

Concord Senior Center — 50 & Better Health & Human Services

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 1:00 p.m., press option 1, or email concordsc@cityofconcord.org.

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

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.- 3:00pm. and Thursday from 9:30a.m. -11:30am.** 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.

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

Offers free and confidential one-on-one, 45-minute counseling sessions every **Monday and Tuesday from 9:30a.m. - 11:30a.m.** Call for an appointment.

Vision Support Group by Lions Center for the Visually Impaired - Edward Schroth leads a **FREE** monthly support group for the visually impaired every **2nd Wednesday of the month at 1:00p.m.** No registration necessary.

Health Insurance Counseling and Advocacy Program (HICAP) 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 by Volunteer for 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. - 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 **2:00p.m. - 4:00p.m.**

Get Around Taxi Program by Concord Commission on Aging - 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 - 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 a free **Advance Care Directive Clinic every 2nd Tuesday of the month at the Concord Senior Center.** Attorneys will prepare an AHCD for you. Call the center to make an appointment.