

MISSION COVE UPDATES

- We will be having Dance Fitness with Patty on Thursday April 11th, 18th, and 25th at 12:30 pm in the multipurpose room.
- Tech Support with Eric will be held on Tuesday April 9th and 23rd at 11 am. If you have any electronics or devices that aren't working efficiently or just have any questions in general related to everything technology, please come down and visit Eric on those days.
- Our community coffee and donut social will be held on Thursday April 25th at 9 am in the community.
- The April Food Bank Box delivery will be held on Monday April 8th. If interested in receiving a box, please let Eric know!
- Arts & Crafts with the incomparable Elisabeth will be held on Tuesday April 2nd and 30th at 1 pm in the community room.

April 2024

MISSION COVE SENIORS

***All the News That's fit to Print!**



Project Dash Delivery

Mission Cove has partnered with Community Resource Center (CRC) in Encinitas for Project Dash Delivery. Each month CRC will deliver fresh produce because they are currently expanding their Food & Nutrition program to include home deliveries for low-income seniors who are unable to access their pantry in person. It would be a once-a-month delivery of fresh produce and potentially some other pantry staples that would be delivered straight to each Mission Cove residents' door. The date and time of the monthly delivery has yet to be determined. There will be no cost to participate in this program. If you are interested or have further questions, please contact Carolina at ccamacho@crcncc.org or 760-546-2331.



RESOURCE OF THE MONTH



**BROTHER
BENNO'S**

Uplifting the dignity of those we serve.

Brother Benno's has been serving folks in Oceanside for over 3 decades. For six days out of the week Brother Benno's provides Warm breakfast to anyone who walks through the door.

Services Include:

MEN 'S & WOMEN'S RECOVERY PROGRAM

A twelve-step program of recovery is the proven model for the Brother Benno Recovery Program.

CLOTHING

The Clothing Room at the Brother Benno Center is open Monday through Friday, 7:00 a.m. to 8:30 a.m.

HYGIENE

Mobile showers, provided in partnership with Humanity Showers, are available Mondays, Tuesdays, and Thursdays from 6:30 a.m. to 9:00 a.m. in the Center parking area. In February, showers will also be available on Saturdays.

MAIL SERVICE

Homeless guests may use the Brother Benno Center as their mailing address.

Center Location
3260 Production Avenue
Oceanside, CA 92058
Phone: (760) 439-1244
Fax: (760) 439-1271

ERIC LIGARE

ELDERHELP OF SAN DIEGO

HOURS

MONDAY-THURSDAY

8 AM-5:30 PM

FRIDAY

8 AM-12 PM

MISSION COVE ONSITE

HOURS

TUESDAYS-THURSDAY

SAN DIEGO FOOD BANK BOX
DELIVER

2ND MONDAY EVERY MONTH

INTERESTED? SEE ERIC!

OFFICE: 619 284-9281






DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

elderhelpofsandiego.org

April 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 Bingo 11:00 am- Community Room Arts & Crafts-1 pm	3 WEEKLY FOOD MARKET-11:30 AM	4	5 	6
7	8 San Diego Food Bank Box Delivery	9 TECH SUPPORT- 11 am	10 WEEKLY FOOD MARKET-11:30 AM	11 DANCE FITNESS-12:30 PM Multipurpose Room	12 	13
14	15 	16 Bingo 11:00 am- Community Room	17 WEEKLY FOOD MARKET-11:30 AM	18 DANCE FITNESS-12:30 PM Multipurpose Room	19	20
21	22	23 TECH SUPPORT- 11 am	24 WEEKLY FOOD MARKET-11:30 AM	25 COFFEE SOCIAL HOUR- 9 am DANCE FITNESS-12:30 PM Multipurpose Room	26 	27
28	29	30 Bingo 11:00 am Arts & Crafts 1 pm				



ERIC LIGARE
ELDERHELP OF SAN DIEGO
HOUSING SERVICES COORDINATOR
M – TH (8AM- 5:30PM) F (8AM- 12PM)

ERIC'S MISSION COVE OFFICE HOURS
Tuesdays-Thursdays
619-852-4786
eligare@elderhelpofsandiego.com