

# John D. Spreckels Center and Bowling Green



March - May 2017 Issue 1



## Welcome!

The City of Coronado is proud to present the John D. Spreckels Center and Bowling Green. The stunning 9,010 sq. foot facility, expected to open in April 2017, reflects a four-year process involving significant public input to determine the elements needed to serve the vibrant 50+ citizenry now and long into the future.

The Spreckels Center, owned and operated by the City of Coronado, will offer a wide variety of programs and services including health and fitness programs, educational and arts programs, volunteer and civic engagement opportunities, and much more.

City staff will coordinate with the Coronado Senior Association and the Coronado Lawn Bowling Club to continue to provide their activities at the facility.

The Center features a large multi-purpose room, which can be divided into two rooms, an activity room, a social lounge with billiards, a large catering kitchen, and two outdoor patios. These unique features make this new home for Coronado residents the perfect gathering spot. Swing on by to “Put Some Play in Your Day” and discover what’s inside.

### Hours of Operation

Monday—Friday	9:00 am—5:00 pm
Saturday	9:00 am—2:00 pm
Sunday	Closed

(619) 522-7343

## Outdoor Adventures

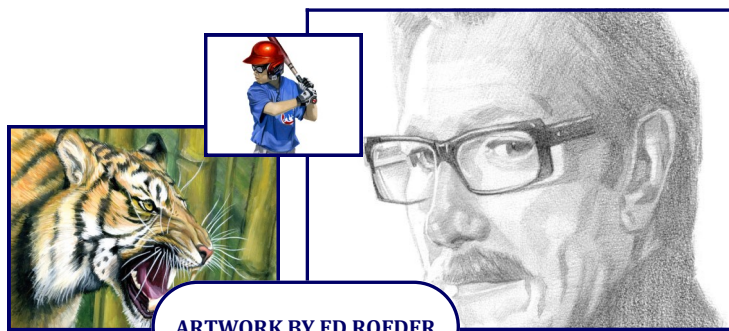
Transportation and parking fees are included, lunch and beverages are not.

Trails & Ales Monday, April 17, 8:00 am—3:00 pm

Join us on a hike exploring Palomar Mountain State Park. We get to hike parts of the Weir, Lower Doane Valley, and French Valley Trails for a total of 3.8 miles. The beautiful staff led hike will include ponderosa pines, meadows and pristine scenery. Participants should be comfortable hiking easy terrain with a steady 450 ft elevation gain including stops along the way. This hike is rated as easy. After hiking, we will head to Nickel Beer Company in Julian for a local craft beer or beverage and lunch! \$40 R/\$50 NR Barcode: 15306

Views & Brews Monday, May 15, 8:00 am—1:00 pm

Join us for one of the most spectacular views in San Diego County as we hike the Torrey Pines State Park. Participants should be comfortable hiking easy terrain of 3.3 miles including stops at scenic points. This hike is rated as easy. Afterwards, we will head to the infamous Blind Lady Ale House in Normal Heights for beverages and a bite. The Blind Lady Ale House is a hip-old school bar with funky decor, a focus on local brews and is known for their mouthwatering pizzas. Transportation and parking fees are included, lunch and beverages are not. \$40 R/\$50 NR Barcode: 15307



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R/NR = Resident/Nonresident Rate

## Art and Enrichment

Mindful Meditation Saturdays, 9:15 am—10:00 am

April 15-May 13 (no class May 6) Barcode: 15310 \$22 R/\$27 NR

May 20-June 10 Barcode: 15311 \$22 R/\$27 NR

Learn techniques to manage and reduce stress, calm your mind and increase overall awareness in your daily life. Class includes sitting meditation, breath awareness and mindful movement.

Technology Tutors Monday, April 24, 3:15—5:15 pm

The Spreckels Center will host the City of Coronado Community Teens for a FREE Technology Tutoring event at the Spreckels Center. Teens will sit one-on-one with you to tutor you on how to use your smart phone, tablet or laptop. Learn to use your devices more effectively and receive help troubleshooting common issues. You must pre-register due to limited spaces available. Be sure to bring your device with you. Barcode: 15314

Sketching: Portraits Saturdays, 10:30 am—12:30 pm

April 8 - April 29 Barcode: 15325 \$80 R/\$90 NR

May 6 - May 27 Barcode: 15326 \$80 R/\$90 NR

Learn to sketch from the former art director of design at DC Comics. This sketching class will work on drawing fundamentals, learning how to draw using geometric shapes working on volume and lighting. Students will learn to properly hold a pencil, practice sketching, and learn the foundational techniques of light to dark sketch. Students will experience and practice drawing portraits. The class will focus on form, light and shade, indication and rendering. Materials will not be provided; please contact staff for materials list.

