

July 2026

THE DISCOVERY

San Marcos Senior Center

In observance of Independence Day, the SMSC will be closed on Friday, July 3.

4TH OF JULY

Wednesday, July 1

11:30 am

Celebrate America's 250th birthday with a delicious meal and music by Band Diego.



RED, WHITE & BLUE SENIOR SOCIAL

Friday, July 10

5 to 7 pm

Presale tickets \$8 | \$10 at door

We'll still be celebrating America's 250th birthday with a red, white & blue party. Tickets include appetizers, two adult beverages and dancing to the music of the North Star Band.



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

LUNCH AT THE CENTER

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 seniorcenter@sanmarcosca.gov

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

LUNCHTIME EVENT

Birthday Celebration

Monday, July 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.

MANDALA COLORING WORKSHOP

Friday, July 17

1 pm | Craft Room

Led by our Spanish 101 instructor, Luz, this workshop is designed to be relaxing and fun. Chat with fellow patrons while coloring mandalas and enjoying a creative, social atmosphere.

Please call or stop by the front desk to register.



JULY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Hamburger Potato Salad Zucchini roasted White Wheat Roll Orange 	2 Asian Chicken Salad (Mixed Greens & Cabbage Carrots, Tomatoes, cucumbers) Sesame Ginger Pasta Watermelon	Senior Center Closed 3 
6 Chicken & Rice Casserole Black Beans, Corn, Onions, & Tomatoes Collard Greens Orange	7 Shepherd's Pie Mashed Potato Topping Peas & Carrots WW Bread Apple 	8 Meatloaf (beef & pork) Roasted Potatoes Brown Gravy Peas & Carrots WW Bread Banana	9 Butter Chicken Cumin Rice Stir Fry Veg. Pineapple 	10 Turkey & Black Bean Chili Cornbread Mixed Vegetables Mandarin
13 Italian Wedding Soup (w/ chicken) Zucchini (tomato, red pepper, corn) WG Pasta Banana	14 Chicken Enchilada Mixed Rice Lemon Hominy Salad Orange 	15 Greek Chicken Rice & Quinoa Normandy Blend Mandarin	16 Savory Pork Loin w/ gravy Sweet Potatoes Curried Lentils WW Bread Apple 	17 Baked White Fish W/ Lemon Sauce Mixed Rice Spinach w/ Red Bell peppers Pineapple
20 Beef Stew Carrots WW Bread Mandarin	21 Hamburger Potato Salad Mixed Corn (red pepper) White Wheat Burger Roll Apple 	22 Chicken Marsala Mixed Rice Black Bean Salad Collard Greens Banana	23 Swedish Meatballs (Beef & chicken) Savory Herb Sauce WG Pasta Cauliflower w/ Red Bell Peppers Pineapple 	24 Add Leaf icon Indian Stew (Red peppers, Tomato, Chickpeas) Spinach WW Bread Orange
27 Chicken Alfredo WG Pasta Spinach w/ Red Bell Peppers Banana	28 Hamburger Coleslaw Cauliflower Salad White Wheat Roll Orange 	29 Pasta Bolognese (ground beef) Broccoli Normandy Pasta Mandarin	30 Meatball Soup (beef/ pork) Mixed Veggies Pinto Beans Mexican Rice Orange 	31 Broccoli & Beef Seasoned Pasta Broccoli Pineapple

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**

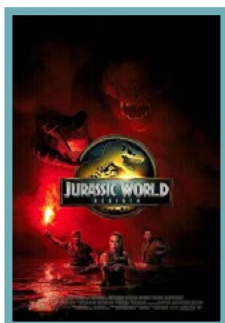
CLASSES & ACTIVITIES

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. \$35/4 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. \$35/4 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	Singer Featherweight Sewing Machine Group 1st & 2nd Thur/mo \$1 10 am - 2 pm	Pilates Basics 10 - 11 a.m. \$32/5 weeks Drop In \$7 No Class 7/3
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 am \$1 Optional: textbook available for purchase	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 No Class 7/3
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. \$25/4 weeks Drop In \$5	Games & Cards 12:30 - 3:30 p.m. \$1	Merry Makers Bridge 12:30 - 3:30 p.m. \$1
Fun 2b Fit (M/W/F) 10-11 a.m. \$35/4 weeks Drop In \$5	American Mahjongg 12:30 - 3:30 p.m. \$1 Must bring own Mahjongg card.	Billiards Open Play 12 – 3:30 p.m.	Canasta 12:30 – 3:30 p.m. \$11	Knitting & Crocheting 12:30 – 3 pm \$1
Fun 2b Fit (M/W) 11 a.m. – 12 p.m. \$25/4 weeks Drop In \$5	Canasta 12:30 – 3:30 p.m. \$1	Book Club 1st Wednesday/mo 12:30 – 3 pm \$1	Tai Chi 1 – 2 p.m. \$32/5 weeks Drop In \$7	
Zumba Gold 11:15 a.m. – 12:15 p.m. \$32/5 weeks Drop In \$7	Individual Exercise Activity 2:30 – 3:30 pm \$1	Samba (Card Game) 1st & 3rd Wednesday 12:30 – 3:30 pm \$1	Indian Fusion Folk Dance 2:15 – 3:15 pm \$32/5 weeks Drop In \$7	
Beginning Drawing 12 - 1 pm \$37/5 weeks \$8 Drop In		Canasta (Hand, Foot & Toe) 2nd & 4th Wednesday 12:30 – 3:30 p.m. \$1		
Prize BINGO 12:30 pm \$5 \$3 / 2 cards \$5 / 4 cards				
Bridge 12:30 – 3:30 pm \$1				
Chess Club 1 – 3:30 pm \$1				
Advanced Ceramics Lab 1:30 – 3:30 p.m. \$1				

FITNESS
 ART/CRAFTS
 GAMES & FUN
 MUSIC
 COMPUTER LABS & EDUCATION

Class prices vary by session & are subject to change.

