



**County of San Diego  
Senior Nutrition Centers and  
Home-Delivered Meal Providers**

**PLEASE NOTE: Congregate Dining Sites are temporarily closed. Please contact the Congregate Dining Provider for alternate service delivery options, or call the AIS Call Center at 800-339-4661 for further assistance.**

*For more information about nutrition services supported by the County of San Diego, please contact us via email or call: **800-339-4661** .*

One of the most important elements of good health is nutrition. To improve nutritional health of seniors in our region, Aging & Independence Services provides meals at various seniors dining centers, as well as home-delivered meals to eligible senior individuals in their homes. Through funding from the Older Americans Act, nutritious meals are available for a suggested donation to seniors age 60 and above. When meals are available, no senior shall be turned away for inability to donate.

The County's Aging & Independence Services department contracts with community partners to provide hot lunches and sometimes breakfast at Senior Dining Centers during the week, for eligible adults. In addition to promoting better nutrition, Senior Dining Centers provide a social environment for participants to learn about additional services that may be available. Senior Dining Centers may offer other social activities such as exercise classes, special events and other classes that you can participate with friends or develop new friendships. Home-delivered meals are available to adults age 60 and older who are homebound due to illness or disability and need assistance with activities of daily living. Home-delivered meals are delivered Monday through Friday, and between five and seven meals are provided.

**Congregate Dining Sites and Home-Delivered Meal Providers**

Contractor	Region	Congregate Site Addresses	Lunch Hours	Transportation offered	Phone number	Home-delivered service	Home-delivered ZIP codes served
<b>Jewish Family Service</b>	North Inland	Ed Brown Senior Center 18402 W. Bernardo Dr. San Diego, CA 92127	12:00-1:00 M-F	Yes	858-487-9324	No	N/A
<b>Jewish Family Service</b>	<b>Central</b>	Bayside Community Center 2202 Comstock Street San Diego, CA 92111	11:30-12:30 M-F	Yes	619-278-0771	No	N/A

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<b>Jewish Family Service</b>	<b>North Central</b>	College Avenue Senior Center 6299 Capri Drive San Diego, CA 92120	11:30-12:30 M-F	Yes	858-637-3000 For Home Delivered Meals: (858) 637-3230	Yes	91941, 91942, 91945, 92019, 92020, 92021, 92037, 92040, 92064, 92071, 92093, 92106, 92102, 92103, 92104, 92105, 92107, 92108, 92109, 92110, 92111, 92114, 92115, 92116, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92127, 92128, 92129, 92130, 92131, 92139, 92145
<b>Borrego Springs Youth &amp; Senior Center</b>	East	Borrego Springs Senior Center 580 Circle J Drive Borrego Springs, CA 92004	12:00-1:00 Tues/Wed/Fri	No	760-767-3116	Yes	92004
<b>Carlsbad, City of</b>	North Coastal	Carlsbad Senior Center 799 Pine Avenue Carlsbad, CA 92008	11:45-1:00 M-F	Yes	760-602-4650	Yes	92008, 92009, 92010, 92011
<b>Encinitas, City of</b>	North Coastal	Encinitas Senior Center 1140 Oakcrest Park Drive, Encinitas, CA 92024	11:00-12:30 M-F	Yes	760-943-2258 (meal reservations) 760-943-2250 (center)	No	N/A
<b>Escondido, City of</b>	North Inland	Escondido Senior Center 210 Park Avenue Escondido, CA 92025	11:30-12:20 M-F	Yes	760-839-4803	No	N/A
<b>Fallbrook Senior Citizen's Service Club, Inc.</b>	North Inland	Fallbrook Senior Citizen's Service Club 399 Heald Lane Fallbrook, CA 92028	11:15 M-F	Yes	760-723-9282 760-728-4498	Yes	92003, 92028

Contractor	Region	Congregate Site Addresses	Lunch Hours	Transportation offered	Phone number	Home-delivered service	Home-delivered ZIP codes served
<b>Meals on Wheels (Greater San Diego)</b>	North	N/A		No	1-800-573-6467 760-736-9900 (North County)	Yes	91901, 91902, 91905, 91906, 91910, 91911, 91913, 91914, 91915, 91916, 91931, 91934, 91935, 91941, 91942, 91950, 91962, 91963, 92003, 92007, 92008, 92009, 92010, 92011, 92019, 92020, 92021, 92024, 92025, 92026, 92027, 92028, 92029, 92040, 92054, 92056, 92057, 92058, 92064, 92069, 92071, 92078, 92081, 92083, 92084, 92096, 92102, 92103, 92104, 92105, 92106, 92107, 92108, 92109, 92110, 92111, 92114, 92115, 92116, 92117, 92119, 92120, 92121, 92122, 92123, 92124, 92126, 92127, 92128, 92129, 92130, 92131, 92139
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Mountain Empire Community Center 976 Sheridian Road Campo, CA 91906	12:00-1:00 W-F	No	619-478-5109	Yes	91906, 91905
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Dulzura Community Center 1136 Community Bldg Rd Dulzura, CA 91917	TH only, call for meal time	No	619-478-5109	No	N/A
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Descanso Library 9545 River Drive Descanso, CA 91916	W only, call for meal time	No	619-478-5109	Yes	91931

