



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranch.org

Support SRCA 50 Plus: Volunteers are needed to assist with planning and coordinating SRCA 50 plus events, activities and coordination with other organizations. Volunteers should be able to commit to 2-20 hours per month, depending on the specific volunteer tasks accepted. Areas where we need volunteer support include the planning and coordination of:

- Senior Living Tours and Aging Successfully in Scripps Ranch and other Lectures
- Interactions with other organizations such as Scripps Ranch Friends of the Library (SRFOL), ElderHelp of San Diego, San Diego County AIS, Alzheimer's San Diego, North County and East County Intergenerational Programs, and AARP.
- 50 Plus news reporting through the SRCA Newsletter, 92131 Magazine, and other publications.
- Activities sponsored or promoted by SRCA 50 Plus, such as Stretch Classes, Tai Chi Classes; the Blues and Folk Music Group and classes sponsored by others (Zumba; Fun Fitness 55 Plus exercise, Silver Age Yoga, Pickelball, etc)
- 50 Plus participation in major programs/partnerships such as Live Well San Diego.
- 50 Plus participation in the Community Fair; Fourth of July, SustainableSR events, and health fairs, community organization days and other events that may be held by SRCA 50 Plus or other SRCA Committees.
- 50 Plus Social Activities, such as travel, picnics, luncheons/dinners, get-togethers, and outings to theaters and other places.
- For more information, contact us at SRCA50Plus@scrippsracnh.org or call (858) 397-5747, Option 1 and leave a message

Direct support to Scripps Ranch Seniors: Volunteer through SRCA 50 Plus's partner, [ElderHelp of San Diego](#). ElderHelp trains volunteers to provide personalized services and information that help seniors remain independent and live with dignity in their own homes. You can volunteer to work with ElderHelp services including:

- The CONCIERGE CLUB: offers help with the basic necessities of life through personal attention, meaningful engagement and coordinated programs and services.
- SENIORS A GO GO: provides seniors with escorted, door-through-door transportation reducing the number of missed appointments and providing savings!
- HOME SHARE: serves those who are looking for affordable housing or have a spare room in their own home and would like someone to move in with them.
- For more information, visit the ElderHelp of San Diego [website](#), or call 619-284-9281.