

## Senior Programs from the San Diego History Center

The San Diego History Center's Education Department offers inclusive, engaging, and accessible programs for older adults of all abilities. Our senior programming invites participants to explore San Diego's history as active learners, storytellers, and historians, sharing their own memories and experiences along the way.

Designed to foster connection, curiosity, and lifelong learning, our programs emphasize conversation and hands-on exploration rather than memorization. Seniors can engage at their own pace and comfort level, participating in facilitated discussions, creative projects, and interactive experiences that bring the past to life.

All programs are flexible and adaptable. They can be held onsite at the History Center or offsite at senior living communities, assisted living facilities, and community centers, ensuring access for those with transportation or mobility challenges. Sessions can be tailored in length and format to meet the needs of participants and partner organizations, creating meaningful opportunities for learning and community engagement.

### **Programs:**

#### **San Diego Eras Touch Tour (onsite/outreach)**

This hands-on tour invites guests to explore early San Diego history through touch and conversation. Using educational artifacts from the museum's collections, participants engage with objects while learning about the Kumeyaay, Spanish, Mexican, and American eras. The program encourages memory-sharing and personal storytelling, creating meaningful connections between history and lived experience.

#### **Celebrate San Diego: Black History Touch Tour (onsite/outreach)**

Using artifacts, photographs, and documents from the museum's collections, this tactile and discussion-based tour highlights the lives and legacies of Black San Diegans who helped shape the city. Participants engage with materials, reflect on personal memories, and explore how Black history is an essential part of San Diego's past and present.

#### **San Diego's First Peoples: The Kumeyaay (onsite/outreach)**

This program explores life in San Diego before statehood through guided artifact exploration, photographs, and historic maps. Participants learn about the Kumeyaay people and engage in discussion focused on daily life, community, and connection to the land. The program emphasizes observation, conversation, and shared learning to deepen understanding of Indigenous history in the San Diego region.

### **San Diego Snapshots (onsite/outreach)**

This discussion-based program uses historic photographs from the museum's collections to spark conversation, memory-sharing, and connection. Participants explore images of San Diego's people, neighborhoods, and everyday life, reflecting on personal experiences while learning about local history. The program is designed to be accessible, welcoming, and adaptable for both onsite museum visits and offsite senior centers

### **San Diego Show & Share (onsite/outreach)**

This participatory program invites senior participants to bring a photograph or meaningful item connected to San Diego and share the stories and memories behind it. Through guided conversation, participants reflect on their personal connections to the city while learning from one another. The program centers lived experience, community history, and social connection.

### **San Diego Style (onsite/outreach)**

*San Diego Style* invites participants to explore San Diego's history through fashion and textiles. Drawing from the San Diego History Center's extensive textile and costume collection—the largest on the West Coast—this program features real garments and accessories, along with select pieces from the Center for Women's History collection. Through guided discussion, participants reflect on changing styles, materials, and cultural influences while sharing personal memories connected to clothing, work, celebration, and everyday life in San Diego.

### **San Diego Creates: Art of Manny Farber (onsite/outreach)**

This program introduces participants to the life and work of San Diego-based artist and writer Manny Farber. Through guided discussion, participants explore Farber's artistic style, ideas, and influence, followed by a hands-on collage activity inspired by his approach to artmaking. The program encourages creativity, conversation, and personal expression.

### **San Diego Creates: Art of Belle Baranceanu (onsite/outreach)**

This program introduces participants to the life and work of San Diego-based artist Belle Baranceanu, celebrated for her vibrant murals, illustrations, and prints. Through guided discussion, participants explore Baranceanu's artistic style, techniques, and impact on the San Diego art scene. The program culminates in a hands-on Styrofoam printmaking workshop, where participants create their own prints inspired by Baranceanu's approach to color, design, and storytelling. This experience encourages creativity, conversation, and personal expression.