

Councilmember Marcus Bush

National City



Issue #01 | JULY 2024

Dear National City residents,

My name is Marcus Bush; I was elected to our City Council in November 2020, and I'm excited to introduce the first of my newsletters. My goal is to provide you all with updates on the work that myself, our Mayor & Council colleagues, & City employees have been doing; updates on issues going on in the City; programs we offer; and upcoming community events. The information I share will also include my opinion & perspective on the issues, but I will always be truthful - and in the event that I make a factual error - will correct it as soon as possible.

While I won't be able to cover all items or issues going on in the City, I try to focus on the issues that are the most important to you which I hope informs and inspires you to join our Council meetings so that we can all hear and discuss your ideas for addressing these issues.

I would love to hear your thoughts, learn what issues matter to you the most, and see what different or new issues you would like me to focus on for the next newsletter.

Finally, a big-shout out to my Council Representative Daniel Gonzalez who worked very hard this past month on assisting me in putting this newsletter together. Without him, this wouldn't be possible... thank you Daniel!

I hope to hear from you all soon!

Sincerely,

Marcus Bush
Councilmember, City of National City





This season was especially remarkable because the team started off behind with an 0-4 record and was able to completely turn it around. This is a testament to the hard work of Head Coach Erving Hernandez, and supporting coaches:

- Brian Hay
- Brandon Burris
- Jarrod Duke
- Angel Cota
- Ricardo Mascardo III
- Jesse Aguilar
- Jared Bixler
- Duane Brown
- Christian Rodriguez
- Thomas Cunningham
- Roberto Porras
- Joseph Fonseca
- Beto Porras
- Xavier Brown
- Rodrick Dixie
- Steve Reed
- Adrian Arguello
- Dan Sweeney

Although the team lost the championship game, this is the highest SUHi's football team has ever made it, and the community came out to support at the game.



Thank you to Sycuan Casino for sponsoring four charter buses for the team, as well as their families, friends and community members (including myself and my sons) to be able to attend the game. *Special thanks to both Mayor Ron Morrison and his Executive Assistant, Josie Flores-Clark, for reaching out to Sycuan Casino and requesting their assistance.*





- Ryan Guerra
 - Carlos Delgado
 - Izell Wright
 - Xzavier Crews
- Jameek Jackson
 - Adrian Guerrero
 - Gilberto Sarabia
 - Rodolph Guimay

Be the Change: The Need for Active Community Involvement

Boards play a crucial role in representing community interests. However, when vacancies occur, several critical issues arise:

1. **Underrepresentation and Diverse Perspectives:** Vacancies can lead to underrepresentation, affecting diverse viewpoints and community needs. Without a full board, decisions may not adequately reflect the community's interests.
2. **Transparency and Accountability Concerns:** Unfilled positions raise concerns about transparency and accountability. Citizens may question why vacancies persist and whether the board is fulfilling its responsibilities.
3. **Functional Disruption:** Vacancies disrupt the board's ability to function effectively. Timely appointments are essential to maintain continuity in decision-making and governance.

If you're passionate about your neighborhood and community, consider applying for one of the seven vacant board positions today. Your involvement matters!

TAKE ACTION

- i. Go online and fill out the application on our website:

<https://www.nationalcityca.gov/government/boards-commissions-committees>

NATIONAL CITY

CALIFORNIA • 1887

Apply to serve on a City Board!



