/SPANISH ONLY) Learn how to save money, borrow money and solve problems. Location Room: 2

HEALTH AND WELLNESS* Provide physical activities that include a combination of chair and standing exercises, strength training, stretching, and stress reduction techniques. Location: Grand Hall

TAI CHI

Gentle movement and breathing exercises. Location: Grand Hall.

UKULELE

Learn & play the ukulele. Location: Room 2.

ZUMBA

Fun & Easy workout. \$5 per class or monthly \$35. Contact Karina at 858-531-0639. Location: Grand Hall

ZUMBA GOLD

Get grooving with exciting dance fitness workouts featuring upbeat Latin and world rhythms. \$2 per class. Location: Grand Hall.

* San Diego Continuing Education Class held at Bayside.
To register for SDCE class, call (619) 388-1800.

Services/Activities

SUPPLEMENTAL FOOD ASSISTANCE PROGRAM

Bayside and the San Diego Food Bank distribute food to anyone in need. Recipients must sign the EFA-7 form. Contact Rose at Ext 3003 for more information. Location: Room 4

FOOD BOX FOR SENIORS OVER 60 YEARS OF AGE

Eligible seniors over 60 years of age can receive a box of food each month. Distribution is every 2nd Friday of the month in the parking lot,. On first visit, must bring an ID, proof of income and utility/phone bill.

ESL TUTORING

Tutoring sessions for anyone who wants to learn how to speak, read and write in English. Tuesday Advanced Beginner/Intermediate Room 2.

FORMS TRANSLATION, PREPARATION, NOTARY SERVICES

Notary and Spanish translation available for a fee. Contact Rose at Ext 3003 for more information.

LINDA VISTA COMMUNITY GARDEN AT BAYSIDE ENVIRONMENTAL CENTER

Become involved in the Linda Vista Community Garden. Please contact lvcg@baysidecc.org.

CONGREGATE LUNCH FOR AGES 60+

Lunch available for seniors (60+) to meet new friends, socialize, and enjoy nutritionally balanced hot meals. Suggested \$2.50 donation. Location: Grand Hall

MEDI-CAL & LOW INCOME HEALTH PROGRAM (LIHP) INSURANCE ASSISTANCE

Assist with Medi-Cal & LIHP paperwork. Contact Rose at Ext 3003 for more information.

FAMILY MOBILE HEALTH CLINIC provides health screenings, wellness vaccinations on site once a month.

CONTACT BAYSIDE AT 858-278-0771
OR BAYSIDEINFO@BAYSIDECC.ORG FOR MORE INFORMATION.
WWW.BAYSIDECC.ORG