



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Y ACTIVE ADULT EVENT GUIDE

JANUARY - APRIL 2020



MISSION VALLEY YMCA

YAAA Y ACTIVE ADULTS



MISSION VALLEY YMCA

5505 Friars Road, San Diego, CA 92110
ymcasd.org/missionvalley • 619-298-3576

Monday–Thursday: 4:30 am–10:30 pm
Friday: 4:30 am–9:30 pm
Saturday: 6:00 am–8:00 pm
Sunday: 6:30 am–7:00 pm

REGISTRATION PROCEDURES

Event registration is on a space-available, first-come, first-served basis. Registrations can be taken at our Welcome Center or online.

CANCELLATIONS

Event fees are non-refundable unless the YMCA cancels an event. Credit or refund is not available after tickets have been purchased for trips or events.

WAIT-LISTED EVENTS

If you are wait-listed for an event, you will be notified when there is an opening. Availability is on a first-come, first-served basis.

PAYMENT

Pay online or with a credit card, cash or check at the Welcome Center.

QUESTIONS?

Barb Madsen • bmadson@ymca.org • 619-298-3576

DEFINITIONS OF ACTIVITY LEVELS:

- E EASY:** Limited walking and/or mobility is at your own pace, and leisurely free time is included.
- M MODERATE:** Some stairs and/or inclines are present at location. Moderate walking is required. Elevators may not be present at all locations. Persons of limited mobility should consult with a physician as to the appropriateness of this tour in relation to their physical abilities.
- H HIGH:** Considerable walking and/or numerous steps involved, possibly on uneven surfaces. No elevators are present at location. This tour is considered inappropriate for persons with mobility limitations.

DAYTRIPPER TRIPS

Transportation with DayTripper events will be curbside pickup at 2005 Camino Del Este, San Diego, 92108 on the IN-N-OUT Burgers side of the street across from Broken Yolk. Street parking only. Please observe all parking signs and curb markings.

PICKLEBALL TOURNAMENT!

VALENTINE'S DAY SOCIAL PLAY

Friday, February 14 | 8:00–10:45 am

Come and write a valentine card to your favorite buddy and enjoy each other's company all while playing pickleball and eating bagels.

All levels welcome | Free for members

SPRING PICKLEBALL SHOOTOUT TOURNAMENT

Friday, April 3 | 8:15–11:00 am

All levels welcome (must know how to play and score)

\$12/Members Only | Register at the Welcome Center



INTERESTED IN PICKLEBALL?

Come out to our beginner clinics and learn the game to get started!

DISCOVER YOUR

SOCIAL SIDE!

Games & Fun



Bridge
Mondays
(1:00-3:00 pm)



Bunco
First Thursday (1:00-2:30 pm)



Mexican Trains
First and third Wednesday
(10:30 am-12:00 pm)



Haiku
Second and fourth
Friday (11:30 am)



Hand & Foot
Second and third Monday
(11:00 am-1:00 pm)



Mahjong
Sundays (12:00-4:00 pm), first,
second and fourth Tuesday
(11:30 am-2:30 pm)



Rare Bear
Second and fourth
Monday (8:30-11:00 am)

Pickleball Open Play

Play this fun game that combines tennis, ping-pong and badminton. Bring your own paddle and ball; supplies limited.

MISSION VALLEY YMCA

I/A	Monday	8:00-10:45 am
B	Tuesday	8:00-10:45 am
I/A	Wednesday	8:00-10:45 am
B	Thursday	8:00-10:45 am
I/A	Friday	8:00-10:45 am
B	Friday	8:00-10:45 am
I/A	Saturday	6:15-8:00 pm

I/A = Intermediate/Advanced
B = Beginner



Pickleball Clinics

Ideal for beginner & intermediate players to learn more pickleball.

BEGINNER CLINICS

Tues., January 14 & 21	9:45-10:45 am
Tues., March 24 & 31	9:45-10:45 am

INTERMEDIATE CLINICS

Wed., February 26	9:15-10:45 am
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\$14/Member | \$18/Participant

Space is limited; register at Welcome Center.

