The Park Avenue Community Center has events all month long to keep you busy in December. From crafts, a game day, a Winter Wonderland event and New Year’s celebrations, we are sure to keep the fun rolling into 2023.

**Don’t forget to make your holiday reservations in advance!** Due to limited seating, holiday lunch reservations will be taken on Monday, December 5 through Thursday, December 15. If you would like to join us for a holiday meal on either Friday, December 23 or Friday, December 30 be sure to make your reservation early.

The Park Avenue Community Center staff wishes you a safe, healthy, and happy holiday season!

### Holiday Spirit Weeks

- **December 5 - 9:** Holiday Socks Week: Wear your festive socks to get everyone into the holiday spirit!
- **December 12 - 16:** Holiday accessories week. Wear your favorite holiday scarf, hat, mittens, earrings, or tie to keep the holiday spirit going!
- **December 19 - 23:** Wear a holiday shirt or sweater! Cute or ugly it’s up to you.

The Escondido Senior Enterprise Meeting scheduled for December 20 is cancelled. No Nominations were received for new officers on November 15, 2022, therefore, the present board will remain in office for another year.

**Reminder:** NO PARKING on the street Every Monday from 2 - 4 p.m. due to Street Sweeping.

The Park Avenue Community Center will be CLOSED:
- Monday, December 26 in observance of Christmas Day.
- & Monday, January 2 in observance of New Year’s Day.
Nutrition Program

Congregate meals are nutritionally balanced meals served indoors at the Park Avenue Café and are designed to sustain and improve participant’s health and reduce isolation by promoting socialization. **Seating is limited, and reservations are required.**

Lunch Transportation

Lunch transportation is offered for nutrition participants only (to Center and back home). Participants may be wait listed due to capacity issues.

Reservations for Meals & Lunch Transportation

Older adults ages 60 and over can sign up for these programs. If you would like to be added to the list for congregate meals or lunch transportation, call 760-839-4803 and leave your name, age, and phone number. Participants must fill out enrollment paperwork, all forms need to be updated yearly.

The Escondido Senior Nutrition Program is supported by the City of Escondido and the County of San Diego Aging and Independence Services.
# PARK AVENUE CAFÉ LUNCH MENU – DECEMBER 2022

Delicious lunch served Monday - Friday from 11:30 a.m. to 12:15 p.m.

**Seniors 60 & over** - $4 suggested voluntary contribution  
**Under 60** - $8 fee  
No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

