

August **Whatcha** 2019 *call it*



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

Park Avenue Community 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>

August is a wonderful month for stargazing. The sun rays can be very draining so why not take advantage of the cooler nights. Join us on August 3 for our Saturday Night Dance here at the Park Avenue Community Center, or enjoy a movie at Grape Day Park on August 10th. Visit our city website for more information www.escondido.org



If you are in need of a place to get away from the heat during the day, visit one of the cities cool zones; Park Avenue Community Center, East Valley Community Center, and the Escondido Public Library.

We continue to have great activities so make sure to take a look at page two and six. For upcoming events in September, explore page twelve.

We look forward to having you join in the fun!

Reservation Numbers:

Lunch Reservation: 760-839-4803

Van Reservation: 760-480-5667

PACC STAFF

Jilaine Hernandez
Supervisor III

Mary Rodelo
Program Coordinator

Lina Ildfonso
Customer Service Rep. II

Sheri Jeffreys
Department Specialist

Vanessa Arguelles
Department Specialist

Beverly Dundon
Department Specialist

Jennifer LeRoy
Senior Service Aide II

Talent Search

Come one, come all!

We are holding a talent search for older adults 50+ who would like to share their amazing skills.

Please sign up at the front counter by Friday, September 6.

Auditions will be held

in October and the talent show will be held in November.

Call (760)839-4688 for more information or to sign up.

AUGUST EVENTS

Saturday Night Dance

Location & Information	Date	Band
210 E. Park Avenue Escondido, Ca 92025 760-839-4688 Time: 7:00 to 9:00 p.m. Ticket Price: \$4.00	August 3	<i>Hot Pursuit</i>
	September 7	<i>No Dance</i>

Let's beat the heat and go on a Journey to the Center of the Earth!

Tuesday, August 6
9:30 a.m.



In celebration of Elvis week, we will be enjoying the classic film, Viva Las Vegas!

Thursday, August 15
9:00 a.m.



Learn how to play Pinochle!

A FREE session will be held at the Park Avenue Community Center.

Sign up with office staff, space is limited.

Monday, August 5
9:30 a.m. - 11:00 a.m.
Maple Room


Talk Tuesday August 13 10:00 a.m. Lounge

To enhance quality of life we need to take control of our health. Many people start by focusing on their eating habits, but we forget there are other ways to improve health. Making efforts to boost your physical activity, improve sleep and manage stress is the most effective way to feel more in control of your life. During the presentation we will discuss and practice ways to improve you mind and body.

Presented by:



Celebrate August Birthdays with cake!
Wednesday, August 14
@ 12:00 pm
Auditorium

Sponsored by:  blue california

What do you call an alligator in a vest?

An Investigator!

Friday, August 16 is National Tell a Joke Day!

Be sure to share your favorite joke with all of your friends.



Art with Lina

Thursday, August 22
9:30 a.m.

Sign up at the Front Counter
Space is limited

Talk Tuesday

10:00 a.m. Lounge

August 27

Falun Dafa, also known as Falun Gong, it's an ancient mind-body practice that consists of four gentle exercises and a sitting meditation that help improve overall mental and physical well-being. In addition to the exercises, Falun Dafa emphasizes self improvement through following the universal principles of truthfulness, compassion, and forbearance.

Presented by:



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:

**Thursday, August 15 & Tuesday, August 20
9:00 a.m. - 12:00 p.m. DEBB Room**

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

1-858-565-8772

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. The Escondido Senior Center, distribution takes place on the 4th Monday of the month (*except holidays) from 8:30 - 11:30 a.m.

Next food distribution will be

Monday, August 26

Call San Diego Food Bank for questions at 866-350-3663.



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.meals-on-wheels.org.



A Semptra Energy utility

When your plans call for more power, your call counts

When you're making plans that involve big changes in your energy needs, give us a call at **1-800-411-7343** for your home.

Examples include:

- Rewiring your existing electric meter panel to a larger size.
- Remodeling your home.

