NORMAN PARK SENIOR CENTER

270 F St. Chula Vista, 91910
(619) 409-1930

CITY OF CHULA VISTA Parks & Rec

Newsletter Highlights

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Oct, Nov, Dec 2026 Newsletter

HOURS OF OPERATION

MONDAY - FRIDAY 8:00 AM - 5:00 PM
SATURDAY 8:00 AM - 1:00 PM SUNDAY CLOSED

Happy Fall!

Classes, Activities, & Groups



MORNING FITNESS

Monday - Thursday 8:00AM - 8:45AM **FREE**
No Class Nov 11 and Nov 26, 2026

Our most popular class!! A gentle class intended for Seniors to improve strength and flexibility. Space is limited and Pre-Registration is required each month.



CIRCUIT TRAINING

Mon/ Wed / Fri 9:30AM - 10:30AM **FREE**
No Class Wed, Nov 11, Nov 27, Dec 25, 2026

Come get a workout in our outdoor fitness area. Full body, burn calories, and work on different muscle groups all while having fun!



NORMAN PARK SOLE WALKERS

Tuesday / Thursday 9:45AM **FREE**
No Class Thu Nov 26, 2026
Walk with us! We achieve the wellness trifecta of exercise, socialize, and see nature. All levels welcome we stride for 1-2 miles. Pick up a monthly schedule at the front office.



LONGEVITY STICK

Tuesday / Thursday 9:00 AM-9:30AM **FREE**
No Class Thu Nov 26, 2026
The longevity stick exercises aim at improving balance, flexibility, strength, mental focus and breathing capacity. Let us train the lungs and the body.



PICKLEBALL CLINIC

Mon / Wed / Fri 9:00AM - 10:00 AM **FREE**
No Class Nov 11, Nov 27, Dec 25, 2026
Looking to learn how to play pickleball? Join us for some skills and drills that will make learning the game fun. All Skill levels welcomed.



TAI CHI CHIH

Mondays 10:45 - 11:45AM
Sep 14 - Nov 2, 2026

$58 Res/ $70 Non-Res
$8 Drop-In Fee

A progressive slow movement relaxing class for all seniors and bodies.



CHAIR YOGA

Thursdays 4:00PM - 5:00PM
No Class Nov 26, 2026

Oct $26 Res / $33 Non-Res
Nov $20 Res / $27 Non-Res
Dec $33 Res / $40 Non-Res
$8 Drop-In Fee

Gentle movement and stretching through yoga poses. Yoga improves balance which can be especially helpful for Seniors.



DANCE CARDIO PARTY

Mon / Wed 4:00 PM - 5:00PM
Fri (Free for Monthly Members)
No Class Nov 11, Nov 27, and Dec 25, 2026

Oct $32 Res/ $39 Non-Res
Nov $32 Res / $39 Non-Res
Dec $36 / $43 Non-Res
$4 Drop-In Fee

Get your heart pumping as you feel the rhythm of the music. It's not a workout, it's a party!



LINE DANCE

Tuesdays 9:45AM - 11:45AM
All Levels

FREE

Come line dance with us! You don't need a partner but you can bring all your friends to this fun workout!



ADULT LINE DANCE

Tuesdays / Thursdays 5:00 PM - 6:00PM
No Class Nov 26, 2026

FREE

Learn basic steps, ultra beginners welcome! Dance to a variety of music and choreographed dances. Just have fun and learn to line dance!

Classes, Activities, & Groups



LINE DANCE

Saturdays 9:45AM - 10:45AM **FREE**
All Levels
Come line dance with us! You don't need a partner but you can bring all your friends to this fun workout!



SENIOR SKETCH CIRCLE

Monday 12:00PM - 1:00PM **FREE**

Beginner friendly program where older adults can learn and practice basic drawing techniques in a relaxed, supportive environment. No prior experience required.



BOOK NOOK

Fridays 1:00 PM - 2:00PM **FREE**
No Class Nov 27 and Dec 25, 2026
Each quarter a book will picked out by staff and participants. This Club will include weekly meetups, memory sharing activities, and themed socials and creative games.



ARTIST CORNER CLUB

Wednesdays 11:30AM - 12:30PM **FREE**
No Class Nov 11, 2026
Explore your artistic side and learn valuable painting techniques. Whether you're a beginner or an experienced artist, this class is suitable for all skill levels.





BOCCE CLUB

Fridays 10:30AM - 11:30AM FREE
No Class Nov 26 and Dec 25, 2026
Join us every Friday for some tips and tricks on how to play Bocce Ball.



CRAFTY TEA SOCIAL HOUR

Fridays 10:30AM - 11:30AM FREE
No Class Nov 27 and Dec 25, 2026
Join us for a lovely cup of tea and enjoy some quality social time with others creating a new craft each week.



