

June 2026

THE DISCOVERY

San Marcos Senior Center

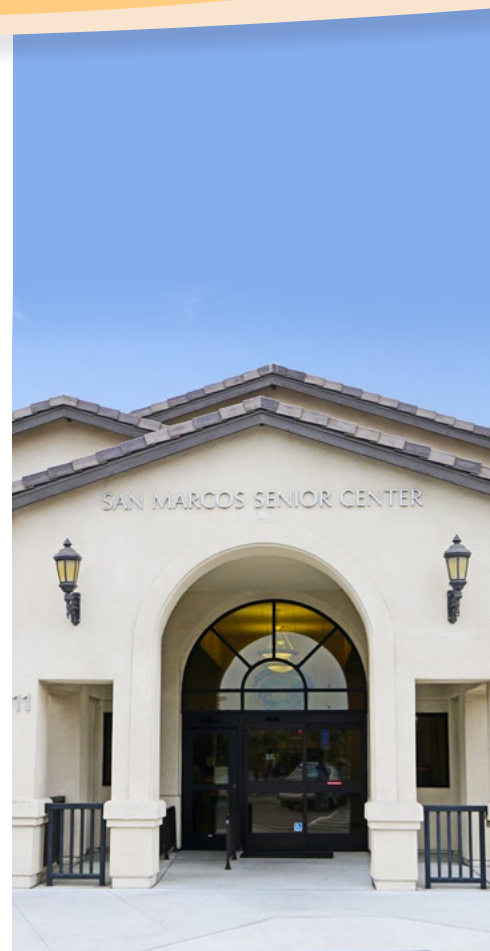
CRAFT SALE

Wednesday, June 10

9 am - 1 pm

Find unique handmade gifts by local artists & crafters.

Crafters - \$10 tables available, register online at www.sanmarcosca.gov/register



FATHER'S DAY BBQ

Wednesday, June 17

11:30 am

Celebrate all fathers with a delicious meal and music by the Ancora Band. This isn't just for the gentlemen, ladies you're invited too.



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, June 1 | 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.

Sponsored by Kaiser Permanente

SAVE THE DATE

4TH OF JULY

Wednesday, July 1

11:30 am

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



JUNE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p> <p>Chicken Coq au Vin (in wine sauce) Mixed Rice Italian Blend Vegetables Lentil Stew Pineapple</p>	<p>2</p> <p>Beef Cassarole Broccoli Normandy Chickpeas WG Pasta Apple</p> 	<p>3</p> <p>Beef Burgundy Parsley Potatoes Carrots WW Bread Mandarin</p>	<p>4</p> <p>Chicken Florentine Manhattan Blend Penne Pasta Pineapple</p> 	<p>5</p> <p>Vegetarian Chili (w/ Beans, zucchini & peppers) Mixed Rice Broccoli Salad Banana</p> 
<p>8</p> <p>Curry Chicken (w/ Peppers, tomatoes) Herbed Potatoes Chickpea Stew WW Bread Apple</p>	<p>9</p> <p>Cheese Ravioli Bolognese Sauce Lentil Stew Carrot Salad WW Bread Mandarin</p>	<p>10</p> <p>Chicken Adobo 51% WG Pasta Curry Chickpeas Broccoli Banana</p>	<p>11</p> <p>Open-Faced Cubano Sandwich Thinly sliced roast pork with Swiss Cheese Herb Roasted Potatoes Coleslaw WW Roll Apple</p>	<p>12</p> <p>Thai Fish Curry Mixed Rice Normandy Blend Pineapple</p>
<p>15</p> <p>Beef Stroganoff WG Pasta Italian Blend Vegetables Orange</p>	<p>16</p> <p>Meatloaf (beef/pork) Roast Potatoes Mixed Vegetables WW Bread Orange</p>	<p>17</p> <p>Hamburger Sauteed Onions Potato Salad Spring Mix Vinaigrette White Wheat Burger Bun Watermelon</p> 	<p>18</p> <p>Caribbean Jerk Chicken Slider (w/ coleslaw garnish) Corn w/ red pepper Mixed Rice WW Roll Orange</p>	<p>19</p> <p>Swedish Meatballs (beef/chicken) Sweet potatoes WG Pasta Lentils Pineapple</p>
<p>22</p> <p>Chicken Fricassee (w/ Red Pepper) Mixed Rice Stir Fried Blend Pineapple</p>	<p>23</p> <p>Salisbury Steak (Beef & Pork) Mashed Potatoes Brown Gravy Peas & Carrots ww Bread Banana</p>	<p>24</p> <p>Chicken Romesco (Red Pepper tomato sauce) 51% WG Pasta Black beans Manhattan Blend Orange</p>	<p>25</p> <p>Pasta Puttanesca 51% WG Pasta Spinach w/ Garlic Chickpea Tomato Stew Mandarin</p>	<p>26</p> <p>Southwest Chicken Salad Spring Mix Black Beans Corn, Red Peppers, Cucumbers, Tomatoes Cilantro Ranch Dressing WW Bread Watermelon</p>
<p>29</p> <p>Pork Pozole (w/ shredded cabbage, cilantro, radish) Black Beans Mixed Rice Marinated Carrot Salad Pineapple</p>	<p>30</p> <p>Meat & Cheese Lasagna Spinach Spring Mix Vinaigrette Honey Wheat Roll Fruit Cocktail</p>			

