

Park Avenue Post

Park Avenue Community Center (PACC) news, events, activities, resources, & a whole lot of fun!

Office Hours

Monday - Friday
8 a.m. - 3 p.m.

Contact Us

760-839-4688
recreation@escondido.org

Find Us Here!

210 E. Park Avenue
Escondido, CA 92025

Welcome 2024!

We are entering the new year with an attitude of gratitude. Let's extend our most heartfelt thank you to all of the businesses and organizations that have donated to the Park Avenue Community Center. Holiday spirits and so much joy was brought to the Older Adults of Escondido.

Holiday donors:



Donations of over \$2000 provided by:



Escondido Senior Enterprises



The Park Avenue Community Center will be CLOSED:
Monday, January 1 in observance of New Years' Day
and Monday, January 15 in observance of Martin Luther King Day



Park Avenue Post

Table of Contents

Senior Nutrition Program	2
Park Avenue Café Lunch Menu	3
PACC Highlights	4
Classes	5
City News	6
Health & Safety	7
Community Updates	8
Resource Information	10
Important Phone Numbers	11
Fun & Games	12

Jilaine Hernandez, Supervisor III

Lina Ildefonso, Customer Service Representative II

Vanessa Arguelles, Resource Representative

Support Staff: Sheri Jeffreys, Veronica Lutz

Mary Rodelo, Nutrition Program Coordinator

Nutrition Staff: Autumn Nuno

Nutrition Transportation Staff: Rose Martin, Cameron Grigoriadis

Maintenance Staff: Vicente, Alex, Brenda

Senior Nutrition Program

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 – JANUARY 2024

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.

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
CLOSED  FOR NEW YEARS	SHEPERD'S PIE ROASTED BRUSSEL SPROUTS CANNED PEACHES WHOLE WHEAT BREAD	*ROOT BEER GLAZED HAM MASHED POTATOES ROASTED CARROTS NAVEL ORANGE WHOLE WHEAT BREAD	PECAN CRUSTED TILAPIA CREAMED SPINACH STEAMED BROWN RICE BANANA	ROASTED PORK LOIN STEAMED CABBAGE BLACK-EYED PEAS CANNED PEARS WHOLE WHEAT BREAD
8	9	10	11	12
COCONUT CHICKEN CURRY SAUTÉED BOK CHOY BROWN RICE PILAF GALA APPLE WHOLE WHEAT BREAD	HOMEMADE MEATLOAF MASHED POTATOES ROASTED ACORN SQUASH CANNED PEARS WHOLE WHEAT BREAD	CAJUN BLACKENED CATFISH OKRA AND TOMATOES CHEESE GRITS ORANGE WHOLE WHEAT BREAD	SWEET N' SOUR PORK ROASTED CARROTS STEAMED RICE CANNED PEACHES WHOLE WHEAT BREAD	LEMON CILANTRO CHICKEN SAUTÉED CAULIFLOWER BLACK BEANS BANANA WHOLE WHEAT BREAD
15	16	17	18	19
 MARTIN LUTHER KING DAY	*BBQ CHICKEN THIGHS BAKED BEANS COLESLAW BANANA WHOLE WHEAT BREAD	BRAISED PORK W/ SEASONED APPLES MASHED POTATOES FRESH SPINACH CANNED PEARS WHOLE WHEAT BREAD	DIJON HERB CRUSTED COD COUSCOUS FRESH STEAMED BROCCOLI CANNED PEACHES WHOLE WHEAT BREAD	TURKEY BOLOGNESE SAUCE ON WHOLE WHEAT PASTA ROASTED EGGPLANT GALA APPLE
22	23	24	25	26
BBQ PULLED PORK BAKED BEANS COLESLAW GALA APPLE WHOLE WHEAT BREAD	* TUNA NOODLE CASSEROLE CHARRED BRUSSELS SPROUTS FRUIT COCKTAIL WHOLE WHEAT BREAD	TEXAS CHILI WITH BEANS ROASTED POTATOES SAUTÉED CARROTS CANNED PEACHES WHOLE WHEAT BREAD	TERIYAKI CHICKEN THIGH STEAMED RICE STEAMED BOK CHOY NAVEL ORANGE WHOLE WHEAT BREAD	BRAISED BRISKET FARRO ROASTED CORN AND BELL PEPPERS BANANA
29	30	31	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	
LEMON HERB TILAPIA LEMON RICE PILAF SAUTÉED CAULIFLOWER NAVEL ORANGE WHOLE WHEAT BREAD	TURKEY MEATLOAF MASHED POTATOES ROASTED CARROTS GALA APPLE WHOLE WHEAT BREAD	BAKED ZITI AND BEEF ROASTED ZUCCHINI CANNED PEARS WHOLE WHEAT BREAD		

PLEASE MAKE YOUR RESERVATIONS 48 HOURS BEFORE YOU WISH TO DINE.

