

Concord Senior Center — 50 & Better

Health & Human Services

AARP Driver Safety. This course is taught on the **1st and 2nd Wednesday** every other month from **9:00a.m. -1:00p.m.** Cost for AARP members: \$15; cost for non members: \$20. Call to register.

Alzheimer's Support Group. Alzheimer's Support group meets on the **4th Wed** from **2:00p.m. - 4:00p.m.**

Care Management by Meals on Wheels (MOW) & Senior Outreach Services for Adults 60+

Discover a wide variety of assistance and resources available to you in the community. **Appointments are available on Monday and Wednesday from 9:30a.m. – 3:00p.m. and Thursday from 9:30a.m. - 11:30a.m.** For more information or to schedule an appointment contact the center.

CC Café Hot Lunch Program by MOW & Senior Outreach Services for Adults 60+

Café is open to adults 60+ and younger spouses and seniors. **Meals are served daily at 11:30a.m.** You are required to register prior to starting the program. Contact the Café at (925) 825-1488 between 9:00a.m. - 11:30a.m. for more information and a menu.

Get Around Taxi Program by Concord Commission on Aging - Program is available for **Concord residents who are 65 years and older.** Applications will be accepted Monday thru Friday from 9:00am-12:00noon at the center. Each book is \$15 with a scrip value of \$30. Registered seniors may purchase a maximum of 2 books per month. For brochure and application go to www.cityofconcord.org/senior and click on Get Around Taxi Program.

Health Insurance Counseling and Advocacy Program (HICAP).

Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **2nd, 3rd and 4th Friday from 1p.m. - 4p.m.; 1st & 2nd Tuesdays from 1p.m.- 4p.m. Call (925) 602-4168 for an appointment.**

Home Share Contra Costa. This program matches senior homeowners, who need affordable housing in order to remain in the area. Assist with housing agreements for all parties involved. Mediation and referral services are available. Provide interviews, applications, background screening. Call (925) 451-9890 to make an **appointment, Thursdays between 1:00p.m. – 5:00p.m** and **Fridays between 9:15a.m. – 12noon.**

Legal Assistance. Currently there is no lawyer on site. For legal assistance call Contra Costa Senior Legal Services at (925) 609-7900 or email legalhelp@ccsls.org. CCCLS is a private, non-profit agency that has been providing free legal services to seniors since 1976. CCCLS provides free **Advance Care Directive Clinic every 2nd Thursday of the month at the Concord Senior Center.** Attorneys will prepare an AHCD for you. Call the center to make an appointment.

Memory Screening. Screenings will held on **4th Monday of each month from 1:00p.m. - 3:00p.m.** with the exception of May (holiday).

Notary Services by Volunteers for Adults 50+. Services are provided free of charge from **10:00a.m. -11:00a.m. every Wednesday.** No appointment necessary. A prior contact check is recommended.

Pranic Healing is a simple yet powerful & effective system of no-touch energy healing. Meets 1st and 3rd Friday of the month from **7:00pm—9:00pm.** Donation of \$10-\$20 is preferable. Proceeds go to the Senior Center. No appointment necessary.

Senior Center Scholarship Program. Scholarship Program is available to **adults 50+ residing in Concord** who wish to participate in the Senior Center Program. **Approved applicants** receive a maximum of \$100 per individual, per year with \$5 co-pay. Complete application, activity choice and supporting documents to center staff for review. Applicant will be notified when scholarship has been approved.

Senior Peer Individual Counseling by Contra Costa Health Services for Adults 55+

Offers free and confidential one-on-one counseling sessions every **Tuesday from 9:30am, 10:30am and 11:30am.** Call for an appointment.

Vision Support Group by Lions Cener for Visually Impaired - Edward Schroth leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1pm.** No registration necessary.



The Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community. Call the Senior Center at **(925) 671-3320** for an appointment or for more information between 9:00 a.m. and 12:00 p.m., after 12 p.m. press option 1, or email concordsc@cityofconcord.org.

Concord Senior Center ~ 2727 Parkside Circle, Concord, CA 94519