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 6/5 & 6/26
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 6/5 & 6/26
Pilates Basics 10 - 11 a.m. \$32/5 weeks Drop In \$7 No class 6/15	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 Mahjonn 12:30 - 3:30 p.m. \$1 Must bring own Mahjonn 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 No class 6/15	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



Hamnet

2025 | PG-13 | 2 h 5 m | Romance/Drama

Friday, June 26 | 12:30 pm

\$1 or free for lunch guests

In the late 16th century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence and grief.

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	Financial Elder Abuse Workshop June 10 10 am	Dementia Caregiver Support Group 10 am – 12 pm Community Room	Auditory Testing June 12 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.	Health Education & Patient Advocacy Workshop June 24 12:30 pm Recreation Room	Medicare Basics June 18 10 am Recreation Room	
			Free 15-minute Legal Consultations June 25 12:15 – 3:15 pm	

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

ACTIVITIES & RESOURCES



FINANCIAL ELDER ABUSE & SCAMS WORKSHOP

Wednesday, June 10

10 am | Horizon Room

Presented by Attorney Sharon Lee with Elder Law & Advocacy, this workshop focuses on spotting scams and recognizing financial abuse.



MEDICARE BASICS WORKSHOP

Thursday, June 18

10 am | Recreation Room

Presented by Veronica Ramirez with SCAN Health Plan, this workshop focuses on navigating the Medicare system with SCAN.



HEALTH EDUCATION & PATIENT ADVOCACY WORKSHOP

June 24

12:30 pm | Recreation Room

Presented by Heather Beck with the Legal Aid Society of San Diego, this workshop focuses on health education and advocating for patients' rights.



CHESS CLUB

Mondays | \$1

1 - 3:30 pm | Recreation Room

Chess club is looking for a few more players to join in for relaxed, engaging games and great conversation.



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

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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

JUNE 27

JAMES KRUK

Elvis/Johnny Cash Tribute

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.

10 CREATIVE WAYS TO SAVE ENERGY THIS SPRING

Spring is that sweet spot of the year when the weather is mild, the days get longer and the house finally feels open again. It's also the perfect time to cut back on energy use in ways that feel natural, not like a chore. Here are ten creative and effective ways to reduce energy use while enjoying the season.

1. **Use "thermal zoning" with spring breezes** Instead of opening every window, open strategic pairs: one low window on the cool side of the house and one high window on the warm side. This creates a natural chimney effect that pulls air through the home, reducing the need for fans or AC.
2. **Let your dishwasher bathe in spring sunshine** If you have a dishwasher with a manual dry setting, skip the heat dry and crack it open near a sunlit window. Spring sun + mild breezes = a naturally fast drying cycle.
3. **Rotate rugs and furniture for better airflow** Heavy rugs and bulky furniture can block vents and air circulation. Spring is a good time to lift or rotate items to open airflow pathways, making both heating and cooling systems more efficient.
4. **Use houseplants as mini humidifiers** Plants like peace lilies, spider plants and pothos naturally release moisture. A few clusters near sunny windows can help regulate indoor humidity, making the house feel cooler without touching the thermostat.
5. **"Borrow" outdoor light with reflective décor** Place a mirror or reflective tray across from a bright window. This amplifies outdoor light deeper into a room, letting you keep overhead lights off longer in the morning and evening.
6. **Set a two-month spring timer to check your fridge coils** Most people don't remember to vacuum refrigerator coils, but doing it in spring removes winter dust buildup and can reduce energy use. A simple calendar reminder makes it painless.
7. **Embrace the spring "micro cooking" era** Spring fruits and veggies cook fast, so instead of heating a full oven, lean on toaster ovens, air fryers, induction burners and microwaves.
8. **Wash clothes with cold water & add a dash of sunshine** Use cold water wash cycles, then hang items near open windows or a breezy spot indoors to get the freshness of line drying.
9. **Create a "spring charging station" in one spot** Phantom load is real — chargers draw energy even when devices aren't plugged in. A central power strip for phones, tablets, earbuds and smartwatches makes it easy to cut everything off at once.
10. **Using window screens as passive cooling tools** Clean your window screens (dust buildup acts like a blanket), then lightly mist them during hot afternoons. As breezes pass through, they create a mini evaporative cooling effect — a natural chill without running the AC.



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