Adding a central air-conditioning unit, tankless electric water heater or any other large electric appliance or equipment for which a permit is typically required for installation.

This is one of the ways we track local and regional trends in energy use, and plan how to best serve everyone's energy needs, including yours.

The earlier you notify us about significant changes, the sooner we can check our equipment and, if necessary, upgrade it so our system remains ready to serve your area. By giving us a heads-up, you — or the contractor who will be doing your electrical work — can help prevent local system overloads, outages and power quality problems, such as low voltage or flickering lights.

For work on your side of the meter — including your electrical panel and all internal wiring at your home or business — be sure to consult with a licensed electrician.

Park Avenue Café Lunch Menu – August 2019

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	
 <p>Harvest of the Month™</p>			1	2	
<p>This quarter's items:</p> <ul style="list-style-type: none"> ◆ Beans ◆ Cantalope ◆ Melons ◆ Watermelon ◆ Plum 			<ul style="list-style-type: none"> ◆ Peaches ◆ Summer Squash ◆ Corn <p>Indicated By: ◆</p>	<p>Turkey Burger on a Whole Wheat Bun</p> <p>Potato wedges</p> <ul style="list-style-type: none"> ◆ Vegetable Medley ◆ Fresh Plum 	<p>Salmon Cakes with Lemon and Tartar Sauce</p> <p>Brown Rice</p> <p>Broccoli</p> <p>Fresh Banana</p> <p>Whole Wheat Bread</p>
5	6	7	8	9	
<p>* Salisbury Steak with Onion Gravy</p> <p>Mashed Potato</p> <p>Roasted Carrots</p> <p>Fresh Strawberries</p> <p>Whole Wheat Bread</p>	<p>Chicken Cacciatore</p> <p>Brown Rice</p> <ul style="list-style-type: none"> ◆ Green Beans ◆ Cantalope Cup <p>Whole Wheat Bread</p>	<p>Turkey Divan</p> <p>Lemon Orzo</p> <ul style="list-style-type: none"> ◆ Roasted Vegetables <p>Mandarin Oranges</p> <p>Whole Wheat Bread</p>	<p>Herb Seasoned Chicken Thigh</p> <p>Parmesan Roasted Tomatoes</p> <p>Fresh Berries</p> <p>Tossed Salad w/dressing</p> <p>Whole Wheat Bread</p>	<p>Baked Chicken Tenders</p> <p>Roasted Sweet Potato</p> <ul style="list-style-type: none"> ◆ Capri Blend Vegetables <p>Fresh Orange</p> <p>Whole Wheat Bread</p>	
12	13	14	15	16	
