

MARCH 2026

PARK AVENUE POST

HOME OF THE ESCONDIDO SENIOR CENTER • ADULTS 50+

Contact Us

760-839-4688

Lunch Reservation

760-839-4803

Transportation

760-802-0764

Hours

Monday to Friday

8 a.m. - 3 p.m.

Closed Weekends & Holidays

About Us

The Park Avenue Community Center (PACC) is thrilled to provide enrichment programs, activities, and classes. A resource specialist is also on site to provide community resources to seniors and their families.

Call 760-839-4049 with your information and request.

Join us in creating an active, healthy, and vital connections with others.

Subscribe to our Newsletter

Would you like to receive the Park Avenue Community Center newsletter by email? We'll send it straight to your inbox each month, free of charge. Email Vanessa.Arguelles@escondido.gov and let us know you'd like to be added to our email list!

Feeling *Lucky*? Celebrate St. Patrick's Day with us! Turn to page 5 for festive events and activities.

recreation@escondido.gov

📍 210 E Park Ave
Escondido, CA 92025

 **Park Avenue**
Community Center

Senior Nutrition Program

Monday to Friday 11:30 a.m. - 12:15 p.m.

About

Congregate meals are nutritionally balanced meals served at the Park Avenue Community Center and are designed to sustain and improve participants' health and reduce isolation by promoting socialization.

Seniors 60+ (voluntary contribution) \$4
Under 60 (FEE) \$11

All Contributions are confidential! No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

The Escondido Senior Nutrition Program is supported by the **City of Escondido** and the **County of San Diego Aging and Independence Services**.



Lunch Transportation

- Lunch Transportation is offered for nutrition participants only to the Center and back home. **If you would like to be added to the transportation waitlist, please call 760-802-0764.**
- Participants may be waitlisted due to capacity issues.
- *\$1 voluntary contribution for transportation would be greatly appreciated!*

Additional Information

- Older adults ages 60 and over can sign up for these programs.
- Lunch reservation and cancellation line: **760-839-4803** (24 hr. voicemail). Leave your name and phone number.
- Participants must fill out enrollment paperwork. All forms need to be updated yearly.
- **RESERVATIONS** are required.
- Please make your reservation 48 hours before you wish to dine. Call Thursdays for Monday lunch reservations.

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Park Avenue Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Spaghetti & Turkey Meatballs w/ Marinara Sauteed Vegetables Canned Peaches Whole Wheat Bread	03 Pecan Crusted Tilapia Brown Rice Sauteed Spinach Apple Sauce	04 BBQ Pork Loin Mashed Potatoes Green Beans Banana Whole Wheat Bread	05 Beef Stroganoff on Buttered Egg Noodles Roasted Carrots Orange Whole Wheat Bread	06 Jerk Chicken Thigh Lentils Steamed Broccoli Tropical Canned Fruit Whole Wheat Bread
09 Beef Stew Steamed Spinach Steamed Rice Apple Sauce Whole Wheat Bread	10 Brown Sugar Glazed Ham Mashed Potatoes Sauteed Carrots Orange Whole Wheat Bread 	11 Chicken Fajita Mixture w/ Spanish Brown Rice Black Beans Canned Peaches	12 Shepards Pie Charred Brussels Sprouts Canned Pears Whole Wheat Bread	13 Herb Baked Pangasius Brown Rice Pilaf Roasted Corn Orange Whole Wheat Bread
 16 Turkey a la King on Whole Wheat Penne Pasta Steamed Broccoli Apple Sauce	17 Beef Meatloaf Mashed Sweet Potatoes Green Beans Banana Whole Wheat Bread	18 Shrimp & Sausage Jambalaya w/ Brown Rice Okra & Tomatoes Canned Peaches	19 Miso Ginger Pork Loin Brown Rice Roasted Carrots Orange	20 Lime Cilantro Chicken Black Beans Steamed Cauliflower Canned Pears Whole Wheat Bread
23 Pasta Bake Chicken & Broccoli Alfredo Steamed Peas & Carrots Apple Sauce Whole Wheat Bread	24 Cajun Blackened Catfish w/ Salsa Brown Rice Pilaf Steamed Corn Kernels Orange	25 Beef & Bean Chili Baked Potato Steamed Broccoli Canned Pears Whole Wheat Bread	26 Garlic Herb Roasted Pork Loin w/ Cranberry Glaze Roasted Sweet Potato Sauteed Spinach Banana Whole Wheat Bread	27 Chicken & Mushroom Coq au Vin on Buttered Egg Noodles Roasted Brussels Sprouts Canned Pineapple Whole Wheat Bread
30 Spaghetti & Turkey Meatballs w/ Marinara Sauteed Vegetables Canned Peaches Whole Wheat Bread	31 Pecan Crusted Tilapia Brown Rice Sauteed Spinach Apple Sauce			  <p>Visit the County of San Diego's Aging and Independence Services to learn more!</p>



Denotes entire meal being >1000mg sodium



All meals served with low fat milk

NOTES :

Lunch Served Monday through Friday from 11:30 a.m. - 12:15 p.m.

