



Volunteer Opportunities

HSRC offers an environment that is fun and meaningful for volunteers. It is our goal to address the six aspects of wellness – physical, intellectual, emotional, social, occupational, and spiritual.

Volunteer opportunities include Home Delivered Meal drivers, kitchen assistants, dining site hosts, special event helpers, clerical support, entertainers, and class leaders.

443-9747, ext. 1257



Humboldt Senior
Resource Center
is committed to seniors
and their caregivers in
Humboldt County having
a high-quality life with
health, dignity and
self-determination
in a community of respect
and tolerance.



Humboldt Senior Resource Center

**1910 California Street
Eureka CA 95501**

(707) 443-9747

**hsrc@humsenior.org
www.humsenior.org**

**Please contact us for
more information about
HSRC programs and services.**

*Program partially funded by a grant from
Area 1 Agency on Aging*



Humboldt Senior Resource Center

Nutrition & Activities Program



*It's more than
just a meal...*

(707) 443-9747

www.humsenior.org

Dining Center Locations

ARCATA

Arcata Community Center
321 Martin Luther King Parkway
825-2027

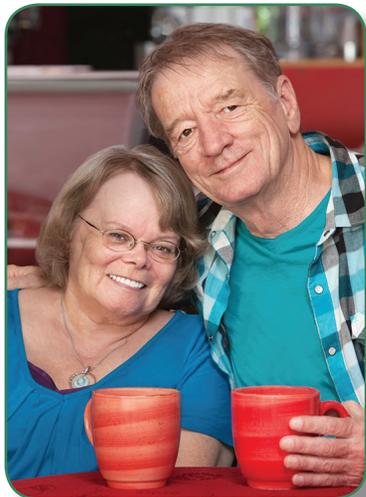
EUREKA

Humboldt Senior Resource Center
1910 California Street
442-1181

FORTUNA

Mountain View Village
2130 Smith Lane
725-6245

Contact the dining center
of your choice for more
information and reservations.



All dining centers are handicap-accessible and can be reached on city bus and Dial-A-Ride routes.

Lunch reservations are recommended.

Nutrition Programs

Dining Centers & Home Delivered Meals

Friendship, activities and hot, nutritious midday meals are provided four days a week at three HSRC Dining Center locations.

If you are home-bound and at least 60 years old, meals can be delivered to your home in Arcata, Eureka, Fortuna, and McKinleyville.

“We look forward to our driver’s smile and kindness each day. We enjoy the meals as well. They are a big help.”

From a Home Delivered Meals participant

For diners age 60 and older, the suggested donation is \$3.50 per meal; however, participants donate what they can afford. No one is denied a meal because of inability or unwillingness to donate.

Those under 60 years of age are welcome at HSRC Dining Centers; there is a fee of \$6.00 for lunch.

The monthly menu can be found at www.humsenior.org

For more information call 443-9747, ext. 1221

Activities Program

The Activities Program provides information, education, and recreation for seniors, families, and caregivers in Humboldt County.

Services include Senior Firewood, flu shots, health consultations, tax assistance, support groups, commodity food distribution, computer lab, and a library.

Classes promoting healthy aging include Tai Chi, STRONG exercise, yoga, karate, arthritis exercise, and line dancing.

Dial-A-Ride

HSRC provides applications and ticket sales for the door-to-door shared cab and wheelchair lift van service.

Are You OK?®

Are You OK? is a telephone reassurance service for residents in the greater Eureka area. This service provides daily check-ins and peace of mind for elders who live alone.

Senior Home Repair

Minor safety repairs are available to eligible residents of Eureka. Services can include basic plumbing and electrical work, installing/repairing railings, safety bars, and other safety concerns.

The monthly activities schedule can be found at www.humsenior.org

For more information call 443-9747, ext. 1228

