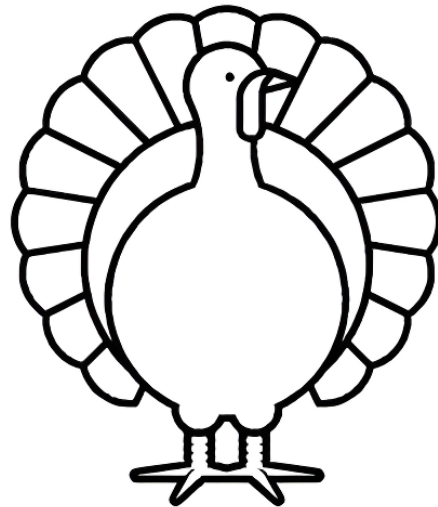




Dick Dewees  
Community & Senior Center  
**SENIOR CONNECTION**

For Active and Older Adults in the City of Lompoc

# November 2024



1120 W. Ocean Ave. Lompoc, CA 93436 (805) 875-8098  
Senior Program Hours: Monday – Thursday, 9:00AM – 3:00PM  
Recreation Supervisor: Sue Slavens  
[www.cityoflomdoc.com/recreation](http://www.cityoflomdoc.com/recreation) (Newsletter on the Internet)



## RECURRING EVENTS EACH WEEK

### MONDAYS-----

HICAP Med: 1:00PM - 3:00PM (call for appt.1-800-434-0222), room 118

Parkinson's Boxing: 11:00AM - 12:00PM, Banquet Room

Chair Yoga: 9:00AM – 10:00AM, Banquet Room

NO CLASSES 4<sup>th</sup>

### TUESDAYS-----

NO CLASSES ON NOVEMBER 5<sup>TH</sup>

Fine & Applied Arts Painting: Move to November 6th 9:00AM - 12:00PM. room 105/106

NO CLASS 5<sup>th</sup>, MOVED TO 6<sup>th</sup>

Introductory Party Bridge: 1:00PM - 2:00PM, room 108

Party Bridge: 2:00PM - 3:00 PM, room 108

Rag Rug & Misc. Handwork: 1:00PM - 3:00PM, room 105/106

Strength Training: 9:00AM - 10:00AM, Banquet Room

### WEDNESDAYS-----

Chess: 1:00PM - 3:00PM, room 108

Tai Chi: 11:00AM - 12:00PM, Banquet Room

Yoga: 2:00PM - 3:00PM Multipurpose Room

Fine & Applied Arts Painting: Moved from November 5th 9:00AM - 12:00PM. room 105/106

### THURSDAYS-----

Grief Recovery Transition Group: 10:00AM - 11:30 AM, room 108

Introductory Party Bridge: 1:00PM - 2:00PM, room 108

Parkinson's Boxing: 11:00AM - 12:00PM, Banquet Room

Party Bridge: 2:00PM - 3:00PM, room 108

Strength Training: 9:00AM - 10:00AM, Banquet Room

TOPS: Weigh in 8:00AM - 8:55AM meeting 9:00AM - 10:00AM, room 105/106

### FRIDAYS

No classes on Fridays

**We are looking for instructors to teach senior focused classes. Call in at the Dick DeWees Community and Senior Center if you're interested.**

**(Note: programs are subject to cancellation or room change)**

**(Building hours are determined by classes scheduled)**

**ADDITIONAL PROGRAMS DURING THE MONTH**

**(Note: programs are subject to cancellation or room changing)**

**Tuesday, November 5<sup>th</sup>: Election Day**

**Wednesday, November 6<sup>th</sup>: Brown Bag: DDCSC Parking Lot 9:00am**

**Sunday, November 17<sup>th</sup>: Bunco: Room 105/106 1:00pm - 4:00pm**

**Wednesday, November 20<sup>th</sup>: Brown Bag: DDCSC Parking Lot 9:00am**

**Monday, November 25<sup>th</sup>: Lompoc Smartphones User Group: Room 105/106 11:00am**

**Wednesday, November 27<sup>th</sup>: Parkinson's Support Group: Room 105/106 2:00pm - 3:30pm**

**By Appointment: My Care: Understanding and honoring my future healthcare goals.  
Contact: (805) 875-8098 for an appointment.**

**Interested in teaching a senior focused class? Call into the Dick DeWees Community and Senior Center and let us know!**

**We are looking for anyone interested in managing a Book Club.**



# **THE DICK DEWEES COMMUNITY AND SENIOR CENTER**

## **SENIOR PROGRAMS – MISSION STATEMENT**



**Our mission is to provide the community and senior citizens of Lompoc with a place of their own for promoting positive social behavior, interaction with others, self-discovery and positive self-esteem through the development and implementation of various free programs for those 50 years or older. We are dedicated to providing services and information to our seniors which will help them in their daily lives and promote their well-being.**



# Lompoc Outdoor

# Community Market

Saturdays from 9 AM to 3PM

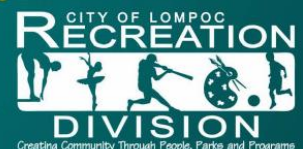


*Located in Old Town Lompoc, at the Downtown  
Parking Lot on Ocean Ave. and I Street*



Interested vendors please call  
805-875-8100

[www.CityofLompoc.com/Recreation](http://www.CityofLompoc.com/Recreation)



Creating Community Through People, Parks and Programs



## TECHNOLOGY FOR SENIORS CLASS

Take a free course covering such topics as: fraud prevention, social media/email management, online banking

**2ND AND 4TH  
MONDAY OF  
THE MONTH  
11 A.M.**

Free! At the Dick DeWees  
Community and Senior Center,  
1120 W. Ocean Ave., Lompoc

RSVP:  
CRISTINA CARREÑO, MBA :

**(805) 218-8217 TEXT/CALL OR  
CARRENOTECHNOLOGY@OUTLOOK.COM**

— LOMPOC SENIOR'S CLUB —

# BOUTIQUE & THRIFT STORE

A LOCAL NON-PROFIT BENEFITING  
SENIORS IN THE LOMPOC COMMUNITY

*Find Great Deals!*



**320 W. OCEAN AVE  
LOMPOC, CA 93436**

(805) 743-4327

MONDAY-THURSDAY 10AM-4PM  
FRIDAY & SATURDAY 10AM-5PM

**RUN BY THE KINDESS OF VOLUNTEERS  
SUPPORT US BY SHOPPING, DONATING OR VOLUNTEERING TODAY!**

.....  
ASK ABOUT OUR COMMUNITY DISASTER RELIEF CLOSET FOR THOSE IN NEED

# Chair Yoga For Seniors



For generations, yoga has been building strength and flexibility - body, mind, and spirit. Chair Yoga offers all the benefits of yoga while standing or using the chair as a prop.

Location: **Dick DeWees Senior Center Banquet Room**

Time: **Mondays from 9:00AM-10:00AM**

For more information, please contact Lillian Stuman:

Email: **LillianStuman3@gmail.com**

Phone Number: **(805) 452-1357**

Dick DeWees Senior Center, 1120 West Ocean Ave.





# CAREGIVER INFORMATION SESSION

## TUESDAY Nov. 19th 5:00 pm

### LOCATION:

Dick DeWees Community and Senior Center  
1120 W Ocean Ave

- Education
- Resources
- Free Food
- Caregiver Gift
- Raffles
- Socialize
- Wellness Activity



### RESPIRE

Here to offer peace of mind during the event, allowing you to fully immerse yourself in the experience while knowing that your loved one is in capable hands.



### TRANSPORTATION

Their caring volunteers provide door-through-door services – picking you up from where you live and escorting you to the event.

CALL: 1-805-925-8000

Brought to you by



LOMPOC HOSPITAL DISTRICT FOUNDATION  
COMMUNITY EDUCATION | LECTURE SERIES



Generously sponsored by



**SUPERIOR**  
HOME HEALTH,  
HOSPICE AND  
SENIOR SERVICES



**RSVP**

Phone : 805-737-5762

Email : xiongsu@lhdfoundation.com

Web: [www.lompocvmc.com/events](http://www.lompocvmc.com/events)

SCAN: QR code on the left



# SESIÓN INFORMATIVA PARA CUIDADORES

## MIERCOLES

19 de Noviembre a las 5:00 pm

### DIRECCIÓN:

Dick DeWees Community and Senior Center  
1120 W Ocean Ave

Educación  
Recursos Locales  
Información sobre el bienestar  
Regalos para los cuidadores  
Rifas  
Oportunidades para socializar



### RESPITE

Estamos aquí para ofrecerle tranquilidad durante el evento, permitiéndole sumergirse completamente en la experiencia sabiendo que su ser querido está en buenas manos.



