

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

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**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:**

8460 Mira Mesa Blvd  
San Diego, CA 92126  
(858) 860-5355

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