



SRCA 50 Plus

A Standing Committee of the SRCA

Aging Successfully in Scripps Ranch...

Questions? Contact us at SRCA50Plus@scrippsranh.org

SRCA 50 Plus: Classes and activities sponsored by other organizations. All are Free and open to the Public.

Be sure to check our [calendar](#) for the latest updates!

RECREATION/ENRICHMENT:

- Senior Center without Walls -- [Visit their website](#) or call - 877-797-72

Senior Center Without Walls is a national program offering free activities, education, friendly conversation, and an assortment of classes and support groups to older adults from the comfort of their own homes. **All groups are accessible by phone or online!**

With a similar mission of helping seniors age in place as part of a supportive community, Senior Center Without Walls provides a virtual community for seniors as they age. Limited mobility, failing eyesight, declining memory, and a host of other issues can sometimes make it challenging for seniors to participate in activities at the same frequency as they used to.

Senior Center Without Walls offers over 70 groups each week! Seniors can play a game, write a poem, go on a virtual tour, meditate, share a gratitude, get support, and most importantly, connect and engage with others across the country.

SAFETY AND SUPPORT:

- California Association of County Veterans Service Officers - [Visit their website](#). or call 844-SERV-VET (737-8838)

The California Association of County Veterans Service Officers (CACVSO) is an organization of professional veterans advocates. In California, the County Veterans Service Officer plays a critical role in the veteran's advocacy system and is often the initial contact in the community for veterans services. Through the County Veterans Service Officer, the CACVSO is committed to California Counties to provide a vital and efficient system of services and advocacy to veterans, their dependents and survivors.



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- Braille Institute - [Visit their website](#), or call **1-800-BRAILLE (272-4553)**,

Braille Institute offers a wide array of programs and services designed to help people with vision loss lead enriched and fulfilling lives. Funded entirely by private donations, all of our services are completely free of charge.

At our 5 [Regional Centers](#) and the more than [220 Outreach Locations](#) throughout Southern California we offer free services for Adults, Young Adults, Youth and Children. We also have a fleet of Mobile Solutions vans that travel throughout the Southland, bringing services to your community. Refer to our [Programs and Services page](#) for details.

Our award-winning [Braille Institute Library](#) offers more than 1.4 million books on audio, in Braille, and in large-print format, for those who are visually impaired or physically disabled. Our new technology centers called [Connection Pointe](#) are now open and can help you learn about the latest in mainstream and accessible technology.

- Deaf Community Services of San Diego - [Visit their website](#) or call (619) 398-2441 / Videophone (619) 550-3436

Serves the diverse community of Deaf, Hard of Hearing, Late-Deafened and DeafBlind individuals to live independently and productively.

- Free California Phone - [Visit their website](#) or call 800-806-1191

The California Telephone Access Program offers free specialized phones that make it easier to hear, dial and call. The equipment connects to your existing telephone service. Your current telephone service charges still apply, however, the Free Specialized Telephone does not increase your service costs.

You are eligible for the specialized phones if: 1) you live in California; 2) you have telephone service; and 3) your doctor approves your need.

To apply go to the [website](#) for details and to download an application. Applying is easy:



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- Alzheimer's Association of San Diego - [Visit their website](#) or call the 24/7 Helpline, toll-free anytime day or night, 1-800-272-3900

Alzheimer's San Diego is the local resource for information, education, care and vital support.

TRANSPORTATION:

- Metropolitan Transit System (MTS)

The [Miramar College Transit Station](#) is located at Miramar College, along Hillery Drive and Westview Parkway, at the base of the Mira Mesa Direct Access Ramp (DAR). It includes bus staging area, shelters, and the next bus arrival signs. The station is a new stop for *Rapid 235* from Escondido to Downtown San Diego and *Rapid 237* from Rancho Bernardo to Gilman Transit Center (UC San Diego).

[Visit their website](#) or to speak with an MTSA customer service representative call 619-557-4555 on weekdays from 8am-5pm.