### TRANSPORTE

Sus atentos voluntarios pueden ir por usted hasta su casa para llevarlo al evento. Solamente llame al 1-805-925-8000

Traidos a usted por

Patrocinados generosamente por



Confirme su asistencia

Llamando al:  
805-742-8877

Mandando un correo electrónico al:  
healthylompoc@gmail.com

Visitando el sitio web:  
[www.lompocvmc.com/events](http://www.lompocvmc.com/events)

Escaneando el código QR de la izquierda



UPDATED  
DECEMBER 1, 2023

# HEALTHY FOOD AT NO COST

FREE produce and nutritious groceries  
**Every Saturday!**

## First Saturday

**Allan Hancock College**  
800 S College Dr. Santa Maria   
8-10:30am

**Good Shepherd Pantry**  
380 N Fairview Ave. Goleta   
9-10am

**Grace Food Pantry**  
3869 State St. Santa Barbara   
1st, 2nd, 3rd, 4th Saturday  
9am

## Second Saturday

**Goleta Valley Community Center**  
5679 Hollister Ave. Goleta  
2nd Saturday   
8:30-10:30am

**Boys & Girls Club**  
901 N Railroad Ave. Santa Maria    
8:30-10:30am

**Grace Food Pantry**  
3869 State St. Santa Barbara   
1st, 2nd, 3rd, 4th Saturday  
9am

## Third Saturday

**Franklin Elementary School**   
1111 E Mason St. Santa Barbara  
8:30-10:30am

**Allan Hancock College**  
800 S College Dr. Santa Maria   
8-10:30am

**Grace Food Pantry**  
3869 State St. Santa Barbara   
1st, 2nd, 3rd, 4th Saturday  
9am

## Fourth Saturday

**Grace Food Pantry**  
3869 State St. Santa Barbara   
1st, 2nd, 3rd, 4th Saturday  
9am

## Last Saturday

**Lompoc High School**    
515 W College Ave.  
8am-10am  
*\*If a holiday interferes, this will move to the prior Saturday*

[FoodbankSBC.org](http://FoodbankSBC.org)  - Walk-up  - Drive-thru  - Membership Barcodes Used **While supplies last**



# FOOD DISTRIBUTIONS

UPDATED  
FEBRUARY 6, 2024

Foodbank of Santa Barbara County will distribute free groceries and fresh produce at the following locations. No documentation/registration required. Everyone is welcome. Measures have been taken to ensure the safety and cleanliness of each site.



## FRESH PRODUCE AND HEALTHY GROCERIES

### SANTA MARIA

**Allan Hancock College**   
800 S. College Dr.  
1st & 3rd Saturday from 8-10:30am

**American GI Forum**  
117 W Bunny Ave.  
2nd Tuesday from 1-4pm

**Boys & Girls Club**   
901 N Railroad Ave., Santa Maria  
2nd Saturday, 8:30-10:30am

**Coast Valley Worship Center**  
2548 S. Broadway  
Every Tuesday, 10-11am

**Elks Lodge**  
1309 N. Bradley Rd.   
Last Thursday of the month, 9am

**Evans Park**   
200 W. Williams St.  
Call for distribution date  
805-925-4393 x3104

**Santa Maria Fairpark**   
937 S Thornburg  
3rd Wednesday, 8-11am

**Oasis Orcutt Senior Center**   
420 Soares Ave.  
3rd Thursday, 9-10:30am

**Orcutt Presbyterian Church**   
993 Patterson Rd.  
Every Friday, 2-4pm

**Red Oaks Baptist Church**   
3600 Pinewood Dr  
4th Monday, 3-5pm

**Residences of Depot St.**   
201 W Depot St.  
3rd Wednesday, 3pm

**Rescue Mission**  
Foursquare Church parking lot  
709 N. Curryer St.  
Every Thursday, 4:30-5pm

**Salvation Army**  
200 W. Cook Ave.  
Every Monday, Wednesday and  
Friday, 9-4pm

**St. Peter's Episcopal Church**  
402 S. Lincoln St.  
Thursdays, 9:30-11am

**Veterans Clinic**  
1550 E Main St  
4th Wednesday, 3-4:30pm

### GUADALUPE

**Beatitude House**  
267 Campodonico Ave.  
Every Tuesday, 10-11:30am

**Family Service Center**  
230 Cesar E. Chavez  
Last Thursday of the month, 12pm

**Guadalupe Senior Center**  
4545 10th St.  
First Thursday, 11:30-2pm

### NIPOMO

**Nipomo Food Basket**  
197 W. Tefft St.  
Every Monday, Tuesday and  
Thursday, 10-1pm

### LOMPOC

**Catholic Charities**  
329 N. 2nd St.  
Monday-Friday, 10-11:45am  
12:30p-2pm

**Lompoc High School**   
515 W. College Ave.  
Last Saturday of the month,  
8-11a  
(If holiday interferes, this will  
move to the prior Saturday)

**Mission Hills Shopping Center**   
1450 Burton Mesa Blvd  
1st Monday, 3-5pm  
(If holiday interferes, this will  
move to the following month)

**Santa Rita Village**   
926 W. Apricot Ave  
4th Wednesday, 10-11:30am

**Trinity Church of the Nazarene**   
500 E North Ave, Lompoc  
2nd Monday, 3-5pm

### LOS ALAMOS

**People Helping People**   
260 Gonzalez Dr  
Every other Thursday, 10-11am  
Call 805-686-0295 for more info

### NEW CUYAMA

**Cuyama Family Resource Center**  
4689 Highway 166  
3rd Friday, 11am

### SOLVANG/SANTA YNEZ

**Bethania Lutheran Church**   
603 Atterdag Rd.  
Every Tuesday, 5:15-6:45pm

**People Helping People**   
1760 Mission Drive  
Every other Thursday, 12-4pm  
Call 805-686-0295 for more info

### BUELLTON

**Santa Ynez Valley Community Outreach**  
(formerly Buellton Senior Center)  
164 W Hwy 246 (Behind post office)  
Daily, 24/7

**Veterans Pantry**  
164 W Hwy 246  
Monday - Friday 8-5pm

### GOLETA/ISLA VISTA

**Goleta Valley Community Center**  
5679 Hollister Ave.  
2nd Saturday, 8:30-10:30am

**Good Shepherd Pantry**  
380 N. Fairview Ave.  
1st Saturday, 9-10am

**L.E.A.P.**  
I.V. Elementary School  
6875 El Colegio Rd.  
3rd Thursday, 11:30-5:30pm  
By Appointment ONLY  
Contact Ana Maya, 805-869-3303

