

FEBRUARY 2026

PARK AVENUE POST

HOME OF THE ESCONDIDO SENIOR CENTER • ADULTS 50+

Contact Us

760-839-4688

Lunch Reservation

760-839-4803

Transportation

760-802-0764

Hours

Monday to Friday

8 a.m. - 3 p.m.

Closed Weekends & Holidays

About Us

The Park Avenue Community Center (PACC) is thrilled to provide enrichment programs, activities, and classes. A resource specialist is also on site to provide community resources to seniors and their families.

Call 760-839-4049 with your information and request.

Join us in creating an active, healthy, and vital connections with others.

Subscribe to our Newsletter

Interested in receiving a newsletter subscription? You can have the newsletter emailed to you each month for *free* by sending an email to Vanessa.Arguelles@escondido.gov expressing your interest in being added to our email list.

The Park Avenue Community Center will be **CLOSED** Monday, February 16, 2026 in observance of Presidents Day.

recreation@escondido.gov

201 E Park Ave
Escondido, CA 92025

 **Park Avenue**
Community Center

Senior Nutrition Program

Monday to Friday 11:30 a.m. - 12:15 p.m.

About

Congregate meals are nutritionally balanced meals served at the Park Avenue Community Center and are designed to sustain and improve participants' health and reduce isolation by promoting socialization.

Seniors 60+ (voluntary contribution) \$4
Under 60 (FEE) \$11

All contributions are confidential! No eligible person age 60+ will be denied a meal because of failure or inability to contribute.

The Escondido Senior Nutrition Program is supported by the **City of Escondido** and the **County of San Diego Aging and Independence Services**.



Lunch Transportation

- Lunch Transportation is offered for nutrition participants only to the Center and back home. **If you would like to be added to the transportation waitlist, please call 760-802-0764.**
- Participants may be waitlisted due to capacity issues.
- *\$1 voluntary contribution for transportation would be greatly appreciated!*

Additional Information

- Older adults ages 60 and over can sign up for these programs.
- If you would like to be added to the list for congregate meals **call 760-839-4803** and leave your name and phone number.
- Participants must fill out enrollment paperwork. All forms need to be updated yearly.
- **RESERVATIONS** are required.
- Please make your reservation 48 hours before you wish to dine. Call Thursdays for Monday lunch reservations.

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Park Avenue Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Spaghetti & Turkey Meatballs w/ Marinara Sauteed Vegetables Canned Peaches Whole Wheat Bread	03 Pecan Crusted Tilapia Brown Rice Sauteed Spinach Apple Sauce	04 BBQ Pork Loin Mashed Potatoes Green Beans Banana Whole Wheat Bread	05 Beef Stroganoff on Buttered Egg Noodles Roasted Carrots Orange Whole Wheat Bread	06 Jerk Chicken Thigh Lentils Steamed Broccoli Tropical Canned Fruit Whole Wheat Bread
09 Beef Stew Steamed Rice Apple Sauce Whole Wheat Bread	10 Brown Sugar Glazed Ham Mashed Potatoes Sauteed Carrots Orange Whole Wheat Bread 	11 Chicken Fajita Mixture w/ Spanish Brown Rice Black Beans Canned Peaches	12 Shepards Pie Charred Brussels Sprouts Canned Pears Whole Wheat Bread	13 Herb Baked Pangasius Brown Rice Pilaf Roasted Corn Orange Whole Wheat Bread
16 CLOSED 	17 Beef Meatloaf Mashed Sweet Potatoes Green Beans Banana Whole Wheat Bread	18 Shrimp & Sausage Jambalaya w/ Brown Rice Okra & Tomatoes Canned Peaches	19 Miso Ginger Pork Loin Brown Rice Fresh Roasted Carrots Orange	20 Lime Cilantro Chicken Black Beans Steamed Cauliflower Canned Pears Whole Wheat Bread
23 Pasta Bake Chicken & Broccoli Alfredo Steamed Peas & Carrots Apple Sauce Whole Wheat Bread	24 Cajun Blackened Catfish w/ Salsa Brown Rice Pilaf Steamed Corn Kernels Orange	25 Beef & Bean Chili Baked Potato Steamed Broccoli Canned Pears Whole Wheat Bread	26 Garlic Herb Roasted Pork Loin w/ Cranberry Glaze Roasted Sweet Potato Sauteed Spinach Banana Whole Wheat Bread	27 Chicken & Mushroom Coq au Vin on Buttered Egg Noodles Roasted Brussels Sprouts Canned Pineapple Whole Wheat Bread
				

