



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranch.org

SRCA 50 Plus Lectures and Tours: All SRCA 50 Plus lectures, tours and events are FREE and open to the public. Check the [SRCA 50 Plus calendar](#), and the [SRCA Newsletter](#) for the details about what's coming up! Have a suggestion for a topic or tour? Email us at SRCA50Plus@scrippsranch.org with your ideas.

Aging Successfully in Scripps Ranch Lectures: These popular lectures and discussions, sponsored by SRCA 50 Plus, are held on the 3rd Friday of every month in the community room at the [Scripps Miramar Ranch Library](#). for those over 50, or who aspire to be over 50 themselves someday.

We start at 10:00 on the 3rd Fridays, and run until 11:30 or 12:00. Topics include:

- brain health
- healthy living
- Medicare and Medi-Cal
- Social Security
- recognizing and dealing with Alzheimer's and other forms of dementia
- estate planning
- elder law
- recognizing and avoiding fraud and elder abuse
- nutrition/food
- senior living options
- in-home and other support and caregiving options
- home safety and fall prevention

and virtually anything else that you might want to know about "aging successfully."

2nd Friday Lectures: These lectures are sponsored by [SRCA 50 Plus](#), [Sustainable Scripps Ranch](#), and the Scripps Miramar Ranch Library. They are held on the 2nd Friday of every month in the community room at the [Scripps Miramar Ranch Library](#) from 10:00 to 11:30 am. We cover a range of general interest, popular topics, such as:

- history
- travel
- cooking/nutrition/food safety
- water and energy technologies
- savings and rebate programs
- fire and earthquake preparedness
- nature and ecology; etc., etc.

Other workshops, seminars and family-fun events: are held throughout the year, both during the week and on Saturdays. Check the [SRCA 50 Plus calendar](#) and the [SRCA Newsletter](#) for details,



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Senior Living Tours: Our goal is “Aging Successfully in Scripps Ranch, however we know that people can arrive at a point where they don’t want to, or can’t, expend the time, energy and money in maintaining a single-family residence in the ranch. There are few options for senior living in Scripps Ranch, so SRCA 50 plus organizes tours to a variety of places that offer independent living , assisted living, memory care or skilled nursing – or some combinations of these options.

There are many such places in San Diego, varying in size, location, some of the specific amenities offered, and costs. We go to “Continuing Care Retirement Communities”, which typically offer all levels of living and have an initial “buy- in”, plus monthly fees, and we go to other places that have month-to month fees only. Our intent is to familiarize people with the range of possibilities that are out there, and not to endorse any specific community.

We arrange for tours 8-10 times a year. Reservations are generally required, as the tours normally include lunch, a presentation about the community, and a tour of the community.

Speakers and panelists at SRCA 50 Plus sponsored events are subject-matter experts, normally drawn from relevant non-profits or government agencies in order to avoid “advertorials” and minimize any conflicts of interest. The views and opinions expressed during any lecture, class or workshop are those of the speakers and not necessarily those of SRCA 50 Plus. Additionally, neither SRCA 50 Plus nor the SRCA itself promotes or endorses any specific entity, product or service.