Community

Now accepting applications

Board of Library Trustees

Civil Service Commission

Community & Police Relations Commission

Housing Advisory Committee

Park, Recreation & Senior Citizens Advisory Committee

Planning Commission

Public Art Committee

Traffic Safety Committee

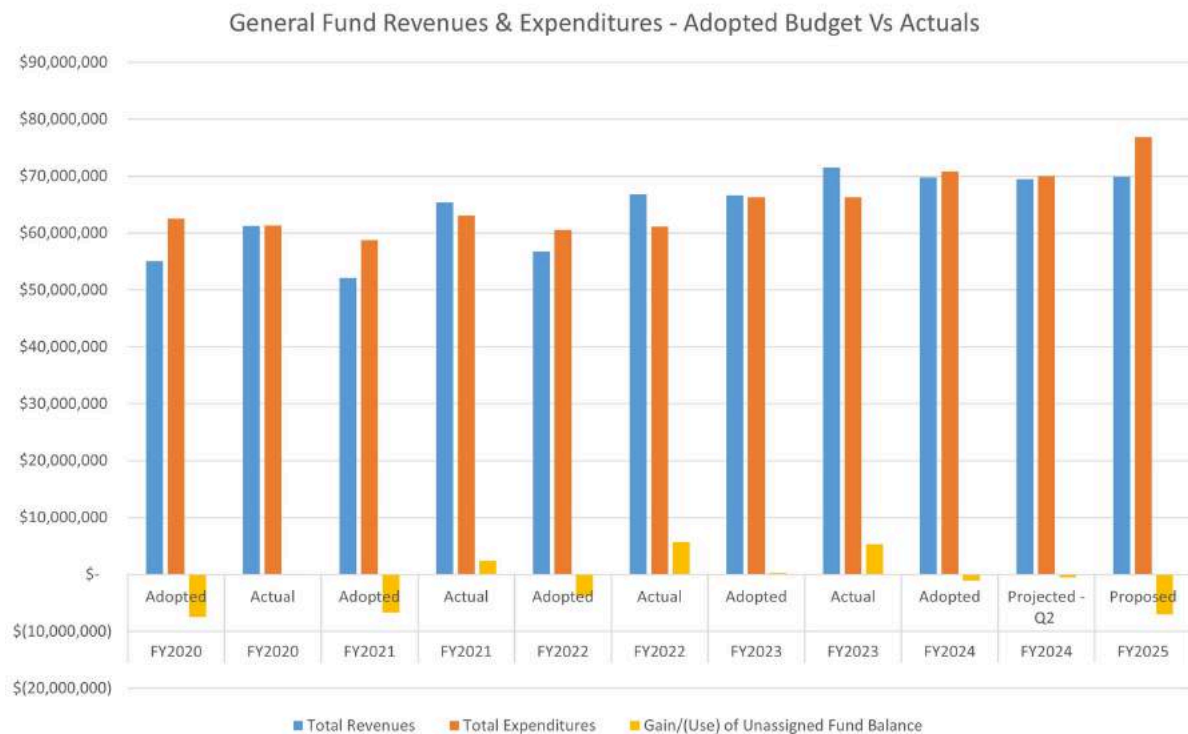


Visit Our Website to apply
<https://www.nationalcityca.gov/government/boards-commissions-committees>

APPLY NOW

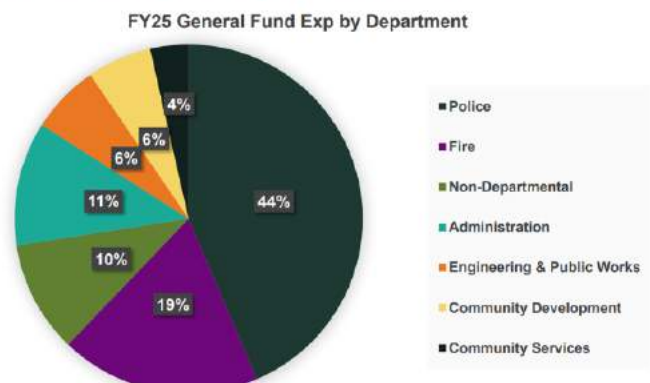
Understanding the Proposed Budget

At City Council, we passed a historic \$70 million City budget for the next fiscal year (July 1, 2024, to June 30, 2025) that dedicates some of the highest funding for public safety and continues to address some of our biggest problems, including homelessness, prostitution, new bathrooms at the Paradise Creek Education Park, and more.



Although the budget is balanced this year using \$4M of our \$22M surplus (called the “Unassigned Fund Balance in our budget book”), we are NOT tapping into the millions we have in reserves. Our City Manager and Finance Department have taken a more conservative approach to estimating revenues & expenditures (as they should). As you can see in the chart below, we have historically budgeted and expected shortfalls. Still, when the actual revenues come in, we typically exceed what we expect and save on expenditures (look at the columns that say “actuals”), and it’s reasonable for us to expect that the same trend will hold up this year. The columns that say “actuals”), and it’s reasonable for us to expect the same trend to hold up this year.

