Senior Service Council, Escondido
Seniors Helping Seniors

NOVEMBER 2026 NEWSLETTER

CLOSED Thursday, NOVEMBER 26 and Friday, NOVEMBER 27 for THANKSGIVING

Hours: Monday & Friday 9 AM - 12 noon, Tuesday - Thursday 9 AM - 3 PM
Location: 728 North Broadway, Escondido, CA 92025
Receptionist Phone: (760) 480-0611

Technical Tutoring for Phones, Tablets and Computers

*Every weekday by appointment only (times vary); Location: DEBB**
One-on-one help from knowledgeable tutors for basic to complex technical troubleshooting and training with all types of phones, computers and tablets. Bring in your own, or use the computers in the lab. The cost is $5 for a one-hour session. Please call our receptionist to schedule an appointment.

Taxi Coupon Program

*Tuesdays and Wednesdays, 9:00AM - 11:30AM; Location: DEBB**
Taxi coupons may be used for medical appointments, banking, shopping, churchgoing, etc. within the City of Escondido. Escondido low income seniors age 50 years and older with no other means of transportation may qualify. Must apply in person. Bring proof of income, including your most recent bank statement, picture ID and proof of age. Allow 1 week for approval. Visit our office in person to participate.

Legal Aid

*Every Wednesday by appointment only, 9:00AM - 11:00AM; Location: DEBB**
Get advice on wills, trusts, divorce, landlord relations, and other general legal issues. Please call our receptionist to register.

Notary Service

*Wednesday, Nov 4 & Nov 18 by appointment only, Location: DEBB**
Please call our receptionist to register.

Dental Screening

*Wednesday, Nov 4 by appointment only, 9:00AM; Location: DEBB**
Dr. Randy Jungman, a local dentist, checks for gum disease, proper denture fit and gives useful information about dental issues. Please call our receptionist to register.

Hearing Screening

By appointment only; Located at Professional Hearing Associates, 1045 E Valley Pkwy, Escondido, CA
Call them at (760) 489-6901 to let them know it is a referral from the SSCE. Audiologist Dr. Stasek will conduct and interpret a free professional hearing test and give advice regarding any hearing aids you may have.

Alzheimer's Care Partner Support Group

*Monday, Nov 9 & 23 10:00AM - 11:30AM; Location: Maple Room**

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

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Health Insurance Counseling and Advocacy Program (HICAP)

*By appointment only on the 1st & 3rd Tuesdays; Nov 3 & 17, 10AM, 11AM & 12PM; Location: DEBB**

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 an appointment.

NAMI - National Alliance for Mentally Ill Support Group

*Tuesdays – weekly 4:00PM – 6:00PM, Location: Maple Room**

Visit namisandiego.org or call 800-523-5933 for information. NAMI Family Support 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, Nov 18 1:00PM – 3:00PM; Location: Maple Room**

This support group is for those with M/S, their families and caregivers. Please contact Michele Easterling, Group Leader, at m.easterling68@gmail.com for more information.

Grief Support Group

*Wednesday, Nov 11 & 25 1:00PM – 2:30PM; 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. For more information contact Group Leader: Chloe Terry at cterry@hospicenorthcoast.org (442) 500-4826 or visit www.hospicenorthcoast.org.

Document Shredding Services (free)

*Monday & Friday 9:00AM - 12:00 Noon; Location: DEBB**

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.

*** LOCATION KEY**

- DEBB: Dorothy E. Boeger Building located on the Park Avenue Community Center campus, home of the Senior Service Council of Escondido
- The Oak Room is located inside the DEBB building.
- The Cedar Room is located in the Park Avenue Community Center (PACC)
- The Maple Room is located in the Park Avenue Community Center (PACC)