

May 2026

THE DISCOVERY

San Marcos Senior Center

CINCO DE MAYO

Tuesday, May 5

11:30 am

Join the fiesta with a Mexican-inspired meal and music by Ricky Rivas.



MOTHER'S DAY LUNCHEON

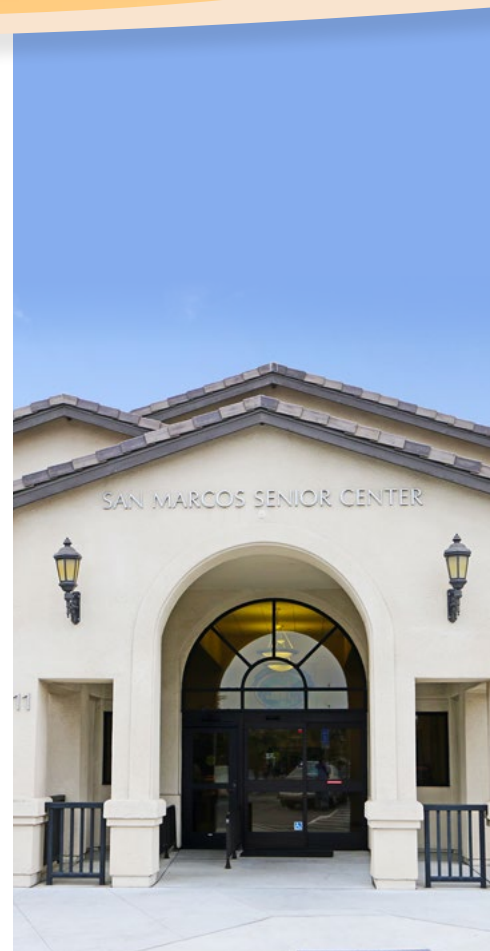
Thursday, May 7

11 am Tea

11:30 am Lunch

Celebrate all mothers with tea, tasty treats and lunch. This isn't just for the ladies, gentlemen you are invited too.

Sponsored by Whole Life Home Care.



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@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

EVENTS

Birthday Celebration

Monday, May 4 | 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.

MEMORIAL DAY REMEMBRANCE

Wednesday, May 20 | 11:30 am Lunch

Remember those who made the ultimate sacrifice for our country.

Music by the Lefty Martin Duo.



MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Caribbean Tilapia w/ Pineapple, Ginger, Onions & Cilantro Coconut Mixed Rice Mixed Vegetables Orange
4 Chicken Dijon Rice Pilaf California Vegetables Mandarin	5 CINCO DE MAYO Chicken Enchiladas w/ Green Sauce Pinto Beans w/ tomato Steamed Carrots Corn Tortilla Apple	6 Meatloaf (turkey-beef) Rustic Mash Potatoes Garlic Spinach Brown Gravy Bread Peaches	7 Mother's Day Luncheon CHICKEN ALFREDO Mixed Vegetables Butter Pasta Orange	8 Braised Chicken Spring Mix Salad Balsamic Dressing Quinoa-Rice Mix Mandarin Oranges
11 Chicken Florentine Pasta Potatoes Bread Pineapple	12 Hamburger BBQ Beans Macaroni Salad White Wheat Roll Orange	13 Beef Stew Broccoli Brown Butter Pasta Applesauce	14 Basque Chicken (Peppers, Tomatoes, Olives) Basque Potatoes Green Beans WW Bread Pineapple	15 Chili Con Carne Mixed Rice Marinated Carrots Orange
18 Herb Chicken Rosemary Potatoes Sauteed Cabbage WW Bread Banana	19 Salisbury Steak Mashed Potatoes Brown Gravy Green Beans WW Bread Apple	20 Memorial Day Remembrance Hamburger Coleslaw Collard Greens White Wheat Roll Watermelon	21 Meatballs (beef/chicken) >51% WG Pasta Marinara Sauce California Vegetables Mandarin	22 Margarita Chicken Mexican Rice Zucchini w/ Red Peppers Spinach Orange
25  MEMORIAL DAY REMEMBER & HONOR CLOSED	26 Chicken Suiza (Spinach, green chiles, cilantro & cream) Mixed Rice Black Bean with Bell Peppers Mandarin	27 Pork Loin Szechuan Sauce Stir fried rice Stir fry Vegetables Pineapple	28 Beef Casserole Penne Pasta Italian Chickpeas Normandy Vegetable Apple	29 Chili Cheese Dog Ranch beans Cucumber salad Hot dog roll Orange

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	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 am \$1 Optional: textbook available for purchase	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. \$25/4 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. \$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.	Games & Cards 12:30 - 3:30 p.m. \$1	Merry Makers Bridge 12:30 - 3:30 p.m. \$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	Canasta 12:30 – 3:30 p.m. \$11	Knitting & Crocheting 12:30 – 3 pm \$1
Beginning Drawing 12 - 1 pm \$37/5 weeks \$8 Drop In	Individual Exercise Activity 2:30 – 3:30 pm \$1	Samba (Card Game) 1st & 3rd Wednesday 12:30 – 3:30 pm \$1	Tai Chi 1 – 2 p.m. \$32/5 weeks Drop In \$7	
Prize BINGO 12:30 pm \$5 / 4 cards		Canasta (Hand, Foot & Toe) 2nd & 4th Wednesday 12:30 – 3:30 p.m. \$1	Indian Fusion Folk Dance 2:15 – 3:15 pm \$32/5 weeks Drop In \$7	
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



Anaconda

2025 | PG-13 | 1 h 40 m | Action/Comedy

Friday, May 22 | 12:30 pm

\$1 or free for lunch guests

Best friends Griff and Doug have always dreamed of remaking their all-time favorite movie “Anaconda.” When a midlife crisis pushes them to finally go for it, they assemble a crew and head deep into the jungles of the Amazon to start filming. However, life soon imitates art when a gigantic anaconda with a thirst for blood starts hunting them down.

SERVICES SCHEDULE

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Alzheimer’s San Diego Support Group 1st & 3rd Tuesday 10 am – 12 pm Community Room	AARP Shred Event May 13 10 am – 1 pm Register at www.aarp.org/fightfraudca	Dementia Caregiver Support Group 10 am – 12 pm Community Room	Auditory Testing May 8 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.	AFC Vacations Travel Presentation May 20 1 – 2 pm Recreation Room	Free 15-minute Legal Consultations May 28 12:15 – 3:15 pm Appt needed	

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

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.



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.

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.



SDG&E'S ACCESSIBLE INFORMATION, RESOURCES AND SERVICES

SDG&E is committed to supporting customers and making sure that everyone is offered equal access to information, resources and services. To learn more, visit sdge.com/AFN. Customers are also encouraged to share their household's individual needs using the form found at sdge.com/AFN-survey.

Let us know whether you or someone in your household:

1. Has a disability;
2. Uses an electronic medical device for health, safety or independence;
3. Is blind or has low vision;
4. Is deaf or hard of hearing; and/or
5. Requires the use of assistive technology or durable medical equipment.

