



# WELCOME TO OUR OFFICE

## OUR SERVICES

- Large Print Book Library
- Legal Resources
- Housing Assistance
- Transition Assistance
- Support for Caregivers
- Falls Prevention Program
- A Matter of Balance Program
- Enhanced Info & Referral
- Medi-Care Counseling & Enrollment
- Meals on Wheels
- Transportation
- Short-Term Service Coordination
- Long Term Services & Supports
- Utility Assistance
- Care Home Advocates
- CalFresh & Medi-Cal Enrollment Assistance
- Tax Preparation & Assistance
- Disability Resources
- Options Counseling
- Foster Grandparent - Senior Companion Program
- Sharps & Medication Disposal
- Monthly Senior Newspaper Column #TheGoldenAge in *The Mission Village Voice*
- Annual Resource Directory
- ... and MUCH more!

## OUR SCHEDULE

### AREA AGENCY ON AGING-SENIORS COUNCIL

Leanne Oliveira | Main: 888-637-6757

[LeanneO@SeniorsCouncil.org](mailto:LeanneO@SeniorsCouncil.org) | [www.SanBenitoADRC.org](http://www.SanBenitoADRC.org)

MONDAY - THURSDAY - FRIDAY, 10:00 AM - 4:00 PM

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### JOVENES DE ANTAÑO

Kaitlyn Amador | Main: 831-637-9275 x 311

MONDAY - FRIDAY, 9:00 AM - 4:30 PM

[KaitlynA@JDASBCSeniors.org](mailto:KaitlynA@JDASBCSeniors.org) | [www.JDASBCSeniors.org](http://www.JDASBCSeniors.org)

Exercise Classes: Tuesday & Thursday 10:30 AM-11:30 AM

Congregate Meals: Weekdays 11 AM-1PM with Bingo: 1PM-1:30PM

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### SENIOR NETWORK SERVICES: HEALTH INSURANCE COUNSELING & ADVOCACY PROGRAM (HICAP)

Sherri Rodrigues | Main: 831-462-4335 **WALK-INS & APPTS**

[SherriR@SeniorNetworkServices.org](mailto:SherriR@SeniorNetworkServices.org) | [www.SeniorNetworkServices.org](http://www.SeniorNetworkServices.org)

**NEW HOURS:** 2<sup>nd</sup> & 4<sup>th</sup> TUESDAY 9:00 AM – 1:00 PM

### *We also proudly provide these partnerships and will facilitate local appointments:*

- **ADVOCACY, INC:** 831-636-1638 [www.advocacy-inc.org](http://www.advocacy-inc.org)
- **ALZHEIMER'S ASSOC. OF NORTHERN CALIFORNIA:** 831-900-5902 [www.alz.org/norcal](http://www.alz.org/norcal)
- **CENTRAL COAST CENTER FOR INDEPENDENT LIVING (CCCIL):** 831-757-2968 x 25 [www.CCCIL.org](http://www.CCCIL.org) By Appointment Only *Wednesdays 10 am – 3:30 pm at EDD Office.*
- **DEL MAR CAREGIVERS:** 831-975-5841 [www.delmarcaregiver.org](http://www.delmarcaregiver.org)
- **SENIOR LEGAL SERVICES** (formerly "SENIOR CITIZENS LEGAL SERVICES"): 831-426-8824 [www.SeniorLegal.org](http://www.SeniorLegal.org) **BY APPT ONLY**  
**NEW HOURS:** Mon-Thur 8:30 AM-5 PM at the Epicenter
- **VETERANS SERVICES:** 831-637-4846  
[www.cosb.us/services/community/veterans-services](http://www.cosb.us/services/community/veterans-services)