



Whatcha December call it 2018

Escondido Senior Center news, events, activities, resources, & a whole lot of fun !

Park Avenue Community Center



Escondido
SENIOR CENTER
210 E. Park Ave.
Escondido, CA 92025

760-839-4688

Office Hours

Mon. - Fri. 8:00 a.m. - 3:00 p.m.
Closed on Saturday & Sunday

View our newsletter online at:

www.escondido.org/escondido-senior-center.aspx

Stay connected to the City visit:

<https://www.escondido.org/city-newsletters.aspx>

Reservation Numbers:

Lunch Reservation: 760-839-4803

Van Reservation: 760-480-5667

PACC STAFF

Jilaine Hernandez
Supervisor III

Mary Rodelo
Program Coordinator

Lina Ildefonso
Customer Service Rep. II

Sheri Jeffreys
Department Specialist

Vanessa Arguelles
Department Specialist

Beverly Dundon
Department Specialist

Season's Greetings from the PACC Staff



As you peruse through the streets and stores, you will notice decorations are up, entertainment /shows popping up, smiles on faces, delicious desserts, and many more clues which lead to fun holiday festivities. See our centers events listed on pages 2 and 12.

Enjoy time and making memories with family and friends. We have definitely enjoyed 2018 with you! Have a safe and happy holiday!

**PACC will be CLOSED
on Tuesday, December 25**



Senior Scams—

We are getting reports of random people calling or visiting seniors at their residence. These people are impersonating bank officials, law enforcement, IRS employees, contest officials, or stating that they are holding family members for ransom. Their goal is to steal your identity and funds. Please be cautious!

Holiday Luncheons

Come join us for our Holiday Lunch on

Friday, Dec. 21st and Monday, Dec. 31st.

Reservations are required so make sure to call us December 17th-19th to save your spot. See page 3 for the menu and the reservation number.

DECEMBER EVENTS

Tuesday, December 4

SDG&E Informational Presentation:
10:15 a.m.- 10:45 a.m. in the Lounge

Resource Table:

11:00 a.m.- 12:30 p.m. in the Lobby



A Semptra Energy utility

Talk Tuesday

Joslyn Lounge, 10:00 a.m.

December 11- Clear Captions

If you are experiencing any form of hearing loss, come learn about ClearCaptions phone.



ClearCaptions.

**Celebrate December Birthdays
with cake!**

Wednesday, December 12

@ 12:00 pm

Main Lobby



Sponsored by:

Care1ST
HEALTH PLAN

Art with Lina

Tuesday, December 18

9:00 a.m.—10:30 a.m.

Sign up at the front counter,
space is limited

**Join us as we get into the
Holiday Spirit!!!**

Dec. 3-7: Ugly Sweater Week

Dec. 10-14: Holiday Socks Week

Dec. 17-21: Holiday Shirt Week

Dec. 24-28: Festive Tie or Hat Week

See page 12
for more
Holiday Fun!

