



WAYS TO ENGAGE!

Great Ideas for Older Adults in San Diego County to Get Involved

Educational Opportunities

County Libraries sdcl.org 858.694.2415

OASIS oasisnet.org/San-Diego-CA 619.881.6262

Open University calstate.edu/extension/openuniversity/ 562.951.4880

OSHER Lifelong Learning Institute

❖ UCSD: extension.ucsd.edu/olli/home 858.534.3409

❖ SDSU: ces.sdsu.edu/osher-lifelong-learning-institute-sdsu 619.594.2863

Health, Fitness, and Nature

County Department of Parks and Recreation sdparks.org 858.565.3600

The Feeling Fit Club HealthierLivingSD.org 858.495.5500

Healthier Living Classes HealthierLivingSD.org 858.495.5500

San Diego Senior Games Association sd seniorgames.org 858.292.5812

Sharp Senior Resource Centers sharp.com/services/seniors/ 619.740.4214

Walkabout International walkabout-int.org 619.231.7463

Meet Your Neighbors--younger and older!

Mentoring a Young Person

AARP Experience Corps San Diego aarp.org/experience-corps/

858.581.5880 (Host Agency: The Children's Initiative)

Big Brothers Big Sisters San Diego sdbigs.org 858.536.4900

Foster Youth Mentor Program rostum.ramos@sdcounty.ca.gov 619.767.5222

Older Adult Organizations

AARP local.aarp.org/san-diego-ca/ 619.641.7020

Aging & Independence Services Advisory Council renee.sherrill@sdcounty.ca.gov 858.495.5885

Associations of retired professionals

Political Process/Civic Engagement

Become a board member for a non-profit organization

Become a poll worker sdvote.com 858.565.5800

League of Women Voters lwv.org 858.483.8696

Resident Leadership Academies sdchip.org 858.609.7960

Revisit Hobbies and Connect with Others Who Share Your Interests [meetup.com](https://www.meetup.com)

Senior Centers sandiego.networkofcare.org/aging/ 800.510.2020

Service Organizations

Elks sandiegoelks168.org 619.337.0168

Kiwanis kiwanisclubsandiego.org 619.222.1929

Lions sandiegolions.org 619.2397264

Optimist optimist.org 800.500.8130

Serving Persons with Disabilities

St Madeleine's Sophie Center (developmental disabilities) stmisc.org 619.442.5129

Legacy Corps (military and veteran families) Dalija.Dragisic@sdcounty.ca.gov 858.505.6300

Travel

Road Scholar roadscholar.org 800.454.5768

Volunteering

Retired Senior Volunteer Program/Senior Volunteers in Action

MaryAnne.Briggs@sdcounty.ca.gov 858.505.6399

Volunteer Match VolunteerMatch.org

Worshipping with faith-based groups

Are You Homebound and/or Have Limited Mobility?

You Are Not Alone (volunteer home visits) 858.495.5039 or call your local law enforcement agency

Senior Center Without Walls seniorcenterwithoutwalls.org 877.797.7299

The Friendship Line (Institute on Aging toll-free, 24/7 hotline) 800.971.0016

Guardian Angel Program (friendly volunteer visits to skilled nursing facility residents)

guardianangelvolunteers.org 619.543.4700

Wheelchair Dancers wheelchairdancers.org 858.573.1571

Need Transportation?

FACT (Facilitating Access to Coordinated Transportation) Factsd.org 888.924.3228

This list is just a sampling of the many diverse ways to get involved in San Diego County and is not meant to be comprehensive in any way.

For more ideas, call 2-1-1 or visit 211.org

