



Senior clubs and social resources

Carmel

Carmel Foundation – Senior Center

8th and Lincoln Street, Carmel by The Sea, CA 93921 | (831) 624-1588 | hzoller@carmelfoundation.org
“Our vision is to facilitate successful aging by providing a broad spectrum of interactive activities and services for the ever-changing physical, social, emotional and cognitive needs of our members.” Activities include: dance, discussion groups, dominoes, scrabble, and much more. Dining hall and field cafe now open.

Seniors Helping Seniors

(831) 624-6403

The program organizes volunteers to make daily calls and welfare checks to the many senior citizens in our community. In addition, this program also provides volunteer opportunities for seniors who enjoy helping other seniors.

Castroville

Castroville Senior Center

11261 Crane Street, Castroville, CA 95012 | (831) 633-3084

NCRPD invites seniors all year long to enjoy fun activities and a place to meet up with other seniors. Seniors also plan field trips to various local attractions like the Monterey Bay Aquarium, Monterey County Fair, casino trips, shopping trips, and more. Senior nutrition program.

King City

Leo Meyer Senior Center

415 Queen Street, King City, CA 93930 | (831) 385-4562

Lunch, Classes, Legal Aid, Nutrition Classes, HICAP, AARP, Hot Lunch

Marina

Marina Senior Center

211 Hillcrest Avenue, Marina, CA 93933 | (831) 384-6009

A fun, safe, healthy environment and affordable program where all seniors can participate. The center offers a variety of recreational opportunities including line dancing, board games, crochet/knitting, bingo, and much more.

Monterey

Scholze Park Center — Senior Center

280 Dickman Avenue, Monterey, CA 93940 | (831) 646-3878 | ziel@monterey.org

The center offers a variety of fun-filled programs for adults of all ages including art workshops, dance, sewing, exercise classes and much more!

Monterey Bridge Club Unit530

201B Calle Del Oaks, Del Rey Oaks CA 93940 | Ace@MontereyBridgeClub.com

Duplicate Bridge. OPEN Games: Sundays at 1:15 p.m., Mondays at 10:15 a.m., Tuesdays at 6:30 p.m., Wednesdays at 11:15 a.m., Fridays at 12:30 p.m., and Saturdays at 10:15 p.m.

“Monterey Bay Walkers” on Meetup

www.meetup.com

Meet new friends, enjoy the beauty and nature of the Bay Area. Walk, talk, take photos, and join us for fun and exercise. This group is open to anyone. You can be any age, background and health and fitness level. The group's focus is to provide regular local weekly walks and various fun and exciting walks around the Monterey area.

Pacific Grove

Sally Griffin Active Living Center

700 Jewell Avenue, Pacific Grove, CA 93950 | (831) 375-4454 | alcdir@mowmp.org

Hot Lunch, Classes, Games, Field Trips, Computer Lab, Computer Class, Exercise, Pilates, Tai Chi, HICAP, Legal Services, Tax Assistance, and AARP Safe Driver

Pebble Beach

Senior Golf Association of Northern California

3200 Lopez Rd, Pebble Beach, CA 93954 | (831) 625-4653

Membership in the SGANC provides you with: Opportunities to play friendly tournament golf at a wide variety of first class and typically hard to arrange venues, camaraderie and networking with like-minded lovers of the game of golf. Social activities including fine dinners and cocktail parties.

Prunedale

Prunedale Senior Center

8300 A Prunedale Road North, Prunedale, CA 93907 | (831) 663-5023

Serving seniors in North Monterey County since 1994. Bingo, Bucko, Line Dancing, etc.

Salinas

Active Seniors Inc. — Senior Center

100 Harvest St., Salinas, CA 93901 | (831) 424-5066 | activeseniorsinc@gmail.com

This center provides a secure social environment for seniors; where they have a choice to participate in activities which are physically and mentally healthful according to their individual needs. Quilting and Knitting, Light Exercise, Mahjong, Fabric Art, Line Dancing, and many more activities.

Salinas Community YMCA — Active Older Adults

117 Clay Street, Salinas, CA | (831) 758-3811

The Salinas YMCA offers high quality programs for people of all ages. To meet the needs of our active older adults, we provide activities that promote health and wellness to develop a healthy spirit, mind, and body.

Seaside

Oldemeyer Center — Senior Programs

986 Hilby Avenue, Seaside, CA 93955 | (831) 899-6809

Make new friends, take a class or just travel to a new and unique place. Everyone 60 years and better is welcome to join in a variety of activities and programs. Bridge, Bingo, Cribbage, Knitting & Crocheting, Square Dancing, Line Dancing, Chi Gong, Flexibility and Relaxation Class, Yoga, Senior Swim, and many more activities.

Soledad

South County YMCA Family Center

560 Walker Drive, Soledad, CA | (831) 678-1239

The South County YMCA offers high quality programs for people of all ages. To meet the needs of our active older adults, we provide activities that promote health and wellness to develop a healthy spirit, mind, and body.

Watsonville

Watsonville Senior Center

114 East 5th Street, Watsonville, CA 95076 | (831)768-3277

The Watsonville Senior Center is the hub for programs and services for community adults ages 50+. We offer a myriad of recreational programs and activities and resources. Through partnerships with local non-profits, a number of resources and services are available on a regular basis.