***Menu subject to change without notice.**



PACC Highlights



Feeling Fit Club

Mondays & Wednesdays

🕒 9 a.m./10 a.m.

📍 Location: Auditorium



Stay active and independent with our free fitness program designed just for older adults! This class targets strength and endurance to support everyday movement and overall well-being. Join and feel your best!
**Sponsored by the County of San Diego Aging and Independence Services Agency.*

Yoga 4 Seniors

Tuesdays & Thursdays

🕒 9:15 a.m. - 10:15 a.m.

📍 Location: Auditorium



Stretch, breathe, and rejuvenate with Silver Age Yoga*. This free class offers gentle movement designed to improve balance and flexibility. Enjoy an hour of relaxation! Perfect for starting your day feeling refreshed and connected. Doors close at 9:20 a.m.
**A Community Outreach Non-Profit 501 (c)(3) Organization*

Shuffleboard

Tuesdays & Wednesdays

🕒 9 a.m. - 12 p.m.

📍 Location: Shuffleboard Building

Slide into fun at our Shuffleboard Club! Join for friendly competition and great conversation. All skill levels are welcome and equipment is provided.

Smartphone Essentials Workshop

Thursday, March 5 & 19

🕒 10 a.m. - 11 a.m.

📍 Location: Oak Room



Join Senior Tech Connect as they guide older adults in learning everyday technology skills! Discover how to stay better connected with hands on support.

Table Tennis

Mondays & Wednesdays

🕒 1 p.m. - 3 p.m.

📍 Location: Auditorium



Stay active and have fun at our Table Tennis Club! All skill levels are welcome, and equipment is provided. Enjoy friendly competition, sharpen your reflexes, and connect with others who love the game.
No Table Tennis, Monday March 9, 2026.

Chess Club

Wednesdays & Fridays

🕒 12 p.m. - 3 p.m.

📍 Location: Shuffleboard Building



Ready to *check* out something new? Join to boost problem solving skills and concentration. Perfect for beginners and experienced players alike. All equipment provided.

Social Art Club

Every Friday

🕒 9 a.m. - 11 a.m.

📍 Location: Oak Room



Unwind and get creative! Enjoy a relaxed, instructor-free art session where you can paint, draw, or craft in a friendly, supportive space. All skill levels welcome.





PACC Events



Ask an Aging Life Care Professional Monday, March 9

🕒 9 a.m. - 11 a.m.

📍 Location: Lobby

The City of Escondido in partnership with Arosa Care is offering a resource opportunity with an Aging Life Care Professional to assist with any questions or concerns for our participants.



Picture Me Lucky Frame Craft Friday, March 20

🕒 9 a.m. - 11 a.m.

📍 Location: Cedar Room

Add a wee sprinkle of Irish magic to your day! Join us for a St. Paddy's photo frame craft. Create a lucky keepsake to take home!



Book Talk with an Author

Tuesday, March 10

🕒 10:15 a.m. - 11 a.m.

📍 Location: Cedar Room

Join **Author Leah Vickers** as she shares simple, practical tips on navigating California's caregiving resources, agencies, and support programs.



Lucky Bingo

Tuesday, March 17

🕒 12:15 p.m. - 1:15 p.m.

📍 Location: Auditorium

Join us for a shamrock-filled afternoon of fun as we celebrate St. Patrick's Day with Lucky Bingo! Wear green and test your luck! *Sponsored by Blue Shield*



Birthday Social Celebration

Wednesday, March, 18

🕒 12:30 p.m. - 1 p.m.

📍 Location: Auditorium

It's time to *march* into birthday celebrations! Join as we cheer on March birthdays with a sweet treat. *Sponsored by Royal Benefit Insurance Services.*



Golden Grooves

Thursday, March 19

🕒 10 a.m. - 11 a.m.

📍 Location: Auditorium

Live music is back! Join us for an energetic performance by **Peter Seltser**. See page 6 for more information.