Expenditure by Department



Understanding the Proposed Budget Con't.

There's still a risk of having structural budget deficits this year and next. Our city manager and council agree that we should be cautious heading into this budget cycle. Our city manager has worked with all of our city departments to identify savings and cuts to help ensure we have a balanced budget. We will take another look at our budget during the mid-year cycle in a couple of months when we get updated numbers and can better determine trends and will make cuts if necessary.

FY25 CIP Funding Recommendations

| Project | Description | General Fund (001) | Facilities Maintenance Fund (001) | Gas Tax (SB1 RMRA) Fund (109)* | Sewer Service Fund (125) | TransNet (Prop "A") Fund (307)* | Information Systems Maintenance Fund (629) | Total |
|------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------|-----------------------------------|--------------------------------|--------------------------|---------------------------------|--------------------------------------------|---------------------|
| Street Resurfacing (109-409-500-598-6035) (307-409-500-598-6035) | Projects include a combination of roadway rehabilitation, grinding and overlay, slurry seals and restriping of finished pavement including bike facilities; other improvements include removal and replacement of damaged or lifted sidewalks and substandard pedestrian curb ramps for ADA compliance. | \$ - | \$ - | \$ 1,570,000 | \$ - | \$ 2,046,000 | \$ - | \$ 3,616,000 |
| Traffic Monitoring / Safety Enhancements (001-409-500-598-6573) | Provide various infrastructure improvements to National City's transportation network to enhance safety and access for all users; includes transportation planning, engineering, traffic data collection, analysis and reporting, traffic safety evaluations, and ADA compliance audits; funding serves as local match for larger regional, State and/or Federal transportation grant projects and contributes to National City's maintenance of effort for receipt of local Prop A TransNet funding and State Gas Tax Road Maintenance and Rehabilitation Account (RMRA) funding through Senate Bill 1. | \$ 500,000 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 500,000 |
| Total | | \$ 2,000,000 | \$ 1,000,000 | \$ 1,570,000 | \$ 2,000,000 | \$ 2,046,000 | \$ 100,000 | \$ 8,716,000 |

* Estimated Allocation

FY25 CIP Funding Recommendations

| Project | Description | General Fund (001) | Facilities Maintenance Fund (001) | Gas Tax (SB1 RMRA) Fund (109)* | Sewer Service Fund (125) | TransNet (Prop "A") Fund (307)* | Information Systems Maintenance Fund (629) | Total |
|------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-----------------------------------|--------------------------------|--------------------------|---------------------------------|--------------------------------------------|--------------|
| Drainage Improvements (001-409-500-598-7049) | Replace corrugated metal storm drain pipes and provide other high priority drainage improvements Citywide and in flood-prone areas. | \$ 1,000,000 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 1,000,000 |
| Facilities Upgrades (001-409-500-598-1500) | Complete high priority major maintenance and upgrades to City facilities to support safety, operations and public services. Projects prioritized through needs assessments and inspections of City facilities. | \$ - | \$ 1,000,000 | \$ - | \$ - | \$ - | \$ - | \$ 1,000,000 |
| Paradise Creek Educational Park Restrooms (001-409-500-598-6202) | Install new restrooms at Paradise Creek Educational Park as part of the Paradise Creek Wetlands Expansion project. | \$ 500,000 | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 500,000 |
| Public Safety Cameras (629-409-500-598-8040) | Install new cameras and associated infrastructure for public safety. | \$ - | \$ - | \$ - | \$ - | \$ - | \$ 100,000 | \$ 100,000 |
| Sewer Replacement / Upsizing (125-409-500-598-2024) | Repair and/or replace deteriorated sewer lines and/or upsizing to increase capacity and efficiency of the sewer collection system Citywide. Projects prioritized through video camera inspections of existing sewer systems, capacity analysis and review of sewer master plan. | \$ - | \$ - | \$ - | \$ 2,000,000 | \$ - | \$ - | \$ 2,000,000 |

Flag raising

On June 12, 2024, Paradise Valley Hospital in National City celebrated The Philippines Independence Day with a ceremonial flag-raising event. This significant occasion was highlighted by the presence of Vice Mayor Yamane, who delivered a heartfelt speech emphasizing the importance of Filipino heritage and the contributions of the Filipino community to the city. The event served as a reminder of the deep cultural ties and shared history between National City and the Philippines, bringing together community members in a festive and reflective celebration.