<p>Braised Chicken</p> <p>Wild Brown Rice Pilaf</p> <p>Steamed Broccoli & Carrots</p> <ul style="list-style-type: none"> ◆ Fruit Cocktail <p>Whole Wheat Bread</p>	<ul style="list-style-type: none"> ◆ Bean & Mushroom Enchiladas <p>Tossed Salad w/dressing</p> <ul style="list-style-type: none"> ◆ Roasted Vegetable Medley <p>Baked Cinnamon Apples</p>	<p>Grilled Chicken Sandwich on Whole Wheat Bun</p> <p>Fresh Lettuce and Tomato</p> <p>Sweet Potato Fries</p> <p>Steamed Carrots</p> <ul style="list-style-type: none"> ◆ Honeydew <p>Whole Wheat Bread</p>	<p>Sweet and Sour Meatballs</p> <p>Couscous</p> <p>Roasted Beets</p> <p>Fresh Nectarine</p> <p>Whole Wheat Bread</p>	<p>*Manicotti with Meat Sauce</p> <ul style="list-style-type: none"> ◆ Almond Green Beans <p>Tossed Salad w/dressing</p> <ul style="list-style-type: none"> ◆ Fruit Cocktail <p>Whole Wheat Bread</p>	
19	20	21	22	23	
<p>Herb Roasted Cod</p> <ul style="list-style-type: none"> ◆ Roasted Vegetable & Quinoa Salad ◆ Fresh Fruit Salad <p>Whole Wheat Bread</p>	<p>Chicken Mornay Crepe</p> <p>Mashed Potatoes</p> <p>Roasted Brussels Sprouts</p> <p>Baked Cinnamon Apples</p> <p>Whole Wheat Bread</p>	<p>Italian Style Chicken</p> <p>Parmesan Polenta</p> <p>Sauteed Red Cabbage</p> <p>Tossed salad with dressing</p> <p>Pineapple Chunks</p> <p>Whole Wheat Bread</p>	<p>Mongolian Beef</p> <p>Brown Rice</p> <p>Cauliflower & Snow Peas</p> <ul style="list-style-type: none"> ◆ Fresh Plum <p>Whole Wheat Bread</p>	<p>Beef and Noodles Casserole</p> <ul style="list-style-type: none"> ◆ Grilled Zucchini <p>Mixed Berries</p> <p>Whole Wheat Bread</p>	
26	27	28	29	30	
<p>Chicken Fajitas with Peppers and Onions</p> <ul style="list-style-type: none"> ◆ Roasted Vegetable Blend <p>Whole Wheat Tortilla</p> <p>Pineapple Chunks</p>	<p>Sloppy Joe on Whole Wheat Bun</p> <p>Steamed Broccoli</p> <p>Pasta Salad</p> <ul style="list-style-type: none"> ◆ Sliced Peaches 	<p>* Turkey Meatballs in Alfredo Sauce</p> <ul style="list-style-type: none"> ◆ Roasted Vegetables <p>Whole Wheat Penne</p> <ul style="list-style-type: none"> ◆ Fresh Fruit Cup <p>Whole Wheat Bread</p>	<p>Hamburger with lettuce & tomato on a Wheat Bun</p> <p>Tossed Salad w/dressing</p> <p>Peas & Carrots</p> <ul style="list-style-type: none"> ◆ Sliced Watermelon 	<p>Chicken Lo Mein</p> <p>Asian Blend Vegetables</p> <p>Apple</p> <p>Vegetable Egg Rolls</p> <p>Whole Wheat Bread</p>	

