

ONGOING EVENTS

Daily Congregate Lunch
(60 yrs and older)
11:30am
Must call Rose at
619.871.4866 1 week
before to make a
reservation.

Supplemental Food:
Temporarily Suspended
Call 2-1-1
For other food sites

Family Health Centers
Mobile Clinic
Jul 21 8am-12pm
and 1-5pm

In parking lot of
Corner of Comstock and
Linda Vista Road

Food Box for Seniors
Only
Jul 14 from 9-11:30am
for eligible seniors 60 years
of age and over.
On first visit, bring,
picture ID
and utility or phone bill

Tel. (858) 278-0771

Monday	Tuesday	Wednesday	Thursday	Friday
3	CLOSED FOR 4TH OF JULY HOLIDAY	5	6	7
11:30am Senior Lunch		9:30-10:30 Zumba Gold \$2 fee 11:30am Senior Lunch	11:30am Senior Lunch	11:30am Senior Lunch 2-3pm Tai Chi
10	11	12	13	14
9:30-10:30am Zumba Gold \$2 fee 10:30-12:30 Savings Group 11:30am Senior Lunch 2-3pm Tai Chi 5-8pm Ballet Folkorico	9:30-10:30am Feeling Fit 11:30am Senior Lunch 1:00-2:30pm Ukulele 5:30-7pm Ballet Folkorico	9:30-10:30am Zumba Gold \$2 fee 11:30am Senior Lunch 1:30-2:30pm Feeling Fit	11:30am Senior Lunch 5:30-7pm Ballet Folkorico	9am-11:30am Senior Food Box Distribution 11:30am Senior Lunch 2-3pm Tai Chi 5-8pm Ballet Folkorico
17	18	19	20	21
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24	25	26	27	28
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31				
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Additional information for each activity and a list of services/programs are on the reverse side.

OFFICE HOURS Monday-Friday 8am-4:30pm

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.

FEELING FIT* Enhances physical/mental health for ages 60+.

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

TAI CHI

Gentle movement and breathing exercises.

UKULELE

Learn & play the ukulele.

ZUMBA GOLD

Get grooving with exciting dance fitness workouts featuring upbeat Latin and world rhythms, geared for the older adult - \$2 per class

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

Services/Activities

(Temporarily suspended)

SUPPLEMENTAL FOOD ASSISTANCE PROGRAM

Bayside and the San Diego Food Bank distribute food to anyone in need. Recipients must sign the EFAP-7 form. Contact Rose at Ext 103 for more information.

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 a picture ID and utility/phone bill.

FORMS TRANSLATION AND PREPARATION

Translation of documents, Naturalization and Citizenship paperwork, Work Authorization and Green Card renewals (small fee charged) Contact Rose at 619-871-4866 for more information. Assistance available in Spanish and Vietnamese

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+) - Come meet new friends, socialize, and enjoy nutritionally balanced hot meals. Suggested \$2.50 donation. Must call Rose to make reservation at 619-871-4866

MEDI-CAL & CAL-FRESH ASSISTANCE

Assistance with Medi-Cal & Cal-fresh applications.

FOR MORE INFORMATION. WWW.BAYSIDECC.ORG