

## **GREATER SAN DIEGO**

**2<sup>nd</sup> Monday and 4<sup>th</sup> Thursday of the month  
9:15 AM**

SD CENTER FOR THE BLIND \*

5922 El Cajon Boulevard

San Diego, CA 92115 619.583.1542

**Must be enrolled in Life Skills program**

**Monday 11:00 AM and Wednesday 10:00AM**

BRILLE INSTITUTE \*

4555 Executive Drive

San Diego, CA 92121 858.452.1111

**Vision impaired only - Call to register**

**Tuesday 10:00 AM**

LA JOLLA COMMUNITY CENTER

6811 La Jolla Boulevard

La Jolla, CA 92037 858.459.0831

**Wednesday 9:30 AM**

BLIND COMMUNITY CENTER OF SD \*

1805 Upas Street

San Diego, CA 92103 619.298.5021 ext. 206

**Blind, Low-Vision Seniors – Call to register**

**Wednesday 11:00 AM**

BALBOA PARK

War Memorial Building

3325 Zoo Drive,

(Upas St. & Park Blvd.)

San Diego, CA 92101 619.236.6905

**2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month 4:15 PM**

SAN DIEGO FIRST CHURCH OF THE  
NAZARENE

Elipse Chapel

3901 Lomaland Drive

San Diego, CA 92106 619.849.3100

**Thursday 10:15 AM**

LA MESA REHAB

8380 Center Drive, Suite E

La Mesa, CA 92115 619.466.6077

**Thursday 12:15 PM**

LINDA VISTA LIBRARY \*

2160 Ulric Street

San Diego, CA 92111 858.573.1399

## **NORTH COUNTY COASTAL**

**Monday 12:45 and 2:00 PM**

ENCINITAS SENIOR CENTER

1140 Oakcrest Park Drive

Encinitas, CA 92024 760.943.2250

**Pre-registration required – contact Center**

**Tuesday 9:30 AM and Thursday 9:30 AM**

RANCHO SANTA FE LIBRARY \*

17040 Avenida de Acacias

Rancho Santa Fe, CA 92067 858.756.2512

**Tuesday 10:00 AM**

TEMPLE SOLEL

3575 Manchester Ave

Cardiff, CA 92007 760.888.7018

**Tuesday 11 AM Sept-May; 2 PM June-Aug**

STAGECOACH COMMUNITY PARK \*

(Class held in Activity Room)

3420 Camino de Los Coches

Carlsbad, CA 92009 858.693.3110 (Interim)

**Tuesday 1:00 PM\* and Wednesday 1:30PM**

ENCINITAS LIBRARY

540 Cornish Drive

Encinitas, CA 92024 760.753.7376

**Wednesday 1:00 PM**

CARMEL VALLEY LIBRARY \*

3919 Townsgate Drive

San Diego, CA 92130 858.552.1668

**Friday 8:30 AM**

SOLANA BEACH SENIOR CENTER \*

SOLANA BEACH PRESBYTERIAN CHURCH

120 Stevens Avenue

Solana Beach, CA 92075 858.509.2587

**Friday 10:00 AM**

SAN DIEGUITO UNITED

METHODIST CHURCH \*

170 Calle Magdalena

Encinitas, CA 92024 760.753.6582

**Friday 10:00 AM**

ST. PETER'S CHURCH

334 Fourteenth Street

Del Mar, CA 92014 858.755.1616

## **NORTH COUNTY INLAND**

**Wednesday 2:00 PM**

SCRIPPS RANCH REC CENTER

11454 Blue Cypress Drive

San Diego, CA 92131 858.538.8086

**Alternating Thursdays 2:15PM**

SD CENTER FOR THE BLIND – VISTA \*

1385 Bonair Rd

Vista, CA 92084 760.758.5956

**Vision impaired only - Call to register**

**Friday 9:30 AM**

POWAY SENIOR CENTER

(First Church of Christ, Scientist)

16315 Pomerado Road

Poway, CA 92064 858.618.5545

**Friday 10:00 AM**

SEVEN OAKS COMMUNITY CENTER

16789 Bernardo Oaks Drive

San Diego, CA 92128 858.487.4058

## **EAST COUNTY San Diego**

**Monday 10:15 AM and Thursday 9:45AM**

RANCHO SAN DIEGO LIBRARY

11555 Via Rancho San Diego

El Cajon, CA 92019 619.660.5370

**Thursday class runs from May to January**

**Saturday 8:00 AM**

SDCEA RECREATION CENTER

25386 Pappas Road

Ramona, CA 92065 760.789.4146

**\*Chair with optional standing postures; no mat**

Join our class on TV!

M – F 9:00 AM and 2:00 PM

Spectrum 24 or 85; ATT U-verse 99

Cox 19 (north county) or 24 (south)

For a current list check:

[www.silverageyoga.org](http://www.silverageyoga.org) or call

858-693-3110 or 844-234-3110

# What is Silver Age Yoga?

It's a style of hatha yoga designed to meet health concerns of older adults. We created a non-profit organization, **Silver Age Yoga Community Outreach**, (SAYCO) so we can fulfill our Mission to:

...offer health-enhancing, life-enriching yoga classes to underserved seniors.

**Help us continue the work.**

## Your Donation supports:

- Our ability to provide Silver Age Yoga Classes
- Supporting our teachers
- General Office expenses
- Administration of our programs, including bookkeeping
- Marketing to keep awareness of SAYCO in front of our valued donors

**Thank you for your support!**

I want to support **Yoga for Seniors**. I am donating:

\$10.00    \$20.00    \$50.00    \$75.00    Other: \$ \_\_\_\_\_

This is a non-directed donation

I would like my donation applied toward a specific location:

Center: \_\_\_\_\_

Name: \_\_\_\_\_ Optional: In Memory of: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Make your tax-deductible check payable to Silver Age Yoga Community Outreach or SAYCO and mail to:  
P.O. Box 160, Del Mar, CA 92014

Or, you may donate online at [www.silverageyoga.org/donate.htm](http://www.silverageyoga.org/donate.htm)



Silver Age Yoga  
Community Outreach

## Yoga Classes for Seniors

(Donation-Based)

### Improve your

- Flexibility
- Balance
- Breathing
- Strength
- State of Mind
- Stamina

Our certified Silver Age Yoga instructors teach you safe methods from the ancients combined with the science of today to improve your health!

**We are a 501(c)(3) non-profit.**

For the most current directory check:

[www.silverageyoga.org](http://www.silverageyoga.org)