



Serving Our Seniors



SAN BERNARDINO
COUNTY

Aging and
Adult Services

A Special Advertising Supplement

Department of Aging and Adult Services

Services and programs offered

ADULT PROTECTIVE SERVICES:

The goal of the APS program is to prevent and remedy the abuse and exploitation of dependent and older vulnerable adults, age 18 and older.

FAMILY CAREGIVER SUPPORT:

The intent of this program is to serve caregivers — spouses, daughters, sons, grandparents, aunts, uncles, or neighbors — that have been providing care on an informal basis.

IN-HOME SUPPORTIVE SERVICES:

The IHSS program is a federal, state and locally funded program designed to help pay for services so that seniors can remain safely in their own homes.

LONG-TERM CARE OMBUDSMEN:

Ombudsmen are independent, trained and certified advocates for residents living in long-term care facilities.

MULTIPURPOSE SENIOR SERVICES:

The primary objective of this program is to avoid or delay the inappropriate placement of persons in nursing facilities, while fostering independent living in the community.

NUTRITION SERVICES:

The nutrition program includes the preparation and service of balanced meals, and nutrition education to older persons at congregate nutrition sites and to homebound individuals.

SENIOR COMMUNITY SERVICES EMPLOYMENT PROGRAM:

The Senior Community Services Employment Program offers part-time, on-the-job training positions to qualified persons.

SENIOR INFORMATION AND ASSISTANCE:

The Senior Information and Assistance Program provides information and assistance to help a senior citizen solve problems he or she may have.

GET CONNECTED!

Find more information about San Bernardino County Aging and Adult Services

Online: hss.sbcounty.gov/daas/

Senior Information & Assistance Hotline:
(800)510-2020

Celebrating Our Seniors

I'd like to express gratitude to the San Bernardino County Board of Supervisors for continuing to support and care for the senior residents of our County. The Board provides policy oversight and spending authority for programs that help our seniors live in safety and with dignity.

San Bernardino County is home to more than 337,070 seniors aged 60 years and over. San Bernardino County Aging and Adult Services is dedicated to helping the seniors and at-risk individuals to improve or maintain choice, independence and quality of life. The department aims to ensure seniors and adults with disabilities have the right to age in place in the least restrictive environment.

The issues affecting seniors are often relegated to the back burner in the society at large. This is why San Bernardino County DAAS is excited about the opportunity presented by the 50th anniversary of the Older Americans Month this May, to recognize our elders for their contributions and provide them with information for staying healthy and active. The theme for Older Americans Month 2015 is "Get into the Act". It is aimed at encouraging seniors to



become engaged in their communities.

San Bernardino Aging and Adult Services happily presents this special publication to disseminate information about activities to keep seniors actively engaged in our communities. This publication includes an outline of DAAS programs and services. They include Adult Protective Services, Family Caregiver Support, In-Home Supportive Services, Long-Term Care Ombudsman, Multipurpose Senior Services Program, Nutrition Services, Senior Community Services — Employment Program; Senior Information and Assistance. Other contents include interesting articles on fun activities at senior centers: nutritious meals, games, music, dancing, craft and hobbies, among others. There are also engaging articles on connecting to people with similar passions.

Enjoy the publication!

Ron Buttram

Director, Aging and Adult Services
San Bernardino County

A Letter from the Chairman San Bernardino County Board of Supervisors

San Bernardino County has more than 337,000 residents over the age of 60. Meeting the needs of this growing population is a priority in San Bernardino County. In the pages of this special publication, you will read about some of the services provided by the Department of Aging and Adult Services that can benefit you or a senior whom you know. You will also get a chance to read about some of the seniors who have benefitted from these services and those who spend each day working to meet their needs.

Whether it is through programs such as Adult Protective Services, In-Home Supportive

Services, Nutrition Services or Senior Information and Assistance, there are a number of opportunities for seniors to benefit from these services. The San Bernardino County Board of Supervisors remains committed to improving the quality of life for our seniors. We are honored to be able to serve them and to make this County a better place for people of all ages.

James Ramos

Chairman,
San Bernardino County Board of Supervisors



More than a Meal

Man finds happiness at senior center

by Lexi Brister

For Gavino Tucker, the Fifth Street Senior Center in San Bernardino is a home away from home.

