

Health & Human Services

Age Strong, Live Long Health Expo

February 24, 2017 9:00am - 2:00pm. Presentation, Health Screenings, and Resources on Programs for seniors.

Care Manager - 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

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.

Senior Peer Individual Counseling - Adult

55+ Contra Costa Health Services Senior Peer Counseling offers one-on-one, 45-minute counseling sessions every **Monday and Tuesday from 9:30a.m. - 11:30a.m.** Services are free and confidential. Call for an appointment.

Vision Support Group

Michael Mailer with the Lions Center for the Visually Impaired leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1:00p.m.** No registration necessary.

HICAP – Health Insurance Counseling and Advocacy Program. Call (925) 602-4168 for an appointment. Program provides free counseling about Medicare Benefits, Medicare Supplements, HMO's and Nursing Home Insurance. Advisors are available on the **1st, 2nd, 3rd and 4th Friday of each month from 1:00p.m. - 3:00p.m. and 1st & 2nd Tuesday from 12:30p.m. - 2:30p.m.**

Notary Services - Adults 50+

Services are provided free of charge from **10:00a.m. - 11:00a.m. every Wednesday.** No appointment necessary.

AARP Driver Safety

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

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.

Memory Screening

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

Alzheimer's Support Group

Alzheimer's Support group meets on the **4th Wed** from **1:15p.m. - 3:15p.m.**

Get Around Taxi Program

Program is available to **Concord residents and 65 years and older.** Applications will be accepted on Monday and Tuesday from 10:00am-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.

Legal Assistance

A free legal clinic preparing *Advance Health Care Directives* is held by Contra Costa Senior Legal Services on the **2nd Thurs** of every month, 9:15-11:30 am. For assistance with other legal issues, call CCSLS headquarters in Concord at (925) 609-7900 or email **le-galhelp@ccsls.org**. CCSLS is a 40-year-old non-profit agency that provides free legal services to seniors.



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 — 50 & Better

Health and Special Interest Classes

Age Strong, Live Long Health Expo

February 26, 2016 9:00am - 1:00pm

Presentation, Health Screenings, and Resources on Programs for seniors.

HEALTH AND HUMANS SERVICES PROGRAM – Winter Spring 2016

Wealth Management Tool Retirement Planning – Reverse Mortgages \$2

Jan. 12, 2016 Tu 1:30pm- 2:30pm

Course #99243 \$2

Captioned Telephones for the Hard of Hearing-

January 28, 2016 Th

10:30am – 11:30am \$3 #99642

Wills, Power of Attorney and Advance Health Care Directives

February 5 & 12 F 1:30pm-3:30pm
\$13 #99055

Self-Management Workshop (People with chronic illness (Not in Guide, need advertise with flyers and club news letter)

February 18, 25, March 3, 10, 17, 24

Th 9:30am-12:00pm \$10 #99940

Trusts and Estate Planning Made Simple

February 19 & 26 F 1:30pm-3:30pm
\$13 #99054

Wealth Management Tool Retirement Planning – Reverse Mortgages

March 1 Tu 6:00pm- 7:00pm \$2
#99244

Welcome to Medicare

March 21, 2016 M 9:30am- 12:00pm
Free #99056

End of Life Concerns – For family and Caregiv-

ers March 30, 2016 W 5:00pm –
8:00pm \$5 #99346

Captioned Telephones for the Hard of Hearing

April 28, 2016 Th 10:30am –

11:30am \$3 #99660

Welcome to Medicare

May 16, 2016 M 9:30am- 12:00pm

Free #99057



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