**Sandpiper Apartments**  
375 Ellwood Beach Dr.  
1st Thursday, 9am

### SAN LUIS OBISPO

**St. Patrick's Church**  
501 Fair Oaks Ave.  
Tuesday-Thursday, 4-5pm

### SANTA BARBARA

**Catholic Charities**  
609 E. Haley St.  
Monday-Friday, 9-4:30pm

**Children's Park (Lower Westside)**   
520 Wentworth Ave.  
1st Tuesday, 1pm  
2nd Tuesday, 1pm

**El Camino School**   
5020 San Simeon Dr  
4th Thursday, 4-6pm

**Franklin Community Center**   
1136 E. Montecito St.  
3rd Tuesday, 1:30pm  
Every Thursday, 1pm

**Franklin Elementary School**  
1111 E Mason St., Santa Barbara  
3rd Saturday, 8:30-10:30am

**Grace Food Pantry**  
3869 State St.  
1st, 2nd, 3rd & 4th Saturday, 9am

**Harding Elementary Auditorium**   
1625 Robbins St  
4th Tuesday, 2:30-5pm  
Call (805) 967-5741

**Iglesia Bautista**  
736 W. Islay St  
3rd Thursday, 2pm

**La Cumbre Jr. High School**  
2255 Modoc Rd.  
3rd Thursday 2:30-4:30pm

**McKinley Elementary School**   
350 Loma Alta Dr  
2nd Tuesday 2:30-4:30pm

**New Life Church**  
50 E. Alamar Ave.  
3rd Tuesday, 1-2:30pm

**Positano Apartments**  
11 Camino De Vida  
3rd Monday, 3:30pm

**Presidio Springs**   
721 Laguna St.  
3rd Wednesday, 2-5pm

**Salvation Army**  
4849 Hollister Ave.  
Tuesdays, Thursdays, 9-12pm  
Wednesdays, 1-4pm

**Unity Shoppe**   
110 W. Sola St.  
Monday-Friday, 10-5pm

**Westside Community Center**   
423 W. Victoria St.  
Every Monday, 1pm

### CARPINTERIA

**Carpinteria Children's Project**  
5201 8th St.  
2nd Wednesday, 3-5:30pm

**Reality Church**  
Location is at Girls Inc.  
5315 Foothill Rd.   
Last Thursday of the month,  
4-5:30pm

## PREPARED MEALS

### SANTA MARIA

**Coast Valley Worship Center**  
Salvation Army Parking Lot  
200 W. Cook Ave.  
Every Thursday, 10-11:30am  
Showers and hot food:  
805-739-1512

**Salvation Army**  
200 W. Cook Ave.  
Monday-Thursday,  
11-12pm

### BUELLTON

**Santa Ynez Valley Community Outreach**  
(formerly Buellton Senior Center)  
164 W Hwy 246 (Behind post office)  
Call for information:  
(805) 688-4571

### SANTA BARBARA

**Santa Barbara Rescue Mission**  
535 E Yananoli St.  
Daily (except Wednesday),  
6-6:30am & 6-6:30pm  
Wednesday, 8:15-10am

### LOMPOC

**Half Century Club**  
341 North N St.  
Every Thursday, 5-5:45pm  
**La Purisma Catholic Church**  
333 South I St.  
Every Friday, 4-4:45pm  
**Lompoc Foursquare Church**  
125 North C St.  
Every Monday, 4pm  
**Micah Mission**  
500 E North Ave.  
Every Saturday, 1-2:30pm  
138 North B St.  
Sunday, 5-6:30pm  
**St. Timothy's Church**  
403 North J St.  
Every Tuesday, 4-5:45pm

FoodbankSBC.org




**ACTUALIZADO  
1 DE DICIEMBRE, 2023**

# COMIDA NUTRITIVA SIN COSTO

Verduras y Comestibles Nutritivos GRATIS  
**¡Cada Sábado!**


## Primer Sábado

**Allan Hancock College**  
800 S College Dr, Santa Maria   
8-10:30am


**Good Shepherd Pantry**  
380 N Fairview Ave, Goleta.   
9-10am

**Grace Food Pantry**  
3869 State St, Santa Barbara   
1er, 2do, 3er, 4to Sabado  
9am

## Segundo Sábado

**Goleta Valley Community Center**  
5679 Hollister Ave, Goleta   
2do Sabado  
8:30-10:30am

**Boys & Girls Club**  
901 N Railroad Ave, Santa Maria    
8:30-10:30am

**Grace Food Pantry**  
3869 State St, Santa Barbara   
1er, 2do, 3er, 4to Sabado  
9am

## Tercer Sábado

**Franklin Elementary School**   
1111 E Mason St, Santa Barbara  
8:30-10:30am

**Allan Hancock College**  
800 S College Dr, Santa Maria   
8-10:30am

**Grace Food Pantry**  
3869 State St, Santa Barbara   
1er, 2do, 3er, 4to Sabado  
9am

## Cuarto Sábado

**Grace Food Pantry**  
3869 State St, Santa Barbara   
1er, 2do, 3er, 4to Sabado  
9am

## Ultimo Sábado

**Lompoc High School**  
515 W College Ave.    
8am-10am  
*Si el día festivo interfiere, esto se moverá al sábado anterior.*



# DISTRIBUCIONES DE ALIMENTOS

ACTUALIZADO  
6 DE FEBRERO 2024

El Banco de Comida del Condado de Santa Barbara distribuirá comestibles saludables y productos frescos gratuitos a la comunidad en los siguientes sitios. No se requiere documentos ni cita previa para asistir los sitios. Todos son bienvenidos. Se han tomado medidas para garantizar la seguridad y limpieza de cada sitio.



- Se utiliza tarjeta de membresía



- Servicio por auto

## PRODUCTOS FRESCOS Y COMESTIBLES SALUDABLES

### SANTA MARIA

**Allan Hancock College**   
800 S. College Dr.  
1er & 3er sábado, 8-10:30am

**American GI Forum**  
117 W Bunny Ave.  
2do martes, 1-4pm

**Boys & Girls Club**   
901 N Railroad Ave., Santa Maria  
2do sábado, 8:30-10:30am

**Coast Valley Worship Center**  
2548 S. Broadway  
cada martes, 10-11am

**Elks Lodge**   
1309 N. Bradley Rd.  
último jueves del mes, 9am

**Evans Park**   
200 W. Williams St.  
Llamar para día de distribución  
805-925-4393 x3104

**Santa Maria Fairpark**   
937 S Thornburg  
3er miércoles, 8-11:00am

**Oasis Orcutt Senior Center**   
420 Soares Ave.  
3er jueves, 9-10:30am

**Orcutt Presbyterian Church**   
993 Patterson Rd.  
cada viernes, 2-4pm

**Red Oaks Baptist Church**   
3600 Pinewood Dr  
4to lunes, 3-5pm

**Residences of Depot St.**   
201 W Depot St.  
3er miércoles, 3pm

**Rescue Mission**  
Foursquare Church parking lot  
709 N. Curryer St.  
cada jueves, 4:30-5pm

**Salvation Army**  
200 W. Cook Ave.  
cada lunes, miércoles y viernes, 9-4pm

**St. Peter's Episcopal Church**  
402 S. Lincoln St.  
cada jueves, 9:30-11am

**Veterans Clinic**  
1550 E Main St  
4to miércoles, 3-4:30pm

### GUADALUPE

**Beatitude House**  
267 Campodonico Ave.  
cada martes, 10-11:30am

**Family Service Center**  
230 Cesar E. Chavez  
El último jueves de cada mes, 12pm

**Guadalupe Senior Center**  
4545 10th St.  
primer jueves, 11:30-2pm

### NIPOMO

**Nipomo Food Basket**  
197 W. Tefft St.  
cada lunes, martes y jueves, 10-1pm

### LOMPOC

**Catholic Charities**  
329 N. 2nd St.  
lunes-viernes, 10-11:45am  
12:30-2pm

**Lompoc High School**   
515 W. College Ave.  
El último sábado de cada mes\*,  
8-11am  
\*Si el día festivo interfiere, esto se moverá al sábado anterior.

**Mission Hills Shopping Center**   
1450 Burton Mesa Blvd  
1er lunes, 3-5pm  
\*Si el día festivo interfiere, esto se moverá al siguiente mes.

