

SENIOR SERVICES

Transportation

LIFT

Lift offers curb-to-curb transportation for ADA certified passengers. For an application call (877) 232-7433. To schedule a ride call (760) 726-1111.

Encinitas Senior Center

Lunch Transportation

The Lunch Transportation Program is designed to transport eligible senior citizens to and from the Senior Center for lunches Monday through Friday. If you or someone you know is interested in rides to the lunches, call (760) 943-2257 to request an application. Suggested \$2 donation per roundtrip van ride. Suggested \$4 donation per round-trip LIFT ride.

Van Drivers: Benny Andaya and Leslie Cothran

NCTD Breeze

For public bus service call (760) 966-6500.

NCTD Flex 374

On demand, curb to curb service. Your new ride to shopping, community centers, libraries, the beach and more! For reservations call (855) 844-1454.

Out and About Encinitas- Get on Board!

Are you an Encinitas senior citizen resident with no means of transportation? If so, you may be eligible to become a passenger. Volunteer drivers will take you to the grocery store, doctor appointments, pharmacy, Senior Center and many other locations in Encinitas. Call Gail Dupler, Transportation Coordinator at (760) 943-2256 to request an application. There is no charge

Out and About Volunteer Driver Opportunity

The Senior Center is always seeking more volunteer drivers to keep up with the Out and About passenger demand. If you would like to volunteer a few hours a week and receive mileage reimbursement, please notify Gail Dupler, Transportation Coordinator at (760) 943-2256.

RideFACT

This new senior dial a ride service provides general purpose trips for seniors 60+ 7 days a week. For reservations call (888) 924-3228.

NUTRITION

Little Oaks Cafe

Nutrition Coordinators: Lynda Smith and Carol Hamilton
Come enjoy a delicious meal served in the Banquet Hall. Reservations are required and can be made up until 8:00a.m. of the day you would like to have lunch, by calling (760) 943-2258. Although reservations are required for a guaranteed meal, extras may be available on a first-come-first-served basis for those without a reservation. Check the menus available at the Senior Center for daily meal options. This program is supported by donations, the Older Americans Act with funds awarded to the City of Encinitas by the County of San Diego Aging and Independence Services, and the City of Encinitas. Seniors 60+ suggested donation of \$4. No eligible person shall be denied a meal because of failure or inability to contribute. Under 60 there is a mandatory fee of \$6.
Location: Banquet Hall 142A at Encinitas Community Center

Nutrition Project Council

The most effective way to ensure that the Nutrition Program is addressing the needs of the senior community is to have a participant advisory body, the Nutrition Project Council. It is the purpose of this Council to advise the contractor's Nutrition Coordinator on matters relating to the provision of nutrition. Everyone is welcome to attend.
*2nd Friday of every other month
Fri; July 10; 9:30a.m. to 10:30a.m.
Location: Banquet Hall 142A at Encinitas Community Center*

The Angel's Depot Program

The Encinitas Senior Center has partnered with Angel's Depot, a nonprofit, charitable agency that packs nonperishable, nutritionally balanced boxes of food for low income senior citizens. The FREE food boxes from Angel's Depot are delivered to the Center monthly and distributed at the Senior Center. The program is for Encinitas residents ages 60+ or 55+ with a disability who meet the income qualifications. Please call (760) 599-7093 for additional eligibility requirements and an application.
Location: Outreach Office at Encinitas Senior Center

OUTREACH SERVICES

AARP Smart Driver Course

This is the Nation's first and largest 8-hour classroom refresher course designed especially for drivers 55+. Insurance companies offer discounts to graduates of the program. Cost is \$15 with an AARP card and \$20 for general public per person. Fee must be paid in class by check made payable to AARP only. Be sure to bring your AARP card to class. Call (760) 943-2250 to reserve a spot.

Location: Arts and Crafts Room 140 at Encinitas Community Center

*Fee: \$15 with an AARP card and \$20 for general public per person
Tuesday; July 14 and 21 12:30p.m. to 4:30p.m.*

Bereavement Support Group

Volunteer Facilitator: Jodi Varner

"As they participate, they remember; as they remember, they grieve; as they grieve, they heal." For those looking to find help and healing from the loss of a loved-one, come and participate in this ongoing grief support group, led by Bereavement Counselors from Hospice By the Sea. Each session will provide participants with space to share their stories as well as exercises and instruction related to navigating their grief and loss processes.

1st and 3rd Monday of the month.

Location: Arts and Crafts Room 140 at Encinitas Community Center

Fee: Free

Mon; 2:30p.m. to 3:30p.m.

Blood Pressure Clinic

An EMT from American Medical Response is available to check your blood pressure.

1st Friday and 3rd Thursday of the month

Location: Lunch Room at Encinitas Community Center

Fee: Free

10:30a.m. to 12:30p.m.

Elder Law and Advocacy

Attorney : Karin Schumacher

An attorney can help you with legal services such as wills, family issues, fraud, neglect, power of attorney and other legal issues. Appointments required; call (800) 434-0222.

4th Thursday of every month.

Location: Conference Room A 119 at Encinitas Community Center

Fee: Free

Thu, 10a.m. to 2p.m.

HICAP Counseling

Volunteer: Facilitator: Joanne Fink

HICAP stands for Health Insurance Counseling & Advocacy Program. Ask a counselor about Medicare, supplemental insurance, HMO options and medical bills.

By appointment only; call (800) 434-0222. Ages: 60 and up.
First Friday of the month
Location: Conference Room B 116 at Encinitas Community Center
Fee: Free
9:30a.m. to 12:30p.m.

Project C.A.R.E.

Project C.A.R.E. is a FREE “Safety Net” program of services for Encinitas seniors. If you live alone, this is a great resource. Services include: Vial of Life, Home Safety Check and information and referrals. Call (760) 943-2250 for more information.
Location: Encinitas Senior Center

Encinitas Senior Center

The Encinitas Senior Center provides many classes and special interest activities for seniors. For more information go to: www.ci.encinitas.ca.us