

To improve the nutritional health of seniors in our region, Aging & Independence Services contracts with community partners to provide meals at various locations throughout the County. Nutrition sites offer sit down "congregate" meal services. Please note: Many meal sites are in the process of reopening and some are continuing to serve meals to-go. To confirm congregate dining status and service time please reach out to the program directly.

Cost: meals are available to seniors age 60+ for a suggested contribution. When meals are available, no eligible senior shall be turned away for inability to contribute.

Eligibility: Pick-up meals are available to adults age 60+. Home delivery has additional eligibility requirements.

Details: Meal service information (pick up times, zip codes serviced, etc.) differs for each site, so please contact your nearest site for information or call the AIS Call Center at 800-339-4661 for further assistance. Due to the rapid pace of changes during COVID-19, you may wish to check the capacity of these organizations to provide more meals. To do so, you may search for the site name at 2-1-1's website at [www.211SanDiego.org](http://www.211SanDiego.org). or call the site itself to inquire.

### **Congregate Dining Sites**

<b>Contractor</b>	<b>Region</b>	<b>Congregate Site Addresses</b>	<b>Phone number</b>	<b>Lunch Hours</b>	<b>Transportation offered</b>
Jewish Family Service	North Central	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	858-637-3000 For Home Delivered Meals: (858) 637-3230	12:00-1:00 M-F *Call for reservation	Yes
Serving Seniors <b>Temporarily Closed</b>	North Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	619-487-0714	12:00-1:00 M-F	No
Jewish Family Service	Central	Bayside Community Center 2202 Comstock Street San Diego, CA 92111	619-278-0771	11:30-12:30 M-F *Call for reservation	Yes
Serving Seniors	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	619-235-6572 x3 Congregate / x4 HDM	7:00-8:00 11:00-11:45 12:15-1:00 M-F	No
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	619-487-0714	7:00-8:00 12:00-1:00 M-F	No

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
Serving Seniors	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	619-487-0714	12:00-1:00 M-F To-Go meals only	No
Serving Seniors	Central	Park de la Cruz Community Center 3901 Landis Street San Diego, CA 92105	619-487-0714	12:00-1:00 M-F	No
The Salvation Army	Central	The Salvation Army, SD Center City 825 Seventh Ave San Diego, CA 92101	619-699-2212	10:00-12:00 M-F	No
The Salvation Army	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	858-483-1831	10:30-12:30 M-F	Yes
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	619-440-2457 x413	10:30-12:30 M-F	Yes
Borrego Springs Youth & Senior Center	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	760-767-3116	11:20-12:30 To-Go meals only Tues/Wed/Fri *Call for reservation	No
Pacific Educational Facilities, Inc.	East	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	760-789-0440	11:30-12:30 M-F	Yes
Serving Seniors Temporarily Closed	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	619-337-1425	12:00-1:00 M-F	No
Serving Seniors Temporarily Closed	East	La Mesa Adult Enrichment Center 8450 La Mesa Blvd La Mesa, CA 91941	619-337-1425	11:00-12:00 M-F	No
Serving Seniors Temporarily Closed	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	619-337-1425	11:00-12:00 M-F	No
Serving Seniors Temporarily Closed	East	Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	619-337-1425	12:00-1:00 M-F	No

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
San Ysidro Health	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	12:00-12:30 W-F Congregate & To-Go meals *Call for Reservation	No
San Ysidro Health	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	619-478-5109	1:00 Th only Congregate & To-Go meals *Call for Reservation	No
San Ysidro Health	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	619-478-5109	12:00 W only To-Go Meals *Call for Reservation	No
San Ysidro Health	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	619-478-5109	10:00 F only To-Go Meals *Call for Reservation	No
San Ysidro Health	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	619-478-5109	11:30 W only To-Go Meals *Call for Reservation	No
San Ysidro Health	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	12:00-12:30 Th only To-Go meals *Call for Reservation	No
San Ysidro Health	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109	12:00-1:00 Th only Congregate & To-Go meals *Call for Reservation	No
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	760-602-4650	11:45-1:00 M-F *Call for reservation	Yes
Encinitas, City of	North Coastal	Encinitas Senior Center 1140 Oakcrest Park Drive, Encinitas, CA 92024	760-943-2258 (meal reservations) 760-943-2250 (center)	11:00-12:30 M-F *Call for reservation	Yes
Serving Seniors	North Coastal	Oceanside Senior Center 455 Country Club Lane Oceanside, CA 92054	760-435-5285	11:00-12:00 M-F	Yes

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The Salvation Army	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	760-207-7918	12:00-1:00 M-F *Call for Reservation	Yes
Vista, City of	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	760-643-5288	12:00-1:00 M-F	Yes
Jewish Family Service	North Inland	Ed Brown Senior Center 18402 W. Bernardo Dr. San Diego, CA 92127	858-487-9324	12:00-1:00 M-F *Call for reservation	Yes
Fallbrook Senior Citizen's Service Club, Inc.	North Inland	Fallbrook Senior Citizen's Service Club 399 Heald Lane Fallbrook, CA 92028	760-723-9282 760-728-4498	11:15-12:00 M-F	Yes
Escondido, City of	North Inland	Escondido Senior Center 210 Park Avenue Escondido, CA 92025	760-839-4803	11:30-12:15 M-F *Call for reservation	Yes
San Marcos, City of	North Inland	San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069	760-744-5535 X 3607	11:30-12:30 M-F *Call for Reservation	Yes
National City, City of	South	George H. Waters Nutrition Center 1415 D Ave National City, CA 91950	619-336-6750	11:00-12:30 M-F	Yes
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	619-498-0298	10:00-12:30 M-F	Yes
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	619-423-2877	11:00-12:00 M-F	No
Serving Seniors Temporarily Closed	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	619-423-2877	11:00-12:30 M-F	No