**Santa Rita Village**   
926 W. Apricot Ave  
4to miércoles, 10-11:30am

**Trinity Church of the Nazarene**   
500 E North Ave, Lompoc  
2do lunes, 3-5pm

### LOS ALAMOS

**People Helping People**   
260 Gonzalez Dr  
cada otro jueves, 10-11am  
Llame 805-686-0295 para mas informacion

### NEW CUYAMA

**Cuyama Family Resource Center**  
4689 Highway 166  
3er viernes, 11am

### SOLVANG/SANTA YNEZ

**Bethania Lutheran Church**   
603 Atterdag Rd.  
cada martes, 5:15-6:45pm

**People Helping People**   
1760 Mission Drive  
cada otro jueves, 12-4pm  
Llame 805-686-0295 para mas informacion

### BUELLTON

**Santa Ynez Valley Community Outreach**  
(antes Buellton Senior Center)  
164 W Hwy 246 (detrás de la oficina de correos)  
diario 24/7

**Veterans Pantry**  
164 W Hwy 246  
lunes - viernes 8-5pm

### GOLETA/ISLA VISTA

**Goleta Valley Community Center**  
5679 Hollister Ave.  
2do sabado, 8:30-10:30am

**Good Shepherd Pantry**  
380 N. Fairview Ave.  
1er sábado, 9-10am

**L.E.A.P**  
I.V. Elementary School  
6875 El Colegio Rd.  
3er jueves, 3:30-6:30pm  
SOLO por cita, contáctese Ana Maya, 805-869-3303

**Sandpiper Apartments**  
375 Ellwood Beach Dr.  
1er jueves, 9am

### SAN LUIS OBISPO

**St. Patrick's Church**   
501 Fair Oaks Ave.  
martes-jueves, 4-5pm

### SANTA BARBARA

**Catholic Charities**  
609 E. Haley St.  
lunes-viernes, 9-4:30pm

**Children's Park (Lower Westside)**   
520 Wentworth Ave.  
1er martes, 1pm  
2do martes, 1pm

**El Camino School**   
5020 San Simeon Dr  
4to jueves, 4-6pm

**Franklin Community Center**   
1136 E. Montecito St.  
3er martes, 1:30pm  
cada jueves, 1pm

**Franklin Elementary School**  
1111 E Mason St., Santa Barbara  
3er sábado, 8:30-10:30am

**Grace Food Pantry**  
3869 State St.  
1er, 2do, 3er & 4to sábado, 9am

**Harding Elementary Auditorium**   
1625 Robbins St  
4to Martes, 2:30-5pm  
Call (805) 967-5741

**Iglesia Bautista**  
736 W. Islay St  
3er Jueves, 2pm

**La Cumbre Jr. High School**  
2255 Modoc Rd.  
3er jueves, 2:30-4:30pm

**McKinley Elementary School**   
350 Loma Alta Dr  
2do Martes, 2:30-4:30pm

**New Life Church**  
50 E. Alamar Ave.  
3er Martes, 1-2:30pm

**Positano Apartments**  
11 Camino De Vida  
3er Lunes, 3:30pm

**Presidio Springs**   
721 Laguna St.  
3er Miercoles, 2-5pm

**Salvation Army**  
4849 Hollister Ave.  
martes, jueves, 9-12pm  
miercoles, 1-4pm

**Unity Shoppe**   
110 W. Sola St.  
lunes-viernes, 10-5pm

**Westside Community Center**   
423 W. Victoria St.  
cada lunes, 1pm

### CARPINTERIA

**Carpinteria Children's Project**  
5201 8th St.  
2do miercoles, 3:30-5:30pm

**Reality Church**  
Localizado en Girls Inc.  
5315 Foothill Rd.   
El último jueves de cada mes,  
4-5:30pm

## COMIDAS PREPARADAS

### SANTA MARIA

**Coast Valley Worship Center**  
Salvation Army Parking Lot  
200 W. Cook Ave.  
cada jueves, 10-11:30am  
Se sirven duchas y comida calientes 805-739-1512

**Salvation Army**  
200 W. Cook Ave.  
lunes - jueves, 11am-12pm

### BUELLTON

**Santa Ynez Valley Community Outreach**  
(antes Buellton Senior Center)  
164 W Hwy 246 (detrás de la oficina de correos)  
Llame para información:  
(805) 688-4571

### SANTA BARBARA

**Santa Barbara Rescue Mission**  
535 E Yananoli St.  
diario (no miercoles),  
6-6:30am, 6-6:30pm  
miercoles, 8:15-10am

### LOMPOC

**Half Century Club**  
341 North N St.  
cada jueves, 5-5:45p.

**La Purisma Catholic Church**  
333 South I St.  
cada viernes, 4-4:45pm

**Lompoc Foursquare Church**  
125 North C St.  
cada lunes, 4pm

**Micah Mission**  
500 E North Ave.  
cada sábado, 1-2:30pm  
138 North B St.  
cada domingo, 5-6:30pm

**St. Timothy's Church**  
403 North J St.  
cada martes, 4-5:45pm

FoodbankSBC.org



## **Free Yoga/Stretch For Life**

***This class is designed to teach basic Yoga and stretching techniques. Each class will be customized for the specific needs and abilities of the students who attend.***

***Class will be offered weekly on Wednesdays from 2:00 – 3:00 p.m. at the Dick DeWees Community and Senior Center.***

***Please bring a yoga mat, and a bath towel.***

# Valley Haven

ADULT DAY PROGRAM



## Valley Haven provides life enrichment for seniors who:

- Are dependent on others
- Have cognitive impairment
  - Are socially isolated
- Are frail or have some physical limitations
- A social setting operated by qualified staff
  - Time off for caregivers
- Nutritious balanced meals



## In order to Attend Valley Haven...

- Seniors need to be ambulatory or use canes, walkers or a wheelchair
  - Able to eat with minimal assistance
- Use the restroom with or without assistance
  - Medical Clearance • Non-combative



**If interested please call (805) 733-9459**

**2800 Harris Grade Rd, Lompoc, CA 93436**



# **Lompoc Parkinson's Support Group**

An informal gathering for sharing  
information experiences.

**Meetings take place on the last  
Wednesday of every month,  
2:00pm-3:30pm**

**Dick DeWees Community and Senior  
Center, 1120 West Ocean Ave.**

For more information, contact Jody Larson:  
**(805) 717-3280**  
**j\_slarson@hotmail.com**



# SUPERIOR HOME HEALTH

## LOMPOC'S ONLY LOCALLY OWNED HOME HEALTH AGENCY

A compassionate home health service agency founded by local nurses and physical therapists based within the Central Coast Area.

### 100% Covered by Medicare

At Superior Home Health, our team is highly skilled and blended with over 50 years of experienced professionals who are committed to providing compassionate healthcare in attaining a superior level of patient satisfaction.

#### Services Available:

- Skilled Nursing
- Physical Therapist
- Wound Care Specialist
- Occupational Therapist
- Lymphedema Specialist
- Speech Therapist
- Medical Social Worker
- Home Health Aide

#### How to make the **SUPERIOR** Choice?

During your hospital stay...  
Leaving a rehab facility...  
If a family member is ill...  
Before you have surgery...  
At your doctor's appointment...  
...ask for Superior Home health Agency

**Phone: 805-742-4514 Fax: 805-742-4561**

A portion of our proceeds are donated to local animal shelters, service organizations and veteran groups



# myCare

MyCare helps you make decisions now about the types of health care you would and would not want to receive if you become very sick or injured and couldn't speak for yourself in the future.

**Advance Directive:** Understanding and honoring my future health care goals

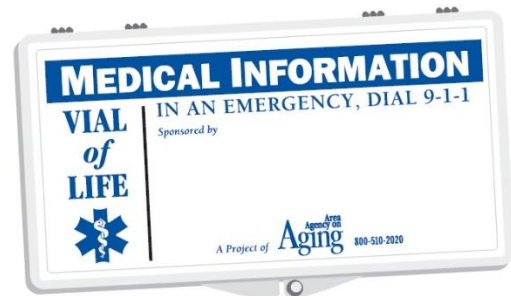
Contact (805) 875-8098 for an appointment

# Vial of Life

The Vial of Life program is an aid to emergency services, to facilitate proper and immediate care for incapacitated seniors. A medical information form advises emergency personnel of medical history, present medications and any other pertinent information. The form is in a plastic container which affixes to the front of the refrigerator by magnet.

This program, if used properly, should be of great help to emergency services, such as ambulances and paramedics. Often a person in distress becomes confused as to medications, doctors names and medical history. Emergency personnel can use this form to discover the current and correct medications the patient is taking; thus eliminating the conjecture by medical personnel or the collection of all medications.

The Vial of Life forms and containers are targeted for any senior, for those with chronic disease or medical conditions, or for those with disabilities. In addition, the Area Agency on



Aging provides the person receiving the Vial of Life an opportunity to receive a 'reminder' card from the Area Agency on Aging. The reminder registration form asks for the name, address, telephone number and date of birth of persons receiving the Vial of Life. Vial of Life clients will receive a postcard annually, reminding them to update the information on the card. No other use is made of the information provided. Of course, this is optional.