ART WATERCOLOR

Mondays 9:00AM - 12:00PM FREE

Join this group to meet and paint with other artist. Must bring your own materials.



SINGING SENIORS

Tuesdays 1:00PM - 3:00PM FREE

Let your voice shine! Singing Seniors is a group of members who sing all the right notes! The group provides a unique outlet of expression and gets out to perform!



KNITTING & CROCHETING

Wednesdays 9:00AM - 11:00AM FREE
No Group Meet on Nov 11, 2026
Join this friendly group of people who love to knit and crochet in a good company. We have participants of all skill-levels, and would love to see new faces!



PINOCHLE

Wednesdays **9:00AM - 1:00PM** **FREE**

Join a fun group of seniors who enjoy playing Pinochle in a social and fun environment. Make friends and keep your mind active.



CHICAGO BRIDGE

Mondays **12:00PM - 3:00PM** **FREE**

Bridge can provide a challenge as well as enjoyment for the rest of your life. Millions of people play bridge worldwide making it one of the world's most popular card games, particularly among seniors!



MAH JONGG

Fridays **10:00AM - 2:00PM** **FREE**

Traditionally played in groups of four players, Mah Jongg is a fun game that uses tiles.



RUMMIKUB

Wednesday **1:00PM - 4:00PM** **FREE**

The objective in Rummikub is to get rid of all your tiles. Think of your own strategies to do that effectively and enjoy the game.



BINGO

Fridays **1:00PM - 3:00PM** **Bingo Sheet $3.00**
Daubers $1

Looking for something exiting to do at Norman Park? Look no further. Come and enjoy a wonderful atmosphere while you relax and play bingo.



TECH ONE ON ONE

Thursdays 1:00PM - 3:00PM FREE
By Appointment ONLY!

Electronic devices are confusing, and it's always okay to ask for help! Make a 30 minute appointment with our staff to get a better understanding of your device.



BEREAVEMENT

2nd & 4th Tuesdays 10:00AM - 11:00AM FREE

Join us on a healing journey. Find comfort, validation, the knowledge that you are not alone that healing (not forgetting) is possible.

Disclaimer:
This is not a city program, please contact group directly for membership.



UCSD PARKINSON'S SUPPORT GROUP

1st Wednesday 1:00PM FREE

You're not alone with Parkinson's, Join this support group with many other seniors like you.

Disclaimer:
This is not a city program, please contact group directly for membership.



MOVIE MONDAY

Mondays 1:00PM - 3:00PM FREE
Movie list on pages 8 - 9

Enjoy the afternoon with a movie and fresh popcorn shown every Monday of the month!



POOL TOURNAMENT

Every Final Thursday of the month FREE

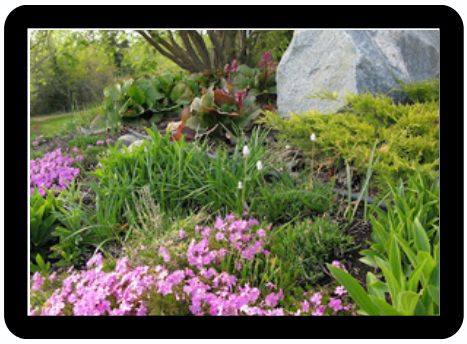
Got what it takes? Show off your skills in our pool tournament every last Thursday of the month!

CLUB AMISTAD

Tuesdays **12:15PM - 4:00PM**

A social gathering that welcomes you socialize in the activities we provide. Our activities include dancing, listening to music, and connecting with others.

Disclaimer:
This is not a city program, please contact group directly for membership.



GARDEN CLUB

3rd Thursday **11:00AM - 1:00PM**

Building relationships through our interest in gardening and nature. Our motto is: We Grow, We Conserve, We Beautify.

Disclaimer:
This is not a city program, please contact group directly for membership.



MOVIE MONDAYS

ENJOY A GREAT MOVIE
EVERY MONDAY AT 1PM

OCT 5TH



Jumanji
1995 / 1h 40m
Family/Adventure

OCT 12TH



Casper
1995 / 1h 40m
Family / Comedy

OCT 19TH



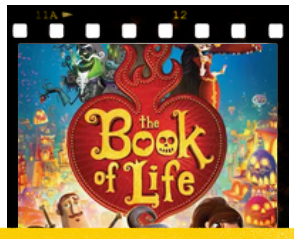
Dracula
1931 / 1h 15m
Horror / Fantasy

OCT 26TH



Senior's Pick
Choose from
3 Movie options

NOV 2ND



The Book of Life
2014 / 1h 35m
Family / Adventure

NOV 9TH



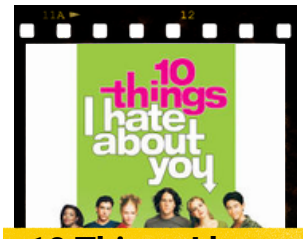
The Flintstones
1994 / 1h 31m
Family / Comedy