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 entire meal being > 1000 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)

Senior Center 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., 8:00 a.m. - 3:00 p.m.	Library
Feeling Fit	Mon. & Wed, 9:00 a.m.- 10:00 a.m. 10:00 a.m. - 11:00 a.m.	Auditorium
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	Summer Break, Returning in September	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. - 4:00 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
Fun Bingo	Tues., 12:15 p.m. Fri., 9:30 - 10:30 a.m.	Dining Room Sycamore Room



INDEPENDENT ORGANIZATIONS & CLUBS

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

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

Funtivities

*schedule subject to change without notice



August 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
			9:00 Shuffleboard 2:00 Meditation - O 2:30 Table Tennis 3:00 Tai Chi - O	7:00 Toastmasters 7:30 Tai Chi - O 9:30 Fun Bingo 10:00 Creative Writing - O 1:00 Astral Travel O
5	6	7	8	9
9:00 Feeling Fit 9:00 Hearing Scrn-S 9:30 Book Club 10:00 Feeling Fit 10:00 Alz. Support - S 1:00 Sr. Travel Mtg. 6:00 Zumba - O	7:30 Tai Chi - O 9:00 Shuffleboard 12:00 Smart Driver - S 12:15 Fun Bingo 3:00 Table Tennis 5:45 B. Flamenco - C 6:00 Pound	9:00 Feeling Fit 9:00 Shuffleboard 9:30 Legally Blind 10:00 Feeling Fit 12:00 Chess Club 12:30 Chair Fitness-O 5:00 Country Sole - C 6:00 Zumba - O	12:00 Smart Driver - S 2:00 Meditation - O 2:30 Table Tennis 3:00 Tai Chi - O	7:00 Toastmasters 9:30 Fun Bingo 9:30 Floral Art Design-O 10:00 Creative Writing - O
12	13	14	15	16
9:00 Feeling Fit 9:00 Hear. Scrn. - S 9:30 Book Club 10:00 Alz. Support - S 10:00 Feeling Fit 1:30 Reverse Mortgage - O 6:00 Zumba - O	7:30 Tai Chi - O 9:00 Shuffleboard 9:30 Line Dancing - O 12:00 AARP Smart Driver - S 12:15 Fun Bingo 3:00 Table Tennis 5:45 B. Flamenco - C 6:30 Pound - C	9 & 10 Feeling Fit 9:00 Shuffleboard 9:30 Legally Blind - S 12:00 Chess Club 12:30 Chair Fitness-O 1:00 MS Support - S 6:00 Zumba - O	9:00 Shuffleboard 9:00 HICAP 12:30 Get fit & Have fun - O 2:00 Meditation - O 2:30 Table Tennis 3:00 Tai Chi - O	7:00 Toastmasters 7:30 Tai Chi - O 9:30 Fun Bingo 10:00 Creative Writing - O
19	20	21	22	23
9:00 Feeling Fit 9:30 Book Club 10:00 Feeling Fit 1:00 Reverse Diabetes -O 6:00 Zumba - O	7:30 Tai Chi - O 9:00 Shuffleboard 9:00 HICAP - S 12:15 Fun Bingo 3:00 Table Tennis 5:45 B. Flamenco - C 6:30 Pound - C	9 & 10 Feeling Fit 9:00 Shuffleboard 9:30 Legally Blind - S 12:00 Chess Club 12:30 Chair Fitness- O 5:30 Country Sole - C 6:00 Zumba - O 6:40 Country Sole - C	9:00 Computer Registration - S 1:00 Clear the Clutter O 2:30 Table Tennis 3:00 Tai Chi - O	7:00 Toastmasters 7:30 Tai Chi - O 9:30 Fun Bingo 1:00 Great Board & Card Games - O
26	27	28	29	30
9:00 Feeling Fit 9:30 Book Club 10:00 Feeling Fit	7:30 Tai Chi - O 9:00 HICAP 9:00 Shuffleboard 12:15 Fun Bingo 3:00 Table Tennis	9 & 10 Feeling Fit 9:00 Shuffleboard 9:00 Taste of Oasis - O 9:30 Legally Blind - S 10:30 Start up Yoga - O 12:00 Chess Club	9:00 Shuffleboard 10:30 Summer Tutoring - O 2:30 Table Tennis 3:00 Tai Chi - O	7:00 Toastmasters 7:30 Tai Chi - O 9:30 Fun Bingo 10:30 Summer Tutoring O

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 **C**-Community Services..760-839-4691 **S**-Senior Service Council....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

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.

Volunteers Needed For more information call Richard at 760-747-3726

SENIOR TRAVEL OFFICE

MONDAY - FRIDAY 9AM - 12PM

760-745-5414

No travel meeting in August.

Join us September 9th at 1:00 p.m. in the auditorium, Randy Case will be our guest speaker.

UPCOMING SENIOR TRAVEL TRIPS:

Pauma Casino

August 19

Big Bear

September 18

Reno

October 21 - 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 \$1 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 Coupon Program.....760-480-0611

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

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

Computer Classes/Tutors—Monday— Friday— 9:00 AM - Noon.....DEBB



Computer Class sign up Thursday, August 22, 2019, 9:00 AM - 12:00 PM

Course run 1.5 hours/week for 8 weeks for a \$30 fee. Email & the Internet classes, iPad and Android Basic for Seniors, run for 4 weeks for a \$15 fee. Beginning & Intermediate Windows 10 and iMac with IOS Yosemite & El Capitan based on instructor availability. 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 more information.**

AARP Smart Driver Program—Tuesday, August 6 & Tuesday, August 13OAK RM
12:00 PM - 4:30 PM - 2 Day Initial Course – This class provides students with a certificate that is valid for three years discount toward cost of automobile insurance. AARP members **MUST** 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. Make check payable to AARP and pay instructor at class time. Plan to arrive 15 min. early for check in and payment. **Call 760-480-0611 to register.**



