

**FEDERAL, STATE & LOCAL
ELECTED REPRESENTATIVES**

US 49th Congressman Levin. . . . **760-599-5000**
US Senator Alex Padilla **559-497-5109**
California Governor Newsom. . . . **916-445-2841**
California 36th SD Pat Bates. . . . **760-642-0809**
California 76th AD Horvath. **760-434-7605**
City of Oceanside. **760-435-3029**
County Board 5 Dist. Desmond **619-531-5555**
Tri City Healthcare District **760-940-3347**
Voter Registration SD County **800-696-0136**

TRANSPORTATION

Go Oceanside **760-435-5155**
Ride Fact. **760-754-1252**
NCTD Lift Transit Services **760-726-1111**
Tri-City Medical Center Patients. . . . **760-940-7433**
Veterans Transportation VA Only to
La Jolla or Oceanside. **858-522-7470**

CABS

Yellow Cab. **760-444-4444**
24-7 Cab. **888-247-8294**

RAIL & BUS

Amtrak. **760-722-4622**
Coaster. **800-262-7837**
Metro link. **800-371-5465**
North County Transit Dist. **760-967-2828**

VOLUNTEER OPPORTUNITIES

California Welcome Center. **760-721-1101**
Country Club Senior Center. **760-435-5250**
El Corazon Senior Center. **760-435-5300**
North Co. Lifeline Services. **760-757-0118**
Oceanside Nutrition Program. **760-435-5285**
Senior Volunteer Patrol. **760-435-4763**
Tri-City Hospital Auxiliary. **760-940-3125**



SENIOR SERVICES

Country Club Senior Center

455 Country Club Lane
Oceanside, CA 92054
(760) 435-5250

Monday -Thursday: 8am - 4pm
Fridays: 8am - 12:30pm

El Corazon Senior Center

3302 Senior Center Drive
Oceanside, CA 92056
(760) 435-5300

Monday - Thursday: 9am - 5pm
Fridays: 9am - 4pm

Recreation Administration Office

(760) 435-5041
www.OceansideRec.com

**SAN DIEGO COUNTY REGION
FREE & CONFIDENTIAL
RESOURCES**

CALL : 211

**This site has information on a wide
range of topics for seniors:**

**The San Diego Eldercare Directory
www.SanDiegoElderCare.com**

ANIMAL SHELTERS

Animal Control &
Humane Society. **760-757-4357**
Canine Companions for
Independence. **760-901-4300**

**CAMP PENDLETON VETERANS
DEPENDENTS**

Camp Pendleton Naval Hospital. **760-725-1288**
Community Support Services. . . . **760-725-6636**
Family Advocacy Team **760-725-9051**
Legal Assistance **760-725-6558**
North County Veterans Assoc. . . . **760-722-1277**
Veterans Affairs Clinic Oceanside **760-643-2000**
Veterans Transportation Vets & Dependents to
La Jolla or Oceanside. **858-522-7470**

CASE MANAGEMENT HOME CARE

In-Home Support Services
County of San Diego. **760-754-3515**
Interfaith Community Services
(Help with Minor Home Repair)
San Marcos. **760-489-6380**
Oceanside. **760-721-2117**

CITY DEPARTMENTS

All City Dept. Information. **760-435-3065**
Anti-Graffiti hotline. **760-435-4466**
Customer Care. **760-435-4500**
FIRE (emergencies only) 911
Housing. **760-435-3360**
Library-Main. **760-435-5600**
Mayor & City Council. **760-435-3029**
Parks & Recreation. **760-435-5041**
POLICE (emergencies only) 911
Police (non-emergency). **760-435-4900**
Street / Tree Maintenance. **760-435-4500**
Waste Disposal. **760-439-2824**
Waste Management. **760-754-4120**

**Aging and Independence
Services**

800-510-2020

COMMUNITY SENIOR CENTER

Carlsbad Senior Center **760-602-4650**
Encinitas Senior Center **760-943-2250**
Oceanside Senior Center **760-435-5250**
San Marcos Senior Center . . . **760-744-5535**
Vista Senior Center. **760-639-6160**

