

SENIOR PROGRAM

Catered Adult Lunches

Meet new friends from all walks of life. Join an active group of retired people 69 years and older for lunch Monday through Friday at the Spring Valley Community Center. Lunch is offered for a suggested donation of \$3 per person, under 60 \$5. The meals served are complete and nutritionally balanced. The program is open 9:45 a.m. - 1:00 p.m. Monday through Friday. Please call by 2:00 p.m. one day in advance for lunch reservations. For reservations or information, call (619) 337-1425 Monday- Friday.

Lunchtime Activities

Bingo: Mondays & Thursdays 10:30 a.m. **Blood Pressure:** 2nd Monday and 4th Friday of each month at 10:00 a.m. **Legal Aid:** Call for appointment (619) 447-7921 2nd Wednesday of each month. **Sing-A-Long:** Wednesdays, 10:30-11:15 a.m. Fridays are reserved for entertainment and speakers.

General Information:

A variety of special trips have been planned for seniors 55 & older. All trips include transportation from the

Spring Valley Community Center and entrance fees to the activities.

Flower Fields

March 24, 2010

10:00 a.m.-4:30 p.m.

Fee: \$10

Enjoy the beautiful Flower Fields in Carlsbad on our guided tour of the Rennauclus. Lunch is on your own at the famous Pea Soup Anderson's Restaurant. This is our annual trip and fills quickly.

Crystal Cathedral

April 21, 2010

10:00 a.m.-10:00 p.m.

Fee: \$65

We have outstanding seats for the spectacular performance of "The Glory of Easter." Join us for this dramatic and spiritual event in the spacious Cathedral with the glorious sound of music played on the 13,000 pipe Hazel Wright Organ. Lunch is no host at the popular "Plantation Restaurant" in Garden Grove.

Lawrence Welk Theatre

May 26, 2010

10:00 a.m.-5:30 p.m.

Fee: \$55 per person

Gotta sing! Gotta dance! A tribute to the very best in singing and dancing. Thrill to the songs and dances of your favorite composers and performers in an exciting original production, starring the handsome tenor Jim Roberts from the Lawrence Welk Show and the fabulous dancing duo, The Dunhills.

Other exciting upcoming trips include: Del Mar Fair and Barona Casino – June 2010

Sit & Be Fit

Sit & Be Fit is an exercise program designed specifically for people with mobility concerns. These exercises help increase joint flexibility, range of motion, improve balance, help maintain muscle strength, increase overall stamina, as well as increasing your self esteem and self image.

Winter: Fri. 1/29-3/19 (8 weeks)

Spring: Fri. 4/16-6/4 (8 weeks)

Time: 10:00-10:45 a.m.

Ages: Older Adults

Fee: \$2.00 Donation

Location: SVCC-Ketell Hall

Instructor: Kathy McIntyre

PRESCHOOL

Tiny Tot School (Ages 3 - 4)

The Tiny Tot program provides the first learning and growing experience for children. Caring teachers provide an atmosphere where children build self esteem, and develop social, motor and academic skills.

Winter/Spring session: Tuesday / Thursday

SP271.110: Feb. \$88

SP272.110: Mar. \$99

SP273.110: Apr. \$99

SP274.110: May \$88

SP275.110: Jun. \$44 (Graduation, June 12)

Time: 9:30 a.m. - 12:00 p.m.

Location: SVCC-Senior Lounge

Instructor: Mary Delgado / Nesrin Mohammad

Kinder Tot School (Ages 4 - 5)

Through structured curriculum, this program offers children the opportunity to grow socially and emotionally for an easy transition into kindergarten. One session is offered: Monday, Wednesday, and Friday.

Winter/Spring session: Monday / Wednesday / Friday

SP265.110: Feb. \$121 Presidents' Day, Feb. 15

SP266.110: Mar. \$143 Cesar Chavez Day, Mar. 31

SP267.110: Apr. \$143

SP268.110: May \$132 Memorial Day, May 31

SP269.110: June \$55 (Graduation, June 12)

Time: 9:30 a.m. - 12:00 p.m. **Wed.** 10:00 a.m. - 12:30 p.m.

Location: SVCC-Senior Lounge

Instructor: Mary Delgado/Nesrin Mohammad