Park Avenue Café Lunch Menu - December 2018

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

Seniors 60 & over - \$3 donation requested

Under 60 - \$5 fee

No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Braised Chicken Wild Rice Pilaf Vegetable Medley Pears Whole Wheat Bread	Vegetarian Lasagna ! Asparagus Tips Cucumber & Tomato Salad Fruit Salad	Battered Cod* Fried Potatoes & Onions ◆ Broccoli Florets Melon Cup Whole Wheat Bread	Sweet & Sour Meatballs* Couscous Parmesan Tomatoes Fresh Nectarine	Boneless Pork Chop w/ Gravy White Rice Vegetable Medley Fruit Cup Whole Wheat Bread
10	11	12	13	14
Garlic Herb Meatloaf Mashed Potatoes & Gravy Green Peas w/ Pearl Onions Fruit Salad Whole Wheat Bread	Country Vegetable Quiche Green Salad w/ Tomatoes Diced Cantaloupe Whole Wheat Bread	Chicken Cacciatore Grilled Polenta Braised Cabbage ◆ Spinach Salad w/Tomatoes Pineapple Chunks Whole Wheat Bread	Stuffed Cabbage White Rice Cesar Salad w/ Tomatoes Tangerines Whole Wheat Bread	Lasagna! Sautéed Spinach Oranges Garlic Bread
17	18	19	20	21
Chicken & Rice Casserole * Steamed Green Beans Pineapple Chunks Whole Wheat Bread	Szechuan Pork Stir Fry ! White Rice Asian Vegetable Blend Pear Whole Wheat Bread	Turkey Tetrazzini w/ Pasta * Swiss Chard Chopped Cantaloupe Whole Wheat Bread	Chicken Tortellini Alfredo * Squash & Red Pepper Blend ◆ Apple Garlic Bread	Chicken Cordon Bleu Rice Pilaf ◆ Sautéed Spinach & Garlic Baked Sugar Cookies Whole Wheat Bread
24	25	26	27	28
Roast Beef & Gravy Garlic Mashed Potatoes Sautéed Zucchini Mandarin Oranges Whole Wheat Bread		Catch of the Day Herb Rice Pilaf Roasted Vegetables Peaches Whole Wheat Bread	Cheese Ravioli Marinara Butternut Squash Banana Whole Wheat Bread	Pulled Pork on a Bun! Cole Slaw ◆ Cinnamon Apples
31				
Baked Ham Scalloped Potatoes Candied Yams Ambrosia Whole Wheat Bread	<div><div></div><div><p>This quarter's items:</p><ul style="list-style-type: none">◆ Winter Squash◆ Carrots◆ Apples◆ Spinach◆ Broccoli</div><div><p>Indicated By: </p></div></div>			

The nutrition program is supported by the City of Escondido and the County of San Diego Aging & Independence Services. No eligible person age 60+ will be denied a meal because of inability to contribute.

Menu subject to change without notice.

* denotes 300 - 500 mg sodium

! denotes 500+ mg sodium

Please make your reservations by 12 noon the day before you wish to dine (on Friday for Monday reservations)

(760) 839 - 4803

Lunch reservation & cancellation line (24 hr. voice mail)

(760) 480 - 5667

Van reservation & cancellation line (24 hr. voice mail)

On-going Programs and Classes

<u>Program</u>	<u>Schedule</u>	<u>Location</u>
Joslyn Lounge/Coffee	Mon. - Fri., 8 :30 a.m. - 11:00 a.m.	Joslyn Lounge
Senior Center Library	Mon. - Fri., 9 :00 a.m. - 3:00 p.m.	Library
Cover to Cover Book Club	Mondays, 9:30 a.m. - 11:00 a.m.	Cedar Room
Chess Group	Wednesdays, 12:00 p.m. - 4:00 p.m.	Shuffleboard Bldg.
Shuffleboard	Tues., Wed., 1st & 3rd Thurs. 9 :00 a.m. - 12:00 p.m.	Shuffleboard Bldg.
Song Spinners	Thursdays, 9:30 a.m. - 11:00 a.m.	Sycamore Room
Stardust Harmonaires Dance	Tuesdays, 1:30 p.m. - 3:30 p.m.	Joslyn Lounge
Legally Blind Social Club	1st, 2nd, 4th Weds., 9:30 - 11:00 a.m.	Maple Room
Pool Room	Mon. - Fri. 8:00 a.m. - 3:00 p.m.	Pool Room
Table Tennis	Tues., 3:00 p.m. - 5:00 p.m. Thurs., 2:30 p.m. - 4:15 p.m.	Auditorium
Helen Woodward PET	3rd Wednesdays, 9:45 a.m.	Sr. Center
Bingo	Tues., 12:15 p.m. Fri., 9:30 - 10:30 a.m.	Dining Room Sycamore Room



The Park Avenue Community Center is an ideal place to donate to seniors in need. Throughout the year we accept canned soups (non-expired), new clothing, accessories (socks, mittens, hats), blankets, and gently used assistive equipment. We also accept monetary donations and your generosity will assist in purchasing these much needed items.

