



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranch.org

SRCA 50 Plus: Classes and activities sponsored by other organizations. All are Free and open to the Public.

Be sure to check our [calendar](#) for the latest updates!



Silver Age Yoga: Every Wednesday, 3–4 pm

Scripps Ranch Library, [10301 Scripps Lake Drive, San Diego, 92131](#)

Sponsor: Silver Age Yoga Community Outreach

Silver Age Yoga's mission is to provide health enhancing and life enriching yoga practices to the underserved senior population. The Silver Age Yoga Community Outreach program provides yoga classes on a weekly basis specifically designed to meet seniors' health concerns, at no charge to the seniors. Classes are taught by certified Silver Age Yoga teachers.

A recent study by UC San Diego researchers using the *Silver Age Yoga* protocol found that seniors who participate in weekly yoga classes experience major health benefits including: significant pain reduction, reduced fatigue, increased mobility and physical function, and significant improvement in symptoms of depression. All of that, plus it is FUN!



Zumba : Every Friday: 4- 5 pm, Scripps Ranch Library, [10301 Scripps Lake Drive, 92131](#). Sponsor: Scripps Ranch Friends of the Library.

Zumba is an aerobic fitness program featuring movements inspired by various styles of Latin American dance and performed primarily to Latin American dance music. It is pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it!

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Fun Fitness for 55+: Every Tuesday, 1:30 – 3:00 pm, Scripps Ranch Library, [10301 Scripps Lake Drive, 92131](#). Sponsor: San Diego Community College District.

Adults of any age are welcome to participate in this free fitness class focused on improving balance, strength and flexibility with a low impact aerobic component.



Pickleball: Sponsored by the Scripps Ranch Pickleball Club. Played multiple times a week. See the schedule on the calendar at the [Scripps Ranch Recreation Center website](#).

Played with a paddle and a plastic ball with holes, Pickleball is a sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. It is a fun sport that combines many elements of tennis, badminton and ping-pong. It is played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net, and can be played as doubles or singles.