

April 2026

THE DISCOVERY

San Marcos Senior Center

WE'RE BACK!

The Senior Center is re-opening on Monday, April 6.

Classes that were temporarily moved to the Community Center will be returning.

Please check the schedule on page 4.



PROGRAMS

Front Desk

(760) 744-5535

Lunch Reservations

(760) 744-5535 x3607

Transportation

(760) 744-5535 x3605

HOURS

MON - FRI 8 am to 4 pm

SAT & SUN Closed

LUNCHTIME EVENTS

Lunch is promptly served at 11:30 am

Daily lunch reservations must be made by 2 pm at least one (1) business day prior and one (1) week ahead for special events.

Sign up by calling, (760) 744-5535 ext. 3607, visit the Lunch Desk or by email to nutrition@san-marcos.net

Pre-registration is required for first time attendees.

60+ years: \$5 suggested contribution

50-59 years: \$7 fee

Non-senior guests 49 years & younger: \$7 fee

Must be accompanied by a senior over 60

EVENTS

BIRTHDAY CELEBRATION

Monday, April 6 | 11:30 a.m.

Cupcakes and ice cream are served to all.

Complimentary lunch coupon for all guests 60 years + celebrating a birthday this month.

Ways to Relieve Stress

Courtesy Kaiser Permanente

Stress is something we all deal with, and the good news is there are simple, effective ways to find relief; no gym membership or special equipment required.

Here are a few approaches to help calm both your mind and your body.

Relax Your Mind

- Take slow, deep breaths
- Try mindful meditation; simply focus on what's happening right now, in this moment
- Use guided imagery to picture a calm, peaceful place
- Do something you enjoy: listen to music, spend time with a friend, pick up a hobby, get creative with writing or crafts, or just watch something that makes you laugh

Relax Your Body

- Get some regular movement; a walk, some dancing, or even yard work counts
- Stretch or try a gentle massage to ease muscle tension
- Practice belly breathing or progressive muscle relaxation
- Explore yoga or tai chi, which combine movement with a meditative focus
- Wind down with a warm, caffeine-free drink like herbal tea or warm milk



APRIL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 MEATBALLS (beef/chicken) w/ Chipotle Sauce Black Bean Salad Spinach WW Bread Mandarin	2 CHICKEN CURRY Rice Pilaf Stir Fry Veg Orange	3 CHICKEN CORDON BLEU Potatoes Gratin Broccoli WW Bread Pineapple
6 BEEF STEW Parsley Potatoes Broccoli WW Bread Mandarin	7 BEEF CASSAROLE WG Pasta Broccoli Normandy Herb Lentils Apple	8 STUFFED PEPPERS (Turkey) Sweet Potatoes Italian Vegetables WW Bread Pineapple	9 SALISBURY STEAK (beef) Mushroom Gravy Mashed Potatoes Green beans WW Bread Banana	10 VEGETARIAN BLACK BEAN STEW Carrot Salad Tortilla Chips WW Bread Apple 
13 CHICKEN PRIMAVERA WG Pasta 3-bean salad Steamed Carrots Pineapple	14 Cheese Manicotti w/ Bolognese Sauce Chickpea Tomato Stew Spinach WW Garlic Breadsticks Apple 	15 CHICKEN ADOBO Sautéed Cabbage Cilantro Rice Orange	16 ROAST BEEF SANDWICH Sweet Potatoes Lentil Salad WW Bread Mandarin 	17 THAI FISH CURRY Rice Pilaf Broccoli Banana
20 SHEPHERDS PIE (beef) w/ Mushrooms Mashed Potato Peas & Carrots WW Bread Mandarin	21 HAMBURGERS w/ sauté onions Potato Salad Carrot Salad WW Burger Roll Apple 	22 THAI CHICKEN SALAD w/ Red Peppers, Carrots, Scallions, Cucumbers, Spring Mix Mixed Rice broccoli Pineapple 	23 MEATLOAF (beef) Mashed Potatoes Brown Gravy Peas & Carrots WW Bread Banana 	24 CHICKEN MARSALA w/ mushrooms Mixed Rice spinach Pineapple
27 MARGARITA CHICKEN Mexican Rice Corn & Black Beans Orange	28 CHICKEN ENCHILADAS (green sauce) W/ Corn Tortillas Corn & red peppers Pinto Beans Apple 	29 PORK SLIDER Herbed Potatoes Spinach WW Roll Banana	30 SLOPPY JOE'S (beef) Collard Greens WW Burger Roll Mandarin 	