INDEPENDENT ORGANIZATIONS & CLUBS

*The following groups are independent organizations and clubs that meet at the
Park Avenue Community Center
For more information please contact them directly:*

Organization	Meets	Time	Public Information
Alcoholics Anonymous	Every Wednesday	12:00 p.m.	760-758-2514
Escondido Toastmasters	Every Friday	7:00 a.m.	760-504-9859
Gamblers Anonymous	Every Wednesday	7:00p.m.	888-233-8547
Legally Blind Social Club	1st, 2nd, 4th Wed	9:30 a.m.	
Nu Chi Unit of Parliamentarians	4th Thursday	1:00 p.m.	760-650-9290
Palomar Cactus & Succulent Society	4th Saturday	12:00 p.m.	858-776-7216
Senior Anglers	2nd Friday	9:30 a.m.	Senioranglersofescondido.net

Fun Activities



December 2018

*schedule subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9 & 10 Feeling Fit 9:30 Book Club 12:30 Get Fit - O 6:00 Zumba - O	4 7:30 Tai Chi - O 9:00 Shuffleboard 11:00 Line Dance - O 12:00 Smart Driving- S 12:15 Bingo 3:00 Table Tennis	5 9 & 10 Feeling Fit 9:00 Shuffleboard 9:30 Legally Blind 10:30 Yoga - O 12:00 Chess Club 12:30 Chair Fitness- O	6 9:00 Shuffleboard 9:30 Sing Spinners 12:30 Get Fit - O 2:30 Table Tennis 3:00 Tai Chi - O 4:00 Tai Chi - O	7 7:00 Toastmasters 7:30 Tai Chi - O 9:30 Bingo 10:00 Creative Writing- O
10 9 & 10 Feeling Fit 9:00 Hearing Scrn- S 9:30 Book Club 10:00 Alz. Support - S 1:00 Travel Meeting	11 7:30 Tai Chi - O 9:00 Shuffleboard 11:00 Line Dance - O 12:00 Smart Driving- S 12:15 Bingo 3:00 Table Tennis	12 9 & 10 Feeling Fit 9:00 Shuffleboard 9:30 Legally Blind 10:30 Yoga - O 12:00 Chess Club 12:30 Chair Fitness- O 6:00 Zumba - O	13 9:30 Song Spinners 12:30 Get Fit - O 2:30 Table Tennis 3:00 Tai Chi - O 4:00 Tai Chi - O	14 7:00 Toastmasters 7:30 Tai Chi - O 9:00 Senior Anglers 9:30 Bingo 10:00 Creative Writing- O
17 9 & 10 Feeling Fit 9:30 Book Club 12:30 Get Fit - O 6:00 Zumba - O	18 7:30 Tai Chi - O 9:00 Shuffleboard 11:00 Line Dance - O 12:15 Bingo 3:00 Table Tennis	19 9 & 10 Feeling Fit 9:00 Shuffleboard 10:30 Yoga - O 12:00 Chess Club 12:30 Chair Fitness- O 6:00 Zumba - O	20 9:00 Shuffleboard 12:30 Get Fit - O 2:30 Table Tennis 3:00 Tai Chi - O 4:00 Tai Chi - O	21 7:00 Toastmasters 7:30 Tai Chi - O 9:30 Bingo 10:00 Creative Writing- O
24 NO Feeling Fit Class 9:30 Book Club CLOSING @ 5pm	25 	26 NO Feeling Fit Class 9:00 Shuffleboard 12:00 Chess Club	27 2:30 Table Tennis	28 7:00 Toastmasters 9:30 Bingo
31 9 & 10 Feeling Fit 9:30 Book Club CLOSING @ 5pm				

To register for any of the above classes that end in one of the following letters, please call the referenced phone numbers listed below:

O - Oasis...760-796-6020

S - Senior Service Council....760-480-0611

SENIOR SERVICE COUNCIL ESCONDIDO
728 NORTH BROADWAY, ESCONDIDO, CA. AT THE ESCONDIDO SENIOR CENTER
760-480-0611 <http://escondido-senior-services.org>

The Senior Service Council Escondido (SSCE) was established as a non-profit organization over 40 years ago to address the needs of seniors in the community. Many volunteers work to maintain a high level of service. All services, except computer classes and AARP Driver Safety Program, are offered free of charge and donations are accepted. The following Special Services, Programs, Health Screenings, and Support Groups are held in the Dorothy E. Boeger Building (DEBB) and the main building at the Escondido Senior Center. Appointments are often necessary.