### Menu

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
</table>
| The nutrition program is supported by the City of Escondido and the County of San Diego Aging & Independence Services.  
Menu subject to change without notice.  
* denotes entire meal being >1000 mg sodium  
All meals are served with Low Fat Milk | **BRAISED BEEF POT ROAST**  
**Roasted Carrots, Celery & Potatoes**  
**Navel Orange**  
**Whole Wheat Bread** | **CHICKEN, SHRIMP, & SAUSAGE JAMBALAYA**  
**Collard Greens**  
**Canned Peaches**  
**Whole Wheat Bread** |
| **CHICKEN & RICE CASSEROLE**  
**Peas & Carrots**  
**Bartlett Pear**  
**Whole Wheat Bread** | **Baked Fish Vera Cruz**  
**Brown Rice**  
**Corn & Black Beans**  
**Navel Orange** | **Turkey Meatballs w/Tomato Basil Sauce**  
**Whole Wheat Spaghetti**  
**California Vegetables**  
**Canned Peaches** | **Garlic Herb Pork Loin**  
**Baked Sweet Potato**  
**Creamed Spinach**  
**Banana**  
**Whole Wheat Bread** |
| **Salmon & Broccoli**  
**Butternut Squash**  
**Steamed Peas**  
**Fruit Cocktail**  
**Whole Wheat Bread** | **Roasted Pork Loin w/Chimichurri Sauce**  
**Lime Brown Rice**  
**Roasted Broccoli & Red Peppers**  
**Banana**  
**Whole Wheat Bread** | **Pecan Crusted Tilapia**  
**Lentils**  
**Carrots & Cauliflower Blend**  
**Navel Orange**  
**Whole Wheat Bread** | **Tuna & Noodle Casserole**  
**Brussels Sprouts**  
**Canned Peas**  
**Whole Wheat Bread** |
| **Vegetarian Chili**  
**Roasted Butternut Squash**  
**Steamed Peas**  
**Fruit Cocktail**  
**Whole Wheat Bread** | **Beef Lasagna**  
**Sautééd Zucchini & Squash**  
**Canned Peaches**  
**Whole Wheat Bread** | **Parmesan Baked Chicken Tenders**  
**Sweet Potato Fries**  
**Steamed Broccoli**  
**Applesauce w/Cinnamon**  
**Whole Wheat Bread** | **Shepherd’s Pie**  
**Roasted Brussels Sprouts**  
**Mandarin Oranges**  
**Whole Wheat Bread** |
| **Blackened Tilapia**  
**Sautéed Peppers & Onions**  
**Brown Rice**  
**Gala Apple** | **BBQ Pulled Pork**  
**Black Beans**  
**Coleslaw**  
**Banana**  
**Whole Wheat Bread** | **Braised Beef Pot Roast**  
**Roasted Carrots, Celery & Potatoes**  
**Navel Orange**  
**Whole Wheat Bread** | **Roast Pork Loin w/Champagne Vinaigrette**  
**Baked Sweet Potato**  
**Steamed Broccoli & Cauliflower**  
**Gala Apple**  
**Chocolate Cream Pie**  
**Whole Wheat Roll** |

Please make your reservations by noon the day before you wish to dine.  
(on Friday for Monday reservations) 760 - 839 - 4803  
Lunch reservation, Lunch Transportation & cancellation line. (24 hr. voice mail)
December Events:

**Friday, December 9 - Crafting with Veronica**
Veronica will be teaching a fun holiday craft. Class will be held in the Auditorium from 9 -11 a.m. Space is limited, sign up at the front counter.

**Tuesday, December 13 - Talk Tuesday - United Healthcare & Auditory Assistants**
Join Agnes Mulloy from United Healthcare and Mark Shaw from Auditory Assistance as they share information about hearing and hearing aids. In the Oak Room at 10 a.m.

**Thursday December 15 - Winter Wonderland**
Join us after lunch for entertainment and holiday treats! In the Auditorium at 12:30 p.m.

**Monday, December 19 - Movie Monday**
Enjoy the Christmas comedy *The Santa Clause* starring Tim Allen, David Krumholtz, and Eric Lloyd. In the Auditorium at 12:30 p.m. Runtime is 1 hour and 33 minutes.

**Tuesday, December 27 - Game Day**
Start the week with fun, friends, and Games! Including a few rounds of Pictionary. Game day will be hosted in the Auditorium from 12:30 - 1:30 p.m.

**Wednesday, December 28 - Art with Lina**
Class will be held in the Auditorium from 9 - 11 a.m. Space is limited, sign up at the front counter or call 760-839-4688.

**Friday, December 30 - New Year’s Celebration**
Ring in the New Year a little early with your friends here at the Park Avenue Community Center! In the Auditorium from 12:30 –1:30 p.m.

**Mondays & Wednesdays in December - Feeling Fit Club (No class on Dec. 26 and 28)**
This free functional fitness program for older adults focuses on aerobic endurance, strength, flexibility, and balance to maintain independence. This class is sponsored by the County of San Diego, Health and Human Services Agency and held at both 9 a.m. and 10 a.m. in the Auditorium.

**Tuesday & Thursdays in December - Tai Chi (No class on Dec. 13 and 15)**
Free Tai Chi For Arthritis and Fall Prevention class. All ability levels are welcome. This class is sponsored by the County of San Diego, Health and Human Services Agency and held at 9:20 -10:20 a.m. in the Auditorium.