March 20 is World Oral Health Day!

Dental Screening with Neighborhood Health

Friday, March 20

🕒 9:30 a.m. - 11 a.m.

📍 Location: Auditorium

Smile bright and keep your teeth healthy! Neighborhood Healthcare is visiting to provide free dental screenings and resources for better oral health. Call the front desk at 760-839-4888 to sign up!



Educational Forum - Understand Your Rights as a Patient

Tuesday, March 24

🕒 10:15 a.m. - 11 a.m.

📍 Location: Maple Room

The Legal Aid Society of San Diego will help you understand the services provided from Consumer Center Health Education and Advocacy.



Friday Film

Friday, March 27

🕒 12:15 p.m. - 2:30 p.m.

📍 Location: Maple Room

Wicked: For Good | PG | 2025

The sequel to the musical "Wicked".



SPECIAL PERFORMANCE
BY PETER SELTSE



GOLDEN GROOVES LIVE MUSIC

Live music is back! Join us for an energetic performance by Peter Seltser.

🕒 10 a.m. - 11 a.m. | Thursday, March 19

📍 210 E Park Avenue in the Auditorium

PRESENTACIÓN ESPECIAL
DE PETER SELTSE



GOLDEN GROOVES MÚSICA EN VIVO

¡La música en vivo ha vuelto! Únase a nosotros para una presentación llena de energía por Peter Seltser.

🕒 10 a.m. - 11 a.m. | Jueves, 19 de Marzo

📍 210 E Park Avenue en el Auditorio



Misc. Resources



Senior Service Council Escondido

728 N. Broadway
Escondido, CA 92025
760-480-0611



SSCE Hours

Mon & Fri 9 a.m.-12 p.m.
Tues/Wed/Thurs 9 a.m.-3 p.m.

escondido-senior-services.org

Income Tax Preparation

Monday through Friday

Appointment Only

9 a.m.-3 p.m.

Location: D.E.B.B

The Senior Service Council offers assistance on tax returns for the Internal Revenue Service and the California Franchise Tax Board. Need an amendment to your return? Did you receive a letter from the IRS or the Federal Tax Bureau? Have yet to file your current or prior year tax return? We will help you respond to the letter and/or file your return. For low to moderate income taxpayers.

Items listed below must be brought to your appointment:

- Social Security Cards for every person on return
- A 1099 SSA, a letter w/your SS# from SSA Admin, or last year's electronically filed return may be acceptable.
- Picture ID for taxpayer and spouse.
- Married? Both must be present.
- Printed Tax Documents (i.e., on paper)

Document Shredding Services

Mondays & Fridays

9 a.m.-12 p.m.

Location: D.E.B.B

Secured shred bins will be available for self-service use. Limit of one (1) grocery bag filled with documents per person. Participants will deposit their own documents into the bins.



Notary Service

Wednesday, March 4 & 18

Appointment Only

Location: D.E.B.B

Call 760-480-0611 to schedule an appointment.

Dental Screening

Wednesday, March 4

Appointment Only

Location: D.E.B.B

Dr. Randy Jungman, a local dentist, provides screenings for gum disease, checks denture fit, and offers helpful information about dental health.

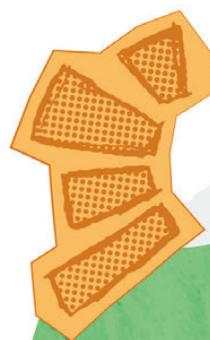
Hearing Screening at Professional Hearing Associates

Wednesday, March 11

Appointment Only

Located at: 1045 E. Valley Pkwy, Escondido, CA 92025

Contact them at 760-489-6901. Dr. David Illich, audiologist, will conduct and interpret a professional hearing test and give advice regarding any hearing aids you may have.





Legal Aid

Wednesdays

 Appointment Only

 Location: D.E.B.B

Get advice on wills, trusts, divorce, landlord relations, and other general legal issues.

HICAP Counseling

Tuesday, March 3 & 17

 Appointment Only

 Location: D.E.B.B

Counselors available to assist seniors and persons with disabilities in making informed decisions about healthcare coverage, Medicare benefits, and supplemental insurance plan options. Please call 858-565-8772 to schedule.

NAMI-National Alliance for Mentally Ill Support Group

Tuesdays

 4 p.m.-6 p.m.

 Location: Maple Room

Visit namisandiego.org or call 800-523-5933 for more information. NAMI is a peer-led support group for adults (18+), family members, caregivers, and loved ones of individuals living with mental health conditions. Gain insight from challenges and successes of others facing similar circumstances.

