



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 sdseniorgames.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@sdcounty.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@sdcounty.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 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@sdcountry.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-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) 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*