The 70-year-old has utilized a variety of food services through San Bernardino County over the past 10 years, but he thinks the food is only part of what keeps him coming back to the senior center. Tucker says it's the open support and opportunity for fellowship that makes Fifth Street so special.

"You get so lonely when you get older," Tucker says. "There's a lot of good support here. They don't even know how much they helped me just by paying attention and saying 'hi' to me every day."

He doesn't have to travel far to get that attention. The senior center is located right next door to Tucker's home, which makes it the perfect place for him to spend his time every day, he said.

"I used to come just to play pool and eat. Now I mop and help keep the pool tables

Gavino Tucker, far right, comes to the Fifth Street Senior Center every day for meals. Spending time with staff members and doing chores around the center have given the 70-year-old a sense of purpose and happiness.

PHOTO BY MILKA SOTO



clean," Tucker says of his self-appointed responsibilities.

By giving himself more and more to do, Tucker says he feels like his life is more complete — and he has the center to thank for that.

"If you care about your life, you have to work hard to keep it," Tucker says. "The people here really understand that, and they encourage me to do what makes me happy."

The Fifth Street Senior Center has had another positive impact on Tucker's life. He has seen his health improve thanks to access to nutrition education.

The center keeps a bulletin board of health facts and there's always someone available who can talk about the meals and why they're

healthy, Tucker says. One thing he has learned from the Fifth Street chef is not to cook with salt and pepper.

"I'm doing everything my doctor wants me to do now," Tucker says of the many perks of his time at Fifth Street. "They've even taken me off the blood pressure meds because I'm eating right and I'm working on my spirit."

Spirit and support are what keep Tucker going, he says — not to mention the good food served at the senior center (the apple turnovers are his favorite).

From the staff to the education to the recreation, the Fifth Street Senior Center has everything Tucker needs to live healthy and happily.

"Growing old is scary, but you've got to find a way to get happy about it," Tucker says. "I'm happy, and everyone here knows it."

"I'm happy, and everyone here knows it."

Gavino Tucker
Fifth Street Senior Center visitor

Senior Hunger

Seniors are an at-risk population for hunger. Protecting funding for nutritional, affordable meals means seniors in San Bernardino County won't go hungry.



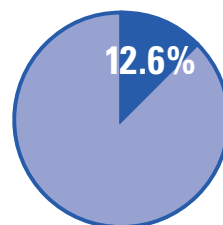
Close to
1 in 4
older adults
have difficulty
paying for food

Source: CSUSB survey

San Bernardino County

Senior Population (60+)
337,070

Low income Seniors= 42,365



Source: Administration on Aging, based on Federal Poverty Level

In the U.S.



1 in 12 seniors
has limited access to food

Source: Spotlight on Senior Hunger, 2013

Senior Meals Made Simple

by Evan Tuchinsky

Tips for cooking easy, nutritious meals

SAVING TIME AND MONEY

Cook once, eat twice: Prepare full recipes and freeze half for another quick meal.

Back to basics: Prepare meals from scratch. Convenience foods (frozen dinners, instant rice, oatmeal, etc.) cost more.

Clip and compound: Maximize your savings by using coupons on sale items.

Just like nature: Buy fresh produce that's in season or frozen produce without sauces or added sugar.

Make your own "package": Buy from bulk bins so you can get just what you need.

VITAL NUTRIENTS

Calcium: Promote bone health by consuming good sources of calcium such as non-fat or low-fat milk, yogurt, cheese, calcium-fortified orange juice or soy milk. Men and women over 50 need 1,200 mg of calcium daily.

Vitamin D: Ensure calcium absorption by getting enough vitamin D (400-600 IU daily) through foods such as salmon, tuna, egg yolks, fortified milk, soy milk, juice and cereal.

Fiber: Eating a variety of high-fiber foods can improve constipation while lowering cholesterol and blood sugar levels. Good sources of fiber are fruits, vegetables, beans and whole grains (oats, bran and 100 percent whole wheat bread). Women over 50 need 21 grams of fiber; men over 50 need 30 grams.

Fluids: To avoid dehydration, make a conscious effort to drink adequate liquids (water, tea, coffee, milk, juice, etc.).

FOOD SAFETY

Clean: Wash hands and surfaces often.

Separate: Don't cross-contaminate. Keep raw meat, poultry and seafood away from foods that aren't going to be cooked (such as fresh produce).

Cook: Thoroughly cook food to kill harmful bacteria. Reheat leftovers to 165°F.

