

MIRA MESA
SENIOR CENTER
**On-Site Service
Providers**

GUIDE

Elder Law & Advocacy

**1st Monday of Each Month by Appointment - FREE
(858) 565 - 1392 Ask for Legal Dept.**

Free Legal Advice for Seniors - Including basic estate planning, landlord/ tenant issues, probate, & much more! Starting in February.

Consumer Center for Health Education & Advocacy

**2nd Wednesday Every Month 10am - 12 noon
Call Viviana (619) 471 -2733**

Help in navigating the health care system & information on Cal Mediconnect - a new health care option that brings your health care & home services into one plan.

HICAP

**1st & 3rd Wednesday of the Month - FREE
1 (800) 434 - 0222**

Schedule your free Medicare Counseling Appointment Today!

Serving Seniors Lunch

**Monday through Friday
12 noon - 1pm at the Center
Ages 60 and up. Donation.**

No eligible person shall be denied a meal!

Home Delivered Serving Seniors Lunch

Call Ronda (619) 487 - 0707

Healthy home-delivered meals.

Suggested donation \$3.50.

No eligible person shall be denied a meal.

For more info, contact us at:

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San Diego, CA 92126
(858) 860-5355

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