Watercolor Fridays, 2:30 pm—4:30 pm

April 7-April 28 Barcode: 15327 \$80 R/\$90 NR

May 5-May 26 Barcode: 15328 \$80 R/\$90 NR

Learn to paint from the former art director of design at DC Comics. This painting class will work on painting fundamentals, learning how to paint using geometric shapes working on volume and lighting. Students will learn fundamental painting techniques including how to hold the brush, the use of water as a medium and how to control paint. Materials will not be provided. Please contact staff for materials list.



## Educational Trip

Luxury Trip to the Getty

Barcode: 15308

Thursday, May 18, 8:00 am—5:00 pm

Have you ever wanted to visit the famous Getty museum but didn't want to hassle with traffic to LA? Then we have the luxury experience for you. This groundbreaking all-inclusive day trip includes luxury bus transportation (restroom on board), all gratuities, lunch, optional architectural tour, parking and entrance fees. The J. Paul Getty Museum seeks to inspire curiosity about, and enjoyment and understanding of, the visual arts by collecting, conserving, exhibiting, and interpreting works of art of outstanding quality and historical importance. Don't miss your chance to participate in this fun and educational all-inclusive trip. Spots are limited. Must pre-register. \$125 R/\$150 NR



## Try Something New Crew

Have you wanted to try a new activity but found it a bit intimidating to jump in? Do you have an interest in an activity but were nervous to try it and be the only one lacking knowledge of the rules and skills? If so, you should sign up for the Try Something New Crew! We will all try a new sport or activity together. Instructors will give a rundown of the rules and safety procedures followed by guided instruction to introduce students to the activity or skills needed. You'll make new friends and get to try something amazing in the process. \$30 R/\$40 NR

Pickleball

Barcode: 15312

Friday, April 28, 1:00 pm—2:30 pm, High School Courts

Kayaking

Barcode: 15313

Friday, May 12, 9:30—11:00 pm, 1985 Strand Way

## Community Presentations

Don't Get Hooked

Barcode: 15290

April 26, 11:00 am—12:00 pm

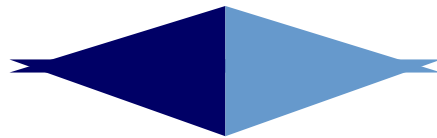
This is an FREE interactive, 60-minute presentation for older adults and family caregivers on preventing financial abuse, scams and fraud. The Coronado Police Department also will do a short presentation about scams affecting residents. Refreshments will be provided by the Coronado Woman's Club. Pre-registration is required.

Good Mental Health is Ageless

Barcode: 15291

May 3, 10:00 am—11:00 am

San Diego County Aging & Independence Services will provide a FREE presentation that dispels myths, stigma and barriers surrounding older adults' mental health. It stresses the importance of prevention including; physical and social activities, interpersonal relationships, life learning and always finding humor in life. The 45 minute presentation includes signs of mental health issues including a self-assessment tool followed by a question and answer session. Pre-registration is required.



## Dance and Fitness

Cardio Dance Party Mondays, 10:30 am—11:30 am

April 3 - April 24 Barcode: 15315 \$24 R/\$29 NR

May 1 - May 22 Barcode: 15316 \$24 R/\$29 NR

Cardio Dance party is a low-impact cardio dance class that incorporates fun and appropriate rhythms of music and movement. It enhances range of motion for the joints, balance, flexibility, coordination, mild cardiovascular endurance and most importantly is fun in a care-free atmosphere. No previous dance experience is necessary!

Tai Chi

Wednesdays, 10:00 am—11:00 am

April 12 - May 3 Barcode: 15323 \$40 R/\$50 NR

May 10 - May 31 Barcode: 15324 \$40 R/\$50 NR

Tai Chi is an ancient Chinese martial art that offers amazing health and fitness benefits for our modern lives! Learn how to relax while you strengthen your body! Tai Chi offers a unique way of exercising that impacts us on many levels, including better function of the muscles, bones, heart, lungs, and blood circulation. Instead of lifting weights at the gym, join us for a class to see what the buzz is all about!



SENIOR ASSOCIATION

www.coronadoseniorassociation.org

(619) 522-2616

The Coronado Senior Association provides activities for adults 50+ in a place to meet old and new friends and to enjoy a variety of activities that are free or offered at moderate costs. Join us Monday through Friday from 9:00 am-5:00 pm, and Saturday from 9:00 am - 2:00 pm in the new John D. Spreckels Center and Bowling Green, to socialize, play games or cards, and relax in a friendly atmosphere.