Entertainment & Social



Morning Social

Join us for coffee!
Thursdays 9:30-11:30am
*Not offered first Thursday
of the month

Birthday Celebration
(second Thursday)



**Gerry Trader
Book Club**
First Monday
at 10:30 am



Movies at Mission Valley Y

Registration is required
(11:30 am-2:00 pm)

NOW SHOWING:

January 17
"The Bookshop"

March 20
"Otherhood"

February 21
"At Middleton"

April 17
"Mowgli: Legend
of the Jungle"

PLEASE NOTE: Flyers for events with additional information available at the Welcome Center.
Event dates and times may vary or be canceled without notice.

TRIPS • LEARNING • FUN

JANUARY – FEBRUARY



Core and You

Sat., January 11 • 11:00 am

This workshop provides an overview of the core and simple steps for improvement of lower back pain, posture and more.

Registration is required.

Free/Member & Participant



Trail Walkers: Sycamore Canyon

Sat., January 18 • 7:45 am

Join the Mission Valley Trail Walkers group as we go on a fun walk and visit a different trail each month. See flyer for details.

\$7/Member | \$10/Participant



Eating Lighter in the New Year with Cyndi

Wed., January 29 • 11:00 am

Meet Chef Cyndi and learn how to prepare low calorie, low fat, and lower glycemic foods that won't leave you feeling deprived of flavor. Register by Jan. 27.

\$18/Member | \$23/Participant



Cabrillo National Monument and Lighthouse Tour

Thurs., January 30 • 9:15 am

Cabrillo National Monument will wow outdoor enthusiasts, history buffs, and nature lovers.

Register by January 27.

\$38/Member | \$49/Participant



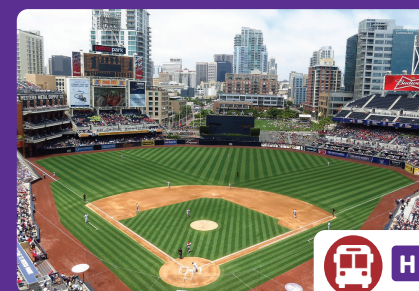
Essential Oils Workshop

Fri., February 7 • 10:30 am

A class dedicated to enhancing your health and wellness using the power of essential oils. Learn the basics and take some home.

Register by February 1.

\$20/Member | \$25/Participant



Petco Park

Tues., February 25 • 9:30 am

Tour Petco Park and then we will visit the Spaghetti Factory for lunch.

Fee includes trolley ride and tour of Petco Park.

Ages 60+ :

\$34/Member | \$42/Participant

Ages Under 60:

\$39/Member | \$48/Participant

PLEASE NOTE: Flyers for events with additional information available at the Welcome Center.
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Nutrition and Weight Loss • Monday, Jan. 20, 27 & Feb. 3 • 1:30 pm
 Learn nutrition basics, moving past barriers and maintaining your weight loss. Sign up for all three or just one. Presented by Karen Barry, YMCA Personal Trainer and Y's Weight loss program coach. Register at the Welcome Center. \$3/Member | \$5/Participant | or \$6 for all three classes.

Egypt's Lost Cities: at Reagan Museum • Saturday, January 25 • 7:30 am • DayTripper
 Travel with us to the Reagan Presidential Library in Simi Valley where the legacy of this prominent American lives on and experience the fascinating special exhibition Egypt's Lost Cities. \$145/Member & Participant

First Time Home Buyers Workshop • Wednesday, January 29 • 6:00 pm
 Tips on home buying, the loan process, buying bank owned homes, and how much can you afford, etc. Register at the Welcome Center. Free/Member & Participant



Love Your Heart Day • Friday, February 14 • 8:00-11:00 am
 Mission Valley YMCA is a registered location for "Love Your Heart Day" again this year! "Love Your Heart Day" is an event in partnership with the County of San Diego offering free blood pressure screenings. Free/Member & Participant

Trail Walkers: Cowles Mtn, Big Rock • Saturday, February 15 • 7:45 am
 Join the Mission Valley Trail Walkers group as we go on a fun walk and visit a different trail each month. See flyer for details. \$7/Member | \$10/Participant