NOTES :



Denotes entire meal being >1000mg sodium



All meals served with low fat milk

Please make your reservations 48 hours before you wish to dine (on Thursday for Monday reservations). Lunch reservation and cancellation line: **760-839-4803** (24 hr. voicemail).
 Lunch Served Monday through Friday from 11:30 a.m. - 12:15 p.m.
 *Menu subject to change without notice.

PACC Highlights

Feeling Fit Club

Mondays & Wednesdays

🕒 9 a.m./10 a.m.

📍 Location: Auditorium

A free fitness program designed for older adults. This class focuses on strength, flexibility, and balance—key components for maintaining independence and improving daily living.

**Sponsored by the County of San Diego Aging and Independence Services Agency.*



Yoga 4 Seniors

Tuesdays & Thursdays

🕒 9:15 a.m.

📍 Location: Auditorium

Stretch, breathe, and relax with *Silver Age Yoga*. This *free* beginner-friendly class improves balance, flexibility, and well-being in a supportive, social setting. Join us for an hour of gentle movement and start your day feeling refreshed and connected!

**A Community Outreach Non-Profit 501 (c)(3) Organization*



Shuffleboard

Tuesdays & Wednesdays

🕒 9 a.m. - 12 p.m.

📍 Location: Shuffleboard Building

Slide into good times with friends at our Shuffleboard Club! Enjoy exciting games and great company. All skill levels welcome and equipment provided.



Smartphone Essentials Workshop

Wednesday, February 4 & 18

🕒 10 a.m. - 11 a.m.

📍 Location: Oak Room

Join Senior Tech Connect as they teach older adults how to use the tools of technology to become better connected to family, friends, and their communities.



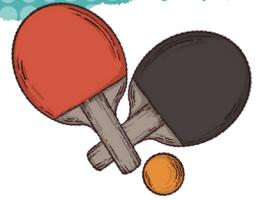
Table Tennis

Mondays & Wednesday

🕒 1 p.m. - 3 p.m.

📍 Location: Auditorium

Stay active, sharpen your reflexes, and enjoy friendly competition at our Table Tennis Club. All skill levels are welcome and material are provided. Join and connect with others who love the game.



Chess Club

Wednesdays & Fridays

🕒 12 p.m. - 3 p.m.

📍 Location: Shuffleboard Building

Boost your memory, concentration, and problem-solving skills while enjoying a friendly game of chess. Beginners and experienced players are both invited!



Social Art Club

Fridays

🕒 9 a.m. - 11 a.m.

📍 Location: Oak Room

Let your creativity flow! Join fellow art lovers for a relaxed, open creative session where you can paint, draw, and craft. No instructor—just a welcoming space, good company, and time to create at your own pace. All skill levels are welcome!



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PACC Events



Educational Forum - How to Prevent Falls

Tuesday, February 17

🕒 10:15 - 11 a.m.

📍 Location: Maple Room

Presented by **Promoting Independence in Older Adults**. Are you fearful you might fall? Have you restricted your activities due to the fear of falling? Come and hear ways to reduce your fall risk that are based on evidence that can help you live an active life!



Educational Forum - Positive Solutions Program

Tuesday, February 24

🕒 10:15 - 11 a.m.

📍 Location: Maple Room

From **UPAC Homebound Positive Solutions**. Positive Solutions Program provides outreach, along with mental health counseling services and early intervention to home bound individuals (60+) who are at risk of becoming depressed or are showing signs of minor depression.



Educational Forum - Aging & Independence Community Programs & Resources

Thursday, February 26

🕒 12:15 - 1:15 p.m.

📍 Location: Auditorium

Aging and Independence Services will present an overview of nearly 30 programs and services offered by AIS and other local community providers that align with the County of San Diego's Live Well San Diego vision of healthy, safe, and thriving communities in San Diego County. A **Resource Booth** will be available 11 a.m. - 12 p.m. at the Nutrition Courtyard.