NOV 16TH



The Karate Kid
1984 / 2h 6m
Action / Family

NOV 23RD



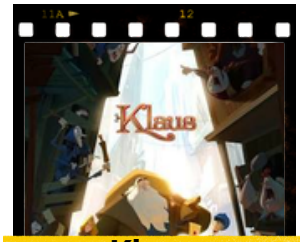
10 Things I hate...
1999 / 1h 37m
Romance/Comedy

NOV 30TH



Senior's Pick
Choose from
3 Movie options

DEC 7TH



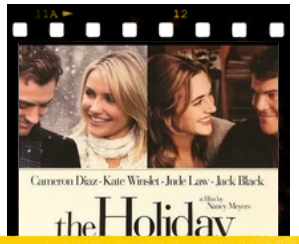
Klaus
2019 / 1h 37m
Family / Comedy

DEC 14TH



Miracle on 34th St.
1947 / 1h 41m
Fantasy / Drama

DEC 21ST



The Holiday
2006 / 2h 11m
Comedy / Romance

DEC 28TH



Senior's Pick
Choose from
3 Movie Options

DONATIONS NEEDED!

Give a little. Help a lot.











We are currently accepting yarn donations for the Knitting & Crocheting group, as well as art and craft supplies for the Crafty Tea Social Hour class.

Donations can be dropped off at

Norman Park Senior Center

270 F St. Chula Vista, Ca 91911

(619) 409-1930







CITY OF CHULA VISTA
Parks & Rec

BOOK NOOK

Quarterly Registration
Friday's • 1:00 PM to 2:00 PM
Join us for books, conversation, and community.





UPDATED

On-Demand | ADA Accessible | FREE 55+ | $2 ages 18-54

Serving ages 18+ in **Northwest & Southwest Chula Vista.**

Ride to shops, restaurants, bus/trolley stops, and more!

Service Hours:
Monday - Friday
7 a.m. - 7 p.m.

Getting a ride is easy!

1. Download the Ride Circuit app or scan the QR code
2. Create your account
3. Request your ride

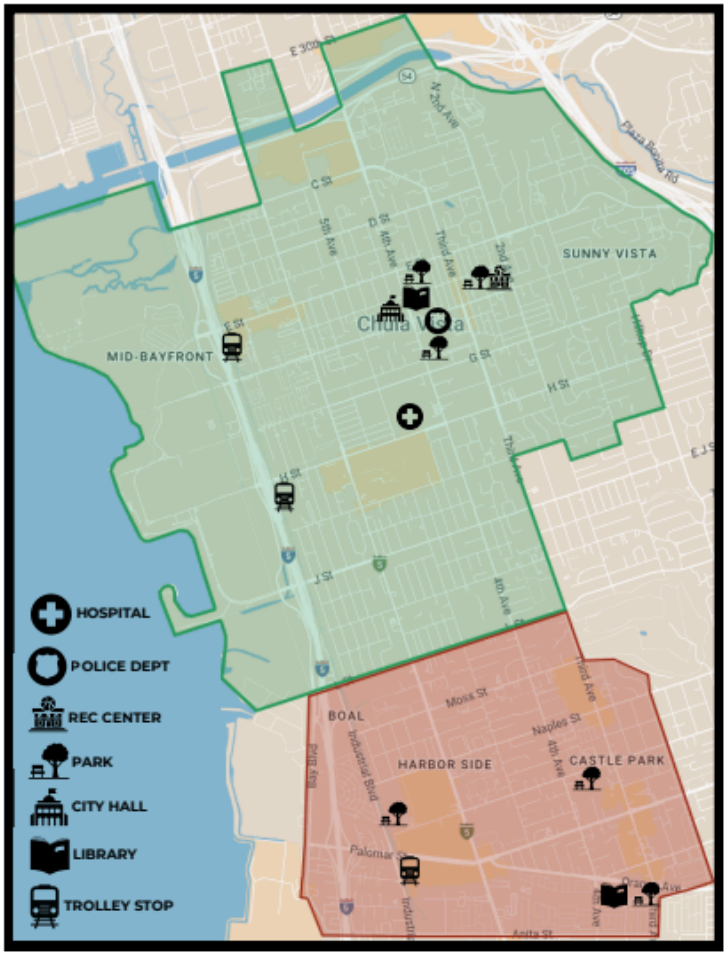
*or

Call (619) 650-6386, option 7

Learn More:
www.chulavistac.gov/communityshuttle

Service Areas:

Initial area - Green | Expanded area - Red



CCDC COMMUNITY CONGREGATIONAL DEVELOPMENT CORPORATION

CITY OF CHULA VISTA

Clean Mobility Options

CHULA VISTA COMMUNITY SHUTTLE



UPDATED

Servicio a pedido | Accesible según la ADA
GRATIS para mayores de 55 años | $2 para personas de 18 a 54 años

Sirviendo a mayores de 18 años en
Noroeste y suroeste de Chula Vista.