Taxi Coupon Program— TUESDAYS & WEDNESDAY ONLY— 9:00 AM— 11:30 AM.....DEBB



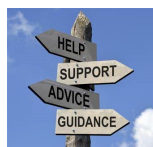
Taxi coupons are used for shopping, banking, churchgoing, or Dr. appointments within the city of Escondido. Escondido low income seniors with no other means of transportation may qualify. **Must apply in person.** Bring proof of income, most recent bank statement, picture ID and proof of age. Allow one week for approval. **Call 760-480-0611 for more information.**

Legal Aid & Notary Service—Every Wednesday— 9:00 AM— 10:30 AM.....DEBB



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

HICAP – Thursday, August 15 & Tuesday, August 20—9:00 AM— 12:00 PM.....DEBB



Health Insurance Counseling and Advocacy Program Assistance and objective information to help seniors and disabled persons make informed decisions about health care coverage, Medicare benefits, and supplemental insurance plan options. **Call 858-565-8772 for an appointment.**

Income Tax Assistance— Thursdays only—9 AM - 10:30 AM.....DEBB
Appointment required call 760-480-0611.

OFFICE HOURS: MONDAY THRU WEDNESDAY 9 AM - 3 PM, THURSDAY & 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.

ALZHEIMER'S S.D. SUPPORT & DISCUSSION— AUGUST 12 & 26 (MONDAY) 10:00 AM - 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 858-966-3303 to confirm and for information visit ALZSD.ORG.**

NAMI—NATIONAL ALLIANCE FOR MENTALLY ILL— (EVERY TUESDAY) 4:00 PM - 6:00 PM.....SENIOR CENTER

Please call **800-523-5933** for more information.

BETTER BREATHERS CLUB— NO MEETING IN AUGUSTOAK RM

Sponsored by the American Lung Association, this support and educational group is for people with respiratory problems like COPD (chronic pulmonary diseases of bronchitis, emphysema, and asthma). 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— JULY 17 (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 Michele Easterling, M/S Self-Help Group Leader at 760-805-6390

HEALTH SCREENINGS

DENTAL SCREENING— Wednesday, August 7 at 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.**

HEARING SCREENING — Monday, August 12 at 9:00 AM.....DEBB CONFERENCE RM

David Illich, audiologist, will conduct and interpret a professional hearing test and give advice regarding any hearing aids you may have. **Call to register at 760-480-0611.**

Lake Hodges



Fun Fact:

Did you know that the Bicycle/Pedestrian bridge, which spans Lake Hodges from Escondido to Rancho Bernardo, is the longest stressed ribbon bridge in the world!

COMING IN SEPTEMBER

BETTER BREATHERS CLUB.....WEDNESDAY, SEPTEMBER 11.....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 (chronic pulmonary diseases of bronchitis, emphysema, and asthma). Meeting topics include updates on lung disease treatment, medications, respiratory equipment, exercise, psychological aspects of lung disease, nutrition, breathing techniques, and more. Meetings are held on the second Wednesday from 1 - 3 pm and are free and open to all.

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



Discover Life After 50



Come and join us at the Park Avenue Community Center on Wednesday, August 28 from 10:00 a.m. – 12:00 p.m. for the Taste of Oasis! Below are just some of the exciting upcoming Oasis programs for the month of July. For additional information or for the full listing of classes, activities, and trips, simply pick up a catalog at the Park Avenue Community Center, visit us online at www.sandiegooasis.org, or call 760-796-6020.