Birthday Celebration

Wednesday, February 11

🕒 12:30 p.m. - 1 p.m.

📍 Location: Auditorium

You are invited to join as we celebrate all birthdays happening this month! Enjoy a cheerful moment of recognition after lunch. Whether it's your birthday or you're just joining the fun, everyone is welcome to be part of the celebration!

**Sponsored by SBHIS.*



Cards from Cupid

Thursday, February 5 & 12

🕒 12:30 p.m. - 1:30 p.m.

📍 Location: Maple Room

Join us for a fun Valentine's Day card-making event! Create heartfelt cards and spread a little love. All supplies provided.



Game Day

Friday, February 20

🕒 9 a.m. - 2 p.m.

📍 Location: Maple Room

Come and play on Game Day! Enjoy a day that features a rotating mix of classics—classic board games, cards, dominoes and more.



Tuesday Theater

Tuesday, February 17

🕒 12:30 - 2:30 p.m.

📍 Location: Auditorium

Moulin Rouge | Rated PG-13 | 2001

A poor Bohemian poet in 1890s Paris falls for a beautiful courtesan and nightclub star coveted by a jealous duke. Starring Nicole Kidman and Ewan McGregor.





LOVE YOUR HEART

Give your heart some love!

The Escondido Fire Department will be onsite offering *free* blood pressure screenings for the community.

This is a quick and easy way to check your health—everyone is welcome, and no appointment is needed. Stop by and take advantage of this helpful service!

Friday, February 13, 2026

9 a.m. – 12 p.m.

Location: Auditorium



AMA TU CORAZÓN

¡Dale un poco de amor a tu corazón!

El Departamento de Bomberos de Escondido estará presente ofreciendo chequeos gratuitos de presión arterial para la comunidad.

Es una manera rápida y sencilla de revisar tu salud—todos son bienvenidos y no se necesita cita previa. ¡Pásate y aprovecha este valioso servicio!



Viernes, 13 de Febrero de 2026

9 a.m. – 12 p.m.

Ubicación: Auditorio

Community Classes Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
02 Yoga Flow 10 am - 11 am Hatha Yoga 3:30 pm - 4:45 pm Ukulele LVL 1 3:30 pm/5:30 pm Tae Kwon Do 5 pm/6:15 pm/ 7:30 pm	03 Gentle Pilates 10 am - 11 am Creative Writing 10 am - 2 pm Better Balance 12 pm - 1 pm Zumba for Boomers 5 pm - 6 pm Pilates + Barre 6:10 pm - 7:10 pm	04 Yoga Flow 10 am - 11 am Tai Chi - All Ages 11:15 am - 12:15 pm Chair Fitness 12:30 pm - 1:30 pm Hatha Yoga 3:30 pm - 4:45 pm	05 Gentle Pilates 10 am - 11 am Better Balance 12 pm - 1 pm Beginner Sr. Tai Chi 3 pm - 3:45 pm Zumba for Boomers 5 pm - 6 pm Tae Kwon Do 5 pm/6:15 pm/7:30 pm	06
09 Yoga Flow 10-11 am Hatha Yoga 3:30 pm - 4:45 pm Ukulele LVL 1 3:30 pm / 5:30 pm Tae Kwon Do 5 pm/6:15 pm/ 7:30 pm	10 Gentle Pilates 10 am - 11 am Better Balance 12 pm - 1 pm Zumba for Boomers 5 pm - 6 pm Pilates + Barre 6:10 pm - 7:10 pm	11 Yoga Flow 10 am - 11 am Tai Chi - All Ages 11:15 am - 12:15 pm Chair Fitness 12:30 pm - 1:30 pm Hatha Yoga 3:30 pm - 4:45 pm	12 Gentle Pilates 10 am - 11 am Better Balance 12 pm - 1 pm Beginner Sr. Tai Chi 3 pm - 3:45 pm Zumba for Boomers 5 pm - 6 pm Tae Kwon Do 5 pm/6:15 pm/7:30 pm	13
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Check out the Winter/Spring Escondido Recreation Guide for prices and more classes!
[Click here for more info!](#)



All classes listed are fee based. Recreation classes listed in the calendar are held at the Park Avenue Community Center.