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<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Jacumba Public Library 44505 Old Highway 80 Jacumba Hot Springs, CA 91934	F only, call for meal time	No	619-478-5109	Yes	91934
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Pine Valley Improvement Club 28890 Old Highway 80 Pine Valley, CA 91962	F only, call for meal time	No	619-478-5109	No	N/A
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Potrero Library 24883 Potrero Valley Road Potrero, CA 91963	TH only, call for meal time	No	619-478-5109	Yes	91963
<b>Mountain Health &amp; Community Services, Inc</b>	East Rural	Alpine Community Center 1830 Alpine Blvd Alpine, CA 91901	TH only, call for meal time	No	619-478-5109	Yes	91901, 91903
<b>National City, City of</b>	South	MLK Community Center 140 E 12th St National City, CA 91950	11:00-12:30 M-F	Yes	619-336-6750	Yes	91950
<b>Serving Seniors</b>	North Coastal	Oceanside Senior Center 455 Country Club Lane Oceanside, CA 92054	11:15-12:00 M-F	Yes	760-435-5285	Yes	92054, 92056, 92057, 92058, 92083, 92084
<b>Pacific Educational Facilities, Inc.</b>	East	Ramona Senior Center 434 Aqua Lane Ramona, CA 92065	11:30-12:30 M-F	Yes	760-789-0440	Yes	92036, 92059, 92060, 92061, 92065, 92066, 92070, 92082, 92086
<b>San Marcos, City of</b>	North Inland	San Marcos Senior Center 111 Richmar Avenue San Marcos, CA 92069	11:30-12:30 M-F	Yes	760-744-1811	No	N/A
<b>Serving Seniors</b>	East	Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945	11:00-12:00 M-F	No	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
<b>Serving Seniors Temporarily Closed- Alternate Site: Lemon Grove (see above for site location address)</b>	East	Spring Valley Community Center 8735 Jamacha Blvd Spring Valley, CA 91977	12:00-1:00 M-F	No	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021

Contractor	Region	Congregate Site Addresses	Lunch Hours	Transportation offered	Phone number	Home-delivered service	Home-delivered ZIP codes served
Serving Seniors	East	La Mesa Adult Enrichment Center 8450 La Mesa Blvd La Mesa, CA 91941	11:00-12:00 M-F	No	619-337-1425	Yes	92141, 92142, 91945, 91977, 91978, 92019, 92020, 92021
Serving Seniors	South	St. Charles Nutrition Program 945 18th Street San Diego, CA 92154	11:00-12:30 M-F	No	619-423-2877	Yes	91910, 91911, 91913, 91932, 91950, 92154, 92173
Serving Seniors	South	San Ysidro Senior Dining 125 East Park Blvd San Ysidro, CA 92173	11:00-12:30 M-F	No	619-423-2877	Yes	91910, 91911, 91913, 91932, 91950, 92154, 92173
Serving Seniors	Central	Potiker Family Senior Residence 525 14th Street San Diego, CA 92101	11:00-1:00 M-F	No	619-487-0714	Yes	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139
Serving Seniors	Central	Gary and Mary West Senior Wellness Center 1525 4th Avenue San Diego, CA 92101	7:00-8:30 M-F 8:00-9:00 Sat 11:30-1:15 M-F 12-2 Sat/11-12:30 Sun	No	619-235-6572 x3 Congregate / x4 HDM	Yes	92101, 92102, 92103, 92104, 92105, 92113, 92114, 92115, 92116, 92139
Serving Seniors	Central	City Heights Senior Residence 4065 43rd Street San Diego, CA 92105	12:00-1:00 M-F	No	619-487-0714	Yes	92101, 92102, 92103, 92104, 92113, 92116
Serving Seniors	North Central	Mira Mesa Senior Center 8460 Mira Mesa Blvd San Diego, CA 92126	12:00-1:00 M-F	No	619-487-0714	Yes	92126, 92127, 92131
Serving Seniors	Central	San Diego Square 1055 Ninth Avenue San Diego, CA 92101	12:00-1:00 M-F	No	619-487-0733	Yes	92101
The Salvation Army	South	The Salvation Army, Chula Vista 648 Third Avenue Chula Vista, CA 91910	11:30-12:30 M-F	Yes	619-498-0298	Yes	91902, 91910, 91911, 91913, 91914, 91915

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<b>The Salvation Army</b>	East	The Salvation Army, El Cajon 1011 East Main Street El Cajon, CA 92021	11:00-12:30 M-F	Yes	619-440-2457 x413	Yes	92019, 92020, 92021
<b>Serving Seniors</b>	East	Lakeside Community Center 9841 Vine Street Lakeside, CA 92040	12:00-1:00 M-F	No	619-337-1425	No	N/A
<b>The Salvation Army</b>	Central	The Salvation Army, SD Center City 825 Seventh Ave San Diego, CA 92101	12:00-1:00 M-F	No	619-699-2212	No	N/A
<b>The Salvation Army</b>	Central	The Salvation Army, Central 4170 Balboa Avenue San Diego, CA 92117	11:30-12:30 M-F	Yes	858-483-1831	Yes	92102, 92104, 92105, 92111, 92117, 92123
<b>The Salvation Army</b>	North Coastal	The Salvation Army, Oceanside 3935 Lake Blvd Oceanside, CA 92056	12:00-12:30 M-F	Yes	760-207-7918	No	N/A
<b>Vista, City of</b>	North Coastal	Gloria G. McClellan Senior Center 1400 Vale Terrace Drive Vista, CA 92084	11:45-12:30 M-F	Yes	760-643-5288	Yes	92081, 92083, 92084