

WHAT'S HAPPENING AT THE SENIOR CENTER

HEALTH & SUPPORT SERVICES

Senior Peer Counseling
Acupuncture Clinic
Friendly Visitor Service
Senior Exercise Class
Tai Chi Class
Managing Chronic Disease
Focused Support Groups
Nutrition Education
Medicare Consultation
Drivers Training Class
Alcoholics Anonymous Meetings
Meals On Wheels Delivery
Daily On Call Bus Service
Consultation & Referral Service

SOCIAL & RECREATION PROGRAMS

Duplicate Bridge
Grass Roots Cribbage Group
Knitter's Group
Jazz Chorus
North Coast Quilters Guild
Bingo Games
Computer Lab & Coaching
Musical Events
Music Jam Sessions
Special Lunches and Dinners
Special Event Trips
Morning Coffee & Dining Room
Daily Full-Service Lunch
Writers Workshops
Discussion Groups
Thrift Store
Ukulele Classes
Ping Pong Sessions

*for daily menu and activity updates
visit our website*

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HOW ARE SENIOR SERVICES SUPPORTED?

Direct Financial Contributions
from Individuals and Businesses
THANK YOU!

Seniors (and others) contribute
countless hours of invaluable
volunteer support.

Seniors Pay Sliding Scale Fees
and Donations for Services

Your Tax Dollars Pay a part
of Contracted Senior Services
(lunch, meals on wheels, transportation)

Fund Raising Events and Activities

**Joining the Senior Center
Volunteer Staff provides a way
for elders to continue using
their skills and energy
serving their community.**

VOLUNTEER OPPORTUNITIES

Dining Room Waiters
Thrift Store Staff
Eldercare Program Staff
Office & Reception Work
Gardening
Meals on Wheels Driver
Maintenance & Repair
Peer Counselor
Event Coordination & Support

Redwood Coast Senior Center
490 North Harold Street
Fort Bragg, California 95437
707.964.0443



REDWOOD COAST SENIOR CENTER

The mission of Redwood Coast Senior Center is to provide a comfortable and inviting community gathering place for elders, and to provide activities and services that support optimal wellness and healthy aging for all seniors on the Mendocino Coast.

“The true measure of a civilization is the ease, security, comfort, and honor it provides for its grandmothers and grandfathers.”

– Herodotus

The *Older Americans Act of 1965* funds Senior Centers across the country, so they can provide meals, transportation, education, vital services, and comfortable gathering places. Together with Social Security and Medicare, this legislation provides the “social safety net” for seniors.

A lot of elders live here on the North Coast – more than a third of us are over 60! While many of us are financially comfortable, about half of all elders live on fixed incomes that are quite low. As we age, we gradually begin to require various kinds of support. Extended families used to manage all that, but times have changed, and more elders are on their own.

That's why we need senior centers.

A ride when we can't drive ourselves. A delicious main meal every day whether we have the money to pay or not, even delivered to our home if we can't get out. Answers to the many questions and confounds of modern life and all its indecipherable “bureau-crazies” from insurance and health care to the phone company and internet. A cozy social center with lots of activities that reduce social isolation. And, when needed, secure care for those of us who become disoriented. A Senior Center is really a community's way of making sure that every elder has neighborly, caring support.

REDWOOD COAST SENIOR CENTER

44 Years of Service to Elders on the Mendocino Coast – since 1973

Senior Consultation & Referrals

Elders receive reliable, friendly and personalized consultation on matters of concern for wellness, security and independent living. We handle calls for information, referrals or consultation arrangements.

The Center provides support regarding health concerns, legal and financial matters, housing and energy use, emotional well being, nutrition, housing, medicare, social security, elder abuse, income taxes and support groups. We also offer educational programs on elder topics. Check the website for details.

Circle of Elders Care Program

Aging can bring chronic illness, functional disability, cognitive decline or social isolation – for example the growing incidence of Alzheimer's disease and Dementia. Our professional staff and community volunteers can provide transportation, meals, stimulating social activities, and personalized care, Monday - Thursday, at the Senior Center. We support respite for families and caregivers by providing a kind, respectful and secure facility where elders can spend their days in the company of friends, enjoying a program designed for joyful interaction in a safe and pleasant environment.

Senior Transportation

Seniors can call the Center Front Desk at 964 0443 between 8am and 3pm M-F to be picked up and taken to desired destination between Caspar and Cleone. Our great drivers provide personalized transportation to seniors. They pick you up at home, take you wherever you need to go, and then take you back home.

Meals On Wheels

Our professional staff and wonderful volunteer drivers deliver over 700 lunches weekly to folks who are unable to get out for meals or shopping. The Center kitchen crew prepare and package meals every morning in special hot cases. The lunches are loaded into drivers' vehicles, and hand distributed to people's homes all over the North Coast. If you can't get out to shop or can't cook, call us to start your lunch delivery right away. Get a daily visit by a smiling driver with a hot meal. Call for more info: 964-0443.

Full Service Dining Room

Lunch is served every weekday from 11:30 to 1:00. Chef Sal Meza and his outstanding staff prepare 200 home style lunches daily. Menus are varied, nutritionally balanced, and provide substantial dinner-sized portions designed to truly anchor our guests' daily meal requirements. Beverages and deserts are included and a full service salad bar is offered. Quality and flavor is superb! Volunteer waiters personally serve guests at each table. Simply the easiest place in town to meet other seniors! Best way to find out about all the social activities and service opportunities available – come to lunch!

490 North Harold Street, Fort Bragg, California 95437 : 707.964.0443
on the web at **r e s c e n t e r . o r g**