GENERAL SENIOR SERVICES

Aging and Independence. **800-510-2020**
Interfaith Services **760-721-2117**
Project CARE—Reassurance Phone Call
“Are You Okay?” **760-435-5250**
Senior Wellbeing **844-654-4636**

**COMMUNITY SERVICES
DIRECTORY**

American Legion Post #146. . . **760-754-9633**
Chamber of Commerce. **760-722-1534**
El Camino Rotary. **760-518-5076**
Elks Lodge **760-433-1561**
Kiwanis Club – Oceanside. . . **760-439-5354**
Oceanside Chamber of
Commerce. **760-722-1534**
Oceanside Civitan. **760-433-8738**
Oceanside Masonic
Lodge No. 381. **760-722-9363**
Oceanside Rotary. **760-631-6980**
San Luis Rey Rotary Club. . . . **760-722-6763**
Women’s Club of Oceanside. **760-757-4593**

**COMPUTER ACCESS
ASSISTANCE FOR SENIORS**

Call our Senior Centers and ask about
their Computer Centers.

Free workshops are available at the
Country Club Senior Center.

CONSUMER INFORMATION

California Attorney General's Office
Public Inquiry Line **800-952-5225**
California Department of Consumer Affairs
Information Center. **800-952-5210**
Food, Drug, Administration (FDA): Prescription,
Food, Appliance **Recall**. **888-463-6332**
Senior Safe Driving AARP **888-687-2277**

ACCESSABILITY SERVICE ORGANIZATIONS

Alliance for the Mentally Ill. **760-722-3754**
Braille Institute - La Jolla. **858-452-1111**
Center for the Blind - Vista. **760-758-5956**
Deaf and Disabled Telecommunications
A T & T Main No. **800-772-3140**
Deaf Relay Service:
Voice **800-735-2922**
TDD. **800-735-2929**
TTY. **800-867-4323**
Radio Reading Service KPBS Radio:
(newspapers on radio). **888-399-5727**
San Diego Brain Injury Fnd. **619-294-6541**
San Diego County Library
Talking Book Service. **858-694-2414**
San Diego Regional Center for the
Developmentally Disabled **760-736-1200**
Toward Maximum Independ. . . . **760-839-5255**
United Cerebral Palsy Assoc. . . . **760-743-1050**

SUPPORT GROUPS

Alcoholics Anonymous. **760-758-2514**
Alliance for Mentally Ill **619-543-1434**
Help Line. **800-523-5933**
Alzheimer's Support Group. **800-272-3900**
Breast Cancer Support. **760-940-7007**
Camp Pendleton Support. **760-725-5361**
Cancer Support. **760-940-4149**
Parkinson Support **760-497-1200**
Pulmonary Rehab **760-940-3055**



EDUCATIONAL OPPORTUNITIES

Mira Costa College. **760-757-2121**
Community Learning Center. . . . **760-795-8710**
Country Club Senior Center. . . . **760-435-5250**
El Corazon Senior Center. **760-435-5300**

ELDER ABUSE & DOMESTIC VIOLENCE

Adult Protective Service. **800-510-2020**
Women's Resource Center. **760-757-3500**

EMERGENCIES

AMBULANCE / FIRE / POLICE. 911
AAA Roadside Service. **800-400-4222**
Tri-City Hospital Emergency. . . . **888-222-8262**
Tri-City Main Hospital. **760-724-8411**

EMPLOYMENT OPPORTUNITIES

EDD (State of Calif. Employment
Development Dept. **760-631-6150**
Interfaith Council Hiring Ctr. . . . **760-489-6380**
Workforce Partnership
North Coastal Job Centers. . . **760-631-6150**

SENIOR TRAINING PROGRAMS

Senior Citizens Services
Employment Programs. **619-266-4248**

GENERAL INFO #'s

AT&T. **1-800-288-2020**
COX Communications. **1-800-234-3993**
SDGE. **1-800-411-7343**
SPECTRUM **1-800-892-4357**