Misc. Resources



Senior Service Council Escondido

728 N. Broadway
Escondido, CA 92025
760-480-0611

SSCE Hours

Mon & Fri 9 a.m.-12 p.m.
Tues/Wed/Thurs 9 a.m.-3 p.m.

escondido-senior-services.org

Income Tax Preparation

Monday through Friday

Appointment Only

9 a.m.-3 p.m.

Location: D.E.B.B

The Senior Service Council offers assistance on tax returns for the Internal Revenue Service and the California Franchise Tax Board. Need an amendment to your return? Did you receive a letter from the IRS or the Federal Tax Bureau? Have yet to file your current or prior year tax return? We will help you respond to the letter and/or file your return. For low to moderate income taxpayers.

Items listed below must be brought to your appointment:

- Social Security Cards for every person on return
- A 1099 SSA, a letter w/your SS# from SSA Admin, or last year's electronically filed return may be acceptable.
- Picture ID for taxpayer and spouse.
- Married? Both must be present.
- Printed Tax Documents (i.e., on paper)

Document Shredding Services

Mondays & Fridays

9 a.m.-12 p.m.

Location: D.E.B.B

Secured shred bins will be available for self-service use. Limit of one (1) grocery bag filled with documents per person. Participants will deposit their own documents into the bins.

Technical Tutoring

Monday through Friday

Appointment Only

Location: D.E.B.B

One-on-one help from knowledgeable tutors for basic to complex technical troubleshooting and training.

Fee: \$5

Notary Service

Wednesday, February 4 & 18

Appointment Only

Location: D.E.B.B

Call 760-480-0611 to schedule an appointment.

Dental Screening

Wednesday, February 4

Appointment Only

Location: D.E.B.B

Dr. Randy Jungman, a local dentist, checks for gum disease, proper denture fit and gives useful information about dental issues.

Hearing Screening at Professional Hearing Associates

Appointment Only

Located at: 1045 E. Valley Pkwy, Escondido, CA 92025

Contact them at 760-489-6901. Dr. David Illich, audiologist, will conduct and interpret a professional hearing test and give advice regarding any hearing aids you may have.



Legal Aid

Wednesdays

 Appointment Only

 Location: D.E.B.B

Get advice on wills, trusts, divorce, landlord relations, and other general legal issues.

HICAP Counseling

Tuesday, February 3 & 17

 Appointment Only

 Location: D.E.B.B

Counselors available to assist seniors and persons with disabilities in making informed decisions about healthcare coverage, Medicare benefits, and supplemental insurance plan options. Please call 858-565-8772 to schedule.

NAMI—National Alliance for Mentally Ill Support Group

Tuesdays

 4 p.m. – 6 p.m.

 Location: Maple Room

Visit namisandiego.org or call 800-523-5933 for more information. NAMI is a peer-led support group for adults (18+), family members, caregivers, and loved ones of individuals living with mental health conditions. Gain insight from challenges and successes of others facing similar circumstances.

Multiple Sclerosis Support Group

Wednesday, February 18

 1 p.m. – 3 p.m.

 Location: Maple Room

This support group is for those with M/S, their families, and caregivers. Contact Michele Easterling at m.easterling68@gmail.com for more info.

Alzheimer's Support Group

Monday, February 9 & 23

 10 a.m. – 11:30 a.m.

 Location: Maple Room

This support group is for care partners who are caring for someone living with dementia. This group is offered by Alzheimer's Association San Diego. For more information, call 858-492-4400 or go to alz.org/sandiego

Grief Support Group

Thursday, February 12 & 26

 1 p.m. – 2:30 p.m.

 Location: Oak Room

The declining health or loss of a loved one is a life-changing event. The support of others on a similar journey can help rebuild your life.

This group meeting is sponsored by Hospice of the North Coast.



Taxi Coupon Program

Tuesdays & Wednesdays

 9 a.m. – 11:30 a.m.

 Location: D.E.B.B

Taxi coupons may be used for medical appointments, banking, shopping, and churchgoing within the City of Escondido. Escondido low-income seniors (50+) with no other means of transportation may qualify. Must apply in-person.