MOVIE MATINEE



Jurassic World Rebirth

2025 | PG-13 | 2 h 13 m | Action/Adventure

Friday, July 24 | 12:30 pm

\$1 or free for lunch guests

Five year post-Jurassic World: Dominion (2022), an expedition braves isolate equatorial regions to extract DNA from three massive prehistoric creatures for a groundbreaking medical breakthrough.



SERVICES SCHEDULE

Private vendors providing these services are not affiliated with or endorsed by the city.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grief & Loss Workshop July 14 10 am Community Room	Fall Prevention Workshop July 22 12:30 pm Recreation Room	Dementia Caregiver Support Group 10 am – 12 pm Community Room	Fit & Balance Screenings July 31 12 pm
	Alzheimer's San Diego Support Group 1st & 3rd Tuesday 10 am – 12 pm Community Room		Free 15-minute Legal Consultations July 30 12:15 – 3:15 pm	Auditory Testing July 10 10 am – 12 pm Community Room
	SD Food Bank Pick Up Location 1:30 – 3 p.m. 3rd Tuesday / mo Call (866) 350-3663 to enroll.			CarFit July 17 9:30 – 11:30 am South Parking Lot

Orange indicates pre-registration is required. Please call the Front Desk at 760-744-5535, to schedule appointments.

ACTIVITIES & RESOURCES



GRIEF & LOSS WORKSHOP

Tuesday, July 14

10 am | Community Room

Presented by Jim Reiser, M.A., LMFT with Hospice of the North Coast, this workshop focuses on grief including symptoms, stages and coping strategies. You are not alone – healing begins with understanding and support. Please call or stop by the front desk to register.



CARFIT

Friday, July 17

9:30 – 11:30 am | South Parking Lot

CarFit is a free, interactive and educational program designed to improve older driver safety. Trained volunteers provide information to ensure that the safest “fit” for older drivers and their vehicles. Please call or stop by the front desk to register.



FALL PREVENTION WORKSHOP

Wednesday, July 22

12:30 pm | Recreation Room

This workshop, presented by Dr. Beth Sullivan, explores key factors that contribute to fall risk and offers practical strategies to help prevent falls. Please call or stop by the front desk to register.



UNIVERSITY of
ST. AUGUSTINE for
HEALTH SCIENCES

FIT & BALANCE ASSESSMENTS

Friday, July 31

12:30 pm | Recreation Room

These assessments, conducted by St. Augustine Physical Therapy students, will screen for mobility, strength, endurance and balance. Please call or stop by the front desk to register.



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+).

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OUTSIDE SAN MARCOS

RideFACT

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Have Questions?

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

CITY OF SAN MARCOS 2026

SUMMER CONCERT SERIES

JULY 25

WAYWARD SONS

80s Arena rock

The Wood House in Woodland Park

1148 Rock Springs Road, San Marcos, CA 92069

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.



Tickets: \$8 Pre-Sale, \$10 Door, \$25 Season Pass

Concerts Begin At 7:00 p.m., Gates Open At 6 p.m.

SAFE DIGGING STARTS WITH 811

Spring is here, bringing that urge to spruce up our yards and finally tackle those outdoor projects. But before any shovel hits the ground, there's one small step that makes a big difference: calling 811 to have underground utility lines marked.

Every year, construction projects and even routine yard work accidentally hit natural gas lines and other underground utilities – incidents that can be avoided. Staying safe starts well before any digging begins.

Calling 811 connects you with utility locators who help ensure digging projects are done safely and responsibly. One call can prevent outages, protect workers and keep our neighborhoods safe; it's a small action with a powerful impact.

What's beneath your feet?

You might be surprised by what's buried under your yard. Gas, electric, water, phone and internet lines can be just inches below the surface. That means even small weekend projects can accidentally hit a line and lead to injuries and outages. Dig ins can also pull police and fire crews away from other emergencies, so a little extra care up front can make a big difference for everyone.

How 811 works; it's required and free

1. Contact 811 at least two business days before digging, whether you're doing the work yourself or hiring a contractor
2. Wait for utility markings: SDG&E® will mark gas and electric lines free of charge, typically within 24 – 48 hours
3. Know the colors: **Yellow = gas lines** | **Red = electric lines**
Other colors = telecom, water and additional utilities
4. Dig safely near markings: Use hand tools only within 24 inches of marked lines to carefully expose and avoid damaging utilities. About half of the monthly damages are the result of San Diegans not adhering to the 24" rule.
5. If you hit or even scrape a line: Call SDG&E immediately at 1-800-411-7343. Even minor damage can lead to serious problems later.
6. Anyone can submit a request to have underground utility lines marked by calling 811, visiting DigAlert.org or using the DigAlert app. Learn more at sdge.com/811

**FOR MORE ENERGY-SAVING TIPS,
VISIT sdge.com/SimpleSteps**