Introduction – Daniel Gonzalez

I'm excited to introduce the hiring of Daniel Gonzalez as my Council Representative, my first dedicated full-time staffer! When our Council increased the individual council budgets to \$100,000 last year, that provided sufficient funding to bring on staff, and nearly a year was spent working out a hiring process and an updated policy to guide our use of the funds.

Growing up in the rural communities of Calexico and the Imperial Valley, Daniel moved to San Diego County to pursue a music career and to further his education. Daniel attended California State University San Marcos for business administration in 2018. During that time Daniel established his own business called, "Studio 414", A business-to-business marketing agency that offered social media management services. Daniel started as an office administrator in the section eight department for the City of National City in late 2021.

In addition to the monthly newsletters, Daniel will manage my schedule, assist with constituent emails & calls, attend meetings and policy analysis, and staff me on outside committees, including Metropolitan Transit System & Air Pollution Control District, promote city events, and overall communication.



South County Lighthouse: Our Newest Community Haven

A huge City milestone in addressing the homeless crisis was reached last month with the opening of the first homeless shelter in National City.

The emergency shelter – called the South County Lighthouse is located at the former South Bay Community Church on Euclid – directly next door to my home. It is a shelter that is using ZERO dollars in public funds and fully operated by the San Diego Rescue Mission—a local, faith-based nonprofit that has been working to serve the homeless community since 1954. The Lighthouse will offer prepared meals, showers, laundry, job training, case management, and a temporary place to sleep for 30 days for families and even their pets. At the end of the 30 days, clients will have the option to move to the longer-term recovery facility in Downtown San Diego where they will focus on job training, healing from health issues, and finding permanent housing. The Lighthouse is open and accepting up to 75 people from now until the end of the year when they hope to expand to full capacity at 160 residents.



Councilmember Bush Cheers Lighthouse Opening

While there are a lot of concerns If you do experience or see issues from neighborhood residents that with homeless around this shelter, the shelter will attract more please call my cell at 619-510-homeless to the area and bring 5590. crime or other problems, SD Rescue Mission CEO, Donnie Dee, has committed to having security and is restricting clients from entering in and out while in the program. In addition, our City staff including police, will be working closely with the Rescue Mission to ensure protocols and rules are followed. This shelter is right in my backyard and I have ensured my neighbors and community residents that I am personally keeping a close eye on the streets and will contact staff directly the moment there are issues.

Admission Inquiries

dnc@sdrescue.org

619-819-1844

Address for admission:

120 Elm Street,
San Diego, CA 92101

Port / Waterfront Issues

The Port of San Diego is a public agency formed by the State in 1962 and was created to govern land & water uses on waterfront property around the San Diego Bay, including the cities of San Diego, Coronado, Chula Vista, Imperial Beach, and National City.



The Office of the Port of San Diego

The Port is led by a 7-member Board, and each City appoints one representative (except for San Diego which appoints three).

National City generates **more** revenue per capita than any of the other cities and yet we get the least amount of benefits and some of the worst impacts, such as traffic and air pollution. The air pollution from the trucks and industrial operations has led to some of the County's highest rates of asthma and cancer in Westside/Old Town National City neighborhood.

Sandy Naranjo was appointed as our Port Commissioner in December 2020 and was the greatest advocate not just for National City, but for clean air and health across the entire Port including in communities like Barrio Logan. Here, she updated the Port's lease language to protect environmental health and

provide economic benefits to the neighborhood. She was instrumental in pushing the Port to adopt the Maritime Clean Air Strategy that sets goals on reducing pollution in National City and increases the Maritime Industrial Impact Fund that helps fund help green transportation projects in National City like FRANC (Free Ride Around National City).