The Vial of Life program is made possible by generous supporters throughout San Luis Obispo and Santa Barbara Counties. This program is a cooperative effort between Area Agency on Aging, Fire Departments, County Emergency Medical Services Agencies, ambulance companies and others.

## Frequently Asked Questions

### 1. Why did the Area Agency on Aging develop the Vial of Life program?

The Area Agency on Aging (AAA) learned of the need for this program in 1995 during conversations with representatives of local ambulance companies. The AAA was asking the ambulance personnel what they perceived to be the needs of older persons.

The AAA heard that when an ambulance arrives at a senior's home in response to a 9-1-1 call, 90-95 % of the time there is no one able to provide emergency responders with needed medical information or medical history. At the time, we were told what was needed was a Vial of Life program.

The first Vials of Life were purchased in late 1996. Since that initial purchase over 80,000 Vials of Life have been distributed throughout the two county region.

The AAA has developed the Vial of Life program to assist senior citizens to prepare for emergencies.

Naturally, we don't want these emergencies to happen. But it is prudent to prepare.

### 2. How does the Vial of Life program work?

It is simple. Each individual completes the Medical Information Card and places the card in the Vial of Life container. The Vial

# Vial of Life

container is designed to hold up to four (4) Medical Information cards. One card for each person in the household - one Vial of Life container per household. Then place the Vial of Life on the front of the refrigerator.

Each person is responsible to complete the information and keep it up to date and accurate.

- 3. Why is it important to keep the information up to date and accurate?**  
Remember, emergency personnel are making decisions based on the information you have placed on the medical information card.
- 4. What is the reminder registration card?**  
We want to be able to contact you every 12 months and remind you to check the information in your Vial Medical Information Card. It is very important to keep it up to date. If you do not return the Reminder Registration card to the Area Agency on Aging it will not be possible to remind you to keep the Vial of Life information card up to date. Remember - you are responsible to keep the information up- to - date.

- 5. Does the Vial of Life interfere with a Medic Alert bracelet?**

Both are designed to accomplish the same thing – to get medical information into the hands of health care professionals.

- 6. My neighbor is too frail to complete the card?**

We suggest that she ask the staff in her doctor's office or perhaps a family member for assistance in completing the form. Remember it is important that the information is legible.

- 7. What if I need a new card ?**

Just call the Area Agency on Aging at 800-510-2020 and we'll mail a new card to you to complete or pick one up at the local senior center.

- 8. Is there a cost?**

There is NO cost, but a donation of \$2.00 is suggested, but NOT required. The funds secured will be used to purchase additional Vials of Life

- 9. I have three people in my household, can we fit three cards in the Vial?**

Yes. The Vial is designed to hold up to four Medical Information Cards.

- 10. I have a Vial of Life and my neighbor wants one, how can she get one?**

Your neighbor can pick one up at the local senior center at any time. Or she can pick them up at local health faires, senior events, etc.

Thank you for the opportunity to share this program with you. Please help us by letting your friends and neighbors know about the program. They can go to any senior center in Santa Barbara and San Luis Obispo Counties and pick up a Vial of Life.

**And, remember, if you have any questions...  
about the Vial of Life or about senior services  
call the Area Agency on Aging at 1-800-510-2020.**

Area Agency on Aging  
San Luis Obispo and Santa Barbara Counties



# **Interested in Learning Chess?**

Bill Ruden is offering Chess lessons at the Dick DeWees Community and Senior Center!  
Remember to bring your own Chess board!

## **How to play Chess**

1:00pm-2:00pm

## **Play for fun!**

2:00pm-3:00pm

Dick DeWees Community and Senior Center  
1120 West Ocean Ave.  
Lompoc, CA  
Wednesdays  
Room 108

# Rag Rug and Misc. Handwork

The Rag Rug Class is branching out to encompass other handwork including, but not limited to knitting, crocheting, quilting, embroidery and cross-stitch. Participants are encouraged to bring their projects and share ideas with people who are working on varied handwork, from easy and simplistic, to time consuming and difficult, and everything in between. In addition to doing handwork, meeting like minded folks and making new friends, it's a great class to come to just to get away from the TV, phone and Computer. Little handwork, friendly chatter, sharing thoughts and ideas. We'd like to invite you to join us For fun projects and socializing. This class is for seniors 50 and older. Hope to see you there!!



**Tuesdays, room: 105/106**  
**1:00PM-3:00PM**  
**Location: Dick DeWees**  
**Community and Senior Center**

For more information, please call the Lompoc Recreation Division at (805) 875-8085.  
Check us out on Facebook and online at [www.cityoflompoc.com](http://www.cityoflompoc.com)

# Learn All About Medicare



Let us help you understand your Medicare options

Part A

Part B

Part D

Advantage Plans  
Supplemental Plans  
Penalties  
and more

Call HICAP at 1-800-434-0222 to Schedule your in-person individual Medicare counseling appointment

Monday afternoons  
Dick De Wees Community Center  
1120 W Ocean Avenue, Lompoc  
(appointment required)

JOIN US at this FREE unbiased comprehensive Medicare Seminar

For Information and to RSVP Online

**CentralCoastSeniors.org**

or call **1-800-434-0222**

**HICAP**  
Health Insurance  
Counseling and  
Advocacy Program

*Free Service to Medicare Beneficiaries*

HICAP is a program of the Central Coast Commission for Senior Citizens. Funded by the

Area Agency on Aging

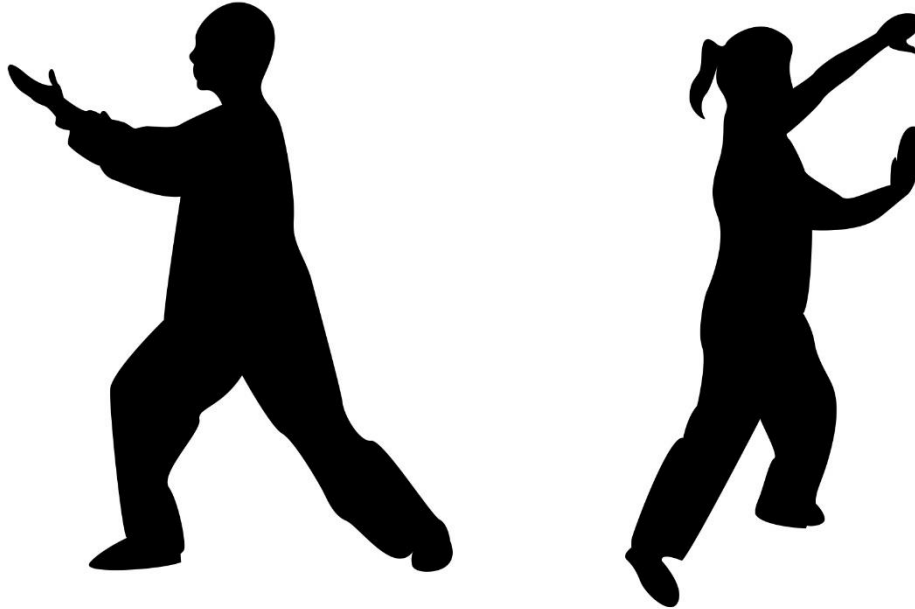
San Luis Obispo and Santa Barbara Counties



This publication was supported by the Central Coast Commission for Senior Citizens with the financial assistance, in whole or part, through a grant from the Administration for Community Living.



# Tai Chi For Seniors



Tai Chi accumulates energy and leaves you refreshed and relaxed when you finish. The graceful, slow speed of our style coupled with an emphasis on deep breathing and mental focus creates balance, flexibility, and calmness, which relieves stress and allows for integration of mind and body.

