

Trip Destinations



- Balboa Park
- Chula Vista**
- Coronado*
- El Cajon**
- Encinitas*
- Fashion Valley
- Gaslamp Qtr.
- Hillcrest

*Additional cost for Coaster & Coronado Ferry.
**Additional entrance fee required.



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Rides4Neighbors



Travel San Diego For Adults 60+

Explore

Learn

Discover



*Open to All Residents of
San Diego County*

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Travel Trainer**

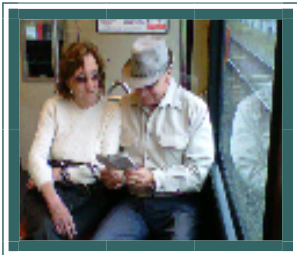
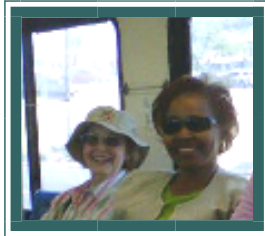
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Travel San Diego - STAY ACTIVE YOUR WAY

What is Travel San Diego?

A weekly class specifically designed for adults 60+ or disabled who are interested in **Staying Active, Brain Fitness**, and love to **Travel!**



Why take the class?

A recently published study in the *Journal Health and Social Behavior* reports we need a variety of brain stimulation including

social activity to keep our minds sharp. By doing so you not only enjoy the company of people around you, you'll keep your brain stimulated.

Where is the class held?

Initially the class leaves from the La Mesa Adult Enrichment Center. Subsequent classes leave from MTS bus or trolley stops nearby.

Tell me more about the class.

The class meets weekly and is limited to 12 students. The Travel Trainer leads each trip and focuses on a different aspect of public transportation. The class covers: how to buy fare cards, read schedules, plan trips, and



personal safety tips. The class philosophy is **"Learn by Doing"** and each week you will have the opportunity to practice the skills you have learned while traveling through San Diego. With the help of your Travel Trainer you will gain the confidence, knowledge, and skills to use public transportation on your own.

Fee: If you already have your MTS Senior Fare Card, the class fee is \$5; if not, \$43 will cover your 2 month MTS Senior Fare Card and class fee.