Multiple Sclerosis Support Group

Wednesday, March 18

 1 p.m.-3 p.m.

 Location: Maple Room

This support group is for those with M/S, their families, and caregivers. Contact Michele Easterling at m.easterling68@gmail.com for more info.

Alzheimer's Support Group

Monday, March 9 & 23

 10 a.m.-11:30 a.m.

 Location: Maple Room

This support group is for care partners who are caring for someone living with dementia. This group is offered by Alzheimer's Association San Diego. For more information, please call 858-492-4400 or go to alz.org/sandiego

Grief Support Group

Thursday, March 12 & 26

 1 p.m.-2:30 p.m.

 Location: Oak Room

The declining health or loss of a loved one is a life-changing event. The support of others on a similar journey can help rebuild your life.

This group meeting is sponsored by Hospice of the North Coast.



Taxi Coupon Program

Tuesdays & Wednesdays

 9 a.m.-11:30 a.m.

 Location: D.E.B.B

Taxi coupons may be used for medical appointments, banking, shopping, and churchgoing within the City of Escondido. Escondido low-income seniors (50+) with no other means of transportation may qualify. Must apply in-person.

Join "The Marketplace"

Call 760-839-4688
for more information.

Prominently display your brochures for the new year in our busy front lobby area by purchasing your own brochure spot.

The reserved spot is labeled with your business name and ready for your brochures for *one calendar year!*



EVENT VENUE RENTAL

The Park Avenue Community Center is an excellent multi-use facility located two blocks from Downtown Escondido. This beautiful campus offers a mix of indoor and outdoor gathering spaces, making it a perfect location to host meetings and special events.

The facility offers:

- Room rentals, seven days a week
- Six meeting room options
- Outdoor gazebo
- Ample onsite parking

To tour the facility, please contact:
Bailey Arnold at 760-839-4678



SENIOR TRAVEL OFFICE

Next travel meeting:

Monday, March 9, 2026

🕒 12 p.m.

📍 Park Avenue Auditorium

Contact

760-294-1851

Monday, Wednesday, Friday

🕒 10 a.m.-12 p.m.

For more information about each trip, visit the *Senior Travel Office* during office hours to pick up a flyer!

Upcoming Senior Travel Trips

- 📁 Museum of Music & Carlsbad Outlet Mall March 19
- 📁 Borrego Springs April 10



Energy Bill Assistance Programs: Help is Available

Managing energy bills can be challenging. But did you know that SDG&E offers several assistance programs to help customers reduce their energy costs and improve energy efficiency?

Learn about these programs and more at sdge.com/assistance. Eligibility requirements apply; see the program conditions for details.



California Alternate Rates Program



The CARE program provides a 30% or more discount on monthly energy bills for eligible households. Find out if you qualify at sdge.com/CARE.

Medical Baseline Allowance

Customers with certain medical conditions may qualify for additional energy at the lowest rates through the Medical Baseline Allowance program. Learn more at sdge.com/Medical.



Payment Arrangements

Having trouble paying your bill? You can request an extension to help avoid interruptions to your service. Flexible payment arrangements are also available. Learn more at sdge.com/PaymentArrangements.



Resource Information



**Park Avenue
Community Center**

The PACC resource representative provides community resources to seniors and their families, in order of the senior to live independently with confidence and vitality.

Call 760-839-4049 to leave a message with your name, phone number, and details regarding your resource needs.



MEALS on WHEELS
SAN DIEGO COUNTY

Meals on Wheels focuses on caring for seniors (60+) whose diminished mobility makes it hard to shop for meals or socialize with others.

For more information, call the North County office at 760-736-9900 or visit: meals-on-wheels.org

THE JACOBS & CUSHMAN

**San Diego
Food Bank**



The San Diego Food Bank Senior Food Program distributes boxes of food once per month to eligible low-income seniors (60+) at the Park Avenue Community Center on the fourth Monday of each month from 8:30-11:30 a.m. (except holidays). Applicants can enroll in the program in-person on distribution day or by calling 866-350-3663.

For more information, visit: sandiegofoodbank.org

**Next food distribution at PACC is
Monday, March 23, 2026, from
8:30 a.m. - 11:30 a.m.**



FACT

Facilitating Access to Coordinated Transportation

RideFACT is a service for seniors (60+) and persons with disabilities who have no adequate transportation options available. RideFACT provides affordable general purpose transportation. FACT does not guarantee that reservation requests will be confirmed. Rides may be requested 3 to 7 days ahead of the travel date.

