

Community Service Programs



BROWN BAG PROGRAM! Held at the Brentwood Senior Activity Center** on the 2nd & 4th Thursdays of each month from 10:30 - 11:30 a.m. Serves Brentwood and Byron residents only. **Program operates out of the Brentwood Senior Activity Center, 193 Griffith Lane in Brentwood!

C.C. CAFÉ - Hot lunch served 5 days a week. Cost is \$2.00 per person. Call (925) 634-5040, weekdays between 8:30 a.m. - 12:00 p.m., to reserve your seat. Meals served at the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood.

SENIOR PEER COUNSELING! Senior Peer Counseling Program offers both individual counseling and support groups to residents of Contra Costa County who are 55 years of age or older. Services are free of charge, and confidentiality is strictly observed. For more information call (925) 335-8741.

HOME CHORE REGISTRY/FRIENDLY VISITOR'S PROGRAM! Connects people in need with people who care and is sponsored by Senior Outreach Services. Call (925) 937-8311 for more information.

MEALS ON WHEELS! Meals on Wheels of Contra Costa is proud to announce the launch of their new website, www.mealsonwheelsofcontracosta.org, which allows better communication for clients and their families, as well as supporters and the general public.

Many services are provided at the Brentwood Senior Activity Center, 193 Griffith Lane, Brentwood, unless otherwise noted. Call the City of Brentwood, Parks and Recreation Office at 516-5444 if you have any questions.



“Rides for Seniors Program”

Brentwood area senior citizens, 60 years +, now have a transportation system available to shuttle them to doctor and dentist appointments and to the grocery store. The *“Rides for Seniors Program”* has started here in Brentwood and provides a service to seniors who can't drive or afford a cab and live out of the loop of Dial-a-Ride. Trained volunteers provide the manpower for this program that has been very successful county wide! For more information about the program, or to arrange to join the program, please call Laurie Beck at 925-284-6161 for a program eligibility assessment.