Join "The Marketplace"

Call 760-839-4688
for more information.

Prominently display your brochures for the new year in our busy front lobby area by purchasing your own brochure spot.

The reserved spot is labeled with your business name and ready for your brochures for *one calendar year!*



EVENT VENUE RENTAL

The Park Avenue Community Center is an excellent multi-use facility located two blocks from Downtown Escondido. This beautiful campus offers a mix of indoor and outdoor gathering spaces, making it a perfect location to host meetings and special events.

The facility offers:

- Room rentals, seven days a week
- Six meeting room options
- Outdoor gazebo
- Ample onsite parking

To tour the facility, please contact:
Bailey Arnold at 760-839-4678



 Park Avenue
Community Center

SENIOR TRAVEL OFFICE

Next travel meeting:

Monday, March 9, 2026

🕒 1 p.m.

📍 Park Avenue Auditorium

Contact

760-294-1851

Monday, Wednesday, Friday

🕒 10 a.m.-12 p.m.

For more information about each trip, come in during office hours to pick up a flyer.

Upcoming Senior Travel Trips

👜 Viejas Casino & Outlet Mall February 10

👜 Museum of Music & Carlsbad Outlet Mall March 19



Kick off the New Year with Energy Smart Solutions



A new year is the perfect time to set fresh goals – including smart ways to cut energy use and lower operating costs. As cooler winter months settle into Southern California, a few practical updates can help you run more efficiently, support sustainability and start the year strong.

Find more tips at:
sdge.com



Modernize Your Lighting



Switching to long-lasting LED fixtures can dramatically reduce lighting costs and improve workspace visibility. Consider upgrading common areas for bigger savings.

Maximize Natural Daylight



Open blinds to take advantage of sunny winter days. This reduces the need for artificial lighting while boosting comfort.

Put Smart Thermostats to Work

Program thermostats so temperatures automatically adjust when spaces are empty. This helps prevent unnecessary heating during off-hours.



Resource Information



The PACC resource representative provides community resources to seniors and their families, in order for the senior to live independently with confidence and vitality.

Call 760-839-4049 to leave a message with your name, phone number, and details regarding your resource needs



The San Diego Food Bank Senior Food Program distributes boxes of food once per month to eligible low-income seniors (60+) at the Park Avenue Community Center on the fourth Monday of each month from 8:30-11:30 a.m. (except holidays). Applicants can enroll in the program in-person on distribution day or by calling 866-350-3663.

For more information, visit: sandiegofoodbank.org

Next food distribution at PACC is Monday, February 23, 2026, from 8:30-11:30 a.m.



MEALS on WHEELS
SAN DIEGO COUNTY

Meals on Wheels focuses on caring for seniors (60+) whose diminished mobility makes it hard to shop for meals or socialize with others.

For more information, call the North County office at 760-736-9900 or visit: meals-on-wheels.org



FACT

Facilitating Access to Coordinated Transportation

RideFACT is a service for seniors (60+) and persons with disabilities who have no adequate transportation options available. RideFACT provides affordable general purpose transportation. FACT does not guarantee that reservation requests will be confirmed. Rides may be requested 3 to 7 days ahead of the travel date.

One-way fares

0-5 miles	\$5
5.1 miles-20 miles	\$10
20.1+ miles	\$20

To Request a Reservation

Call FACT at 888-924-3228
8 a.m.-4 p.m., Monday-Friday
Or visit: factsd.org

Important Phone Numbers

EMERGENCY SERVICES

Fire, Paramedic, Police Emergency 9-1-1
Emergency Calls - Cell Phone 760-839-9111
Poison Control Center..... 800-876-4766

CITY OF ESCONDIDO

City Clerk's Office 760-839-4617
Code Compliance (*Enforcement*)... 760-839-4650
Community Services/Recreation ... 760-839-4691
East Valley Community Center 760-839-4382
Escondido Sports Center 760-839-5426
Fire Dept. (*Non-Emergency*)..... 760-839-5400
Graffiti Removal 460-839-4633
Helicopter Announcement 858-866-4356
Library..... 760-839-4683
Police Dept. (*Non-Emergency*) 760-839-4722
Utility Billing 760-839-4682
Utility Billing (*Pay by Phone*)..... 855-608-2480

