

CITY OF COSTA MESA SENIOR CENTER —

Wednesday, July 19, 2023



COSTA MESA SENIOR CENTER

- Our mission, “Enriching the lives and communities through health, wellness, volunteerism, and socialization”
- Offers free membership to seniors age 50 and older who reside in Costa Mesa and surrounding cities
- The center offers an array of activities for all walks of life
 - Health & Wellness Programs
 - Meal Programs
 - Transportation Support
 - Social Services



HEALTH & WELLNESS PROGRAMS

- Exercise classes and activities (Chair Exercise, Tai Chi, Hawaiian Dance, Fit Mind Fitness)
- Fun Games (Bunco, Poker, Bridge)
- Enrichment Activities (Knitting, Current Events, Painting, Book Club, Tech Talk, Social and Support Groups)
- Educational and Health Seminars and Presentations



MEAL & FOOD PROGRAMS

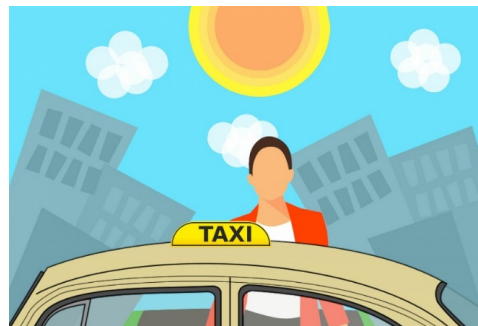
- Through a partnership with Meals on Wheels OC, Costa Mesa Senior Center offers two meal programs.
 - The congregate Lunch Café Program is held Monday-Friday 11:30a.m – 12:30p.m., with a suggested donation of \$3 for individuals age 60 and older, fee of \$5 for under 60
 - Home Delivered Meal (HDM) program- for qualifying individuals age 60 and older, who are homebound with compromised health status, unable or lack assistance with meal prep and grocery shopping tasks.
- Through a partnership with Second Harvest Food Bank offers grocery distribution on the 2nd and 4th Friday beginning at 9:30a.m.



TRANSPORTATION SUPPORT

Senior Taxi Program:

- The Senior Taxi Program- funded by Hoag's Community Benefit Grants Program and Measure M2 funds provided by Orange County Transportation Authority (OCTA)
- Provides transportation service through California Yellow Cab at **no cost** to Costa Mesa residents age 60 and older
- Transportation is available for shopping and other social and recreational trips within Costa Mesa and medical appointments in Costa Mesa and surrounding Orange County cities
- Please complete program registration at the Senior Center or online



SOCIAL SERVICES

- Provides information and referrals to resources to senior patrons and their support persons through 1:1 in-person or phone appointment
- Facilitates the Transitions Support Group and Veterans Social Group
- Outreach to local churches and senior housing communities in Costa Mesa



UPCOMING EVENTS

SAVE THE DATE!



WEDNESDAY, SEPTEMBER 27, 10AM-1PM

