

How can you support Senior Services?

Volunteer Opportunities

- ◆ **Activities Programs:** Class Instructors/ Rummage Sale/ Clerical Assistance/ Front Desk & Gift Shop Receptionist
- ◆ **Meal Programs:** Dining Room Servers/ Cashiers/ Kitchen Assistance/ Meals on Wheels Delivery Volunteers / SASH Volunteers
- ◆ Intergenerational projects are available for youth and older adults to interact together

Donation Opportunities

- ◆ Monetary donations are always welcome and greatly appreciated
- ◆ Senior Services “Giving Tree” with publicly displayed leaves and rocks available to thank, memorialize, or honor a special someone or group
- ◆ Household goods and jewelry for rummage sales
- ◆ Bequests and endowments
- ◆ Medical equipment for our Medical Supply Loan Closet

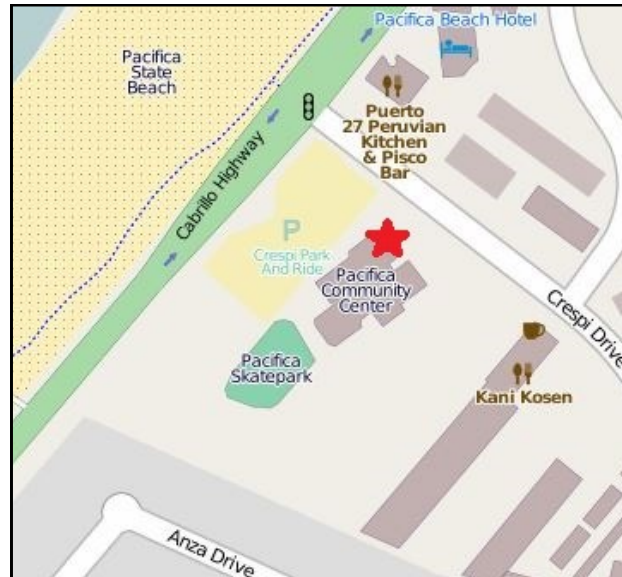
Gift Shop

- ◆ Partial proceeds benefit Senior Services programs
- ◆ Open 9:00 am-12:00 pm Monday-Friday
- ◆ Hand-crafted items made by senior vendors for sale
- ◆ Local senior crafters are welcome to be considered to be a vendor

Rummage Sales

- ◆ Proceeds benefit Senior Services programs
- ◆ Open from 9 am—2 pm
- ◆ See Senior Services Department on www.cityofpacifica.org/SeniorServices

Location



Pacifica Community Center

540 Crespi Drive
Pacifica, CA 94044
650 738-7384

www.cityofpacifica.org/SeniorServices

Phone Numbers to Know

- ◆ Activities & Classes 650 738-7384
- ◆ Information & Referral 650 738-7353
- ◆ MOW & Transportation 650 738-7350
- ◆ Recreation Manager 650 738-7352

Senior Services Hours

Monday, Tuesday and Thursday 8 am to 5 pm
Wednesday 8 am to 7 pm
Friday 8 am to 1:30 pm
Closed on major holidays See calendar for dates



Parks, Beaches and
Recreation
Department



SENIOR SERVICES

Pacifica Senior Services is the community focal point for seniors' quality of life. We are committed to providing services and programs which maintain and enhance the quality of their lives, reduce isolation, and promote socialization.



“Get Connected”

Who we are....

Pacifica Senior Services has been in operation since 1974. A division of the Parks, Beaches and Recreation Department, our programs are offered from the Pacifica Community Center which houses our multi-purpose Senior Center.

We welcome and respect the unique attributes, characteristics and perspectives that make each person who they are. We welcome all, regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, marital or family status.

Classes and Group Activities

- ◆ **Computer Classes:** Beginners, Family Tree, Photo Shop
- ◆ **Craft Classes:** Jewelry making, Stamping, Ceramics, Stain Glass, Knitting, Quilting
- ◆ **Exercise Classes:** Aerobics, Feldenkrais, Chair Yoga, Laughter Yoga, Zumba Gold
- ◆ **Social Games / Activities:** Bingo, Bocce Ball, Bridge, Creative Writing, Hula, Line Dancing, Mah Jong, Pedro, Ukulele
- ◆ **Support Groups:** “Stages” Discussion group, Grief support



Seniors In Action (SIA)

Our SIA Council meets the third Monday of each month (unless holiday). These are open meetings where the public is invited to learn updates of our services/programs and an opportunity for you to share concerns, acclimates or ideas to address.

SIA Membership

Membership \$25/year per individual 60+

- ◆ Annual subscription to our bi-monthly, newsletter, “Senior Tidings”
- ◆ Discounts on classes and trips
- ◆ Parking privileges at Community Center

Transportation Services

- ◆ Monday-Friday transportation is offered to and from your Pacifica home to the Senior Center—\$3.00 suggested donation roundtrip
- ◆ Shopping trips to local centers and malls scheduled throughout the month—\$3.00 roundtrip fee
- ◆ Local trips and special outings are scheduled regularly throughout the year

CaR (Connect a Ride) Program

- ◆ CaR Program is a partially subsidized cab ride for Pacifica Residents 65+ years old. **NO COST FOR REGISTERING IN PROGRAM.** Rides are intended to address senior isolation due to transportation barriers. Eight one-way rides are automatically loaded on a participants card monthly. Participant pays \$5 per one-way ride each time they take a ride anywhere in Pacifica City limits, Colma Bart Station and Medical Centers / Offices associated with Centers between Seton Medical Center, Kaisers SSF & Daly City and Mills/Peninsula Hospital. Remainder of the cost is covered through the generosity of the *Sirkka Niukkanen Trust*.. Rides are scheduled by participant calling Serra Cab and making arrangements. Accessible vehicles available at no additional charge
- ◆ Additional information is available at the Center or on line: https://www.cityofpacifica.org/depts/pbr/senior_services/transportation/default.asp



Nutrition Services

- ◆ Healthy and balanced meals are freshly prepared in our on-site kitchen and each meal furnishes 1/3 of the daily nutritional requirements

Congregate Lunch Program

- ◆ Monday-Friday at 12 noon for seniors 60+ years
- ◆ \$3.00 suggested donation per meal
- ◆ Non-seniors are welcome as the guest of a senior for a \$5.00 mandatory fee

Meals on Wheels (MOW) Program

- ◆ Program provides meals to frail, homebound seniors who are unable to prepare or obtain nutritious meals
- ◆ Volunteers deliver meals Monday-Friday between 10:45 am and 1:00 pm
- ◆ \$3.50 suggested donation per meal

Suggested donations are appreciated for Congregate Lunch, MOW and Transportation programs but no eligible individual will ever be denied service for failure or inability to contribute.

Shopping for Seniors Homebound (SASH)

Our SASH volunteer does local shopping for seniors that are homebound and unable to shop or have someone shop for them. Call 650 738-7353 for more information.

Information & Referral

In-house services include: Medical Equipment Loan Closet, Health Education Resource Room, weekly Haircuts and Podiatry appointments, support groups and in-home help support referrals for neighboring agencies.

Annual AARP Tax Assistance during tax season and an annual Health and Information Fair