**Wednesday, room 102 C&D**

**11:00am-12:00pm**

**Location: Dick DeWees Community  
and Senior Center, 1120 West Ocean Ave.**



## Emergency Services

<b>Police, Fire, Ambulance</b>	<b>911</b>
<b>Adult Protective Services</b> <a href="http://www.countyofsb.org">www.countyofsb.org</a>	844-751-6729 After Hours 692-5744
<b>California Poison Control System Hotline (24/7)</b> <a href="http://www.aapcc.org">www.aapcc.org</a>	800-222-1222
<b>CARES Mental Health Crisis Team</b>	888-868-1649
<b>Domestic Violence Solutions (24/7)</b> <a href="http://www.dvsolutions.org">www.dvsolutions.org</a>	(805) 736-0965
<b>Long Term Care Ombudsman</b> <a href="http://www.FSAcares.org">www.FSAcares.org</a>	(805) 922-1236
<b>National Suicide Prevention Lifeline</b> <a href="http://www.SuicidePreventionLifeline.org">www.SuicidePreventionLifeline.org</a>	800-273-8255
<b>North County Rape Crisis Center</b> <a href="http://www.sbcountyrapecrisis.org">www.sbcountyrapecrisis.org</a>	(805) 736-7273

## Adult Day Care

**Valley Haven** 805-733-9459  
[www.lompocvalleyhaven.org](http://www.lompocvalleyhaven.org)  
Lompoc Valley Haven is a adult day program for those 60 and older that is specifically designed for people who prefer to remain in their own homes or with relatives. Our program provides an affordable option in a social setting for those who enjoy getting together with other seniors. Our clients may spend as little as a half day to as many as five days per week with us.

**Santa Maria Wisdom Center** 805-354-5320  
[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)  
A Community Based Adult Services day program that provides a variety of health and social services as well as planned therapeutic and rehabilitative activities to benefit the needs of adults with physical and/or mental challenges who are at risk of long-term care placement. Program includes an Alzheimer's day care resource which serves those with Alzheimer's and related dementia disorders by providing a safe, structured, stimulating environment meeting the individual's physical and mental health needs.

## Care Management

**CenCal Health** 800-421-2560 ext. 1641  
[www.CenCalHeath.org](http://www.CenCalHeath.org)  
Social work services for CenCal members who have complex medical or behavioral health conditions, high psychosocial risk factors or need assistance navigating through the health care system. Services are free of charge.

**VNA Health**  
[www.vnhcsb.org](http://www.vnhcsb.org)  
Senior Health & Safety Assessment in the home to help seniors by making recommendations. A registered nurse will provide a comprehensive evaluation and follow-up plan to help seniors continue to live independently. The assessment is coordinated to establish a personalized care plan.

**Alzheimer's Navigator**  
[www.alzheimersnavigator.org](http://www.alzheimersnavigator.org)  
Alzheimer's Association Alzheimer's Navigator® is an innovative online tool to help caregivers and people living with dementia evaluate their needs, create a customized action plan and link to information, support and local resources.

## End of Life

### **Assisted Hospice Care** 805-722-1181

[www.assistedcares.com](http://www.assistedcares.com)

Comfort and compassion for patients and loved ones at the end of life. Provides personal medical care for the terminally ill.

### **Central Coast** 805-543-2244

#### **Home Health & Hospice**

[www.centralcoasthomehealth.com](http://www.centralcoasthomehealth.com)

Provides compassionate and quality end of life care. Mission is to provide quality medical, social, and spiritual care to individuals making their end of life transitions as well as support to their family and friends. Services provided while honoring each person's quality of life, freedom and individuality.

### **Dignity Health Hospice** 805-739-3830

[www.dignityhealth.org](http://www.dignityhealth.org)

Medical care, symptom and pain management, and emotional and spiritual support tailored to the patient's needs. Primary goal is to fulfill patient's wishes and to support their families and caregivers. Hospice can help the patient maintain the highest quality of life possible. Includes bereavement services for a full year after a loss.

### **Starbuck - Lind Mortuary** 805-735-3773

[www.starbucklind.com](http://www.starbucklind.com)

In addition to funeral planning, provides grief counseling and outlines decision options.

805-693-5555

### **VNA Health**

[www.vnhcsb.org](http://www.vnhcsb.org)

Hospice offers comfort and compassion when medical treatment no longer offers a cure. Hospice is available for many life-limiting conditions, such as cancer, Alzheimer's disease, heart failure, or even just old age. Hospice care is family-centered and takes place wherever home is. Works with your doctor to provide expert medical care, pain, and symptom relief, as well as emotional and spiritual support.

### **Wilshire Hospice** 805-782-8608

[www.wilshirehcs.org](http://www.wilshirehcs.org)

Provides patients and their families with comprehensive, compassionate care that relieves undue suffering and pain from the moment of their diagnosis.

## Equipment

### **CA Telephone** 800-806-1191

#### **Access Program**

[www.ddtp.cpuc.ca.gov](http://www.ddtp.cpuc.ca.gov)

Special telephones and telephone devices are available for deaf and deafened, vision, speech, cognitive, and motion-mobility impaired persons.

805-690-6235

### **VNA Health, Loan Closet**

[www.vnhcsb.org](http://www.vnhcsb.org)

The Loan Closet is a free community resource where one may borrow basic medical equipment such as wheelchairs, walkers, crutches, canes and bathroom safety items. Available Monday - Friday, 8 am. - 4:30 p.m.

### **Vial of Life program** 805-925-9554

[www.CentralCoastSeniors.org](http://www.CentralCoastSeniors.org) ext. 4

Provides a medical information card in a container that is placed on the front of the home's refrigerator for emergency responders to locate.

## Food & Nutrition

### **CalFresh/Food Stamps, DSS** 805-346-7135

[www.countyofsb.org/dss](http://www.countyofsb.org/dss)

Program that helps low income individuals and families buy the food they need.

### **Central Coast Rescue Mission** 805-614-0220

[www.centralcoastrescuemission.org](http://www.centralcoastrescuemission.org)

Offers a variety of programs for those in need. This includes a hot meal and a food pantry.

**Partners in Care Foundation 805-280-4490**  
**Multipurpose Senior Service Program**

[www.picf.org](http://www.picf.org)  
Provides social work services to limited number of Medicare/Medi-Cal eligible persons who, with these services, will be able to remain at home and not be institutionalized. Services are free of charge.

## Counseling

**Family Service Agency 805-965-1001**

[www.fsacares.ORG](http://www.fsacares.ORG)  
Program is designed to help caregivers recognize, embrace, and manage their role as a caregiver. Services provided include individual and family counseling and group support for family caregivers. Services are FREE and CONFIDENTIAL. Learn ways to reduce stress, adjust to role changes and create ways to care for yourself.

**Coast Caregiver Resource Center 888-488-6555**  
**805-569-8950**

[CottageHealth.org/services/rehabilitation/caregiver-services](http://CottageHealth.org/services/rehabilitation/caregiver-services)  
Provides family caregivers counseling services via face-to-face meetings and telephonically.

**Friendship Line 800-971-0016**

[www.ioaging.org](http://www.ioaging.org)  
A toll free 24/7 service that listens and refers as appropriate. Program includes a 'Warm Line' which calls out to lonely or depressed older adults and a 'Check In' for older adults living alone or concerned about their safety.

**Transitions - Mental Health Association 805-819-0460**

[www.t-mha.org](http://www.t-mha.org)  
Provides a combination of wellness & recovery oriented services. Open throughout the week.



## Education/Training

**Alzheimer's Association 800-272-3900**

[www.alz.org/cacentral](http://www.alz.org/cacentral) 805-636-6432  
Provides community education programs for caregivers and people with early stage Alzheimer's disease. Provides respite care and consultation. Also makes available a library of books, DVDs, journals, activity kits, pamphlets and assistance with registration for wanderers (Medic Alert Safe Return).

**Sansum Clinic 866-829-0909**

[www.sansumclinic.org](http://www.sansumclinic.org)  
Offers health education classes and seminars. The programs are designed and conducted by Sansum Clinic's board-certified physicians, registered dietitian nutritionists, registered nurses, certified diabetes educators, physical therapists and other specialized professionals. Many programs are free of charge and are open to all members of the community.

## Elder Abuse Prevention

**Adult Protective Services 844-751-6729**

**County Department of Social Services**  
[www.countyofsb.org](http://www.countyofsb.org)  
Investigates allegations of suspected abuse of elders and dependent adults who reside in the community. Provides resource information and makes referrals to community resources.

**Long Term Care 965-1001 ext. 244**

**Ombudsman Service**  
[www.fsacares.org](http://www.fsacares.org)  
Investigates allegations of suspected abuse of residents of long term care facilities, such as assisted living and skilled nursing.