Because of Commissioner Naranjo's bold leadership and effectiveness in representing National City, the Port spent years and at least hundreds of thousands

in public dollars in retaliating against her and undermining our City's goals. For several months – if not years – Port commissioners and staff bullied and coerced our City leadership Commissioners, Staff, among others ever since the illegal and improper censure that violated the Brown Act and Commissioner Naranjo's due process in October of last year.

I've been fighting against the Port not for Commissioner Naranjo personally, but rather because of the disrespect against our City's representation and the decades of injustices against our community.



Port / Waterfront Issues Con't.

In May, on a 3-2 vote supported by Mayor Ron Morrison, Vice Mayor Ditas Yamane, and Councilmember Jose Rodriguez, our Council acquiesced to Port demands and removed Sandy Naranjo, despite her only having a few months left to serve in our term. While I respect my colleagues and the decisions that the majority of our Council takes, myself and Councilmember Luz Molina (District representative for District 1 which includes the Port and OTNC neighborhood) strongly oppose us as a City caving into bullying tactics from outside people or agencies.

The Port has extracted and taken advantage of National City and our waterfront for too long, and I think it's time that all of us as residents of National City fight for our community.



Pepper Park

That's why I support Assemblymember David Alvarez's Port Reform Bill AB2783 and efforts by San Diego Local Agency Formation Commission (LAFCO) to begin official oversight of the Port. Our issues with the Port are long and complicated, but I ask all of you for your help and support. Read and research the actions the Port has taken, efforts to reform, and take action by attending meetings and sharing your concerns and ideas on how we in National City can get our fair share from the Port.

Thank you to Sandy Naranjo for her hard work and sacrifice for National City while she served as our Port Commissioner. Because of her, National City is on track to getting our fair share from the Port .I'm looking forward to even more changes and reforms that will happen with our next Port Commissioner.



Port of San Diego

Appointment of New member on research and development committees at Boston Scientific, St Jude, and Biotronik. Dr. Ungab is also a businessman and entrepreneur who co-founded Lucia Health Guidelines, that applies artificial intelligence to advance treatment on stroke prevention.

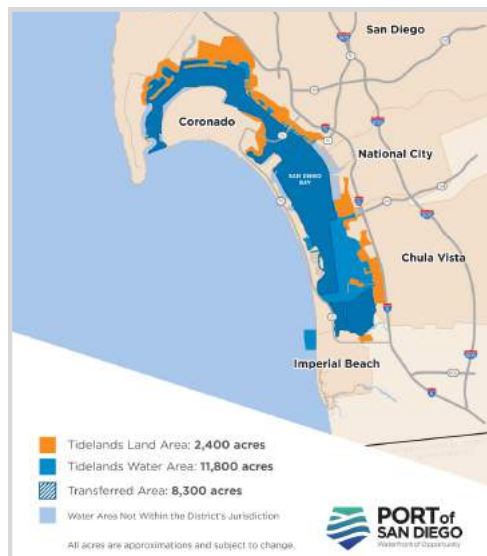
Port Commissioner

Congratulations to Dr. Gil Ungab – our new Port Commissioner representing National City and our first-ever Filipino representative on the Port!

Commissioner Ungab is the son of Filipino immigrants, was born and raised in National City, and has a family with deep ties to the community. His late sister Florence Ungab, was the first Miss National City of Filipino ancestry and became the first Filipina to serve elected office in San Diego County when she was elected to the National School Board in 1976. His other sister Stella Ungab retired from our National City Police Department and his late brother, Fideles Ungab, served as a Councilmember. I went to Granger Junior High with Fideles' son Ryan Ungab where we took PE class and played sports in 2003.

