



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.

(707) 443-9747



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

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 707-443-9747

TTY 711

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số 707-443-9747 TTY 711

(707) 443-9747

www.humsenior.org



Senior Dining Center Locations

ARCATA

Arcata Community Center
321 Martin Luther King Parkway
(707) 825-2027

EUREKA

Humboldt Senior Resource Center
1910 California Street
(707) 443-9747

FORTUNA

Gene Lucas Community Center
3000 Newburg Road
(707) 725-6245

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



HSRC Senior Dining Centers are handicap-accessible and can be reached on city bus and Dial-A-Ride routes.

Lunch reservations are recommended.

Nutrition Programs

Senior Dining Centers & Home Delivered Meals

Friendship, activities and hot, nutritious midday meals are provided four days a week at the Arcata and Fortuna HSRC Dining Center locations; and five days a week at the Eureka HSRC Dining Center.

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 60 + 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 (707) 443-9747

Activities Program

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

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

Classes promoting healthy aging include Tai Chi, S.A.I.L. exercise—Stay Active and Independent for Life, yoga, karate, line dancing and Falun Dafa.

Dial-A-Ride

HSRC sells tickets 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 (707) 443-9747

