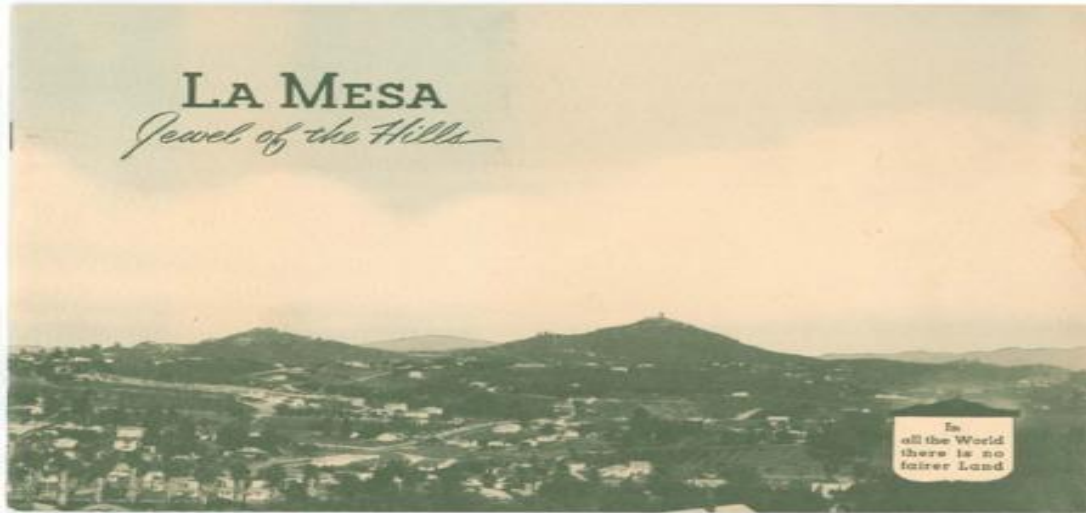


Retirement Living: Rediscovering San Diego (RSD)
Donna Eckstein, PhD

La Mesa: Historical Overview
RSD-Tu (Dec. 7): Part 1



[Source](#)

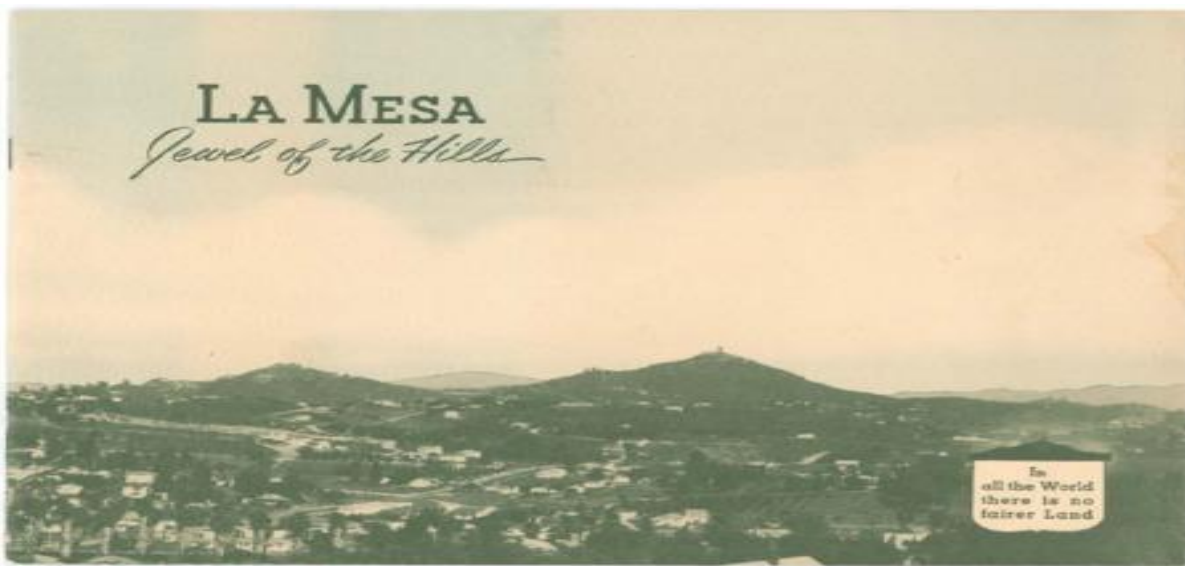
La Mesa's 2021 Holiday in the Village
RSD-Th (Dec. 9): Part 2



La Mesa: Historical Overview (Part 1)
La Mesa's 2021 Holiday in the Village (Part 2)

Presentations by Donna Eckstein (RSD-Tu: Part 1)
and Beverly Horton (RSD-Th: Part 2)

La Mesa: Jewel of the Hills – Then & Now



[Source](#)

La Mesa: The Jewel of the Hills (Historical Image)
Click [here](#) for more historical images of the areas of La Mesa, Lemon Grove, Spring Valley, and El Cajon.



[Source](#)

La Mesa: The Jewel of the Hills (Contemporary Image)

Click [here](#) to learn more about what La Mesa has to offer today.

La Mesa: The Jewel of the Hills (Today!)