SPECIAL SERVICES & PROGRAMS

AARP SMART DRIVER PROGRAM.....DECEMBER 4 & 11 (TUESDAY).....12:00 PM- 4:30 PM.....OAK RM

This two-day initial class provides students with a certificate that is valid for three years toward savings on automobile insurance. AARP members should bring their current membership card. Participants may bring their own food and/or drinks to the course. There will be two 10-minute breaks, but no lunch break. Cost is \$15 for AARP members or \$20 for non-members. Bring check payable to AARP at class time. **Call 760-480-0611 to register.** Plan to arrive 15 minutes early for check-in and payment.

COMPUTER CLASSES/TUTORS.....MON. - FRI.....DEBB

Sign-up on Thursday, December 13, 2018 from 9:00 until noon for new classes starting in January 2019. Sign-up and classes are held at the Senior Service Council. Courses include Beginning & Intermediate Windows 10 and iMac for 1.5 hours/week for **8 weeks** for a **\$30 fee**. Email & Internet classes, iPad and Android Basics for seniors are held for **4 weeks** for a **\$15 fee**. Special Word, Excel, Kindle also offered. One-on-one tutoring available on most subjects on an appointment basis for **\$10/hour fee**. Call 760-480-0611 for information.

HICAP.....DECEMBER 20 (THURDAY).....9:00 AM—12:00 PM.....DEBB

Health Insurance Counseling and Advocacy Program provides assistance and objective information to help seniors and disabled persons make informed decisions about health care coverage, Medicare benefits, and supplemental insurance plan options. *To make an appointment call 858-565-8772 or toll free 1-800-434-0222.*

LEGAL AID & NOTARY SERVICE.....WEDNESDAYS.....9:00 AM - 11:00 AM.....DEBB

Get advice on wills, trusts, bankruptcy, divorce, landlord relations, and other general legal issues. Free Notary services available. **Call 760-480-0611 to register.**

TAXI VOUCHERS.....TUESDAYS ONLY.....9:00 AM- 11:30 AM.....DEBB

Vouchers are available for medical and other purposes such as shopping, banking, attending, church, etc. in Escondido. Escondido low income seniors 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 and allow 1 week for approval. **Call 760-480-0611 for more information.**



OFFICE HOURS: MONDAY THRU THURSDAY 9 AM - 3 PM & FRIDAYS 9 AM - 12 PM
FOR INFORMATION AND APPOINTMENTS PLEASE CALL 760 - 480 - 0611

SENIOR SERVICE COUNCIL ESCONDIDO

SUPPORT GROUPS - Meetings are free and open to all.

NAMI—NATIONAL ALLIANCE FOR MENTALLY ILL.....EVERY TUESDAY.....4:00 PM - 6:00 PM.....CEDAR RM

Please call for more information 800-523-5933.

ALZHEIMER'S S.D. SUPPORT & DISCUSSIONDEC. 3 & 17 (MONDAYS) ...10 :00AM - 11:30 AM.....MAPLE RM

This group for caregivers provides a safe environment to discuss caregiving experiences, learn strategies for coping and to gain emotional support.

Call Group Leader, Sheila Argeanton, CDT at **858-0966- 3303** to confirm the meeting, ask questions and find out if group may be a good fit. **For more information contact Rebecca McDaniel at 858-966-3303 or visit ALZSD.org.**

POST POLIO SYNDROME SUPPORT GROUP.....DEC. 11.(TUESDAY)12:30 PM - 3:00.....CEDAR RM

For those dealing with post Polio Syndrome, or anyone dealing with pain. Join us for informative and fun guest speakers. For more information call 760-745-2787.

HEALTH SCREENINGS

DENTAL SCREENING.....DEC. 5 (WEDNESDAY).....8:30 AM.....DEBB CONFERENCE RM

Dr. Randy Jungman, a local dentist will check for gum disease, proper denture fit, and give you great information. **Call 760-480-0611 to register.**

COMING IN JANUARY....

BETTER BREATHERS CLUB.....JAN. 9 (WEDNESDAY).....1 :00 PM - 3:00 PM.....OAK RM

Sponsored by the American Lung Association, this support and educational group is for people with respiratory problems like COPD. Meeting topics include updates on lung disease treatment, medications, respiratory equipment, exercise, psychological aspects of lung disease, nutrition, breathing techniques, and more. **Meetings are free and open to all.**

MULTIPLE SCLEROSIS SUPPORT GROUP.....JAN. 16 (WEDNESDAY).....1:00 PM - 3:00 PM.....CEDAR RM

Support group for those with M/S, and their families and caregivers. For more information, call Michelle Easterling, M/S Self-Help Group Leader at 760-805-6390.



