



MIRA MESA  
SENIOR CENTER

# Tuesday Talks



**Every Tuesday  
at 12:30PM**

**FREE! Interesting & Useful Information to  
Improve You or Your Loved One's Quality of Life!**

<b>APRIL 2017</b>	<b>MAY 2017</b>	<b>JUNE 2017</b>
<p><b>April 4</b> <i>Jenna of HICAP</i> [Programs for Prescription CoPays]</p>	<p><b>May 2</b> <i>Elder Law</i> Legal issues of seniors &amp; their caretakers</p>	<p><b>June 6</b> <i>Summer Senior Resource Event Preview</i></p>
<p><b>April 11</b> <i>AARP</i></p>	<p><b>May 9</b> <i>Viviana of Legal Aid</i> Obtaining Medical Transportation</p>	<p><b>June 13</b> <i>Aging &amp; Independent Services Overview</i></p>
<p><b>April 18</b> <i>Elder Help</i> Home Share Program (House Matching for Older Adults)</p>	<p><b>May 16</b> <i>John Joyce of Retired Service Volunteer Patrol - (RSVP)</i> Community Services</p>	<p><b>June 20</b> <i>Scan Health Care</i> Fall Prevention (#1 Cause of Death from Injury for Elderly)</p>
<p><b>April 25</b> <i>Mobile Lab</i> Cell Phone &amp; Tablet Use</p>	<p><b>May 23</b> <i>SD Police Department</i> Keeping Yourself Safe!</p>	<p><b>June 27</b> <i>FACT</i> Transportation Solutions</p>
	<p><b>May 30</b> <i>Aging &amp; Independent Services</i> FREE Vial of Life Kits</p>	

**8460 Mira Mesa Blvd. San Diego, CA 92126 | Call (858) 860-5355 for more info!**