**Santa Barbara County 805-568-2442**

**District Attorney's Office**  
[www.countyofsb.org/da](http://www.countyofsb.org/da)  
Specialized services to prosecute crimes committed against vulnerable victims, including elders. Also provides elder abuse prevention training.

## Human Services

### American Red Cross 805-687-1331

[www.redcross.org](http://www.redcross.org)

Seeks to help people prevent, prepare for, and respond to natural and human-caused disasters through the immediate mobilization of people and resources and the provision of community, workplace, and school-based training. Also provides first aid training.

### Catholic Charities 805-736-6226

[www.catholiccharitiesla.org](http://www.catholiccharitiesla.org)

Provides help to individuals and families in need. Has a food pantry, provides emergency financial assistance, medical treatment referrals, case management, thrift store client vouchers, and pet services.

### Bridge House 805-735-4390

[www.goodsamshelter.org/bridge-house](http://www.goodsamshelter.org/bridge-house)

The Bridge House, under the management of Good Samaritan Shelter in partnership with the County of Santa Barbara, is a place where homeless families and individuals can find emergency shelter. The Bridge House provides case management to each individual client and referrals for clients to seek necessary financial, medical and other supportive services on an as-needed basis.

### Salvation Army 805-349-2421

[www.salvationarmyusa.org](http://www.salvationarmyusa.org)

Provides short and long term assistance to address the community needs. This includes meal assistance, bill pay assistance and case management.

## Legal

### Lawyer Referral Service 805-569-9400

[www.sblaw.org/lawyer-referral-service](http://www.sblaw.org/lawyer-referral-service)

Provides referrals to attorneys who have signed up to be on their panel.

### Legal Aid Foundation 805-736-6582

[www.LAFSBC.org](http://www.LAFSBC.org)

Provides legal services in civil cases, with emphasis on Social Security, landlord/tenant and family law.

## Legal Resource Center

### Law Library

[www.CountyLawLibrary.org.SantaMaria](http://www.CountyLawLibrary.org.SantaMaria)

Local self-help legal resource center which is staffed by a California licensed attorney. Assistance is offered in the completion of legal and court documents for various civil matters and infractions, and in properly presenting a case in court.

## Long Term Care Facility Placement

### Long Term Care Ombudsman 805-922-1236

[www.FSAcares.org](http://www.FSAcares.org)

Provides information about long term care facilities.

### CA Community Care 805-562-0400

#### Licensing

[w.cclid.ca.gov](http://w.cclid.ca.gov)

Licenses and inspects residential care facilities for the elderly and investigates complaints.

### California Department of Public Health 805-604-2926

[www.cdph.ca.gov](http://www.cdph.ca.gov)

Licenses and inspects skilled nursing facilities, home health agencies, hospitals, hospices and most types of nursing facilities.

## Respite Care

### Alzheimer's Association 800-272-3900

[www.alz.org/cacentral](http://www.alz.org/cacentral)

805-636-6432

Provides grants to families of Alzheimer's and dementia patients for the purchase of respite care.

### What is Respite Care?

*Respite care is temporary care of a dependent elderly, ill or handicapped person, providing relief for the usual caregiver.*

**Coast Caregiver Resource Center** 888-488-6555  
805-569-8950 ext. 1  
[www.coastcrc.org](http://www.coastcrc.org)  
Provides respite care for family caregivers of persons who have at least two deficiencies in activities of daily living. Respite care is limited. Provided free of charge through a grant from the Area Agency on Aging; donations are welcome.

**Valley Haven** 805-733-9459  
[www.lompocvalleyhaven.org](http://www.lompocvalleyhaven.org)  
Lompoc Valley Haven is an adult day program for those 60 and older, specifically designed for people with cognitive or physical impairments.

**LifeSteps Foundation** 805-549-0150  
[www.LifeStepsFoundation.org](http://www.LifeStepsFoundation.org)  
Provides adult day health care services which can provide respite for the caregiver.

## Support Groups

**Alzheimer's Association** 805-636-6432  
or 800-272-3900  
[www.alz.org/CACentral](http://www.alz.org/CACentral)  
Provides regularly scheduled family support groups at the following location:

**Family Service Agency** 805-965-1001 ext. 231  
[www.fsacares.org](http://www.fsacares.org)  
Program is designed to help caregivers recognize, embrace, and manage their role as a caregiver. Services provided include support groups for family caregivers. Services are FREE and CONFIDENTIAL.

## Transportation

**American Cancer Society** 800-227-2345  
[www.cancer.org](http://www.cancer.org)  
Road to Recovery program provides transportation to and from treatment for people with cancer who do not have a ride or are unable to drive themselves.

**Community Partners in Caring** 805-925-8000  
[www.PartnersInCaring.org](http://www.PartnersInCaring.org)  
Volunteers drive clients to medical, social or service appointments by picking them up from where they live, escort them into the appointment location, and return them home.

**COLT (City of Lompoc Transit)** 805-736-7666  
[www.cityoflompoc.com/transit](http://www.cityoflompoc.com/transit)  
COLT provides public transit service within Lompoc, Mission Hills, and Vandenberg Village. Service is available from 6:30 a.m. to 7 p.m. on weekdays, and 9 a.m. to 5 p.m. on Saturday. ADA Curb-to-Curb Service is available for persons with disabilities. Eligibility certification is required to utilize this service. For those not yet certified for ADA service, please submit a Paratransit Application / ADA Certification Form.

**SMOOTH** 805-922-8476  
[www.smoothinc.org](http://www.smoothinc.org)  
Door-to-door service to medical appointments in Santa Barbara city on Mondays, Tuesdays and Thursdays. \$4.00 round trip.



## Veteran Services

**Veterans Services Office, County of Santa Barbara** 805-737-7900  
[www.countyofsb.org](http://www.countyofsb.org)  
Information about benefits and services available and assists in application process.

**Caregiver Support Line** 855-260-3274  
[www.caregiver.va.gov](http://www.caregiver.va.gov)  
Provides supportive counseling, education on topics related to caregiving and help to connect caregivers to local supports and services.

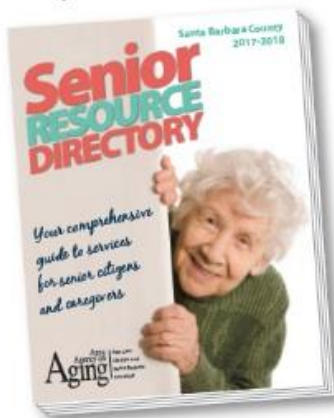
**Valley Haven Adult Day Program** has a contract with the VA to pay for adult day care.

## INFORMATION

<b>2-1-1</b> to find additional health and human services www.211sbco.org	211
<b>Alzheimer's Association</b> www.alz.org/cacentral Offers a Helpline that is available 24/7 to provide information and referrals about Alzheimer's disease.	1-800-272-3900
<b>Community Resource Finder</b> Alzheimer's Association Community Resource Finder®, powered by CareLike, is an online search engine that offers a person living with dementia and their caregivers a way to search a vast database to easily locate dementia specific community programs, services and resources.	www.communityresourcefinder.org
<b>Family Caregiver Support Network</b> https://lompocvmc.com/locations/family-caregiver-support-network Hub for government, public and community services & resources. Provides information and referral services.	805-875-8875
<b>Health Insurance Counseling &amp; Advocacy Program (HICAP)</b> www.CentralCoastSeniors.org/hicap Provides free, unbiased information and one-on-one counseling regarding Medicare and related services/products. Appointments available in Lompoc.	805-928-5663 1-800-434-0222
<b>Senior Connection</b> www.CentralCoastSeniors.org Specialized information and referral service for senior citizens and family caregivers. Links with other senior citizens services throughout the county.	805-928-2552
<b>Senior Resource Directory</b> www.CentralCoastSeniors.org FREE publication available at many locations such as senior centers, libraries and the Area Agency on Aging office.	805-925-9554

# Get Informed • Be Resourceful!

*Your complete FREE local resource directory will help you find...*



- Adaptive Aids & Equipment
- Alcohol/Drug & Medication Use Help
- End of Life Services
- Education • Employment
- Food & Nutrition • Health Services
- Home Care • Housing • Income Assistance
- Legal Resources • *and much more*

**PICK UP YOUR FREE COPY**



# **SENIOR PROGRAMS 2024**

Most Senior Programs are free for participants 50 years of age and older, unless otherwise indicated. The Lompoc Parks & Recreation reserves the right to cancel or change class locations and/or times due to low participation, or unexpected circumstances. If you have any questions regarding the current programming for seniors, please contact us at **(805) 875-8098**. All senior programs take place at the **Dick DeWees Community & Senior Center (DDCSC)** located at **1120 West Ocean Avenue**.

