

MISSION COVE UPDATES

- There will be no Elderhelp hours on Wednesday July 1st-July 6th. Eric will return on Tuesday July 7th. There will also be No Elderhelp hours on Monday July 20th.
- Art with the incomparable Elisabeth will be on Tuesday July 7th and July 28th at 1pm in the community room.
- There will be no food distribution on Wednesday July 1st and Wednesday July 15th as Eric will be away from Mission Cove.
- Mission Cove's Coffee Social will be held on Thursday July 30th at 9:30 am. Feel free to come down while Eric provides coffee and donuts.
- Mission Cove will be getting 90 Farmer's Market Vouchers and Eric will start passing them out on July 7th.

JULY 2026

MISSION COVE SENIORS

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



SHAVED ICE AND ICE CREAM TRUCK

On Thursday July 23rd, Mission Cove will be hosting an ice cream & shaved ice social. Mariam from Tikiz of North County will have their ice cream truck parked out in the Mission Cove parking lot and the first 50 residents will receive either a shaved ice or ice cream. If interested, please make sure you are outside promptly at noon as Eric will start distributing numbered tickets to the first 50 residents who wish to participate. Location of where the ice cream truck will be parked will be announced as we get closer to the date. Residents can purchase items if they are late or wish to have more. Tikiz will be at Mission Cove from 12-2 pm



**ERIC LIGARE
ELDERHELP OF SAN
DIEGO
HOURS
MONDAY-THURSDAY
8 AM-5:30 PM
FRIDAY
8 AM-12 PM**

**MISSION COVE ONSITE
DAYS
TUESDAYS-THURSDAY**

**COMPUTER LAB HOURS
MONDAY-FRIDAY
8 AM-5 PM**

**SAN DIEGO FOOD BANK
BOX DELIVER
2ND MONDAY EVERY
MONTH**

INTERESTED? SEE ERIC!

**OFFICE: 619 284-9281
DIRECT: 619-852-4786**

ELIGARE@ELDERHELPOFSANDIEGO.ORG

RESOURCE OF THE MONTH



Watch Duty App

Watch Duty is the real-time wildfire and flood alerts on-the ground intelligence from first responders, such as how fast a fire is moving, which direction, when it crosses containment lines, as well as evacuation warnings and locations. This insight gives millions of Americans the information they need to act.

It was built by and for people who live under disaster threat, they are there to give every family and first responder the information they deserve: fast, clear and verified information.

Download on any iPhone or Android in the app store. Please see Eric during tech class if you have questions about downloading it or its application. Please stay informed and prepared this fire season!

JULY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		ERIC OFF	1	2	3	4 
5	6 ERIC OFF	7 ART & CRAFTS- 1 PM	8 WEEKLY FOOD MARKET-11:30 AM	9 TECH SUPPORT- 11 am	10	11
12	13 San Diego Food Bank Box Delivery (Offsite)	14 BINGO 11 AM- Community Room	15 NO FOOD DISTRIBUTION	16 TECH SUPPORT- 11 am	17	18 
19	20 ERIC OFF	21 BINGO 11 AM- Community Room	22 WEEKLY FOOD MARKET-11:30 AM	23 ICE CREAM SOCIAL-12 PM	24	25
26	27	28 ART & CRAFTS- 1 PM	29 WEEKLY FOOD MARKET-11:30 AM	30 COFFEE SOCIAL- 9:30 AM	31	



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