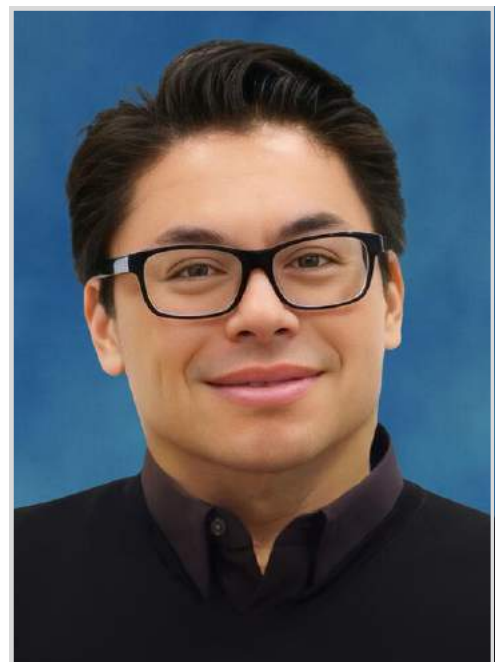
Commissioner Ungab is a retired cardiologist who graduated from medical school at UC San Diego in 1994. He ran his own practice, Ungab Medical Practice, in the community from 2003 through 2022 and was a former medical director at Sharp Chula Vista Medical Center. He served as a

During the appointment process, Commissioner Ungab had received overwhelming community support, with several residents and former colleagues of Gil coming to speak in his favor. Myself, along with Mayor Ron Morrison and Councilmember Luz Molina were proud to nominate him, while Vice Mayor Ditas Yamane and Councilmember Jose Rodriguez nominated former Mayor, Nick Inzunza. Once it was clear that Dr. Ungab had the majority of Council support, both Ditas and Jose joined the rest of Council in the final vote to approve him for the Port Commission.



As excited as I was to have Dr. Ungab as our commissioner, I was even more satisfied with our Council's decision when I later found out from a source at the Port that their leadership wanted and expected us to appoint Inzunza. At the end of the day, National City needs to prioritize the candidates who we think will best serve our City's interests and not who the Port wants.

Commissioner Ungab has been sworn in and has already hit the ground running with his first Port meeting last month! He'll be coming to the Council meeting in August to provide updates. We look forward to the great he work he'll do in representing us and making sure National City gets more of its fair share from the Port!



Portrait of Dr. Gil Ungab



Albuquerque was one of the first (if not THE first) City in the US to repeal their lowrider-targeted cruising ban.

Albuquerque was one of the first (if not THE first) Cities in the US to repeal their lowrider-targeted cruising ban. When we first attended in 2022, they provided a blueprint and model for myself, the lowrider community, and our city leaders to repeal National City's no-cruising ordinance in 2023.

A Vehicle For Change

This past month, I, along with our police and members of the United Lowrider Coalition, traveled to Albuquerque, New Mexico, for the 4th Annual National Cruising Community Policing Conference.

The annual conference takes place alongside the Albuquerque Lowrider Supershow and offers workshops, economic development tours, and opportunities to network with other cities, including their police departments, school systems, lowrider clubs, and city officials who are starting up their own programs or trying to grow them. Each year, the conference has been spearheaded and funded by Albuquerque City Councilor Klarissa Pena's Office, the Albuquerque Police Department, and the Drug Enforcement Agency.



Lowrider Bike Club

Now that the cruising ban has been repealed, the United Lowrider Coalition (led by President Jovita Arellano, Vice President Marisa Rosales, and Secretary Deanna Garcia) has been focusing their attention on youth mentorship and outreach through their Youth Leadership Lowrider Bike Club. The program connects at-risk youth with positive role models who provide guidance, support, and encouragement through building a low-rider bike.





Celebrating Edgar, His Legacy and Impact

"Edgar was a very enthusiastic, athletic, young man who loved life," - Brenda Burciaga

National City family honors teen bicyclist fatally hit by car on way to school
A National City family is honoring their son after a car hit him on his way to school, just ahead of his birthday and his high school graduation.
NBC San Diego / Jun 2

Article was sourced by NBC 7 SAN DIEGO

Quezada, J. (2024, June 2). National City family honors teen bicyclist fatally hit by car on way to school. NBC 7 San Diego.

