

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p><b><u>SB County Dept. of Aging &amp; Adult Services</u></b> <b><u>Bus Passes</u></b> 10:00am-12:00pm Resource Room Upstairs</p> <p><b><u>Infinity Care Insurance Services</u></b> <b><u>Blood Pressure check</u></b> 10:30am-1:00pm Hallway</p>	<p>2</p> <p><b><u>Green Family Cremation &amp; Burial</u></b> 10:00am-11:00am Hallway</p>	<p>3</p> <p><b><u>Feeding America Food Distribution</u></b> <b>12:00pm-2:00pm</b> <b>Courtyard</b> <b>Doors open 11:30am</b> <b>Please bring a cart to help you load your food!</b></p> <p><b><u>Grand Terrace Hospice</u></b> 10:00am-1:00pm Hallway</p>	<p>4</p> <p><b>Motown Dance</b></p>
<p>7</p> <p><b><u>West End Family Counseling Services</u></b> <b><u>Coping with Holiday Blues</u></b> 1:00-2:00pm Assembly Room 1</p>	<p>8</p> <p><b><u>Neighborhood Healthcare</u></b> 9:00am-12:00pm Hallway</p> <p><b><u>Molina Healthcare</u></b> 10:00am-11:30pm Hallway</p>	<p>9</p> <p><b><u>Cal State University Nursing Students</u></b> 10:00am-2:00pm</p> <p><b><u>Inland Caregivers</u></b> <b><u>Presenting: Heart Health</u></b> 11:00am-12:00pm Assembly Room 1</p> <p><b><u>Kaiser Permanente</u></b> 2:30pm-3:30pm Loteria Assembly Room 3</p>	<p>10</p> <p><b><u>HICAP (Medicare) Counseling</u></b> Call to make appointment (909)256-8369</p> <p><b><u>California Relay</u></b> 12:00pm-2:00pm Hallway</p> <p><b><u>Anthem Blue Cross</u></b> 9:00am-12:00pm Hallway</p>	<p>11</p> <p><b><u>Veteran's Day Center closes at 2 PM</u></b></p> <p><b><u>Low Vision Awareness</u></b> 9:30-11:30am Hallway</p>
<p>14</p> <p><b><u>Raul Sevilla Medicare</u></b> 9:00am-12:00 pm Hallway</p> <p><b><u>TMB Insurance</u></b> 2:00pm-4:00pm East Conf Room</p> <p><b><u>Hamm Agency</u></b> 12:00-2:00pm Hallway</p>	<p>15</p> <p><b><u>Infinity Care</u></b> Blood Pressure check 10:30am-1:00pm</p> <p><b><u>Collaborative Health Presentation</u></b> 10:00am—12:00pm Exec Conference Room</p>	<p>16</p> <p><b><u>Cal State University Nursing Students</u></b> Blood Pressure checks 10:00am-2:00pm</p>	<p>17</p> <p><b><u>West End Services</u></b> <b><u>Wreath Activity</u></b> 1:00-2:00pm Assembly Room 1</p> <p><b><u>Humana</u></b> 10:00am-12:00pm</p> <p><b><u>Fontana Mortuary</u></b> 10:00am—12:00pm</p> <p><b><u>Flu and Covid-19 Clinic</u></b> 8:00am-2:00pm Courtyard</p>	<p>18</p> <p><b><u>Autumn Harvest</u></b> <b>11:30am-2:00pm</b> <b>Assembly Rooms</b></p> <p><b><u>CanAm Dental</u></b> 10:00am-2:00pm Hallway</p> <p><b><u>Pinnacle Medical Group</u></b> 9:00am—11:00am Hallway</p>
<p>21</p> <p><b><u>Inland Counties Legal Services</u></b> By appointment only (888) 245-4257 Upstairs Resource Area</p>	<p>22</p>	<p>23</p>	<p>24</p> <p></p>	<p>25</p>
<p><b>November 21-25: Holiday Break, No Programs/Clubs</b></p>				<p><b>Center Closed</b></p>
<p>28</p> <p><b><u>Humana Medicare Advantage</u></b> 10:00am-12:00pm Hallway</p> <p><b><u>Alignment Health Plan</u></b> <b><u>Cellphone and Internet Safety</u></b> 10:30-11:30am Assembly Room 1</p>	<p>29</p> <p><b><u>Healthy Fontana</u></b> 11:00am-1:00pm Hallway</p> <p><b><u>Inland Caregivers</u></b> <b><u>Let's make Christmas Cards!</u></b> 10:00am-12:00pm Assembly Room 1</p>	<p>30</p> <p><b><u>Cal State University Nursing Students</u></b> 10:00am-2:00pm Hallway</p> <p><b><u>Colonial Penn Insurance</u></b> 10:30-11:30am Hallway</p>	<p>*Please note that presentations and services are subject to change *All Presentations and Services are FREE unless otherwise indicated</p>	

**Alliance Insurance (TMT Communications)**

Providing seniors with education on familiarity on today's electronic phones, providing educational presentations and one –on-one consultations to any participants that need help.

**Alignment Health Plan**

Providing seniors with educational classes on senior scams, how to use cell phones, Medicare 101 and more.

**Breathe Southern California**

Provide seniors resources that explain the symptoms and risk factors of common lung diseases such as asthma, COPD, and emphysema and ways to manage them with the help of their PCP's.

**California Phones**

A telephone access program for specialized phones. (800)-806-1191

**California Relay**

Provides seniors with services for individuals who may have a hearing loss, deaf, or speech difficulties.

**CarePatrol**

Providing services such as elder law attorneys, financial planners, house call physicians, dentist and medicare experts.

**Feeding America Food Distribution**

Providing seniors ages 60+ with a free box of food. Bring ID and cart to load box!

**Grand Terrace Hospice**

Provides comfort care measures for those in end of life and assist family members.

**Green Family Cremation & Burial Affordable Services**

Providing information on pre-planning funeral services.

**Healthy Fontana**

Providing seniors with healthy information on food, health and gardening.

**HICAP (Health Insurance Counseling & Advocacy Program):**

Providing free and objective information and counseling about Medicare. To make a counseling appointment call (909) 256-8369.

**Humana Medicare Advantage Health Plan**

Providing information on health insurance plans.

**Infinity Care Insurance Services:**

Providing information on various health insurance plans. Free blood pressure checks

**Inland Counties Legal Services:**

Providing information and services to free civil legal assistance to seniors who are 60 years or older who reside in Riverside and San Bernardino Counties. Free legal assistance provided by appointment only to make an appointment call (888)245-4257

**InnoAge Pace Medical program**

Providing Medical healthcare services for 55 years or older

**Kaiser Permanente**

Providing health care and medical education

**Low Cost Auto Insurance**

Educating seniors on low cost auto programs. State funded program

**Medplus Hospice**

Providing seniors with hospice information.

**Molina Healthcare**

Providing seniors with information in regards to Medicare plans and additional benefits at no cost.

**Neighborhood Healthcare:**

A medical, social and home care program exclusively for seniors

**PBS Medicare Options**

Providing information on Medicare health insurance plans

**Perfect for Auntie**

Providing information on medical, social and home care program

**Pinnacle Medical Group:**

Pinnacle Medical Group offers personal care by primary care physicians

**Raul Sevilla Medicare**

Providing Medicare health plans

**San Bernardino County Department of Aging and Adult Services**

Provides assistance with utilities , housing and free bus passes (first Tuesday of the month)  
Is a Medicare contracted. Offers health plan services.