If you are not a member of the Coronado Senior Association, there is a fee per activity. A \$40 annual membership to the Coronado Senior Association is available for all seniors 50+ which includes residents and nonresidents. Activities will not be held on City observed holidays.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Current Events</u> 9:00 am—11:30 am	<u>Creative Writers</u> 9:15 am—12:00 pm	<u>Western Mah-Jong</u> 9:30 am—2:30 pm	<u>Advanced Party Bridge</u> 12:30 pm—4:00 pm	<u>Chair Yoga</u> 10:30 am—11:15 am
<u>Advanced Bridge</u> 10:30 am—3:00 pm	<u>Advanced Party Bridge</u> 12:30 pm—4:00 pm	<u>Pinochle</u> 11:30 am—4:30 pm	<u>Mexican Train/Canasta/Mah-Jong</u> 1:00 pm—4:00 pm	<u>Duplicate Bridge</u> 1:00 pm—4:30 pm
<u>Pinochle</u> 11:30 am—4:30 pm		<u>Craft Class</u> 1st Wednesday 9:30 am—12:00 pm	<u>Legal Appointments</u> 3rd Thursday 3:00 pm—4:00 pm	<u>Film Forum</u> 2nd and 4th Friday 1:30 pm—4:30 pm
<u>Bingo</u> 12:30 pm—3:30 pm		<u>Warm Up America</u> 3rd Wednesday 10:00 am—11:30 am		

## Coronado Seniors Out and About

Coronado Seniors Out and About is a pilot volunteer driver program that will service Coronado residents with limited or no transportation. Riders must be 60 or older to participate in the program. The program will provide scheduled rides both locally and into San Diego, up to 25 miles. Depending on distance traveled, rides



range for a nominal fee of \$1-\$4 per trip. Rides will be provided Monday through Saturday from 8:00 a.m. to 5:00 p.m.

To become a rider or volunteer driver, please contact staff at (619) 522-6302 or visit [www.coronado.ca.us/outandabout](http://www.coronado.ca.us/outandabout)



Coronado Seniors Out and About Program is supported by SANDAG as part of the TransNet Senior Mini-Grant Program. This project supports strategies of the Coordinated Plan, the regional strategy to provide travel accommodations to recognized transportation disadvantaged groups including seniors, individuals with disabilities and persons with limited means. SANDAG TransNet



City of Coronado

John D. Spreckels Center  
and Bowling Green  
1019 Seventh Street

Phone: (619) 522-7343  
[spreckelscenter@coronado.ca.us](mailto:spreckelscenter@coronado.ca.us)

[www.coronado.ca.us/spreckels](http://www.coronado.ca.us/spreckels)



## Coronado Lawn Bowling

[www.coronadolawnbowling.com](http://www.coronadolawnbowling.com)

(619) 319-5509



For \$150 you will get: 12 Months (365 Days) of possible bowling; 208 Days of Club Draw Games; use of Club bowls until you buy your own; unlimited lessons and coaching; social events; camaraderie and friendship (a second family); chance to excel & become a National, or even an International, Champion. FUN is limited only by your own imagination. Join today by mailing a check payable to **Coronado Lawn Bowling Club** to Bob Grobe, 516 4<sup>th</sup> St., Coronado, CA 92118.

## Up and Coming Club Tournaments

Saturday, April 22, Earth Days Singles Tournament

Monday, May 29, Memorial Day Pairs Mixer & BBQ

Monday, Friday, Sunday	9:00 am - 5:00 pm	Set up Games
Tuesday	9:30 am	Draw Games
Wednesday	2:00 pm	Set up Games
Thursday, Saturday Wear Whites	9:30 am	Draw Games

## Twilight Open Bowling Returns for the 5<sup>th</sup> Year

The ever popular Twilight Open Bowling begins on Thursday, May 18 and will continue every Thursday evening through August 31. Coronado residents and their friends and visitors who have never before rolled a bowl can arrive at any time between 6 PM and sunset, learn to play the game, and will be playing immediately with other beginning bowlers. It's a fun and casual way to test your interest in the sport. No reservations needed and no fees, just show up in flat soled shoes and have a great time. The CLBC provides the equipment and hosts each open bowling evening. At sunset, everyone shares appetizers and beverage brought by participants to further enhance the festivity and demonstrate the real social nature of this sport. There are junior sized lawn bowls for children and Twilight Open Bowling is very family friendly. Children as young as 7 years old can learn to bowl. For additional information, call Berie Grobe at (619) 319-5509.