

# SENIORS 55+ ACTIVITY CALENDAR

## July 2025



### Wednesdays | 10:00am

2  
First Wednesday—  
The History of Monopoly  
City Hall—Building 8P  
10601 Magnolia Ave.

9  
Bunco w/Suzanne  
City Hall—Building 8P  
10601 Magnolia Ave.

16  
Bingo  
City Hall—Building 8P  
10601 Magnolia Ave.

23  
Acupuncture—Ancient Healing  
for Modern Pain Management  
Grossmont Healthcare District  
Health & Wellness Library  
9001 Wakarusa St.

30  
Impact Melanoma—  
Presentation  
City Hall—Building 8P  
10601 Magnolia Ave.



Do you have Monopoly in your cupboard? Have you celebrated as you drove a family member into fictional bankruptcy? No matter which version (and there are many) you've tried, this colorful board game remains a game night staple. But how did it come about?

Join professor of U.S. History Meagan Albrant as we explore the fascinating, sometimes twisted, history of one of the most popular board games of all time.

17  
Intergenerational Day—  
Bingo + Pizza  
Santee Teen Center  
8125 Arlette St.



**Come Join Us!**

**Fitness Workout Challenge**  
Complete 25 workouts over Summer and win a prize!



**Have Fun!!!**

Grab your Record Sheet @ City Hall

## Wellness Wednesday: Acupuncture – Ancient Healing for Modern Pain Management

This presentation explores the history, principles, and benefits of acupuncture, highlighting its evidence-based applications in effectively managing chronic and acute pain. Attendees will learn how this ancient practice complements modern healthcare to promote wellness and relief.



Grossmont Healthcare District's  
**Health & Wellness Library**

An East County community resource

**Speaker:** Tracy Strong, DACM, LAc.

**A Doctor of Acupuncture and Chinese Medicine, is the cofounder of SimplyStrong Acupuncture and Integrative Medicine in San Diego, CA.**

**When:** Wednesday, July 23 | Presentation 10-11 AM,  
 Film screening begins 11:30 AM

**Where:** Grossmont Healthcare District's Conference Center Auditorium  
 (9001 Wakarusa St. La Mesa, CA)

**Feature film:** White Bird (2023)

Thursdays

6:30PM - 8:00PM

Town Center Community Park East  
 550 Park Center Drive, Santee



- Jul 10 **Paging the 90s**  
Electrifying 90s Experience
- Jul 17 **Santana Soul**  
Santana Tribute
- Jul 24 **Republic of Music**  
Variety Dance Music
- Jul 31 **PHT & The Honky Tonk Nights**  
Country Rock
- Aug 7 **80's All-Stars**  
Best of the 80s
- Aug 14 **Jimmy's Buffet**  
Jimmy Buffett Tribute



FOOD  
 PARKING  
 FAQs