The heat is on...stay cool and have fun with your friends at the Park Avenue Community Center!

This month is packed with loads of enjoyment to be had while you are escaping the hot temperatures of August. With activities such as: a fun adventure movies about pirates, an informative discussion regarding dementia and brain health, the vibrant dance party, and the return of the whimsical spirit day Tutu Tuesday, just to name a few, there is something for everyone. See pages 4 and 5 for all the activities and classes available this month.

For information about how to stay safe in hot weather, and the warning signs of hyperthermia see page 7. Be sure to get to one of the City’s Cool Zones (Escondido Public Library, East Valley Community Center, Park Avenue Community Center), or to find a cool zone near you visit: www.sdge.com/tools/summer/coolzones.

Cool Zones

Even with Cool Zone sites opening, not all older adults or persons with disabilities can leave home to escape the heat. Homebound individuals may not be able to take advantage of traditional Cool Zone sites.

To help community members beat the heat, the County of San Diego, in partnership with SDG&E, provides free electric fans to those who are 60 years of age and older, or disabled, living on limited incomes. Please be advised it is not recommended to rely on electric fans for cooling if temperatures exceed 90 degrees.

To be eligible, a resident must not have access to air-conditioning at their residence. To learn more about the Cool Zone Fan Program or to request a fan, please go to Cool Zone Fan Eligibility Survey ( surveymonkey.com ) to complete a fan eligibility survey. If you don’t have access to the internet call 2-1-1 to have a call center representative complete the eligibility form on your behalf.

Additionally, people in San Diego County unable to get to a Cool Zone location without transportation assistance, such as older adults, people with disabilities, or people who are homebound, can call 2-1-1 to be connected to a transportation or rideshare service at no cost.
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 – AUGUST 2023**

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

**SENIORS 60 & over** - $4 suggested voluntary contribution  
**UNDER 60** - $9 fee  
No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

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<tr>
<th>Monday</th>
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</table>
| **THE NUTRITION PROGRAM IS SUPPORTED BY THE CITY OF ESCONDIDO AND THE COUNTY OF SAN DIEGO AGING & INDEPENDENCE SERVICES.** | **BEEF MACARONI**  
Steamed Broccoli  
Canned Pears  
Whole Wheat Bread | **APRICOT GLAZED HAM**  
Mashed Potatoes  
Roasted Carrots  
Navel Orange  
Whole Wheat Bread | **BEEF STEW**  
Whole Wheat Pasta  
Steamed Zucchini  
Banana | **CHICKEN & SAUSAGE JAMBALAYA**  
Sautéed Peas  
Canned Peaches  
Whole Wheat Bread |
| 7 | 8 | 9 | 10 | 11 |
| **Coconut Chicken Curry**  
Brown Rice  
Sautéed Bok Choy  
Gala Apple | **Roasted Pork Loin**  
Roasted Potatoes  
Broccoli & Peppers  
Banana  
Whole Wheat Bread | **Pecan Crusted Tilapia**  
Lentils  
Carrots & Cauliflower  
Navel Orange  
Whole Wheat Bread | **Chicken Fried Steak**  
Mashed Potatoes  
Brussel Sprouts  
Canned Pears  
Whole Wheat Bread | **Barbecue Chicken Quarters**  
Baked Beans  
Cole Slaw  
Canned Peaches  
Whole Wheat Bread |
| 14 | 15 | 16 | 17 | 18 |
| **Shepherd’s Pie**  
Brussel Sprouts  
Fruit Cocktail  
Whole Wheat Bread | **Cheese Ravioli w/Bolognese**  
Sautéed Peas  
Canned Peaches  
Whole Wheat Bread | **Moroccan Style Chicken Thighs**  
Brown Rice  
Lentils  
Navel Orange | **Baked Ham w/Honey Glaze**  
Brown Rice Pilaf  
Butternut Squash  
Gala Apple | **Swedish Meatballs**  
Mashed Potatoes  
Steamed Spinach  
Canned Pears  
Whole Wheat Bread |
| 21 | 22 | 23 | 24 | 25 |
| **Apple Fennel Roast Pork**  
Lime Brown Rice  
Green Beans  
Navel Orange | **ÔRotisserie Cajun Spice Chicken**  
Black Eye Peas  
Collard Greens  
Canned Pineapple  
Whole Wheat Bread | **Braised Brisket**  
Thyme Roasted Potatoes  
Cauliflower  
Banana  
Whole Wheat Bread | **Baked Tilapia Farro**  
Roasted Peppers  
Canned Pears  
Whole Wheat Bread | **Teriyaki Chicken Thighs**  
Brown Rice Pilaf  
Sautéed Bok Choy  
Gala Apple |
| 28 | 29 | 30 | 31 | **MENU SUBJECT TO CHANGE WITHOUT NOTICE.**  
* denotes entire meal being >1000 mg sodium  
All meals are served with Low Fat Milk |