WW = Whole Wheat
WG = Whole Grain



Alternative meal choice: Soup and Salad Bar



Musical
Entertainment



Vegetarian



Meal contains 1,000+ mg
of sodium



1% milk is
served daily

CLASSES & ACTIVITIES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Billiards Open Play 8 a.m. – 3:30 p.m.	Billiards Travel League 8 a.m. – 12 p.m.	Senior 8-Ball 8 a.m. – 12 p.m.	Billiards Open Play 8 a.m. – 3:30 p.m.	Billiards Open Play 8 a.m. – 3:30 p.m.
Open Computer Lab 8 a.m. – 12 p.m.	Open Computer Lab 8 a.m. – 12 p.m.	Open Computer Lab 8 a.m. – 12 p.m.	Open Computer Lab 8 a.m. – 12 p.m.	Open Computer Lab 8 a.m. – 12 p.m.
El Camino Cuddle Quilts 4th Monday/mo 8:30 a.m. - 3:30 p.m.	Quilting 8 a.m.- 3:30 p.m. \$1	Fun 2b Fit (M/W/F) 10-11 a.m \$32/4 weeks Drop In \$5	Chair Yoga T/TH 9:25-10:10 a.m \$58/5 weeks Drop In \$7	Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5
Beginner Ukulele 8:30-9:30 a.m. \$1 Intermediate Ukulele 9:30-11:30 a.m. \$1	Chair Yoga T/TH 9:25-10:10 a.m. \$58/5 weeks Drop In \$7	Mixed Media 10 – 11 a.m. \$37/5 weeks \$8 drop in	Balance & Coordination 10:15 – 11 am \$32/5 weeks Drop In \$7	Singer Featherweight Sewing Machine Group 1st Friday/mo \$1 10 am - 2 pm
Beginning Watercolor 10 – 11 a.m. \$37/5 weeks \$8 drop in	Line Dance Improver 11:15 a.m.-12:15 p.m. \$32/5 weeks Drop In \$7	Spanish 101 10 - 11:30 am \$1 Optional: textbook available for purchase No class 4/15 & 4/22	Singer Featherweight Sewing Machine Group 2nd Thur/mo \$1 10 am - 2 pm	Pilates Basics 10 - 11 a.m. \$32/5 weeks Drop In \$7
Pilates Basics 10 - 11 a.m. \$32/5 weeks Drop In \$7	Billiards Open Play 12 – 3:30 p.m.	Fun 2b Fit (M/W) 11 a.m. – 12 p.m. \$22/4 weeks Drop In \$5	Line Dance Intermediate 11:15 a.m.-12:45 p.m. \$32/5 weeks Drop In \$7	Zumba Gold 11:15 a.m. – 12:15 p.m. \$32/5 weeks Drop In \$7
Fun 2b Fit (M/W/F) 10-11 a.m. \$32/4 weeks Drop In \$5	American Mahjongg 12 - 3:30 p.m. \$1 Must bring own Mahjongg card.	Billiards Open Play 12 – 3:30 p.m.	Games & Cards 12 - 3:30 p.m. \$1	Merry Makers Bridge 12:15 - 3:30 p.m. \$1
Fun 2b Fit (M/W) 11 a.m. – 12 p.m. \$22/4 weeks Drop In \$5	Canasta (Hand & Foot) 12:15 – 3:30 p.m. \$1	Book Club 1st Wednesday/mo 12:30 – 3 pm \$1	Canasta (Hand & Foot) 12:15 – 3:30 p.m. \$1	Knitting & Crocheting 12:15 – 3 pm \$1
Zumba Gold 11:15 a – 12:15 pm \$32/5 weeks Drop in \$7	Individual Exercise Activity 2:30 – 3:30 pm \$1	Samba (Card Game) 1st & 3rd Wednesday 12:15 – 3:30 pm \$1	Tai Chi 1 – 2 p.m. \$32/5 weeks Drop In \$7	
Prize BINGO 12:30 pm \$1		Canasta (Hand, Foot & Toe) 2nd & 4th Wednesday 12:15 – 3:30 p.m. \$1	Indian Fusion Folk Dance 2:15 – 3:15 pm \$32/5 weeks Drop In \$7	
Advanced Ceramics Lab 1 – 3:30 p.m. \$1				

Class prices vary by session & are subject to change.

CITY OF SAN MARCOS 2026

SUMMER CONCERT SERIES

TICKETS: \$8 PRE-SALE, \$10 DOOR, \$25 SEASON PASS
CONCERTS BEGIN AT 7:00 P.M. | GATES OPEN AT 6 P.M.