(ON THURSDAY FOR MONDAY RESERVATIONS) **760 - 839 - 4803**

LUNCH RESERVATION, LUNCH TRANSPORTATION & CANCELLATION LINE. (24 HR. VOICE MAIL)

January Events:

Monday, January 8 – Dance Party

Let's start the new year movin' and groovin'! Join the fun at our monthly afternoon dance along with opportunity drawings for prizes. 12:30 - 2 p.m. in the Auditorium.

Tuesday, January 9 - Educational Forum - Advanced care planning for Older Adults

Join Eva Navarrete of DreamCatcher Circle to learn basic information about the importance of advance care planning. We will discuss different types of life-sustaining treatments, care and options, and how to select a health care agent who can represent you during a crisis or an incurable illness. In the Auditorium at 12:15 p.m.



Friday, January 19 - Friday Film

Come enjoy the 1976 sport drama, ***Rocky***, starring; Sylvester Stallone, Talia Shire, Burt Young, and Carl Weathers. A small-time Philadelphia boxer gets a supremely rare chance to fight the world heavyweight champion in a bout in which he strives to go the distance for his self-respect. In the Auditorium at noon. Runtime 1 hour and 58 minutes.

Tuesday, January 23 - FUN Bingo

Fun Bingo will be hosted in the Auditorium from 12:30 - 2 p.m.

Thursday, January 25 - Peter Seltser

Come enjoy the always entertaining Peter Seltser as he sings some classic hits. In the Auditorium at 10 a.m.

Tuesday, January 30 - Educational Forum - Healthy Skin Care

Join Dr. Alexander Stein of Stein Dermatology & Skin Surgery as he shares the risk factors, prevention measures and cutting edge modalities for diagnosis and treatment of skin cancer. In the Auditorium at 12:15 p.m.



Mondays & Wednesdays - Feeling Fit Club (No class Monday 1/1/2024 or 1/15/2024)

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 and 10 a.m. in the Auditorium.

Tuesdays and Wednesdays - Shuffleboard

Looking for novice to experienced Shuffleboard players to join in on the fun, from 9 a.m. – noon every Tuesday and Wednesday in the Shuffleboard building.

Wednesdays - Table Tennis

All levels welcome on Wednesdays in the Auditorium from 12:30 - 3 p.m.

Wednesdays - Chess Club

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

*** ALL CLASSES AND EVENTS ARE SUBJECT TO CHANGE OR CANCELLATION ***

CLASSES

Bake with Vanessa and Art with Lina will return in February!

Craft classes will return in the Spring.

Tuesday, January 16 - Garden with Sheri

Sheri will be showing you how to plant and care for a surprise plant for January. Sign up at the front counter between January 9 through January 11. Class will be held under the Gazebo at 10 a.m.

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: 1/2 - 1/30 Tuesdays @ noon \$40

Better Balance with Stability Ball: 1/4 - 1/25 Thursdays @ noon \$32

- 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: 1/3 - 1/31 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: 1/2- 1/30 Tuesdays @ 7:30 a.m. \$40

Senior Tai Chi: 1/4 - 1/25 Thursdays @ 3 p.m. \$32

Senior Tai Chi: 1/5 - 1/26 Fridays @ 7:30 a.m. \$32

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



Zumba for Boomers: 1/2 - 1/30 Tuesdays @ 5 p.m. \$45

Zumba for Boomers: 1/4 - 1/25 Thursdays @ 5 p.m. \$36

- 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!



Happy Holidays, Escondido!

We would like to wish all of our residents and visitors a happy holiday season and end of 2023. As the year comes to a close, the City is proud of what we have accomplished as a community and are looking forward to 2024.



Christmas Tree Recycling Information

In Escondido, it's EASY to recycle from December 26 - January 5.

Curbside: Cut tree to fit inside green waste bin and place on curb on your regular trash collection date.

Kit Carson Park:

3333 Bear Valley Parkway

South entrance, first parking lot on right, across from adult softball complex

Jesmond Dene Park:

2401 North Broadway

Parking lot next to ball fields

Questions? Call Escondido Disposal at 760-745-3203 or the Recycling Hotline at 760-839-6216.

Healthy Meal Planning: Tips for Older Adults

Eating healthfully and having an active lifestyle can support healthy aging. Use the resources below to learn about different patterns of healthy eating and ways to create a nutritious meal plan.



National Institute
on Aging

Older adults' unique nutrition needs:

Simple adjustments can go a long way toward building a healthier eating pattern. Follow these tips to get the most out of foods and beverages while meeting your nutrient needs and reducing the risk of disease:

- Enjoy a variety of foods from each food group to help reduce the risk of developing diseases such as high blood pressure, diabetes, and heart disease. Choose foods with little to no added sugar, saturated fats, and sodium.
- To get enough protein throughout the day and maintain muscle, try adding seafood, dairy, or fortified soy products along with beans, peas, and lentils to your meals. Add sliced or chopped fruits and vegetables to meals and snacks. Look for pre-cut varieties if slicing and chopping are a challenge for you.
- Try foods fortified with vitamin B12, such as some cereals, or talk to your doctor about taking a B12 supplement.
- Reduce sodium intake by seasoning foods with herbs and citrus such as lemon juice.
- Drink plenty of water throughout the day to help stay hydrated and aid in the digestion of food and absorption of nutrients. Avoid sugary drinks.