GOVERNMENT AGENCIES

Cal-Fresh / SNAP Program. **877-847-3663**
Family Resources Social Serv. . . **866-262-9881**
Death Records & Certificates . . . **760-630-1219**
Dept. of Motor Vehicles (DMV). . . **800-777-0133**
I.R.S **800-829-1040**
State Franchise Tax Board. **800-852-5711**
Social Security Admin **800-772-1213**
U.S. Post Office. **800-275-8777**

HEALTH CARE

ADULT DAY CARE

Aging & Independence **Services**. **800-510-2020**
North County Adult Day Care Center
(Vista). **760-758-2210**

CLINICS

Kaiser Permanente & RX. **760754-6335**
North Coastal Co Public Health . . **760-967-4401**
North County Health Services . . . **760-757-4566**
Vista Community Clinic **760-631-5250**

HOSPITALS

Tri-City Hospital. **760-724-8411**
Palomar Medical Center. **760-739-3000**
Tri-City Mental Health Services. . . **760-940-7395**
Scripps/Encinitas Hospital **760-753-6501**

DENTAL CARE

Denti-Cal Referral Services. **800-322-6384**

A.D.A. (Able-Disabled Advocacy)

North County Lifeline. **760-726-4900**
North County Center for the Blind and
Vision Impaired (Vista) **760-758-5956**

HOSPICE & PALLIATIVE CARE

Elizabeth Hospice. **760-737-2050**
Hospice of North Coast **760-431-4100**
Tri-City Home Care **760-940-5801**
VITAS **800-938-4827**

PHYSICIAN REFERRAL

County Medical Society. **858-565-8888**
Scripps Encinitas Hospital. **760-806-5486**
Tri-City Hospital. **760-724-8411**

HEALTH COUNSELING GROUPS

AARP Member Services. **800-424-3410**
Aging & Independence Services **800-510-2020**
American Cancer Society. **800-227-2345**
American Heart Assn. **888-694-3287**
Arthritis Foundation. **800-422-8885**
Bereavement Counseling
Hospice of the North Coast. . . **760-431-4100**
Lifeline Coastal Community. . . . **760-757-0118**
No. Coastal Mental Health **760-967-4475**
Senior Ombudsman. **800-640-4661**
St. Thomas Moor Bereavement Counseling for
widows and widowers. . . . **760-758-4100**

HEALTH INSURANCE

Access (County of San Diego Family
Resource Center (MediCal/SNAP). . **866-262-9881**
Death Records & Certificates. **760-630-1219**
HICAP Health Insurance Counseling
Advocacy Program. **858-565-8772**
MEDICARE Appeals. **800-841-1602**
Social Security/SSI. **800-772-1213**

HOUSING

Oceanside Housing & Neighborhood Services. . . .
. **760-435-3360**
Senior Service Council. **760-480-0611**

LEGAL SERVICES

Aging & Independence Svcs. **800-510-2020**
Attorney General of S.D. **619-645-2001**
Country Club Senior Center. **760-435-5250**
Legal Aid Society. **760-722-1935**
Lifeline Coastal Community Svcs. . . **760-757-0118**
North County Bar Assn. **760-758-4755**
(Lawyer Referral Services)
San Diego County Law Library. . . . **760-940-4386**

NUTRITION

EMERGENCY FOOD

Daily Senior Lunch Program. **760-435-5285**
Interfaith Coastal Services. **760-721-2117**
Salvation Army. **760-631-8212**
San Diego Food Bank. **858-527-1419**
St. Francis Center. **760-631-2819**

HOME DELIVERED MEALS

Oceanside Nutrition Program,
"Lunch with Friends" **760-435-5285**

NUTRITION CENTERS

Serving Seniors>>>>>>>>>. **760-435-5285**
Brother Beno. **760-439-1244**
Salvation Army. **760-631-4712**

Revised October 2021