



## County of San Diego Senior Nutrition Centers

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

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
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	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	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	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 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 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
Mountain Health & Community Services, Inc	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	619-478-5109	12:00-12:30 W-F	No

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
Mountain Health & Community Services, Inc	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	619-478-5109	Th only, call for to-go meal time	No
Mountain Health & Community Services, Inc	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	619-478-5109	W only, call for to-go meal time	No
Mountain Health & Community Services, Inc	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	619-478-5109	F only, call for to-go 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 to-go 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 to-go meal time	No
Mountain Health & Community Services, Inc	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	619-478-5109	TH only, call for meal time	No
Carlsbad, City of <b>Currently not accepting new clients for Home Delivered Meals</b>	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
Serving Seniors	North Coastal	Oceanside Senior Center 455 Country Club Lane Oceanside, CA 92054	760-435-5285	11:00-12:00 M-F	Yes
The Salvation Army	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	760-207-7918	12:00-1:00 M-F	Yes

Contractor	Region	Congregate Site Addresses	Phone number	Lunch Hours	Transportation offered
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	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	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	Yes
National City, City of	South	MLK Community Center 140 E 12th St 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