



## County of San Diego Senior Nutrition Centers

*For more information about nutrition services supported by the County of San Diego, please contact us via email or by phone at 800-510-2020.*

One of the most important elements of good health is nutrition. To improve nutritional health of seniors in our region, Aging & Independence Services provides meals at various seniors dining centers, as well as home-delivered meals to eligible senior individuals in their homes. Through funding from the Older Americans Act, nutritious meals are available for a suggested donation to senior age 60 and above. When meals are available, no senior shall be turned away for inability to donate.

The County's Aging & Independence Services department contracts with community partners to provide hot lunches and sometimes breakfast at Senior Dining Centers during the week, for eligible adults. In addition to promoting better nutrition, Senior Dining Centers provide a social environment for participants to learn about additional services that may be available. Senior Dining Centers may offer other social activities such as exercise classes, special events and other classes that you can participate with friends or develop new friendships.

### Congregate Dining Sites

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
Jewish Family Service	Central	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	858-637-3000 For Home Delivered Meals: (858) 637-3230	11:30-12:30 M-F	Yes
Neighborhood House Association	Central	Neighborhood House Senior Center 795 South Boundary Street San Diego, CA 92113	619-278-0771	8:30-9:30 M-F 12:00-1:00 M-F	Yes
Neighborhood House Association	Central	Bayside Community Center 6882 Linda Vista Rd San Diego, CA 92111	619-263-2108	11:30-12:30 M-F	Yes
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	619-487-0714	11:00-1:00 M-F	No
Serving Seniors	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	619-235-6572 x3 Congregate / x4 HDM	7:00-8:30 M-F 8:00-9:00 Sat 11:30-1:15 M-F 12-2 Sat/11-12:30 Sun	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	No
Serving Seniors	Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	619-487-0714	12:00-1:00 M-F	No
The Salvation Army	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	858-483-1831	11:30-12:30 M-F	Yes
Union of Pan Asian Communities	Central	Sons & Daughters of Guam Club 334 Willie James Jones Ave San Diego, CA 92102	619-232-6454 x847	12:00-1:00 M, W and F	No
Borrego Springs Youth & Senior Center	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	760-767-3116	12:00-1:00 Tues/Wed/Fri	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	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	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	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	619-337-1425	12:00-1:00 M-F	No
The Salvation Army	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	619-440-2457 x413	11:00-12:30 M-F	Yes
The Salvation Army	East	The Salvation Army, Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	619-443-2494	12:05-12:50 M-F	N/a

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
Mountain Health & Community Services, Inc	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	12:00-1:00 W-F	No
Mountain Health & Community Services, Inc	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	619-478-5109	TH only, call for meal time	No
Mountain Health & Community Services, Inc	East Rural	Chapel of the Hills 25153 Viejas Blvd Descanso, CA 91916	619-478-5109	W only, call for meal time	No
Mountain Health & Community Services, Inc	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	619-478-5109	F only, call for meal time	No
Mountain Health & Community Services, Inc	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	619-478-5109	TH only, call for meal time	No
Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109 619-445-7330	TH only, call for meal time	No
Carlsbad, City of	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	760-602-4650	11:45-1:00 M-F	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	Yes
Oceanside Senior Citizens Association	North Coastal	Oceanside Senior Center 455 Country Club Lane, Oceanside, CA 92054	760-435-5285	11:15-12:00 M-F	Yes
The Salvation Army	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	760-207-7918	12:00-12:30 M-F	Yes
Vista, City of	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	760-643-5288	11:45-12:30 M-F	Yes

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City of Escondido	North Inland	Escondido Senior Center 210 Park Avenue Escondido, CA 92025	760-839-4803	11:30-12:20 M-F	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 M-F	Yes
Poway Valley Senior Citizens	North Inland	Poway Valley Senior Center 13094 Civic Center Drive, Poway, CA 92064	858-748-6094	11:15-12:15 M-F	Yes
San Marcos, City of	North Inland	San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069	760-744-1811	11:30-12:30 M-F	Yes
Union of Pan Asian Communities	North Inland	EMASS Community Center 200 North Ash Street Escondido, CA 92027	619-232-6454 x847	12:00-1:00 Tu and F	No
National City, City of	South	George Waters Nutrition Center 1415 D Avenue National City, CA 91950	619-336-6750	11:00-12:30 M-F	Yes
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	619-423-2877	11:00-12:30 M-F	No
Serving Seniors	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	619-423-2877	11:00-12:30 M-F	No
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	619-498-0298	11:30-12:30 M-F	Yes