One-way fares

0-5 miles	\$5
5.1 miles-20 miles	\$10
20.1+ miles	\$20

To Request a Reservation

Call FACT at 888-924-3228
8 a.m.-4 p.m., Monday-Friday
Or visit: factsd.org

Important Phone Numbers

EMERGENCY SERVICES

Fire, Paramedic, Police Emergency 9-1-1
Emergency Calls - Cell Phone 760-839-9111
Poison Control Center..... 800-876-4766

CITY OF ESCONDIDO

City Clerk's Office 760-839-4617
Code Compliance (*Enforcement*)... 760-839-4650
Community Services/Recreation ... 760-839-4691
East Valley Community Center 760-839-4382
Escondido Sports Center 760-839-5426
Fire Dept. (*Non-Emergency*)..... 760-839-5400
Graffiti Removal 460-839-4633
Helicopter Announcement 858-866-4356
Library..... 760-839-4683
Police Dept. (*Non-Emergency*) 760-839-4722
Utility Billing 760-839-4682
Utility Billing (*Pay by Phone*)..... 855-608-2480

FINANCIAL SERVICES

Section 8 HUD..... 858-694-3900
Social Security Administration 800-772-1213

GENERAL SERVICES

211 San Diego County Resources..... 2-1-1
211sandiego.org 858-300-1211
American Red Cross 858-309-1200
CA DMV..... 800-777-0133
CA DMV (*Hearing Impaired*)..... 800-368-4327
CA Department of Public Health 916-558-1784
Interfaith Community Services 760-489-6380
S.D. Humane Society-Escondido 619-299-7012
Senior Service Council-Escondido 760-480-0611

HEALTH, COUNCELING & SUPPORT

Adult Protective Services 800-510-2020
Aging & Independence Services..... 800-339-4661
Alzheimer's Association 800-492-4400
Arthritis Foundation 800-283-7800
Braille Institute San Diego Center... 800-272-4553
San Diego Center for the Blind 760-758-5956
CalHope: Crisis Line English..... 833-317-4673
Crisis Line Español..... 833-642-7696
Health & Human Services Agency... 858-694-3900

HEALTH, COUNCELING & SUPPORT

NAMI (*National Alliance in Mental Illness*)..... 619-543-1434
National Hotline for Mental Health
Crises & Suicide Prevention 9-8-8
National Multiple Sclerosis Society 800-344-4867
Parkinsons Foundation 800-473-4636
HICAP (*Health Insurance Counseling & Advocacy Program*) 800-434-0222

LEGAL SERVICES

Elder Law & Advocacy 858-565-1392
Legal Aid Society of San Diego..... 877-534-2524

MEALS & NUTRITION

Escondido Senior Nutrition 760-839-4803
Meals on Wheels 760-736-9900
CalFresh (*Food Stamps*) 866-262-9881
San Diego Food Bank 866-350-3663

MEDICAL INFORMATION

MediCal Information Line 800-541-5555
MediCare Help Line 800-633-4227
North Inland Resource Center 858-696-3400
Ombudsman/Advocate Program ... 800-640-4661
Palomar Medical Center (*Escondido*) 442-281-5000
Palomar Medical Center (*Poway*) ... 858-613-4000

RECREATION & EDUCATION

Escondido Adult School 760-737-8000
Palomar Community College 760-744-1150
Senior Travel Service 760-294-1851

TRANSPORTATION

FACT..... 888-924-3228
North County Transit District 760-966-6500
NCTD Lift Eligibility..... 760-966-6645
NCTD Lift Reservations 760-726-1111
S.S.C.E. Taxi Coupon Program 760-480-0611

UTILITY ASSISTANCE

CARE Energy Bill Discount Program 800-411-7343
SDG&E 800-411-7343
California LifeLine Program 866-272-0357
California Connect 800-806-1191
Energy Savings Assistance
Program SDG&E 866-597-0597

CHESS CLUB

Make your move
today! Join Chess
for fun games and
good times!

Beginners and pros
welcome!

Every Wednesday
& Friday starting at
12 p.m.

**JOIN
NOW!**

Park Avenue Community Center



ATTENTION:

Daylight Savings!

Don't let time *spring* past you!

Remember to set your clocks
one hour ahead on Sunday,
March 8.



Scan the QR for the
digital newsletter!



 Park Avenue
Community Center

 ESCONDIDO



ESCO



Escondido