

~ November 2025 ~

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Fall Season Sports - Bowling (BO) - Cycling (CY) - Floor Hockey (FH) - Pickleball (PB) - Volleyball (VB)	San Diego Co. Location C - San Diego City EC - East County NC - North County SB - South Bay	Facilities Bostonia Recreation Ctr. Boys & Girls Clubs Vista Kearny Mesa Rec Ctr Park de la Cruz	Facilities Lucky Strike/Bowlero CV Mira Mesa Lanes Otay Recreation Center			1 BO-SB 11am-1pm Lucky Strike CY 1:15-3:30pm No Ride
2 Daylight Savings Ends 	3 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	4 Election Day 	5	6 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	7 VB-SB 430-530 Otay Rec Ctr	8 CY 6:30am Liberty Station "Ride the Point", picnic following
9 SNAP Flag Football Tourn-Valencia HS, Santa Clarita 8:30am-3pm  BO-C/NC 10:45a-12:20 Mira Mesa	10 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	11 Veterans Day 	12	13 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	14 VB-SB 430-530 Otay Rec Ctr	15 TRS Turkey Trot-Park de la Cruz 8:30-11am  BO-SB 11am-1pm Bowlero CV
16	17 FH-C 6:30-8:30 Park de la Cruz VB-C 5:30-7pm Park de la Cruz	18	19	20 FH-Jr. 4-5:30pm Kearny VB-EC 6-7:30pm Bostonia VB-NC 6-7pm B&G Vista	21 VB-SB 430-530 Otay Rec Ctr	22 S4EA Volleyball Tourn-Balboa Park Activity Center 9am-4pm  BO-SB 11am-1pm Lucky Strike Limitless Adventure Martial Arts
23 BO-C/NC 10:45a-12:20 Mira Mesa	24 FH-C 6:30-8:30 Park de la Cruz PB-C 5:30-7pm Park de la Cruz	25	26	27 Thanksgiving 	28	29
30	Donate to S4EA 	Volts Needed for Office Projects Volunteers are needed to help with various office projects including mail-outs, newsletters, "A Taste 4 SPORTS", etc. Call S4EA at 858-565-7432 to help	Facebook Birthday FR For your birthday this year, please consider doing a Facebook birthday fundraiser for S4EA. Call S4EA at 858-565-7432 for more info.	Community Giving Program Please contact Clara at sds4ea@gmail.com or 858-565-7432 if your company has a community giving, matching gift or volunteer recognition program	Donate Stocks to S4EA Tax season has arrived & if you would like to donate appreciated securities, stocks, or real estate to S4EA, call attorney Jerry Harris at 619-282-4415.	Designate S4EA with United Way United Way & Ca State Employees charitable workplace campaigns start soon. Designate S4EA by giving United Way or Ca St. Emp. our full name & address: S4EA, 8380 Vickers St. #E, SD 92111. Thanks for your support