**Tuesdays in December - Song Spinners**
Free to join for anyone who loves to sing, now with a karaoke style of lyric reading. Join the club Tuesday, December 6,13, 20, and 27 in the Sycamore room from 9:30 -11:30 a.m.

**Wednesdays in December - Table Tennis**
Join the fun on Wednesday, December 7, 14, 21, and 28 in the Auditorium from 1 - 3 p.m.

**Wednesdays in December - Chess Club**
Join your fellow Chess players in the Cedar Room on Wednesdays, December 7, 14, 21, and 28 from noon - 3 p.m.

* **ALL EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION** *
Downtown Escondido Gift Cards
Two things on everyone's lists this year—unique gifts and shopping small. We have you covered.

The new Downtown Escondido Gift Card Program is live and cards can be used at any participating retailers, restaurants, venues, and amenities in Downtown Escondido. The gift cards not only serve as an excellent present for friends and family, but they also give residents a personal sense of responsibility in supporting small businesses.

Take a look as we highlight a few of our local, participating businesses—Stone & Glass, Daydream boutique, and Ginger Road Wellness & Spa: https://escondido.org/give-the-gift-of-downtown

Winter Wonderland and the California Center for the Arts
Northern Lights is back at the California Center for the Arts, Escondido until January 3. The 12-acre campus has transformed into a spectacle of light, hope, and joy after sunset each evening. After sunset the young and young-at-heart will enjoy tunnels of twinkling lights, LED Christmas trees, and light shows.

During the festival, learn how to transform popsicle sticks, string, and stick-on gems into festive ornaments. This family art activity is provided in partnership with Arts Education Connection San Diego teaching artists, Stacie Birky Greene, Abril Díaz, and Angelica Ramirez.

These are FREE events.

Please join us for the
Escondido Jaycees
70th Annual Christmas Parade
“Miracle on Grand Avenue”
Saturday, December 10th, 2022 at 2pm

Please note, the parade route is new this year. The parade runs through Downtown Escondido along Grand Avenue and it also begins in the afternoon.
Cozy, Warm, and . . . Safe!

While heating appliances and fireplaces make life comfortable during winter, they're also a major cause of home fires and other problems. Escondido Fire Department Fire Prevention Officers hope you'll keep the following concerns in mind:

Portable heaters should be Underwriters Laboratory (UL) listed and shut off automatically if tipped over. They should be kept in good condition with no frayed wires or accumulations of dust. Small children should never be left unattended in the same room with a portable heater, even for a minute. Keep all combustible items, including newspapers, bed linens, furniture, and draperies at least three feet away. Any heating appliance should be plugged directly into a wall outlet—not into an extension cord.

Stationary home furnaces should be kept free of dust and the filters should be changed regularly. Keep all combustible items at least three feet away. Consult your owner's manual, gas, or electric company if you have any concerns about the operation of your furnace. Repairs or modifications should be made only by qualified service technicians.

While it may be tempting to use a barbecue or hibachi stove for indoor heating purposes, the fact is that charcoal gives off lethal amounts of carbon monoxide when it burns. Kerosene heaters should not be used in the home, either, because they remove oxygen from the air. In fact, it's illegal to use them in a residence in the State of California for that reason.

Every fireplace should have a sturdy screen across the front to prevent embers from flying or logs from rolling out. A spark arrestor across the top of a chimney will prevent sparks from igniting your roof or your neighbor's roof. Combustible items, including extra firewood, should be kept at least three feet from the fireplace opening. If you use manmade logs in your fireplace, follow package directions carefully; don't attempt to break a log up. Never use gasoline, kerosene, or any other type of flammable liquid to start a fireplace fire.

The fireplace is no place to burn gift wrappings, trash, or other debris. Burning these items can create and release toxic fumes or cause excessive heat that can damage the fireplace. When clearing ashes from the fireplace, be sure to put them into a metal container with a lid—never into a cardboard box or paper bag. Otherwise, the embers are capable of smoldering for days with disastrous results.

The chimney should be cleaned by a qualified professional at least once a year—more if it's used extensively. Chimney sweeps can be found in the yellow pages.