Chill: Refrigerate or freeze perishables, prepared food and leftovers within two hours. Thaw foods in the refrigerator, microwave or cold-water immersion. Never thaw foods at room temperature.

SOURCE: Paula deSilva, RDN, and Rosalind Philips, MS, MPH, RDN, nutritionists with the San Bernardino County Department of Public Health

Post these tips on your refrigerator as a handy reference on eating healthy!

Tasty Four Can Chili

Here's the recipe for a delicious, healthy dish that's easy to prepare. (Bonus: Any leftovers can be simply stored and readily reheated!)

SERVES 4
(1½-CUP SERVINGS)
PREPARATION TIME:
20 MINUTES



PHOTO BY BRAD COATES

One 15-ounce can black or pinto beans*
One 15-ounce can kidney beans*
One 15-ounce can diced tomatoes*
1 cup corn (canned or frozen)
1 teaspoon chili powder
1 teaspoon onion (dried, chopped)
1/4 teaspoon black pepper
1/4 teaspoon garlic powder
(*can use low-sodium versions)

Empty undrained beans and diced tomatoes into a 2-quart saucepan or medium skillet. Drain corn and add to pan. Add chili powder, onion, black pepper and garlic powder. Mix. Bring to a boil, reduce heat and simmer uncovered for 15 minutes.

NUTRITION INFORMATION (PER 1½-CUP SERVING)

- Calories: 225
- Total Fat: 1 g
- Saturated Fat: 0 g
- Calories from Fat: 4 percent
- Iron: 4 mg
- Carbohydrates: 39 g
- Protein: 11 g
- Vitamin A: 64 RE
- Vitamin C: 9 mg
- Calcium: 70 mg

Source: San Bernardino County Department of Public Health Nutrition Program adapted from University of California Cooperative Extension, Contra Costa County

Eating Healthy Through the Years

As we age, our tastes (and needs) change

by Evan Tuchinsky



Paula deSilva and Rosalind Philips, nutritionists with San Bernardino County Department of Public Health, have some essential advice for seniors.

PHOTO BY MILKA SOTO

Nutrition is important for people of all ages, but seniors face particular challenges— and consequences — when it comes to eating healthy.

Around 5.3 million Americans over age 60 battle food insecurity, lacking access to sufficient quantities of healthful foods. Even among seniors who can get enough to eat, the majority tend to consume just two-thirds of the nutrients recommended by doctors and dietitians.

“Seniors are an at-risk population. Making sure our seniors have adequate nutrition to maintain their overall health and quality of life is really important.”

Paula deSilva, RDN

Supervising nutritionist with San Bernardino County Public Health Dept.

“Typically as we get older we tend to have less appropriate food intake because of physical limitations or lack of appetite or not enough food because of diminishing income,” explains Rosalind Philips, Registered Dietitian Nutritionist (RDN) for the Department of Aging and Adult Services. “Many systems slow

down or become less efficient, so the body is less able to handle the food we do eat.”

Malnutrition can weaken the body and increase the risk for a wide range of ailments, such as heart attack, high blood pressure, stroke, infection, broken bones and chronic disease. Poor diet also can contribute to depression, particularly if alcohol is involved.

“Seniors are an at-risk population,” says Paula deSilva, a supervising nutritionist with San Bernardino County Public Health. “Making sure our seniors have adequate nutrition to maintain their overall health and quality of life is really important.”

Access represents a significant challenge. Many seniors lack money to buy quality food, or live too far from a supermarket and lack transportation. Others are physically unable to prepare meals, or live in housing without adequate cooking and food-storage facilities.

“All of those factors play a role in food security,” deSilva says.

In the face of this shortage, San Bernardino County Aging and Adult Services provides meals to local seniors. Registered Dietitian Nutritionists oversee the menus — Philips says each meal is designed to meet one-third of the Dietary Reference Intakes (formerly known as Recommended Dietary Allowances), which

provides more nutrients than many seniors would consume on their own.

What are some key nutrients?

First and foremost is water. As deSilva notes, “a lot of times people don’t think of water as a nutrient,” but hydration is important. “As we age, the body doesn’t signal thirst like it used to,” she adds.

In conjunction with water, eat foods rich in fiber to prevent constipation and improve cholesterol and blood sugar. Whole grains, fruits, vegetables and beans are all high in fiber.