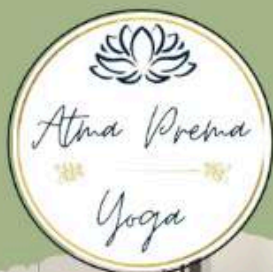
While we have a lot of positive things happening in the City, our community was also struck with tragedy. Edgar de Haro was a senior at Sweetwater High School and was killed when he was hit by a car while on his way to school, just weeks shy of graduating. This incident highlights the importance of making our streets safe and protecting people walking and cycling from cars. Parents should never have to bury their children, and I can't imagine the incredible pain Edgar's Mom & Dad are going through. My heart goes out to Edgar's parents, family members, and friends.



Councilmemembr Marcus Bush guest speaking at a APCD meeting



Councilmember Bush giving a tour of the city council chambers and city hall.



YOGA

Martin Luther King Jr. Community Center
&
Kimball Park



Register now!

www.Joinnatcity.com

AGES 12+

Gentle Yoga

MLK

5:00 PM - 6:00 PM

Monthly Fees

Package 1

**Mon - Fri (R \$45 / NR \$65)*

Package 2

Mon, Wed & Fri (R \$30 / NR \$ 50)

Package 3

**Tue & Thu (R \$20 / NR \$40)*

** classes on Tues and Thurs are held at Kimball Park**

All Level Yoga

KIMBALL PARK

6:00 PM - 7:00 PM

Monthly Fees

Tues & Thur (R \$20 / NR \$40)

Please bring your own Yoga Mat

R = Resident fee

NR = non-resident fee

MLK Community Center 140 E. 12th Street
619-336-4290/ communityservices@nationalcityca.gov



YOGA

Casa de Salud

CALIFORNIA
NATIONAL CITY
1887
INCORPORATED

Register now!

www.Joinnatcity.com



Mommy & Me

(2.5 - 5 years)

Friday and Saturday

11:15 AM - 11:45 AM

Monthly Fees

Package 1

1 class a week (R \$10 / NR \$30)

Package 2

2 classes a week (R \$18 / NR \$ 38)

AGES 12+

All Level Yoga

Saturdays

10:00 AM - 11:00 AM

Monthly Fees

1 class a week (R \$15 / NR \$35)

Please bring your own Yoga Mat

R= Resident fee | NR = non-resident fee

Manuel Portillo Casa de Salud 1408 Harding Ave National City, CA 91950
619-336-4290 | communityservices@nationalcityca.gov



YOGA

CAMACHO REC CENTER

MONDAY - FRIDAY

Register now!

www.joinnatcity.com

AGES 12+

Gentle Yoga

9:00 AM - 10:00 AM

Monthly Fees

Package 1

Mon - Fri (R \$45 / NR \$65)

Package 2

Mon, Wed & Fri (R \$30 / NR \$50)

Package 3

Tue & Thu (R \$20 / NR \$40)



All Level Yoga

10:00 AM - 11:00 AM

Monthly Fees

Package 1

Mon - Fri (R \$45 / NR \$65)

Package 2

Mon, Wed & Fri (R \$30 / NR \$50)

Package 3

Tue & Thu (R \$20 / NR \$40)

Please bring your own Yoga Mat

R = Resident fee | NR = non-resident fee

Camacho Recreation Center 1810 E. 22nd St National City, CA 91950
619-336-4290 | communityservices@nationalcityca.gov



SEASON STARTS JUNE 10 **BASKETBALL CLASSES**

CAMACHO RECREATION CENTER
1810 E. 22ND ST

MON & WED

AGES

4 - 8 & 9 - 11

5:45 PM - 7:15 PM

AGES

12 - 17

7:15 PM - 8:45 PM

Residents:

6 wks: \$100

8 wks: \$150

10 wks: \$200

Non-Residents:

6 wks: \$150

8 wks: \$200

10 wks: \$250

REGISTER @ WWW.JOINNATCITY.COM

More Information:

Phone : 619-336-4290 E-mail:
communityservices@nationalcityca.gov

NATIONAL CITY

CALIFORNIA • 1887

**GRAND
OPENING**

June 5th

CAMACHO GAME ROOM

Shuffleboard
Foosball
basketball
Boardgames
Darts

MON - FRI: 4:00PM - 9:00PM

SAT: 9:00AM - 3:00PM

CAMACHO RECREATION CENTER
1810 E 22ND ST, NATIONAL CITY, CA 91950

For More Info: (619)336-4290
communityservices@nationalcityca.gov



**GRAND
OPENING**

June 5th



CAMACHO REC CENTER FITNESS ROOM

The fitness room is now open!
meet your fitness goals this year by using the
treadmill, kettlebells, dumbbells, medicine
balls, elliptical and TRX equipment.

