

Resources & Referrals

(760) 744-5535, ext. 3604

The SAC provides resources, information and referrals such as AARP safe driving classes, food and housing resources, veterans assistance and AARP free tax preparation during tax season. Free services also include legal consultations, auditory, dietary, dental and blood pressure screenings. Private vendors providing these services are not affiliated with or endorsed by the City.

- AARP Safe Driving Classes
- Food & Housing Resources
- Veterans Assistance
- Free Tax Preparation
- Legal Consultations
- Health Screenings

June Services Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Blood Pressure Check 9 to 11:15 am	Blood Pressure Check 9 to 11:15 am Alzheimer's Support Group 10 to 11:30 am	Blood Pressure Check 9 to 11:15 am	Blood Pressure Check 9 to 11:15 am	Auditory Services: Free Hearing Test & Consultation 2nd Fri, June 8 10:30 am to 12 pm
Legal Services: Owen Rassman Wills/Trusts 2nd Mon, June 11 1 to 4 pm	San Diego Food Bank Food Distribution 3rd Tues, June 19 1:30 to 3 pm	Dietitian Nutrition Counseling 1st Wed, June 6 9:30 to 11:30 am	AARP Two-day Safe Driving Class June 21 9:30 am to 2:30 pm MUST ATTEND BOTH CLASSES	Ask the Nurse and Blood Pressure Check June 22 10 am to 12 pm
	Dental Services: Basic Screening & Consultation 3rd Tues, June 19 2 to 3 pm	Memory Screening 2nd Wed, June 13 10 to 11:30 am	Elder Law Services David Schwartz 3rd Thurs, June 21 10 am to 1 pm To schedule, call (858) 565-1392, ext. 205 or 208	
		AARP Two-day Safe Driving Class June 20 9:30 am to 2:30 pm MUST ATTEND BOTH CLASSES		

Orange indicates pre-registration is required. Please call the Front Desk at (760) 744-5535, ext. 0 to schedule appointments.

Understanding Medi-Cal/ Medicare Options

Tuesday, June 12 | 10 to 11 am

Come learn about specially designed plans for people with Medi-Cal assistance and Medicare. Learn about plan eligibility and discover if you or a friend could be receiving enhanced benefits.

Alzheimer San Diego Coping with Personality and Behavior Changes

Thursday, June 21 | 1 to 3 pm

Learn why individuals with Alzheimer's disease and other dementias experience behavior and personality changes, what those changes mean and how to respond. Respite is available, but must RSVP.

To RSVP, call Alzheimer's San Diego at (858) 492-4400.