Iron boosts health, though seniors who shun red meat and leafy-green vegetables can become iron-deficient. Meanwhile, many seniors use more salt when the sense of taste declines, increasing their sodium levels.

Calcium boosts health, but those seniors who shun calcium-rich foods such as low-fat dairy products can increase their risk of osteoporosis and broken bones. Meanwhile, as seniors’ sense of taste naturally declines, many use more salt and high-sodium convenience foods despite warnings. This can increase their risk of high blood pressure and stroke.

“All these physiological changes that happen when we age may sound like doom and gloom,” deSilva says, “but we still can have a great quality of life.”

How to Energize and Prolong Your Life

by Brittany Wesely

Senior centers help aging adults stay healthy and happy

For aging adults seeking to live long, happy, healthy lives, there are a few simple lifespan-enhancing practices that can be adopted with the help of local senior centers.

ENJOY NUTRITIOUS MEALS

Eating a balanced diet is important no matter your age, but it's especially vital for mature adults.

Terre Ermitano is the Recreation Program Manager at the Rialto Senior Center, which provides seniors with well-balanced lunches Monday through Friday.

"We encourage a healthy way of living," Ermitano says. "Eating healthy surely adds longevity and maybe you wouldn't have as many illnesses or aches and pains."

Many senior centers offer meal programs for visitors to enjoy.

STAY ACTIVE

A key component to staying healthy is doing plenty of physical activity, Ermitano says. Senior centers offer plenty of exercise classes for visitors to keep moving — from aerobics to Zumba!

Ermitano says dancing is a favorite pastime for visitors to the Rialto Senior Center. Once a week at lunch time, seniors have a chance to dance to the tunes of a live country western band. The center also hosts a variety of special dances throughout the year. The annual Senior Citizen Prom is Ermitano's favorite.

"It's a big fancy event," Ermitano says. "We have live entertainment and provide meals. They really look forward to voting for their next king and queen."



The Rialto Senior Center offers a variety of activities like the Ukelele Club that allow aging adults a chance to explore new hobbies and make new friends.

PHOTO BY MILKA SOTO

"I really believe this extends their lives."

Terre Ermitano
Recreation Program Manager
at the Rialto Senior Center

FIND PEOPLE WHO SHARE YOUR PASSIONS

There are plenty of opportunities to discover new hobbies at senior centers in San Bernardino County. From crochet and wood carving to foreign language and ukelele groups, the offerings are endless. But the best part about the robust activities schedule at the center is the many chances to connect with others and form friendships, Ermitano says.

For 80-year-old Dana Sprague, making the decision more than a decade ago to become a volunteer at the Rialto Senior Center was one of the best decisions she's made.

"This gives me a reason to get up and get out instead of hanging around at home. I think the senior center is just wonderful," Sprague says. "It is very comforting to have people you're so fond of."

When visitors first come to the Rialto Senior Center, sometimes they're a bit hesitant. Once they find activities and friends who energize them, Ermitano says they keep coming back for more.

"I really believe this extends their lives," Ermitano says. "It's so rewarding to connect them with new friends and to see them grow and thrive together."

Senior Center Offerings

San Bernardino County senior centers offer a variety of activities and resources for aging adults to take advantage of. Some of the many featured offerings include:

- Balanced meals
- Game nights
- Computer labs
- Movie nights
- Craft and hobby activities
- Music and dancing
- Exercise classes
- Assistance with insurance benefits
- Legal advice
- AARP driving courses

See back page to find the senior center closest to you!

Looking Out for Seniors

by Mike Blount

Q&A with San Bernardino County Senior Affairs Commission Chair David Wilder

As the chair of the commission and a senior with a disability, David Wilder is passionate about encouraging, fostering and maintaining programs for seniors in San Bernardino County.

WHY DO YOU SERVE ON THE COMMISSION?

I believe in representing the seniors with disabilities in our community who are not able to participate in advisory councils. The San Bernardino County Department of Aging and Adult Services needs feedback on how its services are being provided and what is working and what isn't working. We make recommendations on nutrition, home care and senior assistance programs. We also take positions on local and federal policies affecting seniors.

HOW ARE SENIORS BEING AFFECTED BY CONGRESS?

Not very well. One thing we would like to see is a re-authorization of the Older Americans Act. Its continual resolutions have been keeping the program funded, but Congress has not increased the funding levels to coincide with the cost of living. Food prices are higher, and we are feeding fewer people.