AnTEAquin' in Historic Old Towne • Saturday, February 15 • 8:45 am • DayTripper
 Discover the Southland's best-kept secret of old-fashioned hospitality on a journey to Old Towne Orange during their President's Day weekend Antique Affair. Browse around antique stores and enjoy an included tea and lunch at Tea and Teacups in Yorba Linda. \$129/Member & Participant

Medicare • Wednesday, February 19 • 6:30 pm
 Turning 65 or new to Medicare? Get your questions answered. Presented by Mike Powell, United Healthcare. Free/Member & Participant

Transportation Apps Workshop • Friday, February 28 • 6:00 pm
 This workshop will teach you how to download and use transportation apps, such as, Lyft and Uber. Also, how to use Google maps. Registration is required. Free/Member & Participant

Type of Activity



Trips & Travel



Live & Learn

Activity Level



Easy



Moderate



High

Location

All events and programs are hosted at **Mission Valley YMCA**, unless specified otherwise at time of registration.

DayTripper = See more details on information page.

MARCH – APRIL



Bladder and You

Wed., March 11 • 11:30 am

This workshop will touch on common urinary dysfunctions and interventions to help educate and empower all ages.

Registration is required.

Free/Member & Participant



Jamul Winery Tour

Coming Soon in April

If you are interested or want more information, please contact Barb Madsen at bmadsen@ymca.org.






Essential Oils Workshop



Tues., April 7 • 10:30 am



A class dedicated to enhancing your health and wellness using the power of essential oils. Learn the basics and take some home.

\$20/Member | \$25/Participant

 **Borrego Wildflowers & Sculptures • Thursday, March 5 • 8:00 am • DayTripper**
 Embark on a day trip that takes you from the refreshing pine forests and brilliant lavender lilacs in the mountains of Julian to the colorful wildflower blossoms and incredible giant metal sculptures on the low desert floor of Borrego Springs. \$119/Member & Participant

 **Strength Training with Osteoporosis • Monday, March 16 • 1:30 pm**
 Learn the importance of strength training in managing osteoporosis. You will also learn some do's and don'ts to keep you strong and safe. Wear comfortable clothing. Free/Member & Participant

 **Hornblower Tour • Friday, March 20 • 11:00 am**
 Take a two hour harbor cruise & sea lion adventure in San Diego with Hornblower. Enjoy the best harbor tour on the San Diego Bay. Registration is required. \$52/Member | \$65/Participant

 **Pageant of Our Lord Living Art Show with Choir • Saturday, March 21 • 7:45 am • DayTripper:** This two-hour performance is accompanied by original narration along with an 80-voice choir and a full live orchestra. Your tour includes reserved theater seating for the pageant and a pre-show lunch at Souplantation in Torrance. \$135/Member & Participant


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& Travel



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& Learn

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 **Trail Walkers: Del Dios Gorge • Saturday, March 21 • 7:45 am**
Join the Mission Valley Trail Walkers group as we go on a fun walk and visit a different trail each month. See flyer for details. \$7/Member | \$10/Participant

 **Dancing with the Stars, Live! At the Microsoft Theater • Sunday, March 29 • 1:00 pm • DayTripper:** Sizzling salsa, tantalizing tango, fabulous freestyle... you'll get to see it all in this exciting tour to see Dancing with the Stars, Live! Your tour includes reserved orchestra seating at the spectacular Microsoft Theater in Los Angeles, along with time on your own for dinner at L.A. Live. \$155/Member & Participant





 **Kayaking Lessons • Friday, April 3 • 9:30 am**
Learn to efficiently get your kayak from point A to point B. Also learn basic kayaking strokes: forward, backwards, draw, spin, and many more. Register by April 1. \$45/Member | \$55 Participant


 **Joshua Tree Spring Picnic & Wildflowers • Thursday, April 9 • 7:05 am • DayTripper**
Journey with us to Joshua Tree, an enchanted land high in the Mojave Desert, North of Palm Spring. You'll enjoy visits to several points of interests within the National Park and an included picnic lunch at Hidden Valley. \$129/Member & Participant