Anytime we add any type of heat to our homes, the risk of uncontrolled fire increases. The Escondido Fire Department hopes you'll keep that in mind and wishes everyone a warm but safe winter.

Hear for the Holidays

Enter to Win a Pair of New Digital Hearing Aids!

Hearing loss affects millions of Americans, which is why Oticon and David M. Illich, Au.D., Chief Audiologist of Palomar Health, are teaming up to give the gift of hearing this holiday season.

The 18th Annual Hear for the Holidays Essay Contest will reward one deserving hearing-impaired individual with a new pair of Oticon digital hearing aids and a lifetime of free office visits with Professional Hearing Associates, Inc.

To enter, submit an essay of 300 words or less describing how you or a loved one deserves these state of the art hearing aids. The winning essay will be selected based on the following criteria:

- Financial need
- Impact of hearing handicap on quality of life.
- Degree of hearing impairment (Required - to be determined with a free screening at Professional Hearing Associates, Inc.)
- Quality of essay

Restrictions

- Must be 18 years or older to enter
- Must not have hearing aid coverage through any other resource (ex: insurance or State program assistance).

Essays will be accepted from
October 10 through
November 14 by 5 p.m.

Email your essay to:
Hear4TheHolidays@hotmail.com

Or mail your essay to:
Professional Hearing Associates, Inc.
1045 E. Valley Parkway
Escondido, CA 92025

For more information, please call:
760-489-6901

The winner will be announced on
Monday, December 12
IN-PERSON CLASSES

Better Balance with Stability Ball - Traci Thys
182 | Tuesdays, December 6 – 13 | noon | $16
186 | Thursdays, December 8—15 | noon | $16
We use weights, bands, and a stability ball to improve core strength, flexibility, and balance.

Chair Fitness - Traci Thys
190 | Wednesdays, December 7—14 | 12:30 p.m. | $16
Using a variety of exercises while in a chair, you will increase your strength, flexibility, and balance.

Tai Chi Chuan: Beginning - Pat Griffith, Sifu
194 | Thursdays, December 8—15 | 3 p.m. | $16
If you are a beginner, this class will improve balance, strength, flexibility and peace of mind.

Tai Chi Early Risers - Pat Griffith, Sifu
198 | Tuesdays, December 6—13 | 7:30 a.m. | $16
202 | Fridays, December 9—16 | 7:30 a.m. | $16
Improve your balance, strength, flexibility, and peace of mind.
Senior Travel Office: 760-745-5414
Monday, Wednesday, and Fridays 10 a.m. - noon

Travel meeting will be Monday, December 12 at 1 p.m. in the Auditorium.
For more information about each trip, come in to pick up a flyer.

The Senior Travel Office will be CLOSED December 26 - January 2.

Upcoming Senior Travel Trips:

<table>
<thead>
<tr>
<th>Trip</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>“Swinging” Christmas @ Almanso Court</td>
<td>December 7</td>
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<tr>
<td>Nixon Presidential Library &amp; Museum</td>
<td>February 23</td>
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<tr>
<td>Ride &amp; Dine on Palm Springs Escape</td>
<td>March 16</td>
</tr>
</tbody>
</table>

NEED HELP WITH YOUR ENERGY BILL?

SDG&E recognizes that this can be a challenging time for many customers and may be able to help if you are having trouble paying your bill. You may be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions in your service. Flexible payment arrangements are available to help you pay down past due balances. Learn more at sdge.com/Payment-Arrangements.

Check out these energy assistance programs:

California Alternate Rates for Energy (CARE) Program: Save 30% or more every month on your bill. Find out if you qualify at sdge.com/CARE.

Family Electric Rate Assistance (FERA) Program: If you don’t qualify for CARE and your household has 3 or more people, you may qualify for FERA. You could receive an 18% discount on your electric bill. Visit sdge.com/FERA to learn more.

Energy Savings Assistance (ESA) Program: You may qualify to receive free energy-saving improvements for your home, such as new appliances, lighting, insulation and more. Find details at sdge.com/ESA.