Many seniors fear proposed changes to Social Security and Medicare — privatization or increasing the share of cost for

seniors. We are closely monitoring those issues and we get the word out to seniors by doing outreach in the community.

WHAT IMPACT HAS THE COMMISSION HAD ON SENIORS IN THE COMMUNITY?

One of the programs we recommended — the Transportation Reimbursement Escort Program (TREP) — has been in place now for 10 years. The program reimburses seniors who are homebound for the services of a volunteer driver. The drivers can take them to appointments, grocery shopping or to visit friends. Whatever they need to do to get out of the house.

The Senior Affairs Commission was also instrumental in encouraging the county to establish an Americans with Disability Act coordinator. Now, every one of the 29 libraries in our area is accessible for people with disabilities. County buildings now have wheelchair ramps. I'm blind, so the county also has to provide me [and other visually impaired people] assistance to fill out forms. We were behind those changes 100 percent.

HOW ELSE HAVE YOU PERSONALLY BEEN AFFECTED BY THE COMMISSION?

I've learned a lot about Medicare and Social Security. When my wife died, if I hadn't been on the commission, I



David Wilder is the chair of the San Bernardino County Senior Affairs Commission. Wilder, who is blind, advocates for senior issues.

PHOTO BY MILKA SOTO

wouldn't have known about hospice care. I wouldn't have known about cremation services.

HOW CAN PEOPLE GET INVOLVED?

Our regular meetings are open to the public. We also have seven regional councils that gather information from seniors and make recommendations on community-based care. Each Regional Council on Aging has a seat on the Senior

Affairs Commission. They bring information to us from the community and make sure we stay informed about local issues affecting seniors. Each council also has public meetings that anyone can attend. That's a great way to get involved.

I think it's important we advocate for all seniors.

David Wilder
Chair of the San Bernardino Senior Affairs Commission

What is the Senior Affairs Commission?

Created under the Older Americans Act passed by Congress in 1965, the Senior Affairs Commission advocates for all seniors in the community and monitors legislation that affects the elderly. Each Area Agency on Aging is required to have a Senior Affairs Commission made up of members over the age of 60 who represent seniors in the area. The San Bernardino

County Senior Affairs Commission meets on the third Wednesday of every month at 1 p.m. in conference room A/B of the San Bernardino County Department of Aging and Adult Services. The meetings are open to the public. There is also an allotted time for the public to share their thoughts with the Senior Affairs Commission.

For more information, visit <https://hss.sbcounty.gov/DAAS>.



Aging and
Adult Services

Seniors Matter

San Bernardino County Aging and Adult Services helps the neediest of seniors with one of their most basic needs: food. Access to nutritional food is key for keeping seniors healthy and at home (instead of in a nursing facility). But San Bernardino County Aging and Adult

Services provides so much more. There are dozens of Senior Centers that offer socialization and recreation, contributing to the overall happiness and health of seniors. As the number of seniors grows, so too will the need for these vital services for older Americans.

GET CONNECTED!