 **Springtime at the Huntington Library & Gardens • Thursday, April 9 • 7:50 am • DayTripper**
Spring is a beautiful time to visit the magnificent Huntington, an expansive estate near Pasadena featuring art galleries, a library of rare manuscripts and 150 acres of one of the world's finest botanical gardens. Enjoy lunch on your own at the café or enjoy an English Tea buffet in the Rose Garden Tea Room. \$115/Member & Participant

 **Red Cross Ready • Monday, April 13 • 11:30 am**
This presentation teaches individuals how to "Be Red Cross Ready" for an emergency or disaster by following three simple steps. Register at the Welcome Center. Free/Member & Participant

 **Trail Walkers: Sabre Springs • Saturday, April 25 • 7:45 am**
Join the Mission Valley Trail Walkers group as we go on a fun walk and visit a different trail each month. See flyer for details. \$7/Member | \$10/Participant

 **Kayaking Lake Murray • Friday, April 24 • 9:30 am**
View beautiful Lake Murray, in La Mesa. We'll meet at the Lake for an introductory paddling lesson and safety talk. Then, we'll launch our kayaks for a relaxing scenic tour. Register by April 22. \$40/Member | \$50 Participant

 **Reverse Mortgage • Wednesday, April 29 • 1:00 pm**
A reverse mortgage could make all the difference. Learn how it works and the pros and cons. Free/Member & Participant



YOUR STORY MAKES A BETTER US

ONCE UPON A Y...

We Have a Mission

OUR MISSION: The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.

We Made a Commitment

We have a vision to significantly increase the time families spend together, specifically, to engage 1 in 8 households in programs that will help family members of all ages and backgrounds learn, grow and thrive.

We Can Make a Difference

Our association-led campaign focuses on supporting our highest need communities throughout San Diego County. When you invest in the Y, your dollars will directly benefit kids and families in under served communities.

To Give - Call 619-298-3576 or go to ymcasd.org/give

VOLUNTEERS NEEDED: San Diego Senior Games Event

Sunday, September 20, 2020 | 8:00 am-12:00 pm

We are in need of cheerful and spirited volunteers to greet athletes and spectators at our main entrance! Volunteers will hand out YMCA guest passes and flyers promoting YMCA programs.

If interested contact Barb Madsen at bmadsen@ymca.org

COMING SOON: YAA DAY AT THE BAY!

FRIDAY, MAY 29, 2020 | MISSION BAY AQUATIC CENTER

The YMCA so San Diego County celebrates National Health and Fitness Day for older adults every year at the beautiful Mission Bay with our annual YAA Day at the Bay.



Join us for a barbecue and fun activities such as kayaking, sailing, paddle boarding, walks by the bay, lawn games and fitness classes.

GET INVOLVED... JOIN THE Y ACTIVE ADULT COUNCIL!

Our Active Adult Council is made up of a group of member volunteers who meet monthly to plan activities, events, workshops, trips and more.

Contact Barb Madsen for information and/or suggestions regarding our Active Adult program.



WHERE: Mission Valley YMCA

WHEN: 10:00 am, every first Thursday of the month, January - April

SENIOR WOMEN'S BASKETBALL

Join us for fun and friendly games of basketball! All skill levels are welcome to play. Games are half court, three vs. three format. Registration is required.

THURSDAYS | 7:00-9:00 pm

Womens ages 40+ and 50+ Leagues

SUNDAYS | 10:00 am-3:00 pm

Womens ages 50+ League and Rookie Program (Beginner)

To join, contact Brian Boyd at bboyd@ymca.org today!



MEET YOUR YAA STAFF:

YAA Coordinator (left):

Barb Madsen, bmadsen@ymca.org

Mission Valley YAA Lead Staff (right):

Bernadette Morgan, bmorgan@ymca.org

Mission Valley Trail Walkers Guide (center):

Karen Barry, kbarry@ymca.org

MISSION STATEMENT

The YMCA of San Diego County is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through the development of the spirit, mind and body.