Arrearage Management Plan (AMP): If you have outstanding bills and you are a CARE or FERA customer, you may be eligible for debt forgiveness. See if you qualify at sdge.com/AMP.

Low-income Home Energy Assistance Program (LIHEAP): This program offers up to $1,000 towards your energy bill. This Federal assistance program also provides support for energy-related home improvements. Learn more at sdge.com/LIHEAP.

Even if you made a recent payment or set up a flexible payment plan with SDG&E, there may still be assistance programs available to help you. For a complete list of available offerings, visit sdge.com/assistance.
Senior Service Council Escondido
Enter at the Park Avenue Community Center main entrance.
728 North Broadway, Escondido, CA 92025. 760 - 480 - 0611
Monday & Friday 9 a.m. - noon, and Tuesday - Thursday 9 a.m. - 3 p.m.
http://escondido-senior-services.org

We will be closing early Friday, December 9 at 11:30 a.m.
We will be closed Monday, December 26 for the Christmas holiday.

<table>
<thead>
<tr>
<th>Taxi Coupon Program</th>
<th>Tuesdays and Wednesdays ONLY</th>
<th>9 - 11:30 a.m. DEBB</th>
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<tbody>
<tr>
<td></td>
<td>No appointment required</td>
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</table>

Taxi coupons may be used for doctor appointments, banking, shopping, and churchgoing within the City of Escondido. Escondido low income seniors age 50 years and older with no other means of transportation may qualify. MUST APPLY IN PERSON. Bring proof of income, including most recent bank statement, picture ID and proof of age. Allow 1 week for approval.

<table>
<thead>
<tr>
<th>Legal Aid</th>
<th>Every Wednesday by appointment only</th>
<th>9 - 11 a.m. DEBB</th>
</tr>
</thead>
</table>

Get advice on wills, trusts, bankruptcy, divorce, landlord relations, and other general legal issues.

<table>
<thead>
<tr>
<th>Notary Services</th>
<th>Wednesday, December 7 &amp; 21 by appointment only</th>
<th>9 - 11:30 a.m. DEBB</th>
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<td>only.</td>
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Have important documents signed by a notary.

<table>
<thead>
<tr>
<th>Dental Screening</th>
<th>Wednesday, December 7 by appointment only.</th>
<th>9 a.m. DEBB</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Dr. Randy Jungman, a local dentist, checks for gum disease, proper denture fit and can give you useful information about dental issues.</td>
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<table>
<thead>
<tr>
<th>Hearing Screening</th>
<th>Wednesday, December 14 by appointment only.</th>
<th>9 a.m. DEBB</th>
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<tbody>
<tr>
<td></td>
<td>Dr. David Illich, audiologist, will conduct and interpret a professional hearing test and give advice regarding an hearing aids you may have.</td>
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<tr>
<th>Grief Support Group</th>
<th>Thursday, December 8 &amp; 22</th>
<th>1 - 2 p.m. Oak Room</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>The declining health or loss of a loved one is a life-changing event. The support of others on a similar journey can help rebuild your life. Please join in on this healing journey sponsored by Bristol Hospice of San Diego.</td>
<td></td>
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<table>
<thead>
<tr>
<th>Alzheimer's Support Group</th>
<th>Monday, December 12. There will be no meeting on December 26 due to the holiday.</th>
<th>10 a.m. - Maple Room</th>
</tr>
</thead>
</table>

WE NEED VOLUNTEERS FOR THE SENIOR SERVICE COUNCIL RECEPTION DESK PLEASE CALL TO APPY 706 - 480 - 0611.
San Diego Food Bank

Next food distribution at PACC is Monday, December 19.

For more information visit: [www.sandiegofoodbank.org](http://www.sandiegofoodbank.org)

The San Diego Food Bank Senior Food Program distributes boxes of food once per month to eligible low-income seniors 60 years or older at the Park Avenue Community Center on the fourth Monday of each month from 8:30 - 11:30 a.m. (except holidays).