FINANCIAL SERVICES

Section 8 HUD..... 858-694-3900
Social Security Administration 800-772-1213

GENERAL SERVICES

211 San Diego County Resources..... 2-1-1
211sandiego.org 858-300-1211
American Red Cross 858-309-1200
CA DMV..... 800-777-0133
CA DMV (*Hearing Impaired*)..... 800-368-4327
CA Department of Public Health 916-558-1784
Interfaith Community Services 760-489-6380
S.D. Humane Society - Escondido 619-299-7012
Senior Service Council - Escondido 760-480-0611

HEALTH, COUNCELING & SUPPORT

Adult Protective Services 800-510-2020
Aging & Independence Services..... 800-339-4661
Alzheimer's Association 800-492-4400
Arthritis Foundation 800-283-7800
Braille Institute San Diego Center... 800-272-4553
San Diego Center for the Blind 760-758-5956
CalHope: Crisis Line English..... 833-317-4673
Crisis Line Español..... 833-642-7696
Health & Human Services Agency... 858-694-3900

HEALTH, COUNCELING & SUPPORT

NAMI (*National Alliance in Mental Illness*)..... 619-543-1434
National Hotline for Mental Health
Crises & Suicide Prevention 9-8-8
National Multiple Sclerosis Society 800-344-4867
Parkinsons Foundation 800-473-4636
HICAP (*Health Insurance Counseling & Advocacy Program*) 800-434-0222

LEGAL SERVICES

Elder Law & Advocacy 858-565-1392
Legal Aid Society of San Diego..... 877-534-2524

MEALS & NUTRITION

Escondido Senior Nutrition 760-839-4803
Meals on Wheels 760-736-9900
CalFresh (*Food Stamps*) 866-262-9881
San Diego Food Bank 866-350-3663

MEDICAL INFORMATION

MediCal Information Line 800-541-5555
MediCare Help Line 800-633-4227
North Inland Resource Center 858-696-3400
Ombudsman/Advocate Program ... 800-640-4661
Palomar Medical Center (*Escondido*) 442-281-5000
Palomar Medical Center (*Poway*) ... 858-613-4000

RECREATION & EDUCATION

Escondido Adult School 760-737-8000
Palomar Community College 760-744-1150
Senior Travel Service 760-294-1851

TRANSPORTATION

FACT..... 888-924-3228
North County Transit District 760-966-6500
NCTD Lift Eligibility..... 760-966-6645
NCTD Lift Reservations 760-726-1111
S.S.C.E. Taxi Coupon Program 760-480-0611

UTILITY ASSISTANCE

CARE Energy Bill Discount Program 800-411-7343
SDG&E 800-411-7343
California LifeLine Program 866-272-0357
California Connect 800-806-1191
Energy Savings Assistance
Program SDG&E 866-597-0597

CALFRESH APPLICATION ASSISTANCE

WHAT YOU NEED

- A form of Identification
- Any deductible expenses such as: rent/shelter costs, utilities, support pet expenses, etc.
- Deductible medical expenses (*out of pocket medical expenses*)
- Proof of income (*paycheck for the last 30 days, SSI/SSD*)
- Proof of residency

QUESTIONS

If you have any questions about any of the requested documents to bring to your appointment, contact the front desk.

SCHEDULE AN APPOINTMENT

Please call ahead/talk to the front desk for an appointment slot at 760-839-4688.

Date: Thursday, February 26.

Appointment times are scheduled at 30-minute intervals starting from 9:30 a.m. to 1:30 p.m.

NOW AT THE PACC!

The Park Avenue Community Center is now a site for CalFresh Application Assistance for new, renewal, and lost cards.

SUPPORT IS HERE!



LIVE WELL
SAN DIEGO

Park Avenue Community Center * Staff

Community Services Supervisor

Annabel

Recreation Coordinator

Bailey

Department Specialist

Vanessa

Recreation Leaders

Chea
Jade
Javier
Sandra



Nutrition Program Coordinator

Lina

Nutrition Staff

Autumn
Marz

Nutrition Transportation Staff

Cameron
Michele
Veronica



Maintenance Staff

Alex
Brenda
Vicente

