



Activities Program

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

Services include flu shots, tax assistance, commodity food distribution, a computer lab, a library, classes that promote healthy aging, and more.



Monthly activities schedules are available onsite or on the HSRC website at www.humsenior.org

Dial-A-Ride

HSRC sells tickets for the door-to-door shared cab and wheelchair lift van service.

My Safety Call

My Safety Call is a telephone reassurance service for residents in the greater Eureka, Arcata, and McKinleyville areas. This service provides daily check-ins and peace of mind for older adults who live alone.

For more information call 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

info@humsenior.org
www.humsenior.org

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



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

Nutrition Programs

Heritage Cafés & Meals on Wheels Redwood Coast

Friendship, activities and hot, nutritious midday meals are provided at Heritage Café. Schedules vary by location.

If you are homebound and at least 60 years old, Meals on Wheels can be delivered to your home in Arcata, Eureka, Fortuna and McKinleyville. Call us regarding service to other communities.

“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 Meals on Wheels Redwood Coast participant

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

Those under 60 years of age are welcome at HSRC’s Heritage Cafés; there is a fee for lunch.

The Nutrition Program is partially funded by a grant from Area 1 Agency on Aging.

Heritage Café

HSRC Nutrition & Activities Program

Heritage Café Locations

ARCATA

Arcata Community Center
321 Martin Luther King Jr. Parkway
707-825-2027

EUREKA

Humboldt Senior Resource Center
1910 California Street
707-443-9747, ext. 1242

FORTUNA

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

Contact the Heritage Café of your choice for more information and reservations.

Each HSRC Heritage Café is handicap-accessible and can be reached by public transportation.

Lunch reservations are required, preferably 7 days in advance. The monthly menu can be found at www.humsenior.org.



PETS Program

Meals on Wheels Redwood Coast offers a pet support program — Paws, Ears, Tails and Smiles (PETS) — for seniors and their pets. PETS supports the well-being of seniors by helping to keep their pet companions happy and healthy, in turn easing the burden of pet care for the owner. The PETS Program can provide food delivery and wellness services for eligible pets.



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 Meals on Wheels Redwood Coast drivers, kitchen assistants, Heritage Café hosts, special event helpers, clerical support, entertainers, and class leaders.