¡Viaja a tiendas, restaurantes, paradas de autobús/tranvía y mucho más!

Horario de servicio:
Lunes - Viernes
7 a.m. - 7 p.m.

¡Conseguir un viaje es fácil!

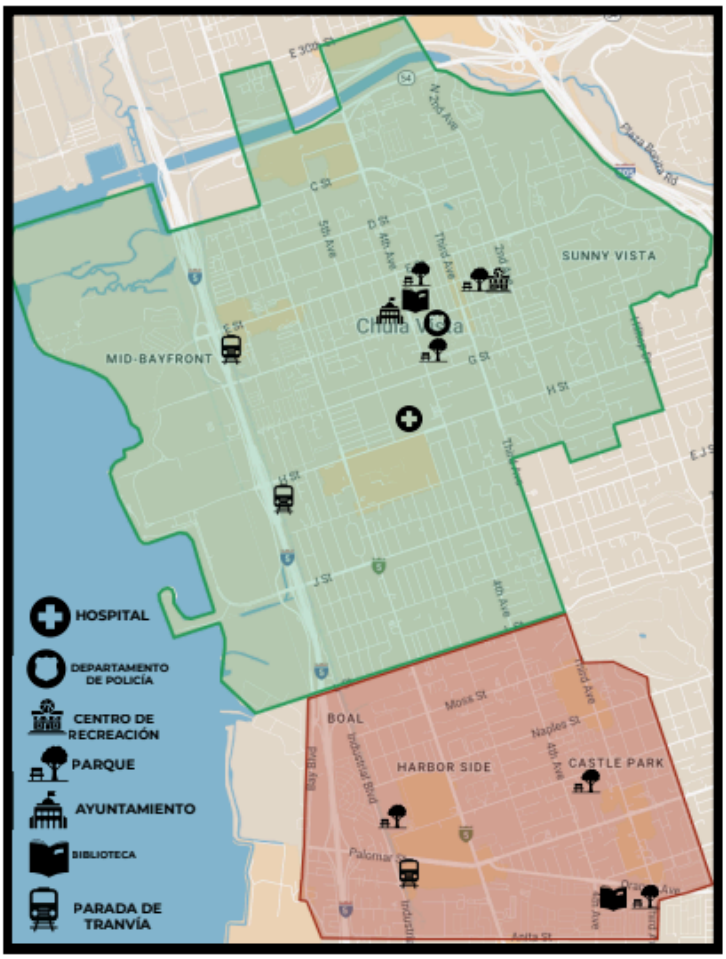
1. Descarga la aplicación Ride Circuit o escanear el código QR
2. Crea tu cuenta
3. Solicita tu viaje

*o

Llama al (619) 650-6386, opción 7

Más información:
www.chulavistac.gov/communityshuttle

Áreas de servicio:
Área inicial - Verde | Área expandida - Rojo



CCDC COMMUNITY CONGREGATIONAL DEVELOPMENT CORPORATION
CITY OF CHULA VISTA
Clean Mobility Options

SERVICIO DE TRANSPORTE COMUNITARIO DE CHULA VISTA

SAN DIEGO Seniors Community FOUNDATION

JOIN THE FUN!



NORMAN PARK PICKLEBALL CLUB AFTER HOURS

Tuesdays & Thursdays
5 PM - 8PM

RESIDENT: **$15 PER MONTH**
NONRESIDENT: **$20 PER MONTH**
MUST ENROLL IN PERSON

CITY OF CHULA VISTA Parks & Rec

LIMITED SPOTS SO SIGN UP FAST!

AGE REQUIREMENTS: 18 & UP

Any questions? Call us at (619) 409 - 1930

Norman Park Center Partners

MEALS on WHEELS
SAN DIEGO COUNTY

Norman Park is proud to be in partnership with Meals on Wheels San Diego. Where you can pick up and have meals brought straight to you. For more information ask staff or give Meals On Wheels a call at *619 420-2782 for more information.*

SOUTHERN CAREGIVER RESOURCE CENTER

Southern Caregivers provide free services for family caregivers including counseling, respite, supports groups, legal consultations and more. Call *(619) 729-2772* for more information.

Norman Park would like to wish all our Seniors a very...

Happy Birthday



CONTACT:

Tyler Smilth

Recreation Supervisor III

(619) 409-1931

tsmith@chulavistaca.gov

Office Hours:

Monday - Friday

8 AM - 5PM

Saturday

8 AM - 1 PM

Sunday &

Some Holidays

CLOSED

Norman Park Senior Center

270 F Street, Chula Vista, CA 91910

(619) 409-1930

www.chulavistaca.gov/rec