- #655 Creative Card Making, Thursday, 8/1, 10:00 a.m.
#689 Thrivent One-on-One, Thursday, 8/1, 10:00 a.m.
#708 Get Fit and Have Fun, Thursday, 8/1, 12:30 p.m.
#780 Gaining Powerful Lessons from the People Around Us, Friday, 8/2, 10:00 a.m.
#778 Astral Travel, Friday, 8/2, 1:00 p.m.
#836 Instagram for Newbies, Tuesday, 8/6, 1:00 p.m.
#811 Communication with the Dead, Tuesday, 8/6, 2:00 p.m.
#704 Chair Fitness, Wednesday, 8/7, 12:30 p.m.
#675 All About Credit, Thursday, 8/8, 11:00 a.m.
#785 Immigration and Deportation, Friday, 8/9, 1:00 p.m.
#755 Medicare Made Easy, Saturday, 8/10, 10:00 a.m.
#682 Reverse Mortgages Explained, Monday, 8/12, 1:30 p.m.
#677 Planning for Long-Term Care, Tuesday, 8/13, 11:00 a.m.
#852 YouTube for Newbies, Tuesday, 8/13, 1:00 p.m.
#767 True Cures for Low Back Pain and Sciatica, Thursday, 8/15, 1:30 p.m.
#764 Reverse Diabetes?, Monday, 8/19, 1:00 p.m.
#844 Smartphone Training: Android, Tuesday, 8/20, 10:00 a.m.
#848 Smartphone Training: iPhone, Tuesday, 8/20, 1:00 p.m.
#834 Fun Apps for Your Phone, Tuesday, 8/20, 1:00 p.m.
#810 Clear the Clutter: Get Your Life Back, Thursday, 8/22, 1:00 p.m.
#781 Great Board and Card Games & Where They Come From, Friday, 8/23, 1:00 p.m.

IN PARTNERSHIP WITH AARP... Sampling of Upcoming Classes... Taste of Oasis San Diego... SERVING UP A NEW SEASON... Wednesday, August 28, 2019 | 10:00 AM - 12:00 PM... EARLY BIRD SAVINGS... Bring a Smile to the Face of an At-Risk Student!

FALL 2019 CATALOG RELEASE... Come help yourself to our new Fall catalog!... We'll be serving them up beginning Thursday, August 22... Registration begins Wednesday, August 28... Catalog Pick-Up Locations... Request That A Catalog Be Mailed... SAVE THE DATE! OCTOBER 15

IMPORTANT PHONE NUMBERS

EMERGENCY SERVICES

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

CITY OF ESCONDIDO

City Clerk's Office..... 760-839-4617
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
Grief Support Groups griefshare.org
HICAP (Health Insurance Counseling & Advocacy).....858-565-8772
Interfaith Comm. Svcs...760-504-4486
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.....800-633-4227
Neighborhood Health Care..737-6900
N. Inland Resource Center
.....858-694-3900
Ombudsman/Advocate..800-640-4661
PACC Resource Office 760-839-4049
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
.....760-839-4803
Interfaith Comm. Serv...760-504-4486
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
Ed Brown Sr. Center.... 858-487-9324

NORTH COUNTY SENIOR CENTERS

Carlsbad Senior Cntr.....760-602-4650
El Corazon, Oceanside...760-435-5300
Encinitas Senior Center...760-943-2250
Fallbrook Senior Cntr....760-728-4498
Oceanside Senior Cntr..760-435-5250
Park Ave. Comm. Cntr....760-839-4688
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



goodbye
SUMMER
hello
AUTUMN



Coming in September

SAN DIEGO *Senior Games*



The Park Avenue Community Center will host the shuffleboard competition as part of the San Diego Senior Games.

Date: Saturday, Sep 7

Time: 9 a.m. - 2 p.m. (check in at 8 a.m.)

Cost: \$35

For information or to register call: **858 292-5812
or visit: sdseniorgames.org*

Escondido Community Wellness Expo

Tuesday, September 24, 2019 • 8:30–11:30 am

Park Avenue Community Center

Free information & resources for older adults and their families.

- FREE admission
- Over 30 community resource exhibitors
- FREE health screenings
- FREE gift basket drawing
- FREE easy parking
- Complimentary breakfast at 8:30–9:30 am

**SAVE
THE
DATE!**



For more information call the Park Avenue Community Center at (760) 839-4688.