OFFICE HOURS: MONDAY THRU THURSDAY 9 AM - 3 PM & FRIDAYS 9 AM - 12 PM
FOR INFORMATION AND APPOINTMENTS PLEASE CALL 760 - 480 - 0611

ESCONDIDO SENIOR ENTERPRISES

(760) 738 - 4210

SUPPORTING SENIOR CENTER PROGRAMS & SERVICES WHICH INCLUDE:

- * SENIOR TRAVEL SERVICE
- * SUNDAY BINGO
- * LEGALLY BLIND SOCIAL CLUB
- * EMERGENCY FOOD VOUCHERS
- * SONG SPINNERS

ANNUAL CORPORATION MEETING TUESDAY, DECEMBER 11 @ 1P.M.

SUNDAY BINGO Doors Open to the Public at 10:45 a.m. - Games begin at 12:00 p.m.

- One pack will be sold for \$6; Additional 1/2 pack may be purchased for \$3 for each whole pack purchase
- For more information call 760-747-3726

NO BINGO DECEMBER 23 and 30



SENIOR TRAVEL OFFICE

MONDAY - FRIDAY 9AM - 12PM

ROOM #8

760-745-5414

Next travel meeting will be Monday, December 10 at 1:00 p.m. in the auditorium.

UPCOMING SENIOR TRAVEL TRIPS:

Laughlin Christmas at the Riverside

Dec. 3 - Dec. 5

Christmas Mystery Tour

Dec. 13

Dolphin & Whale Watching

Jan. 24



TRANSPORTATION INFORMATION

Van Service to Escondido Senior Center.....760-480-5667

We offer door-to-door service for seniors 60+ that participate in our nutrition program. If you live in Escondido, call at least 24 hours in advance to make your reservation for a ride. Our friendly drivers will pick you up at your home and drop you off at our front door Monday—Friday. A donation of .50 cents each way is suggested.

North County Transit District.....760-966-6500

NCTD's BREEZE busses, SPRINTER Trains, and COASTER Trains are all accessible to persons with disabilities and seniors over 60 for reduced fares. See the Riders Guide for updated route maps and schedule, call the phone number listed here for updated information, or visit www.gonctd.com.

NCTD Lift Reservations.....760-726-1111

LIFT is a para transit service for passengers with disabilities who are not able to access the fixed route services. Please call to register.

RideFact Transportation888-924-3228

Provides general purpose trips Monday - Friday, 8AM - 6PM. New low-cost transportation! As low as \$4.00 per 5 mile range! Call for reservations and fees.

Taxi Voucher Program.....760-480-0611

See page six for more information about this Senior Service Council Escondido program.

RESOURCE INFORMATION CORNER

SENIOR RESOURCE OFFICE

Stop by if you are seeking information regarding general social services in the community. Housing, facilities, services, and general information assistance for older adults.

Office Hours:

Monday — Thursday 9:00 a.m. - 1:00 p.m.

Friday 9:00 a.m. - 12:00 p.m.

Call for more information.....760-839-4049

HICAP

Health Insurance Counseling and Advocacy Program provides assistance and objective information to help seniors and disabled persons make informed decisions about health care coverage, Medicare benefits, and supplemental insurance plan options.

HICAP is here on:

3rd Thursday & 4th Tuesday

9:00 a.m. - 12:00 p.m. DEBB Room

NO APPOINTMENTS IN DECEMBER

To make your appointment call: **1-800-434-0222**

The San Diego Food Bank Senior Food Program provides food and nutrition once a month to eligible low-income seniors 60 years or older. Applicants can enroll in the program in person on distribution day. For the Escondido Senior Center, distribution takes place on the 4th Monday of the month from 8:30 - 11:30 a.m.

For any questions please call the San Diego Food Bank at 866-350-3663.

The next distribution will be Wednesday, December 26th due to the Christmas Holiday.



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 please call the North County Office at 760-736-9900 or visit www.mealsonwheels.org.