The Wood House in Woodland Park 1148 Rock Springs Road, San Marcos, CA 92069



JUNE 27

JAMES KRUK

ELVIS/JOHNNY CASH TRIBUTE



JULY 25

WAYWARD SONS

80S ARENA ROCK



AUGUST 22

LIVIN' ON A PRAYER

BON JOVI TRIBUTE



SEPTEMBER 19

JOURNEYMEN BAND

JOURNEY TRIBUTE



Presale tickets can be purchased at the San Marcos Community Center, Senior Center or online at www.sanmarcosca.gov/register
YOUR RECEIPT IS YOUR TICKET.

Please bring a beach chair or blankets for lawn seating. NO PETS PERMITTED.

Important changes starting **April 2026**



CATCH-A-RIDE CHANGES

Important Catch-A-Ride Changes starting April 2026

To help us continue serving as many seniors as possible, a few program updates will take effect in April 2026:

- Riders may schedule up to **16 one-way rides per month**.
- Transportation service will be limited to **destinations within San Marcos**.
- **Missed rides (no-shows) will be included in your monthly ride total**.
- If you need **to travel outside of San Marcos**, you're welcome to **schedule a ride with FACT** (Facilitating Access to Coordinated Transportation).

Please note that riders are responsible for the cost of these trips.

We appreciate your understanding and cooperation as we work to support more riders and keep the program running smoothly for everyone.

Have Questions

Call (760) 744-5535 x3605 or visit the San Marcos Senior Center Front Desk.



FINDING THE RIGHT RIDE

Senior transportation in San Marcos



Do you need a ride **within San Marcos** city limits or **outside San Marcos**?



WITHIN SAN MARCOS

Catch-A-Ride

Curb to Curb rides for San Marcos residents age 60+. *Participants must meet program eligibility guidelines.*

☎ (760) 744-5535 x3605

RideFACT

Affordable rides for seniors 60+ throughout San Diego County.

☎ (888) 924-3228

NCTD+ (Paratransit & Mobility Services)

Accessible rides for eligible riders with disabilities.

☎ (760) 966-6500

🌐 www.gonctd.com/mobility

Public Transit (BREEZE Bus & SPRINTER)

Discounted fares for seniors (65+).

☎ (760) 966-6500

🌐 www.gonctd.com



OUTSIDE SAN MARCOS

RideFACT

Affordable rides for seniors 60+ throughout San Diego County.

☎ (888) 924-3228

NCTD+ (Paratransit & Mobility Services)

Accessible rides for eligible riders with disabilities.

☎ (760) 966-6500

🌐 www.gonctd.com/mobility

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Spanish 101

WEDNESDAYS | 10 – 11:30 AM

\$1 per class

Led by la profesora Luz,
this class is an introduction
to conversational Spanish.

Optional: Textbooks available for purchase.



ENERGY BILL ASSISTANCE PROGRAMS: *Help is available*

Managing energy bills can be challenging. But did you know that SDG&E offers several assistance programs to help customers reduce their energy costs and improve energy efficiency?

California Alternate Rates for Energy (CARE) Program

The CARE program provides a 30% or more discount on monthly energy bills for eligible households. Eligibility is based on household size and income, or participation in certain public-assistance programs. Applying is quick and easy, with no documentation required. Find out if you qualify at sdge.com/CARE.

Family Electric Rate Assistance (FERA) Program

FERA offers an 18% discount on electric bills for households that exceed CARE income limits but still meet FERA guidelines. Now, the eligibility criteria have changed from a minimum of three people in the household to just one! Learn more at sdge.com/FERA.

Energy Savings Assistance (ESA) Program

The ESA program provides no-cost, energy-efficient home improvements to income-qualified customers. Services and products may include attic insulation, energy-efficient refrigerators, weatherstripping and more. The program aims to reduce energy use and help lower bills. Find details at sdge.com/ESA.

Medical Baseline Allowance

Customers with certain medical conditions may qualify for additional energy at the lowest rates through the Medical Baseline Allowance program. This helps offset the cost of operating medical equipment or maintaining necessary heating and cooling. Learn more at sdge.com/Medical.

Payment Arrangements

If you're having trouble paying your energy bill, you can request an extension to help avoid interruptions to your service. Flexible payment arrangements are also available to help you pay down past-due balances. Learn more at sdge.com/PaymentArrangements.

Learn about these programs and more at sdge.com/assistance.