[Source](#)

Map of La Mesa, Surrounding Neighborhoods, & Highways



[Source](#)

For directions, click

[San Diego State University to La Mesa Village via Hwy 8 or Hwy 94](#)

For information on Surrounding Areas, click

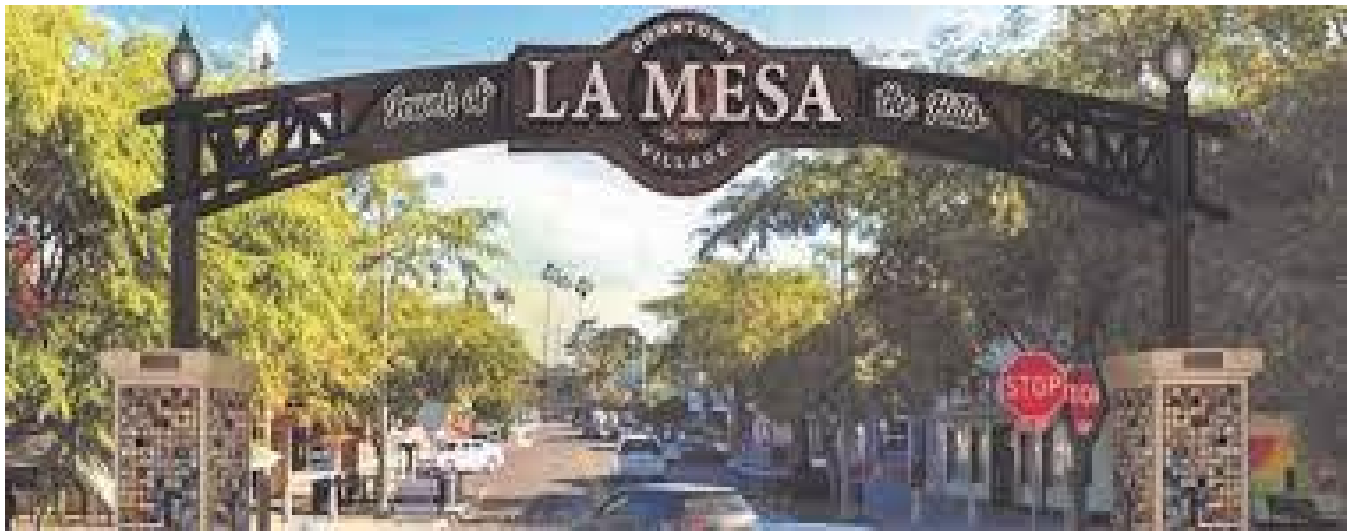
[Lemon Grove](#), [Spring Valley](#), [Grossmont](#), [Casa de Oro](#), [Calavo Gardens](#)

The Village of La Mesa

The La Mesa Village is **the historical center of La Mesa**. Many of the surrounding buildings remain as they were in 1912 when the City of La Mesa was incorporated. La Mesa Boulevard features many one-of-a-kind retail shops, antique stores, and great places to dine.



La Jolla Village Then & Now



Source

La Mesa Village District Sign (Today)

La Mesa: A Community Rebuilding Itself



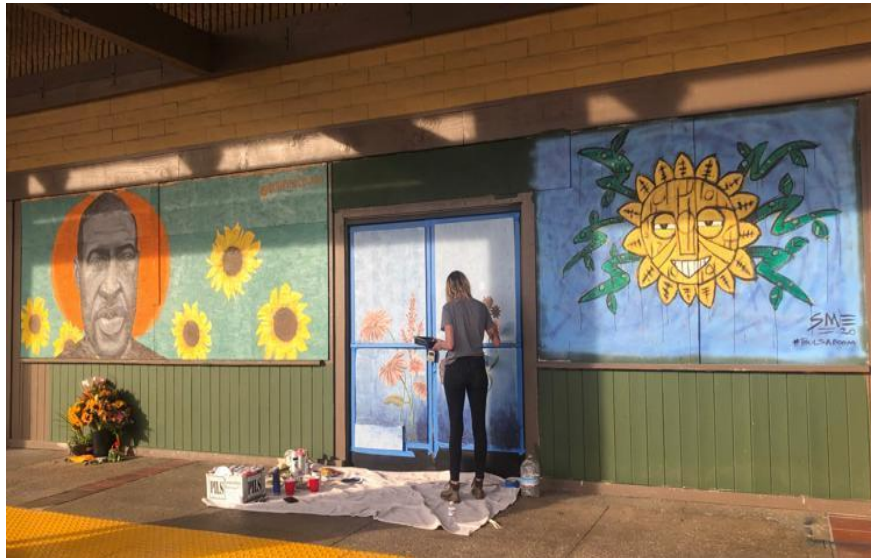
Click on news video: [Artists, community come to together to help La Mesa businesses \(2 min\)](#)

Or, click on

<https://www.cbs8.com/article/news/local/la-mesa-business-recover-artists-murals-boarded-windows-looting/509-e4013025-88a2-4993-9058-b5b45ed1069a>

Murals in La Mesa after destruction

“An East County resident reached out to fellow painters and sculptors to create murals on the large bare pieces of plywood that are covering broken windows in La Mesa.” [Source](#)



[Source](#)

"Make something prettier to look at than plywood and also keep in mind what these protests were about - these protests are about human oppression," artist Spencer Little said.

On Thursday, we will learn from Beverly Horton what the community of La Mesa and San Diego did in 2021 to celebrate the La Mesa Holidays in the Village!

La Mesa's Holiday in the Village 2021
Presentation by Bev Horton
RSD-Tu: Dec. 7, 2021



- Carolers
- Kids Activities
- Dancing Performances
- Succulents & Hats
- Crafts
- People & Pets

And much more!