Is your business ready for an emergency?

Most of us have a home emergency plan for our families. When was the last time you actively thought about how to respond to an emergency at work?

During an emergency, you may find it difficult to think quickly and remember all the things you need to do. Although emergencies do not happen often, planning for them is one of those crucial 'just in case' precautions, like having smoke detectors.

Knowing what to do when an emergency occurs in the workplace may make the difference when the seconds count. Create an Emergency Action Plan that covers topics such as emergency communications, and evacuation, emergency and reporting procedures. Get help with an action plan at sdge.com/plan.

Discover Life After 50

Sleigh bells are ringing and San Diego Oasis is glistening with lots of exciting classes this December! Plenty of holiday goodies are in your future, so get prepared ahead of time with our Zumba, Tai Chi, Yoga, Line Dancing, Meditation, Chair Fitness, and Get Fit and Have Fun classes. For the full listing of classes, simply pick up a catalog at the Escondido Senior Center front desk, visit us online at www.sandiegooasis.org, or call 760-796-6020.



- #815 **Gadgets and Gizmos!**, Monday, 12/3, 10:30 a.m.
- #767 **What Ever Happened to Parcheesi?**, Monday, 12/3, 1:00 p.m.
- #771 **American Government: The 14th Amendment**, Tuesday, 12/4, 10:00 a.m.
- #734 **Why Conventional Medicine Doesn't Work for Chronic Diseases**, Tues., 12/4, 1:00p.m.
- #758 **How Wars Changed the World of Medicine**, Wednesday, 12/5, 11:00 a.m.
- #637 **Contemplating Moving**, Wednesday, 12/5, 1:00 p.m.
- #643 **Reverse Mortgages Explained**, Wednesday, 12/5, 1:30 p.m.
- #779 **Active Shooter: What To Do?**, Thursday, 12/6, 10:00 a.m.
- #645 **Smart Energy Solutions from SDG&E**, Thursday, 12/6, 12:00 p.m.
- #728 **Re-Imagining the End of Life Experience**, Thursday, 12/6, 6:00 p.m.
- #622 **Paper Flower Making: Pine Cones and Poinsettias**, Friday, 12/7, 10:00 a.m.
- #606 **Handmade for the Holidays**, Saturday, 12/8, 10:00 a.m.
- #772 **American Government: Checks and Balances**, Tuesday, 12/11, 10:00 a.m.
- #605 **Creative Card Making**, Tuesday, 12/11, 10:00 a.m.
- #776 **A New Way to Travel Together and Save Money**, Tuesday, 12/11, 1:00 p.m.
- #781 **Aura Reading: The Meaning of Your Colors**, Tuesday, 12/11, 2:30 p.m.
- #735 **Well-Being for Pennies a Day**, Tuesday, 12/11, 3:00 p.m.
- #766 **Tuberculosis: A Colorful History of the White Plague**, Wednesday, 12/12, 1:00 p.m.
- #648 **Social Security Strategies**, Thursday, 12/13, 11:00 a.m.

HAPPY HOLIDAYS FROM ALL THE STAFF AND VOLUNTEERS AT SAN DIEGO OASIS!



Saturday Night Dance featuring Calico Ridge Band

December 1, 2018

7:00 p.m.—9:00 p.m.

Admission \$4/ per person

**Park Avenue Community Center
210 E. Park
Escondido, Ca 92025**



IMPORTANT PHONE NUMBERS

EMERGENCY SERVICES

Fire, Paramedics, PD Emergency **9-1-1**
Poison Center.....1-800-876-4766

CITY OF ESCONDIDO

City Hall..... 760-839-4880
Library.....760-839-4683
Code Enforcement.....760-839-4650
Community Services... ..760-839-4691
Graffiti Removal.....760-839-4668
Park Avenue Community Center.....
.....760-839-4688
Police Department.....760-839-4722
Utility Billing.....760-839-4682
Water Dept.....760-839-4681
AARP Tax Assistance.....760-480-0611

FINANCIAL

HICAP (Health Insurance Counseling & Advocacy Program).....800-434-0222
Identity Theft Resource Center.....
.....858-693-7935
Social Security Office.....800-772-1213
Aging and Independent Services
County of SD.....800-510-2020

