

MISSION COVE UPDATES

- There will be no Elderhelp hours on Monday February 16th in observance of President's Day.
- Art with the incomparable Elisabeth will be on Tuesday February 3rd and February 24th at 1pm in the community room.
- Mission Cove's Coffee Social will be held on Thursday February 26th at 9:30 am. Feel free to come down while Eric provides coffee and donuts. This serves as our community meeting so any topic you'd like to bring up is strongly encouraged.
- We will be having tech support on Thursday February 5th and Thursday February 19th at 11 am. If you have any technical issues/questions/concerns, please do not hesitate to come see Eric and see if he can either fix the problem or point you in the right direction!

FEBRUARY 2026 **MISSION COVE SENIORS**

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



LOVE YOUR HEART EVENT

Mission Cove has registered again to be a screening site for the Live Well San Diego 'Love Your Heart' event on Thursday February 12th at 11 am in the community room. Love Your Heart is an annual event in which organizations from across the U.S. and Mexico join to provide FREE blood pressure screenings to the public on or near Valentine's Day. The event brings together community partners to prevent heart disease and stroke and empowers the public to take control of their heart health, know their blood pressure numbers, and know what they mean. If you are interested in knowing your blood pressure and learning more about heart health and heart healthy foods and activities, make sure you come down to the community room.



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

OFFICE: 619 284-9281

DIRECT: 619-852-4786

ELIGARE@ELDERHELPOFSANDIEGO.ORG

RESOURCE OF THE MONTH



CAMPESINOS UNIDOS, INC.

Homeless Support

We partner with the Emergency Food and Shelter Program (EFSP) to provide assistance to families/individuals that are homeless or at risk of homelessness.

Tax Services

We partner with the Internal Revenue Service and coordinate two VITA sites. Federal and state income tax returns are electronically filed free of charge for low to moderate income working households.

Utility Bill Assistance

Funding is limited. We offer one-time assistance payment programs that help relieve our clients of energy/utility bills.

San Diego, CA

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San Diego, CA 92102**

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FEBRUARY 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 ARTS & CRAFTS- 1 pm	4 WEEKLY FOOD MARKET-11:30 AM	5 TECH SUPPORT- 11 am	6	7
8 	9 San Diego Food Bank Delivery (Offsite)	10 BINGO 11 AM-Community Room	11 WEEKLY FOOD MARKET-11:30 AM	12 LOVE YOUR HEART EVENT 11 AM	13	14 
15	16 	17 BINGO 11 AM-Community Room	18 WEEKLY FOOD MARKET-11:30 AM	19 TECH SUPPORT- 11 am	20	21
22	23	24 ARTS & CRAFTS- 1 pm	25 WEEKLY FOOD MARKET-11:30 AM	26 COFFEE SOCIAL 9 AM	27	28



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