

Health & Human Services

Alzheimer's Support Group by Senior Helpers. The 4th Wednesday of each month from 2-3:30 p.m. Call Jenny at Senior Helpers at 925-677-2150 for information, or, just show up. This group is open to the public and is free.

Café Costa by Meals on Wheels Diablo Region (MOWDR). Open to adults 60+ and younger spouses. Meals are served Monday, Tuesday, Wednesdays and Thursdays at 11:30a.m. Reservations are required and must be made by 11:30a.m. the day before by calling 925-825-1488. Donations to cover the cost of food are accepted. The suggested donation is \$3.00, but is not required. Seniors can receive 5 frozen take-out meals on Thursdays if not eating in the dining room.

Care Management by Meals on Wheels Diablo Region (MOWDR).

Discover a wide variety of assistance and resources for Adults 60+. Appointments are available on Mondays from 10 a.m.-2 p.m. Call (925) 391-4248 to schedule a free, confidential consultation.

GoGo Concord, a Senior Transportation Program by Concord Commission on Aging. Concord residents that are 65+ can purchase e-Script for \$15-\$30 that is worth \$30-\$60 in rides. For an application and more information, please call 925-671-3320.

Health Insurance Counseling and Advocacy Program (HICAP).

HICAP has a one-on-one counseling sessions at the Senior Center on the 2nd Tuesday and 3rd Friday of each month and can be scheduled by calling (925) 655-1393. To view general information, please visit <https://cchicap.org/contact/>.

Home Match by Covia, a Front Porch Partner.

This program matches seniors who need affordable housing with homeowners in the area. Appointments are every Tuesday between 9 a.m.-4 p.m. Call 925) 956-7385 to make an appointment.

Senior Legal Services by Contra Costa Senior Legal Services (CCSLS). CCSLS assists with Advanced Health Care Directives (AHCD) and consultations on a variety of issues. Attorneys will meet with you one-on-one. To sign up call, the Concord Senior Center at (925) 671-3320.

Memory Screening by Senior Helpers. Screenings are held on the 2nd Tuesday of each month from 11 a.m.-12 p.m. Call Jenny at Senior Helpers at 925-677-2150 for information, or, just show up. This is open to the public and is free.

Notary Services for Adults 50+. Services are provided free of charge from 10-11a.m. every Wednesday. The first document is free of charge, however, succeeding additional documents are charged prevailing official rates. Drop-Ins are welcome, however, it is encouraged that clients call 925-671-3320 to check if there is a change in the Notary's schedule.

Senior Center Scholarship Program. Scholarship Program is available to adults 50+ residing in Concord who wish to participate in the Senior Center Program. Complete an application indicating your activity choice(s) and return it to the Senior Center with supporting documents. Approved applicants can receive up to \$100 per year with a \$5 co-pay. Applicants will be notified when the scholarship application is approved.

Senior Peer Counseling by Contra Costa Health Services. Offers free and confidential one-on-one counseling sessions or Adults 55+ every 2nd and 4th Tuesday of the month from 9:15-11:45 a.m. Call 925-521-5653 for an appointment. Counselor speaks English and Spanish.

Educational Consultation on Medicare Benefits Confidential and free one on one session about Medicare health insurance eligibility and benefits. 2nd and 4th Thursday of each month from 12:30-1:30 p.m. Call (925) 766-2042 for an appointment.

Consultas Educativas Sobre Beneficios de Medicare Citas personalizadas, confidenciales y gratuitas sobre la elegibilidad y beneficios que ofrece el seguro de salud de Medicare. El 2do y 4to Jueves de cada mes a la 1:30 pm. Si desea hacer una cita, llame al (925) 766-2042.



Concord Senior Center

2727 Parkside Circle, Concord, CA 94519, Phone: 925-671-3320

The Concord Senior Center partners with non-profit agencies in expanding services to meet the needs of the 50 & Better community. This joint effort is vital to serving the entire community.