GENERAL INFORMATION

American Red Cross.....760-745-3221
DMV.....800-777-0133
Chamber of Commerce...760-745-2125
SD County Resources.....211
Humane Society.....760-888-2275
Post Office.....760-432-6584
Traffic Updates.....511
SD Eldercare Directory...619-293-1680

HEALTH, COUNSELING & SUPPORT GROUPS

Adult Protective Services.....
..... 800-510-2020
Aging and Independence Services
County of SD.....800-510-2020
Alzheimer's S.D.....858-492-4400
American Cancer Soc.....877-903-1589
Arthritis Found.....800-422-8885
Center for Blind.....760-758-5956
Deaf Comm Services619-398-2441
HICAP (Health Insurance Counseling & Advocacy).....1-858-565-8772
Interfaith Comm. Svcs...760-489-6380
NAMI—North Inland San Diego
Alliance Mentally Ill....800-523-5933
Kaiser Escondido.....619-528-5000
Medical Info. Line..... 858-514-6885
Medicare Help Line.....800-841-1602
Neighborhood Health Care..737-6900
N. Inland Resource Center
.....858-694-3900
Ombudsman/Advocate..800-640-4661
PACC Resource Office 760-839-4049
Palomar Health Downtown Campus....
.....760-739-3000
Palomar Hospital.....442-281-5000
Pomerado Hospital..... 858-613-4000
Section 8 HUD.....760-741-5922
Senior Svc. Council Esc...760-480-0611
Tri- City Med. Ctr.....760-724-8411

MEALS & NUTRITION PROGRAMS

Escondido Nutrition Program
Park Ave. Café.....760-839-4803
Interfaith Comm. Serv...760-489-6380
Meals on Wheels.....760-736-9900
Public Assistance (food stamps)
County of SD.....866-262-9881
SD Food Bank..... 858-527-1419
or.....866-350-3663

RECREATION, SOCIAL & EDUCATION

Escondido Adult School...760-739-7300
Park Ave. Comm. Cntr.....760-839-4688
Senior Travel Service.....760-745-5414
OASIS Escondido.....760-796-6020
Palomar Community College
.....760-744-1150

NORTH COUNTY SENIOR CENTERS

Carlsbad Senior Cntr.....760-602-4650
Ed Brown Sr. Center.... 858-487-9324
El Corazon (O'side).....760-435-5300
Encinitas Senior Center...760-943-2250
Escondido Senior Cntr...760-839-4688
Fallbrook Senior Cntr....760-728-4498
Oceanside Sr. Center.....760-435-5250
Poway Senior Center....858-748-6094
Ramona Senior Center...760-789-0440
San Marcos Sr. Center...760-744-5535
Vista Senior Center.....760-639-6160

TRANSPORTATION

Escondido Sr. Center Nutrition Van.....
.....760-480-5667
NCTD—North County Transit District
(Bus Service).....760-966-6500
NCTD LIFT (disabled reservation line)
.....760-726-1111
RideFact.....888-924-3228
Taxi Voucher Program...760-480-0611
Yellow Cab (taxi).....760-444-4444

Holiday Happenings

Card Making

Attention all elves! Show off your holiday spirit by making your very own holiday card. Join our special guest, Julie, as she teaches us some creative ways to decorate cards.

When: Tuesday, December 4, 10:00 - 11:00 a.m.

Where: Cedar Room



Ornament Decorating

Celebrate the season and “deck our halls” by helping us decorate ornaments. When they are finished, the ornaments will be used to decorate the holiday trees.

When: Thursday, December 13, 10:00 - 11:00 a.m.

Where: Cedar Room



Holiday Sing-a-long

Everyone loves holiday music! Join us as our favorite entertainer, Peter Seltser, performs popular holiday music. We encourage you to sing with us or just listen in delight to the joyful noise!

When: Thursday, December 20, 10:00 - 11:00 a.m.

Where: Auditorium

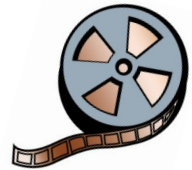


Holiday Movie

Enjoy a good time watching a popular holiday favorite, Home Alone. This movie will have you laughing and lift your holiday spirits.

When: Tuesday, December 21, 9:30 a.m.

Where: Auditorium



Season's Greetings