Applicants can enroll in the program in person on distribution day or by calling 866-350-3663.

FACT

Call FACT at 888 - 924 - 3228
8 a.m. - 3 p.m. Monday through Friday

FACT is a specialized transportation service that provides rides to seniors over 60 and persons with disabilities in San Diego County. Rides are curb-to-curb service and fares range from $2.50 - $10, cash to driver, one way. Trips are based on the availability of drivers in your area.

Trips can be scheduled 2-7 days before your appointment. Riders will need to wear a face covering or mask for safety and to protect others.

If you need further information or to schedule a ride, please call 760 - 754 -1252 or visit the website at [www.factsd.org](http://www.factsd.org).
## Important Phone Numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td><strong>EMERGENCY SERVICES</strong></td>
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<tr>
<td>Fire, Paramedic, Police Emergency</td>
<td></td>
<td>9-1-1</td>
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<tr>
<td>Emergency calls—Cell Phone</td>
<td></td>
<td>760-839-9111</td>
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<tr>
<td>Poison Control Center</td>
<td></td>
<td>800-876-4766</td>
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<tr>
<td><strong>CITY OF ENSCINDO</strong></td>
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<tr>
<td>City Clerk’s Office</td>
<td></td>
<td>760-839-4617</td>
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<tr>
<td>Code Compliance (Enforcement)</td>
<td></td>
<td>760-839-4650</td>
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<tr>
<td>Community Services Department</td>
<td></td>
<td>760-839-4691</td>
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<tr>
<td>Fire Department (non-emergency)</td>
<td></td>
<td>760-839-5400</td>
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<tr>
<td>Graffiti Removal</td>
<td></td>
<td>760-839-4668</td>
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<tr>
<td>Library</td>
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<td>760-839-4683</td>
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<tr>
<td>Park Avenue Community Center</td>
<td></td>
<td>760-839-4688</td>
</tr>
<tr>
<td>Police Department (non-emergency)</td>
<td></td>
<td>760-839-4722</td>
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<tr>
<td>Utility Billing</td>
<td></td>
<td>760-839-4682</td>
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<tr>
<td>Utility Billing (Pay by Phone)</td>
<td></td>
<td>855-608-2480</td>
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<tr>
<td>Water/Wastewater Emergencies</td>
<td></td>
<td>760-839-4668</td>
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<tr>
<td><strong>FINANCIAL SERVICES</strong></td>
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<tr>
<td>Section 8 HUD</td>
<td></td>
<td>858-694-3900</td>
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<tr>
<td>Social Security Administration</td>
<td></td>
<td>800-772-1213</td>
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<tr>
<td><strong>GENERAL SERVICES</strong></td>
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<tr>
<td>211 San Diego County Resources</td>
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<td>2-1-1</td>
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<tr>
<td>American Red Cross</td>
<td></td>
<td>858-309-1200</td>
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<tr>
<td>CA DMV</td>
<td></td>
<td>800-777-0133</td>
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<tr>
<td>CA DMV Hearing Impaired</td>
<td></td>
<td>800-368-4327</td>
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<tr>
<td>CA Department of Public Health</td>
<td></td>
<td>833-544-2374</td>
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<tr>
<td>Interfaith Community Services - Housing, Legal Aid, Meals, Supportive Services, and Tax Preparation</td>
<td>760-489-6380</td>
<td></td>
</tr>
<tr>
<td>San Diego Eldercare Directory</td>
<td></td>
<td>619-293-1680</td>
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<tr>
<td>San Diego Humane Society - Escondido</td>
<td></td>
<td>808-888-2275</td>
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<tr>
<td>Senior Service Council Escondido</td>
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<td>760-480-0611</td>
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<tr>
<td><strong>HEALTH, CONSELING, &amp; SUPPORT GROUPS</strong></td>
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<tr>
<td>Adult Protective Services</td>
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<td>800-510-2020</td>
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<tr>
<td>Aging and Independence Services</td>
<td></td>
<td>800-339-4661</td>
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<tr>
<td>Alzheimer’s Association</td>
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<td>800-492-4400</td>
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<tr>
<td>American Cancer Society</td>
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<td>833-227-2345</td>
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<tr>
<td>Arthritis Foundation</td>
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<td>800-283-7800</td>
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<tr>
