LIFE-LONG LEARNING OPPORTUNITIES FOR SENIORS
The Community Services & Parks Department provides a variety of opportunities for seniors to participate in life-long learning classes for personal growth and development. Participation is open to individuals ages 50 and older. Special recreation events and informational programs are scheduled throughout the year. In addition, a number of classes are offered in collaboration with the Glendale Community College.*
For information, call (818) 548-2184.

*All Glendale Community College seminars are FREE to seniors.

TRANSPORTATION SERVICES & BUS PASS SALES
Transportation services include Dial-a-Ride, by reservation, and MTA bus passes, sold at Sparr Heights and the Adult Recreation Center. Beeline Bus Passes are also available at both senior center locations. The MTA bus pass for seniors is honored by the Beeline. For information, call (818) 548-3775.

For the following services, please contact us at (818) 548-3775.
Case Management
Home Delivered Meals Program
Congregate Meals Program
Other Senior Program Locations
Adult Recreation Center
201 E. Colorado Glendale CA 91205
(818) 548-3775

Sparr Heights Community Center
1613 Glencoe Way, Glendale CA 91208
(818) 548 - 2187

Pacific Community Center
501 S Pacific Avenue, Glendale CA 91204
(818) 548 - 4098
Case Management is for seniors 60 and older. It is designed to meet the special needs of frail individuals who maybe experiencing difficulty in maintaining an independent living arrangement.

Case Managers conduct visits in the home with clients to determine the extent of their needs. They design a care plan that is specialized for each individual and coordinate services to assist them at home.

THE PROCESS INCLUDES:
- Client Intake
- In-Home Assessment
- Care Plan
- Coordinate & Monitor Services

ASSIST CLIENTS WITH SERVICES, SUCH AS:
- Transportation
- In-Home Services
- Medicare/Medi-Cal
- Social Security
- Legal Services
- Alternative Housing

The Home Delivered Meals Program is a temporary program designed to provide healthy meal alternatives to homebound and/or bedridden seniors. In order to qualify, each senior must complete or provide the following:
- Enrolled in Case Management
- HDM Intake/Assessment
- Medical Certificate

MEALS
Each frozen meal provides a balanced and nutritious meal. Each meal contains:
- Average of 1100 mg sodium
- 30-35% fat
- Delicious Entrées, Vegetables and Side Dishes
- Complete heating instructions

PACKAGING
Each delivery includes:
- 7 frozen meals (prepackaged)
- 7 milks (non-fat or 1% fat)
- Fresh Fruit (Assorted or Canned)
- Occasional Dessert

We encourage seniors to come and enjoy a hot meal at one of our sites. Adults 60 years of age or older and their spouses are eligible. In addition to a hot meal, enjoy:
- A chance to make new friends
- Holiday specials
- Movies and lectures
- Participate in activities
- All in a restaurant style atmosphere

CONGREGATE MEAL DONATIONS
$2.50 suggested donation

The City of Glendale $2.50 suggested donation allows us to provide the Home Delivered Meals Program and the Congregate Meals Program to many seniors.