

Education – Employment – Training

EDUCATIONAL OPPORTUNITIES

Mira Costa College760-757-2121

Community Learning Center.....760-795-8710

Palomar College760-744-1150

EMPLOYMENT OPPORTUNITIES

State of California Employment Development Dept.
EDD.....760-666-6763

SD Workforce Partnership Career Center ..619-319-9675

Interfaith Council Hiring Center760-489-6380

TRAINING PROGRAMS

Senior Citizens Services Employment619-266-4248

VOLUNTEER OPPORTUNITIES

California Welcome Center800-350-7873

North County Lifeline Services.....760-726-4900

Oceanside Nutrition Program760-435-5285

Senior Volunteer Patrol760-435-4763

Tri-City Hospital Auxiliary760-940-3125

Community Organizations

American Legion Post #146.....760-754-9633

El Camino Rotary760-518-5076

Elks Lodge760-433-1561

Kiwanis Club – Oceanside.....760-439-5354

Oceanside Chamber of Commerce760-722-1534

Oceanside Civitan760-433-8738

Oceanside Masonic Lodge No. 381760-722-9363

Oceanside Rotary.....760-631-6980

San Luis Rey Rotary Club.....760-722-6763

Women’s Club of Oceanside760-757-4593



Senior Services Resource Guide

Country Club Senior Center

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

Monday -Thursday: 8:30am - 4pm

Fridays: 8:30am - 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

www.OceansideRec.com

(760) 435-5041

Free & Confidential Resources

San Diego County Region **Dial 211**

Senior Centers - Local

Carlsbad Senior Center.....	760-602-4650
Encinitas Senior Center.....	760-943-2260
San Marcos Senior Center.....	760-744-5535
Vista Senior Center	760-643-5288

Nutrition Services

NUTRITION CENTERS & EMERGENCY FOOD

Oceanside Country Club Senior Center....	760-435-5285
Brother Benno's	760-439-1244
Interfaith Community 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

Serving Seniors Nutrition Program	760-435-5285
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Transportation

Go Oceanside / Go Grocery.....	760-435-5155
Ride FACT.....	760-754-1252
NCTD Lift Transit Services.....	760-726-1111
Oceanside Volunteer Trans. Program.....	760-435-5253
Tri-City Medical Center Patients	760-940-7433
VA Only to La Jolla or Oceanside.....	858-522-7572
Yellow Cab	760-444-4444
Amtrak	800-872-4622
NCTD / Coaster	760-966-6500
Metro link.....	800-371-5465
AAA Roadside Assistance	800-422-4222

Elected Representatives

US 49th Congressman Mike Levin.....	760-599-5000
US Senator Alex Padilla	310-231-4494
California Governor Gavin Newsom.....	916-445-2841
California 36th SD Pat Bates	760-642-0809
California 76th AD Tasha Boerner Horvath ...	760-434-7605
County Board 5 Dist. Jim Desmond	619-531-5555
Tri-City Healthcare District.....	760-940-3347
Voter Registration SD County.....	800-696-0136

City & State Government Departments

CITY OF OCEANSIDE

FIRE & POLICE (emergencies only)911

All City of Oceanside Dept. Information ...	760-435-3065
Anti-Graffiti Hotline.....	760-435-4466
Customer Care, Street, Tree Maintenance ...	760-435-4500
Housing	760-435-3360
Library - Mainline	760-435-5600
Mayor and City Council	760-435-3029
Police (non-emergency).....	760-435-4900

GOVERNMENT AGENCIES

Cal-Fresh / SNAP Program	877-847-3663
Family Resources Social Service.....	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

Accessibility 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 AT&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 Foundation	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 Independence.....	760-839-5255
United Cerebral Palsy Association	760-743-1050

Animal Shelters & Services

Animal Control & Humane Society	760-757-4357
Canine Companions for Independence	760-901-4300
Pet Vet Clinic.....	858-756-4117

Consumer Information

CA Attorney General's Office Inquiry Line ..	800-952-5225
CA Department of Consumer Affairs.....	800-952-5210
Food, Drug, Administration (FDA).....	888-463-6332
Senior Safe Driving AARP	888-687-2277

Immigration Services

North County Immigration/Citizenship Cntr ...	858-509-2589
USCIS San Diego Field Office.....	800-375-5283

Utility & Housing Services

City of Oceanside Utilities.....	760-435-3900
Oceanside Housing and Neighborhood Services	760-435-3360
Senior Service Council.....	760-480-0611
3AT&T	800-288-2020
COX Communications.....	800-234-3993
SDGE	800-411-7343
SPECTRUM	800-892-4357

Well-being & Management

CASE MANAGEMENT HOME CARE

In-Home Support Services County of San Diego.....	858-795-5276
Interfaith Community Services - Minor Home Repair Escondido	760-489-6380
Oceanside.....	760-721-2117

ELDER ABUSE & DOMESTIC VIOLENCE

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

WELL-BEING – GENERAL

Aging and Independence	800-339-4661
Interfaith Services	760-721-2117
Project CARE - Reassurance Phone Call Are You Okay?	760-489-6380
Senior Well-being.....	844-654-4636

Legal Assistance

Attorney General of S.D	619-645-2001
Legal Aid Society	760-722-1935
Lifeline Coastal Community Services.....	760-757-0118
No. County Bar Association (Referrals)	760-758-4755
Senior Legal Services.....	760-439-2535

Health Care Information

ADULT DAY CARE

North County Adult Day Care Center 760-758-2210

A.D.A. (ABLE-DISABLED ADVOCACY)

North County Lifeline..... 760-726-4900

North County Center for the Blind and
Vision Impaired 760-758-5956

CLINICS

Kaiser Permanente & RX 760-754-6335

North Coastal County Public Health 760-967-4401

North County Health Services 760-757-4566

Vista Community Clinic..... 760-631-5250

Scripps Medical Center Jefferson 760-704-5600

DENTAL & PHYSICIAN REFERRAL

Denti-Cal Referral Services 800-322-6384

County Medical Society 858-565-8888

Scripps Encinitas Hospital 760-806-5486

Tri-City Hospital 760-724-8411

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

Support Groups

Alcoholics Anonymous..... 760-758-2514

Alliance for Mentally Ill - 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

HEALTH COUNSELING GROUPS

AARP Member Services..... 800-424-3410

Aging & Independence Services..... 800-510-2020

American Cancer Society 800-227-2345

American Heart Association 888-694-3287

Arthritis Foundation 800-422-8885

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

Tri-City Grief Support 760-940-5801

HEALTH INSURANCE

Access - County of San Diego

Health and Human Services..... 866-262-9881

Death Records & Certificates 760-630-1219

MEDICARE Appeals..... 800-841-1602

Social Security/SSI..... 800-772-1213

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

Veterans Dependents

Benefits & Services Information Line 800-698-2411

Camp Pendleton Naval Hospital 760-725-1288

Community Support Services..... 760-435-9617

Family Advocacy Team 760-763-6940

Legal Assistance 760-725-6558

North County Veterans Association..... 760-722-1277

Veterans Affairs Clinic Oceanside 760-643-2000

Veterans Trans. to La Jolla or Oceanside .. 858-522-7572