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)
August Events:

Friday, August 4 - Friday Film
Come enjoy the fantasy, action adventure, *Pirates of the Caribbean: The Curse of the Black Pearl*, starring Johnny Depp, Geoffrey Rush, Orlando Bloom, and Keira Knightley. The roguish yet charming Captain Jack Sparrow’s idyllic pirate life capsizes after his nemesis, the wily Captain Barbossa, steals his ship, the Black Pearl, and later attacks the town of Port Royal, kidnapping the governor’s daughter Elizabeth. In the Auditorium at noon. Runtime 2 hour 13 minutes

Tuesday, August 8 (SPANISH) and Tuesday, August 22 (ENGLISH) - Talk Tuesday and Treats - Dementia, Research, Brain Health
Join Esteban Gonzalez from Sharp as he discusses Dementia and caregiver burden, current research, the importance of diverse participation, and tips on maintaining brain health. Esteban will also be discussing how diverse groups are heavily underrepresented in clinical trials, especially those related to Dementia and how caregivers are affected financially and mentally. In the Auditorium at 12:15 p.m.

Wednesday, August 9 - August Celebration
Join us after lunch as we celebrate all August birthdays with cake. Sponsored by Visiting Angels. In the Auditorium from noon - 12:30 p.m.

Thursday, August 18 - Game Day
Challenge yourself and play some fun games. Join us in the Auditorium from 12:30 - 2 p.m.

Tuesday, August 22 - TUTU Tuesday
The return of Tutu Tuesday! Feel free to join in on this silly and fun day by wearing a tutu along with the staff.

Friday, August 25 - August Dance
Groove on in to our monthly afternoon dance party! In the Auditorium from 12:30 - 2 p.m.

Thursday, August 31 - Karaoke, anyone?
Visit or call the front counter between August 23 - 25 for the list of songs available. Space is limited and there is a two song maximum per person. In the Auditorium from 12:30 - 2 p.m.

Mondays & Wednesdays in August - Feeling Fit Club
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.

Tuesdays and Wednesdays in August - Shuffleboard
Join in on the good times with your friends, from 9 a.m. – noon in the Shuffleboard building.

Wednesdays in August - Table Tennis
Join the fun on Wednesdays in the Auditorium from 12:30 - 3 p.m.

Wednesdays in August - Chess Club
Join other Chess players in the Shuffleboard building on Wednesdays from noon - 3 p.m.

*ALL EVENTS AND CLASSES ARE SUBJECT TO CHANGE OR CANCELLATION*
Recreation Classes held at the Park Avenue Community Center
Enroll in all Escondido Recreation classes online today at recreation.escondido.org

**Better Balance with Stability Ball w/Traci Thys:** 8/1 - 8/29 Tuesdays @ noon $40
**Better Balance with Stability Ball w/Traci Thys:** 8/3 - 8/31 Thursdays @ noon $40

Join the fun in this low impact aerobics class. We use weights, bands and a stability ball to improve strength, flexibility and balance.

**Chair Fitness w/Traci:** 8/2 - 8/30 Wednesdays @ 12:30 p.m. $40

Using a variety of exercises in a chair. This class will help increase your strength, flexibility and balance.