Senior Information &
Assistance Hotline:
(800) 510-2020

(Monday-Friday,
8:30 a.m. to 5 p.m.)
hss.sbcounty.gov/daas/

Senior Centers *Schedules vary — please call ahead for meal times.*

Adelanto Senior Club

11565 Cortez Avenue
Adelanto, CA 92301
(760) 246-7736

Apple Valley Senior Club

13188 Central Road
Apple Valley, CA 92308
(760) 247-3155

Barstow Senior Citizens Club

555 Melissa Avenue
Barstow, CA 92311-3031
(760) 256-5023

Big Bear Valley Senior Center

42651 Big Bear Blvd.
Big Bear Lake, CA 92315
(909) 584-0323

Bonnie Baker Senior Citizens Club

149350 Ukiah Trail
Big River, CA 92242
(760) 665-2667

Bloomington Senior Center

18317 Valley Blvd.
Bloomington, CA 92316
(909) 546-1398

Chino Senior Center

13170 Central Avenue
Chino, CA 91710
(909) 591-9836

Chino Hills Community Center

14250 Peyton Drive
Chino Hills, CA 91709
(909) 364-2700

Hutton Senior Center

660 Colton Avenue
Colton, CA 92324
(909) 370-6168

Luque Senior Center

292 East "O" Street
Colton, CA 92324
(909) 370-5087

Crest Forest Senior Citizens Club

24658 San Moritz Drive
Crestline, CA 92325
(909) 338-5036

Mountain Senior Nutrition

24640 San Moritz Drive
Crestline, CA 92325
(909) 338-5036

El Mirage Senior Club

1488 Milton
El Mirage, CA 92301
(760) 388-4429

Dino Papavero Senior Center

16707 Marygold Avenue
Fontana, CA 92335
(909) 350-0575

Fontana Community Senior Center

16710 Ceres Avenue
Fontana, CA 92335
(909) 854-5151

George White Senior Center

8565 Nuevo Avenue
Fontana, CA 92335
(909) 770-8173

Grand Terrace Senior Center

22627 Grand Terrace Road
Grand Terrace, CA 92313
(909) 824-1491

Hesperia Senior Center

9333 "E" Avenue
Hesperia, CA 92340
(760) 244-5488

Hesperia Leisure League

9122 Third Avenue
Hesperia, CA 92345
(760) 244-3223

Highland Senior Center

3102 E. Highland Avenue
Highland, CA 92346
(909) 862-8104

Joshua Tree Community Center

6171 Sunburst
Joshua Tree, CA 92252
(760) 366-2471

Loma Linda Senior Center

25571 Barton Road
Loma Linda, CA 92354
(909) 799-2820

Lucerne Valley Senior Club

10431 Allen Way
Lucerne Valley, CA 92356
(760) 248-2248

Lytle Creek Senior Community Center

P.O. Box 182/
14082 Center Road
Lytle Creek, CA 92358
(909) 880-8659

Mentone Senior Center

1331 Opal Avenue
Mentone, CA 92359
(909) 794-5280

Montclair Senior Center

5111 Benito Street
Montclair, CA 91763
(909) 625-9483

Morongo Valley Senior Center

11165 Vale
Morongo Valley, CA 92256
(760) 363-6547

Needles Senior Center

1699 Bailey Avenue
Needles, CA 92363
(760) 326-4789

Ft. Mohave Tribal

Senior Nutrition Program
700 Harrison
Needles, CA 92363
(760) 629-2371

Newberry Springs Community Center

33383 Newberry Road
Newberry Springs, CA 92365
(760) 257-3284

Ontario Senior Center

225 East "B" Street
Ontario, CA 91764
(909) 395-2021

Phelan Senior Club

9463 Sheep Creek Road
Phelan, CA 92371
(760) 868-8067

Pinon Hills Senior Club

10433 Mountain Road
Pinon Hills, CA 92372
(760) 868-8637

James L. Brulte Senior Center

11200 Baseline Road
Rancho Cucamonga, CA 91701
(909) 477-2780

Joslyn Senior Center

21 Grant Street
Redlands, CA 92373
(909) 798-7550

Redlands Community Senior Center

111 W. Lugonia
Redlands, CA 92373
(909) 798-7579

Rialto Senior Center

1411 S. Riverside Avenue
Rialto, CA 92376
(909) 877-9706

Hootman Senior Citizens Center

2929 School Road
Running Springs, CA 92382
(909) 337-7275
(open few hours per week)

Delmann Heights Senior Center

2969 N. Flores
San Bernardino, CA 92405
(909) 887-2115

Perris Hill Senior Center

780 E. 21st Street
San Bernardino, CA 92404
(909) 384-5436

5th Street Senior Center

600 W 5th St.
San Bernardino, CA 92410
(909) 384-543

Trona Community Senior Center

13187 Market Street
Trona, CA 93562
(760) 372-5889

Twenty Nine Palms Senior Center

6539 Adobe Road
Twenty Nine Palms, CA 92277
(760) 367-3891

Mountain Communities Senior Center

675 Grandview Road
Twin Peaks, CA 92391
(909) 337-1824

George M. Gibson Senior Center

250 N. Third Avenue
Upland, CA 91786
(909) 981-4501

Victorville Senior Citizens Club

14874 Mojave Road
Victorville, CA 92392
(760) 245-5018

Yucaipa Senior Center

12202 First Street
Yucaipa, CA 92399
(909) 797-1177

Morongo Basin Senior Support Center

57121 Sunnyslope Drive
Yucca Valley, CA 92284
(760) 365-9661

Yucca Valley Senior Center

57088 29 Palms Highway
Yucca Valley, CA 92284
(760) 228-5453