

## COMMUNITY AND SOCIAL ENGAGEMENT (updated 9/2020)

Many opportunities for community and social engagement have blossomed in 2020. Consider activities for connecting, exercising, and learning with others. While we cannot endorse these resources, they may help you explore new and accessible offerings available for little to no cost. The USC Verdugo Hills Hospital Community Resource Center for Aging can be reached by telephone at 818.949.4033 to discuss options and further assist in narrowing in on solutions right for your situation.

Name	Description	Costs	Contact
<b>AARP Smart Driver Online Course</b>	<ul style="list-style-type: none"> <li>-Receive a multi-year discount on their auto insurance.</li> <li>-Refresh their driving skills and knowledge of the rules and hazards of the road.</li> <li>-60 days to complete the course</li> </ul>	Non-member: \$27.95  Members: \$21.95	Website: <a href="#">Smart Driver Course   Driving Refresher Program   AARP</a>
<b>AARP Soul Steppers Walking Group</b>  Los Angeles, CA (meeting online)	The L.A. Soul Steppers Walking Group is now meeting online. If you would like to join, please RSVP by clicking register below and you will receive details on how to get connected. Please consult your physician before beginning any exercise program.	N/A (further information upon registering)	Website: <a href="#">CA &amp; LA Soul Steppers Virtual Walking Group 8/11/20</a>
<b>AARP TEK Academy</b>	AARP is offering a free 30 min webinar on technology skills for seniors. It offers valuable tools and resources to help the seniors be safe online.	Free	Website: <a href="#">TEK workshops are free of charge to the public.</a>

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<p><b>Descanso Gardens</b></p> <p>1418 Descanso Dr. La Cañada Flintridge, CA 91011</p>	<p>Descanso Gardens is a 150-acre botanical garden located in La Cañada Flintridge, CA. During the pandemic guests may still visit the gardens as long as they maintain social distance, wear a face covering, and get a ticket in advance from the website.</p>		<p>Telephone: 818.949.4200 Website: <a href="#">Homepage - Descanso Gardens Guild</a></p> <p>Open 9:00am–8:00pm</p>
<p><b>El Centro de Amistad</b></p> <p>566 South Brand Boulevard San Fernando, CA 91304</p>	<p>This multilingual, cross-cultural organization provides a wide range of mental health services and is currently offering virtual wellness classes for all ages on Zoom.</p> <ol style="list-style-type: none"> <li>a. Virtual Support Group: Wednesdays @4:00 pm</li> <li>b. Jazz Dance Class: Wednesdays @12:00-1:00pm</li> <li>c. Contemporary Dance Class: Wednesdays @12:00-1:00pm</li> </ol>		<p>Telephone: 818.898.0223 Website: <a href="#">El Centro de Amistad</a></p>

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<p><b>GetSetup</b></p>	<p>GetSetup is described as the largest senior to senior interactive educational platform, offering classes and social opportunities to help older adults live healthier, happier, and more connected lives. With over 175 topics from how to use smartphones and iPads to how to use apps like Uber or LinkedIn, and fun activities like socializing about exercise, meditation, journaling, and more.</p>	<p>Free, some with nominal fees starting at \$4.99+</p>	<p>Website: <a href="http://www.getsetup.io">www.getsetup.io</a></p>
<p><b>Mission San Fernando de España</b></p> <p>15151 San Fernando Mission Blvd, Mission Hills, CA 91345</p>	<p>This Spanish mission located in Los Angeles, contains an adobe church, museum, and outside gardens. During the pandemic the church is closed, yet guests may walk in the gardens across the street.</p>	<p>Free</p>	<p>Telephone: 818. 361.0186 Website: <a href="#">Mission San Fernando Rey de España - MissionTour</a></p>
<p><b>Pasadena Village</b></p>	<p>Virtual group provides friendship, volunteer opportunities, and practical services that allow members to remain independent and engaged in their community. Peers provide extra assistance with tasks that are no longer as easy as they once were.</p>	<p>Annual membership for individuals or couples (approx. \$700/year), ask about sliding scale and scholarships</p>	<p>Telephone: 626.765.6037 Website: <a href="#">Pasadena Village: Home</a></p>

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<p><b>Senior Planet</b></p>	<p>An online resource with Zoom events, such as fitness, arts, and technology to aid in staying active and connected.</p>	<p>Free</p>	<p>Website:  <a href="https://seniorplanet.org/getinvolved/online/">https://seniorplanet.org/getinvolved/online/</a></p>
<p><b>Tia Chucha’s Centro Cultural</b></p> <p>13197 Gladstone Ave, Sylmar, CA 91342</p>	<p>A non-profit cultural center and bookstore in Sylmar, CA with a mission to transform communities through ancestral knowledge, the arts, literacy, and creative engagement. This bookstore virtually offers literary events, art classes, music, yoga, and poetry classes.</p>	<p>Free, some events by donation</p>	<p>Telephone: 818.939.3433          Website:  <a href="#">Programming</a></p> <p>(Register on website for Zoom classes)</p>
<p><b>The Getty Museum</b></p> <p>1200 Getty Center Dr. Los Angeles, CA 90049 USA</p>	<p>Getty is a cultural and philanthropic institution dedicated to the presentation, conservation, and interpretation of the world’s artistic legacy. They now offer virtual tours of their galleries of art for free.</p>	<p>Free</p>	<p>Website:  <a href="#">Visit Our Museums - Directions, Parking, Highlights   Getty</a></p>
<p><b>The Huntington Library, Art Museum and Botanical Gardens</b></p>	<p>As a collections-based educational and research institution, The Huntington maintains independent research libraries as well as a distinguished collection of European and American art. The botanical gardens encompass 120 acres which are currently open to visitors with advance-purchase tickets.</p>	<p>Membership provides free admission.</p> <p>Non-Member: \$21 to \$24</p>	<p>Website:  <a href="#">The Huntington</a></p>

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<b>Well Connected, Covia Corporate</b>	A virtual community consisting of participants, staff, facilitators, presenters, and other volunteers who value being connected. Activities in English and Spanish are designed to provide laughs, intellectual stimulation, inspiration, conversation, and more, all via groups that can be accessed by phone or computer. Topics include art, zoology, music, meditation, and more.	Free	Telephone: 925.956.7400 Website: <a href="#">Well Connected</a>
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\*Instruction and tutorials for Zoom can be accessed at the Zoom Help Center:  
[Getting Started – Zoom Help Center](#)