**Senior Tai Chi w/Pat:** 8/1 - 8/29 Tuesdays @ 7:30 a.m. $40
**Senior Tai Chi w/Pat:** 8/3 - 8/31 Thursdays @ 3 p.m. $40
**Senior Tai Chi w/Pat:** 8/4 - 8/25 Fridays @ 7:30 a.m. $32

Tai Chi is a gentle exercise program designed to give the participants better balance, flexibility and strength.

**U-Jam Fitness w/Nina:** 6/27 - 7/25 Tuesdays @ 6:30 p.m. $32

U-Jam Fitness is an athletic hip-hop dance fitness workout that combines dance and high energy music for a workout that is bound to get your heart rate up, your body moving and make you work up a sweat—all while having fun!

**Zumba for Boomers w/Lynn:** 7/6 - 7/27 Thursdays @ 5 p.m. $36
**Zumba for Boomers w/Lynn:** 7/11 - 7/25 Tuesdays @ 5 p.m. $27

Dance for your heart and music for your soul! In this easy-to-follow class, we’ll dance Salsa, Swing, Bachata and even a little Country. Lynn has Jazzercise for many years and brings the fun to this class. No experience needed. All fitness levels welcome!
Short Term Rental Survey
The City is interested in your thoughts on how the rental of a residence, or a part of a residence, for less than 30 consecutive days is regulated.

Please take a few moments to take our survey and help shape the future of Short Term Rentals in your community: [https://engageescondido.org/short-term-rentals](https://engageescondido.org/short-term-rentals)

WaterSmart Landscape Classes
In partnership with the City of San Marcos, Vallecitos Water District, and the San Diego County Water Authority, please join us in participating in a series of FREE WaterSmart Landscape Classes!

All classes are Wednesday 5:30 pm - 8:30 pm at the Vallecitos District Offices.

- August 2 Plan Ahead: Soil and Site Assessments
- August 16 Design: Shaping Your Space
- August 30 Plants: Inspiring Choices for Our Region
- September 13 Water & Irrigation: Utilizing a Precious Resource
- September 27 Installation & Maintenance: Protecting Your Investment

To register for a class, visit [www.sdcwa.org](http://www.sdcwa.org)
Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have chronic medical conditions that change normal body responses to heat.
- They are more likely to take prescription medicines that affect the body’s ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn’t have air conditioning, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it’s really hot outside.
- Drink more water than usual and don’t wait until you’re thirsty to drink.
  * If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don’t use the stove or oven to cook—it will make you and your house warmer.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Stay informed

- Check the local news for health and safety updates.
- Seek Medical care immediately if you have, or someone you know has, symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.
Senior Travel Office: 760 - 294 - 1851
Monday, Wednesday, and Fridays 10 a.m. - noon

No Travel meeting in August.
For more information about each trip, come in to pick up a flyer.

Upcoming Senior Travel Trips:

<table>
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<tr>
<th>Trip</th>
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<tr>
<td>Knott’s Chicken Dinner and Crystal Cathedral</td>
<td>September 28</td>
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<tr>
<td>Laughlin Getaway</td>
<td>Oct. 30 – Nov. 1</td>
</tr>
<tr>
<td>Christmas with Sinatra &amp; Friends</td>
<td>December 7</td>
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HOME UTILITY BILL DISCOUNTS ARE AVAILABLE
There are programs and services available to help manage your bills.

Phone Bill Discount
The California LifeLine Program provides discounted phone services to eligible households. To learn more, visit CaliforniaLifeline.com or call 866-272-0349.

Home Internet Discount Service
You may be eligible for free or low-cost home internet service through the California Emerging Technology Fund. To learn more, visit InternetForAllNow.org or call 866-519-8655.

Low Income Water Assistance Program (LIWAP)
The new federal Low Income Household Water Assistance Program (LIHWAP) provides financial assistance to low-income Californians to help manage their residential water utility costs. Since a federal grant provides the funding, you do not have to repay it. Learn more at csd.ca.gov/Pages/LIHWAP.aspx.

With many people struggling to pay their utility bills, SDG&E wants customers to know that this financial assistance is available. However, SDG&E is not responsible for administering these three programs.
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 need volunteers for the Senior Service Council Reception Desk
Please call to apply 760-480-0611.