<td>Center for the Blind</td>
<td></td>
<td>760-758-5956</td>
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<tr>
<td>Deaf Community Services</td>
<td></td>
<td>619-398-2441</td>
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<tr>
<td>Grief Support Groups</td>
<td><a href="https://griefshare.org">Griefshare.org</a></td>
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<tr>
<td>Health and Human Services Agency</td>
<td></td>
<td>858-694-3900</td>
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<tr>
<td>HICAP (Health Insurance Counseling and Advocacy Program)</td>
<td>800-434-0222</td>
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<tr>
<td>NAMI (National Alliance on Mental Illness) N. Inland San Diego County</td>
<td>800-532-5933</td>
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<tr>
<td><strong>LEGAL SERVICES</strong></td>
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<tr>
<td>Elder Law and Advocacy</td>
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<td>858-565-1392</td>
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<tr>
<td>Legal Aid Society of San Diego</td>
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<td>877-534-2524</td>
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<tr>
<td><strong>MEALS &amp; NUTRITION</strong></td>
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<tr>
<td>Escondido Senior Nutrition</td>
<td></td>
<td>760-839-4803</td>
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<td>Meal on Wheels</td>
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<td>760-736-9900</td>
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<td>San Diego Co. CalFresh (food stamps)</td>
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<td>866-262-9881</td>
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<td>San Diego Food Bank</td>
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<td>866-350-3663</td>
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<td><strong>MEDICAL INFORMATION</strong></td>
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<td>COVID-19 Testing/Vaccination</td>
<td><a href="https://www.seniorlaw.org">2-1-1</a></td>
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<td>Kaiser Permanente</td>
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<td>833-574-2273</td>
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<td>MediCal Information Line</td>
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<td>800-514-6885</td>
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<td>MediCare Help Line</td>
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<td>800-633-4227</td>
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<td>Neighborhood Health Care</td>
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<td>760-737-2000</td>
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<td>North Inland Resource Center</td>
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<td>858-696-3400</td>
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<td>Ombudsman/Advocate Program</td>
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<td>800-640-4661</td>
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<td>Palomar Medical Center</td>
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<td>442-281-5000</td>
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<td>Pomerado Medical Center</td>
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<td>858-613-4000</td>
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<td><strong>RECREATION &amp; EDUCATION</strong></td>
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<td>Escondido Adult School</td>
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<td>Palomar Community College</td>
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<td>760-744-1150</td>
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<td>Park Avenue Community Center</td>
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<td>FACT</td>
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<td>888-924-3228</td>
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<td>North County Transit District</td>
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<td>760-996-8500</td>
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<td>NCTD Lift Eligibility</td>
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<td>S.S.C.E. - Taxi Voucher Program</td>
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<td>760-480-0611</td>
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<td>800-411-7343</td>
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<td>San Diego Gas &amp; Electric</td>
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<td>800-272-0357</td>
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<td>California LifeLine Program</td>
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<td>California Telephone Access Program</td>
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<td>800-806-1191</td>
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Fun & Games - Winter Solstice

CALENDAR
DECEMBER
EARTH
FESTIVALS
HEMISPHERE
HIBERNAL
HIEMAL
JUNE

LIGHT
LONGEST NIGHT
NORTHERN
POLES
POLES
SOLSTICE
SOUTHERN
SUN
SYMBOLIC
TILT
WINTER

SEASONS
SHORTEST DAY
SOLSTICE
SOUTH
SYMBOLIC
TILT
WINTER

REBIRTH
REVOLUTION
RITUALS

ROTATION
REBIRTH
REVOLUTION
RITUALS

RITUALS

TILT
WINTER