5 Tips for Choosing Healthier Foods as You Age

Follow these tips to help you maintain a healthy weight, get needed nutrients, and lower your risk of developing certain diseases.

Eat a variety of foods each day.

Fruits

Vegetables

Grains

Protein

Dairy

Read food labels to learn what's in your food.

Choose foods that don't have a lot of sugar, saturated fats, and sodium.

✓ ✗ ✓ ✗

Be aware of how many calories you need per day.

Women 60+		Men 60+	
Physical activity	Calories	Physical activity	Calories
Not active	1,600	Not active	2,000-2,200
Moderately active	1,800	Moderately active	2,200-2,400
Very active	2,000-2,200	Very active	2,400-2,600

Keep a food diary to track what you eat.

Learn more about healthy eating as you age at www.nia.nih.gov/healthy-eating.

NIH National Institute on Aging

For more information and articles visit: www.nia.nih.gov

Community Updates

Senior Travel Office: 760 - 294 - 1851

Monday, Wednesday, and Fridays from 10 a.m. - noon

Travel meeting will be Monday, January 8 at 1 p.m. in the Auditorium.

For more information about each trip, come in during office hours to pick up a flyer.

Upcoming Senior Travel Trips:

Wheel of Fortune	February 22, 2024
Taste of Los Angeles	March 26, 2024
From the Desert to the Farm	April 6, 2024



SDGE™ NEED HELP WITH YOUR ENERGY BILL?

The holidays can be an expensive time of the year. If you are having trouble paying your energy bill, you might be eligible for programs and services that can provide immediate financial assistance and help you avoid interruptions in your service. Flexible payment arrangements are also 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, like 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.

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.



Community Updates

Senior Service Council Escondido

728 North Broadway, Escondido, CA 92025. 760 - 480 - 0611

(Enter at the Park Avenue Community Center Main Entrance)

Monday & Friday 9 a.m. - noon, and Tuesday - Thursday 9 a.m. - 3 p.m.

<http://escondido-senior-services.org>

Taxi Coupon Program **Tuesdays and Wednesdays** **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, January 3 & 17 by appointment** **9 - 11:30 a.m.** **DEBB**

Dental Screening **Wednesday, January 3 by appointment** **8 a.m.** **DEBB**

Dr. Randy Jungman, a local dentist, checks for gum disease, proper denture fit and gives useful information about dental issues.

Hearing Screening **By appointment call 760 - 489 - 6901** **Off-site**
Professional Hearing Associates
1045 E Valley Pkwy. Escondido, CA 92025

When scheduling appointment, you must mention referral from the Senior Service Council.

Dr. David Illich, Audiologist will conduct and interpret a free professional hearing test and give advice regarding any hearing aids you may have.

Grief Support Group **Thursday, January 11 & 25** **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.

Alzheimer's Care **Monday, January 8 & 22** **10 - 11:30 a.m.** **Maple Rm**
Partner Support Group

This 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, January 3 & 17** **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

(HICAP) Health **Every Tuesday by appointment.** **DEBB**

Insurance Counseling and Advocacy Program **By appointment call 858 - 565 - 8772**

Counselors available to assist seniors and persons with disabilities make informed decisions about healthcare coverage, Medicare benefits and supplemental insurance plan options.

Resource Information



The PACC resource representative provides community resources to seniors and their families, in order for the senior to live independently with confidence and vitality. Call 760 - 839 - 4049 to leave a message with your name, phone number, and details regarding your resource needs.



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



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).

Next food distribution at PACC is Monday, January 22

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



Call FACT at 888 - 924 - 3228
8 a.m. - 4 p.m. Monday through Friday

FACT is proud to offer a unique and exciting specialized transportation service called RideFACTNOW for San Diego

County residents with disabilities using a mobility device in need of a wheelchair accessible van (WAV). This on-demand para-transit service operates on a same-day basis, with as little as one-hour basis.

RideFACTNOW costs \$10 for a one-way ride.

Please call FACT at 888 - 924 - 3228 for information, or to request a ride. 8 a.m. - 4 p.m. Monday through Friday to schedule. 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	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
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	858-565-1392
Legal Aid Society of San Diego	
www.lasdsd.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
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	
San Diego Gas & Electric	800-411-7343
California LifeLine Program	866-272-0357
California Telephone Access Program is now California Connect	800-806-1191

SPOT THE DIFFERENCE!

Find 10 differences between the 2 pictures!