Summer Income Tax Preparation
- August 3 - October 12
- Thursdays 9 a.m. - noon
Call for appt DEBB
Schedule online at https://escondido-senior-services.org or call 760-480-0611 to schedule an appointment. Assistance on tax returns from Internal Revenue Service or California Franchise Tax board. For low and moderate income taxpayers. Bring Social Security cards, photo ID, W2s, 1099s, Social Security award letters, last year's tax return and any other paperwork required to complete your federal and CA state returns. ALL DOCUMENTS MUST BE ON PAPER, WE CANNOT ACCEPT DIGITAL COPIES. Married taxpayers must both be present. Tax return will be completed and filed at this one visit.

Taxi Coupon Program
- Tuesdays and Wednesdays ONLY
- 9 - 11:30 a.m. DEBB
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.

Legal Aid
- Every Wednesday by appointment.
- 9 - 11 a.m. DEBB
Get advice on wills, trusts, divorce, landlord relations, and other general legal issues.

Notary Services
- Wednesday, August 2 by appointment.
- 9 - 11:30 a.m. DEBB
Have important documents signed by a notary.

Dental Screening
- Wednesday, August 2 by appointment.
- 9 a.m. DEBB
Dr. Randy Jungman, a local dentist, checks for gum disease, proper denture fit and can give you useful information about dental issues.

Hearing Screening
- Wednesday, August 9 by appointment.
- 9 - 11:30 a.m. DEBB
Dr. David Illich, audiologist, will conduct and interpret a professional hearing test and give advice regarding any hearing aids you may have.

Grief Support Group
- Thursday, August 10 & 24
- 1 - 2 p.m. Oak Rm
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. Join this healing journey sponsored by Bristol Hospice of San Diego.

Dementia Care Partner Support Group
- Monday, August 14 & 28
- 10 - 11:30 a.m. Maple Rm
This is support group is for care partners who are caring for someone who is living with dementia. Come join this safe space where care partners can speak freely with other care partners who are also experiencing the caregiving challenges that are associated with this journey called dementia. Discover how other care partners handle situations, learn communication strategies, and so much more while creating a support system for one another. This group is offered by Alzheimer’s San Diego. Please call 858 - 492 - 4400 for more information.

Parkinson’s Support Group
- Wednesday, August 9 & 23
- 10 - 11 a.m. Oak Rm
The Parkinson’s Association along with the Juan Carlos Organization invites you to join in for their Tai Ji Quan program. Bilingual instructor will teach you techniques to enhance balance and reduce falls. For more information call Lisbeth Garces, support group coordinator 619-971-3904

We need volunteers for the Senior Service Council Reception Desk
Please call to apply 760-480-0611.
San Diego Food Bank

Next food distribution at PACC is Monday, August 28.

For more information visit: 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.

Meals on Wheels

Meals on Wheels focuses on caring for seniors 60 and over whose diminished mobility makes it hard to shop for food, prepare meals, or socialize with others. For more information, call the North County office at 760-736-9900 or visit: www.meals-on-wheels.org

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.
### Important Phone Numbers

#### EMERGENCY SERVICES
- Fire, Paramedic, Police Emergency: 9-1-1
- Emergency calls—Cell Phone: 760-839-9111
- Poison Control Center: 800-876-4766

#### CITY OF ESCONDIDO
- City Clerk’s Office: 760-839-4617
- Code Compliance (Enforcement): 760-839-4650
- Community Services Department: 760-839-4691
- Fire Department (non-emergency): 760-839-5400
- Graffiti Removal: 760-839-4668
- Helicopter Announcement Transcription: 858-866-4356
- Library: 760-839-4683
- Park Avenue Community Center: 760-839-4688
- Police Department (non-emergency): 760-839-4722
- Utility Billing: 760-839-4682
- Utility Billing (Pay by Phone): 855-608-2480
- Water/Wastewater Emergencies: 760-839-4668