Camacho Recreation Center
1810 E 22nd St, National City, CA 91950
For More Info: (619)336-4290
communityservices@nationalcityca.gov

Mon-Fri: 4:00pm - 8:45pm
Sat: 9:00am - 2:45pm





Scan the QR code
or visit
link.credit.org/NCFirst
to reserve your spot today!



Our HUD-approved classes provide the information, resources, and tools you'll need to purchase your first home. Graduation may qualify you for programs like down payment and closing cost assistance.

What We Discuss:

- ✓ Improving Credit
- ✓ Down Payment Assistance
- ✓ Your Real Estate Purchase
- ✓ How Credit Affects Purchasing Power
- ✓ Home Loan Options
- ✓ and more

Virtual Classes:

When:

| | |
|-------------------|-----------|
| June 14, 2024 | 9am - 5pm |
| July 19, 2024 | 9am - 5pm |
| August 16, 2024 | 9am - 5pm |
| November 22, 2024 | 9am - 5pm |
| December 14, 2024 | 9am - 5pm |

Cost: \$15/per person

We also offer the eHome Homebuyer Education course, which is offered online in English and Spanish. Available 24/7; take the course from the comfort of your home at your own pace. When you enroll in the course, be sure to enter your legal name. After you complete the video course, you will receive instructions to contact us for your pre-purchase counseling session and receive your certificate. Get started at www.ehomeamerica.org/creditorg

Cost: \$150/household

Can't make it to this event?
Visit credit.org/homebuyerclass for more classes.

Questions?
Email Us: education@credit.org
Call Us: 800.449.9818

**nfcc**



VIAJES DE REALIDAD VIRTUAL PARA PERSONAS 50+



**Elige un día de los siguientes viernes: 2
de agosto, 6 de septiembre, 4 de octubre,
1 de noviembre**

Hora: 1:00pm-2:00pm

Lugar: Centro Comunitario MLK

140 E 12th Street National City, CA 91950

619-336-4290



Regístrese ahora llamando al

619-336-6761

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AND FLEXIBILITY WHILE HAVING FUN!

THE FEELING FIT CLUB IS A FREE
FITNESS PROGRAM FOR OLDER
ADULTS, JOIN US AND STAY HEALTHY,
INDEPENDENT AND ACTIVE!

ALL LEVELS ARE WELCOME!

THURSDAYS
9:00AM- 9:50AM
JUNE 6TH - AUGUST 29TH

MLK JR. COMMUNITY CENTER
140 E 12TH STREET NATIONAL
CITY, CA 91950.

TO REGISTER, VISIT:
WWW.JOINNATCITY.COM

FOR MORE INFORMATION: 619-336-4290
COMMUNITYSERVICES@NATIONALCITYCA.GOV



MORNING SOCIALS



JOIN US FOR

Exercise Classes
Resources
Fun Activities
Including
Crochet, Karaoke
and More



**Tuesday, Wednesday
& Thursday**
10 am – 12 pm



MLK Jr. Community Cntr.
140 E. 12th Street
National City, CA 91950



ADULTS 50+

Check out our monthly calendar for activity details.

For more information
619-336-4290

communityservices@nationalcityca.gov



MAÑANAS SOCIALES



**Martes, Miércoles y
Jueves**
10 am – 12 pm



Centro Comunitario MLK Jr.
140 E. 12th Street
National City, CA 91950



ÚNASE A NOSOTROS PARA

Clases de Ejercicio
Recursos

Actividades Divertidas

Incluyendo Crochet,
Karaoke y Más

**ADULTOS MAYORES
DE 50 AÑOS**

Consulte nuestro calendario mensual para conocer
los detalles de las actividades.

Para más información
619-336-4290

communityservices@nationalcityca.gov