## **BROWN BAG**

The mission of the Brown Bag Program is to provide bags of groceries to low-income seniors as a supplement to their own food budget and to assist seniors with maintaining an independent, self-sufficient lifestyle. To apply, please stop by and pick up an application.

## **BUNCO**

If you have played bunco before, have been away from the game for a while, or if you want to learn how to play, come and join us! Third Sunday of each month.

## **CHESS CLASS**

Learn how to play chess from instructor Bill Ruden, then test your new skills with other players! Classes are every Wednesday in room 108. Make sure to bring your own chess set!

## **FINE & APPLIED ARTS PAINTING**

This class offers beginning to advanced instruction in acrylic painting, using oil techniques, experimenting with a palette knife in color mixing, composition, values, and techniques. Demonstration and lively class critique with valuable discussion are a vital part of each session.

## **GRIEF RECOVERY TRANSITION GROUP**

This transition group is for those who have moved beyond grief, but still find the need to get together and talk about their loss and to be with each other for social and emotional support. Feel free to join our group.

**HICAP Med** Mondays 1:00PM - 4:00PM (call for appt. **1-800-434-0222**), room 118

## **INTRODUCTORY PARTY BRIDGE**

Are you interested in learning how to play bridge? Come in on Tuesdays and Thursdays at 1:00pm to learn, meet new friends, and have fun. For more info call Mike at **(805) 733-4301**

## **LOMPOC PARKINSON'S SUPPORT GROUP**

Meeting on the last Wednesday of every month from 2:00 pm - 3:00 pm. An informal gathering for sharing information and experiences. For more information, contact Jody Larson: **805-717-3280** or **j\_slarson@hotmail.com**

## **LOMPOC Smartphones User Group**

Bring your friends and charged devices, questions, and a bit of patience and you will be amazed how much you can accomplish on your device. Don't let technology intimidate you from embracing the platforms and applications that can open your life. Held every 2<sup>nd</sup> and 4<sup>th</sup> Monday of the month at 11:00am, RSVP with Cristina Carreño at **805-218-8217** or via email at **cristinacarreno78@gmail.com**.



## **PARTY BRIDGE**

If you have played party bridge or duplicate bridge before, have been away from the game for a while, or if you want to hone your duplicate playing and convention skills, come and join us!

## **PARKINSON'S BOXING**

No contact, light stamina boxing class for building stability and muscle. Classes are taught by ADPA certified coach Anthony Zepeda.

## **RAG RUG**

Participants can bring their own projects to work on and share ideas with others in the group. Class will be working on, but not limited to: knitting, crocheting, quilting, embroidery, and cross stitch. This class is for seniors 50 and older.

## **STRENGTH TRAINING**

Come and join a free Strength Training Class. Increase balance, coordination, and flexibility while having FUN! This class uses sitting and standing positions only to aid in a gentle approach to wellness. Taught by Terri Robinson. Tuesdays and Thursdays at 9:00am.

## **TAI CHI FOR SENIORS**

Instructor Yuka Freeman presents a gentle way to fight stress and increase flexibility and balance. Wednesdays at 11:00am.

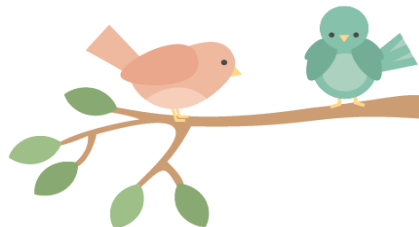
## **TOPS (Take Off Pounds Sensibly)**

Do you want to lose or maintain your weight? Then TOPS is for you! A worldwide organization with a local chapter, designed to help people lose weight through healthy eating, activities, and the support of fellow members. Our mission is to support our members as they Take Off Pounds Sensibly. Come join our weekly club and lose some pounds. We meet every Thursday morning, **there is a fee for this class.**

Leader Doff: **(805) 363-0660**

## **YOGA**

This class is designed to teach basic Yoga and stretching techniques. Each class will be customized for the specific needs and abilities of the students who attend. Wednesdays at 2:00pm.



## TELEPHONE DIRECTORY

*Area Code: 805 (unless otherwise stated)*

<u>AARP Tax Aide Program</u>	<u>(888)227-7669</u>
<u>Adult Protective Services</u>	<u>737-6020</u>
<u>Alzheimer's Association</u>	<u>892-4259</u>
<u>Area Agency on Aging</u>	<u>925-9554</u>
<u>Brown Bag</u>	<u>967-5741 ext. 313</u>
<u>Cal Fresh/Food Stamps, DSS</u>	<u>737-7080</u>
<u>Central Coast - Senior Connection</u>	<u>928-2552</u>
<u>Community Health Center</u>	<u>737-1169</u>
<u>Community Partners In Caring</u>	<u>925-8000 +62yr</u>
<u>County Department of Behavioral Wellness</u>	<u>737-6600</u>
<u>Dignity Health Hospice Care</u>	<u>739-3803 ext. 1136</u>
<u>Dignity Health Senior Homecare/Hospice/Infusion</u>	<u>739-3830</u>
<u>Family Services Agency</u>	<u>735-4376 (ext. 801 Eng. 802 Esp.)</u>
<u>Food Pantry</u>	<u>737-4140</u>
<u>HICAP (Health Insurance Counseling)</u>	<u>(800) 434-0222</u>
<u>In-Home Supportive Services</u>	<u>737-6020</u>
<u>Life Steps Foundation</u>	<u>549-0150</u>
<u>Lifeline (24-hour Home Emergency Response)</u>	<u>740-2842</u>
<u>Lompoc Health</u>	<u>737-8700</u>
<u>Lompoc Hospital E. R.</u>	<u>737-3333</u>
<u>Lompoc Library</u>	<u>875-8775</u>
<u>Lompoc Valley Medical Center Comprehensive Care Center</u>	<u>736-3466 ext. 7916</u>
<u>Post Office</u>	<u>(800) 275-8777</u>
<u>Senior Programs (Dick DeWees Community &amp; Senior Center)</u>	<u>875-8098</u>
<u>Social Security Administration</u>	<u>(866) 331-2316</u>
<u>Social Services, Department of</u>	<u>737-7080</u>
<u>Valley Haven Adult Day Program</u>	<u>733-9459</u>
<u>Vial of Life</u>	<u>925-9554 ext. 4</u>
<u>VNA Health</u>	<u>693-5555</u>

## TRANSPORTATION PHONE NUMBERS

AMTRAK (800) 872-7245

BREEZE (BUS TO/FROM SANTA MARIA, VAFB & LOMPOC) (800) 417-2137

CENTRAL COAST SHUTTLE (BUS TO/FROM LAX) (805) 928-1977

C.O.L.T. (CITY OF LOMPOC TRANSIT) (805) 736-7666

COMMUNITY PARTNERS IN CARING (805) 925-8000

GREYHOUND BUS (800) 231-2222

LOMPOC TAXI (805) 736-3636

SANTA BARBARA AIRPORT (805) 967-7111

SANTA MARIA AIRPORT (805) 922-1726

SMOOTH (805) 922-8476



# Colt Bus Service

**805-736-7666**



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**MONDAY - FRIDAY**

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## **Colt Black Route**

- |           |            |
|-----------|------------|
| ○ 6:50 AM | ○ 12:40 PM |
| ○ 7:40    | ○ 1:30     |
| ○ 8:30    | ○ 2:20     |
| ○ 9:20    | ○ 3:10     |
| ○ 10:10   | ○ 4:00     |
| ○ 11:00   | ○ 4:50     |
| ○ 11:50   | ○ 5:40     |