#### FINANCIAL SERVICES
- Section 8 HUD: 858-694-3900
- Social Security Administration: 800-772-1213

#### GENERAL SERVICES
- 211 San Diego County Resources: 2-1-1
- American Red Cross: 858-309-1200
- CA DMV: 800-777-0133
- CA DMV Hearing Impaired: 800-368-4327
- CA Department of Public Health: 833-544-2374
- Interfaith Community Services - Housing, Legal Aid, Meals, Supportive Services, and Tax Preparation: 760-489-6380
- San Diego Eldercare Directory: 619-293-1680
- San Diego Humane Society - Escondido: [www.sdhumane.org](http://www.sdhumane.org) 800-888-2275
- Senior Service Council Escondido: 760-480-0611

#### HEALTH, CONSELING, & SUPPORT GROUPS
- Adult Protective Services: 800-510-2020
- Aging and Independence Services: 800-339-4661
- Alzheimer’s Association: 800-492-4400
- American Cancer Society: 833-227-2345
- Arthritis Foundation: 800-283-7800
- Center for the Blind: 760-758-5956
- Deaf Community Services: 619-398-2441
- Grief Support Groups: [Griefshare.org](http://Griefshare.org)
- Health and Human Services Agency: 858-694-3900
- HICAP (Health Insurance Counseling and Advocacy Program): 800-434-0222

#### HEALTH, CONSELING, & SUPPORT GROUPS Continued
- NAMI (National Alliance on Mental Illness) N. Inland San Diego County: 800-532-5933
- Mental Health & Crisis Intervention: 888-724-7240
- Parkinson’s Foundation: 800-473-4636

#### LEGAL SERVICES
- Elder Law and Advocacy: [www.seniorlaw-sd.org](http://www.seniorlaw-sd.org) 858-565-1392
- Legal Aid Society of San Diego: [www.lassd.org](http://www.lassd.org) 877-534-2524

#### MEALS & NUTRITION
- Escondido Senior Nutrition: 760-839-4803
- Meal on Wheels: 760-736-9900
- San Diego Co. CalFresh (food stamps): 866-262-9881
- San Diego Food Bank: 866-350-3663

#### MEDICAL INFORMATION
- COVID-19 Testing/Vaccination: 2-1-1
  - Kaiser Permanente: 833-574-2273
  - MediCal Information Line: 800-514-6885
  - MediCare Help Line: 800-633-4227
  - Neighborhood Health Care: 760-737-2000
  - North Inland Resource Center: 858-696-3400
  - Ombudsman/Advocate Program: 800-640-4661
  - Palomar Medical Center: 442-281-5000
  - Pomerado Medical Center: 858-613-4000

#### RECREATION & EDUCATION
- Escondido Adult School: 760-739-7300
- Oasis - Rancho Bernardo: 858-240-2880
- Palomar Community College: 760-744-1150
- Park Avenue Community Center: 760-839-4688
- Senior Travel Service: 760-294-1851

#### TRANSPORTATION
- FACT: 888-924-3228
- North County Transit District: 760-966-8500
- NCTD Lift Eligibility: 760-966-6645
- NCTD Lift Reservations: 760-726-1111
- S.S.C.E. - Taxi Voucher Program: 760-480-0611

#### UTILITY ASSISTANCE
- CARE Energy Bill Discount Program: 800-411-7343
- California LifeLine Program: 866-272-0357
- California Telephone Access Program: 800-806-1191
ANTS
AUGUST
BARBECUE
BASEBALL
BEACH
BEES
BICYCLE
BLUE SKY
BOATING
BREEZE
CAMPING
FISHING
FLIES
FLOWERS
GARDENING
GOLF
GREEN GRASS
HAT
HIKING
HOLIDAYS
HOT
ICE CREAM
JULY
JUNE
MOSQUITOES
NO SCHOOL
PICNIC
ROLLER BLADES
SANDALS
SOCCER
SOLSTICE
SPINKLERS
SUNBURN
SUNGLASSES
SUNSCREEN
SUNSHINE
SUNTAN
SWEAT
SWIMMING
U V RAYS
WASPS
WATER FIGHTS
WATERMELON