



SENIOR RESOURCES

Click on any of the following links to access the flyers
for each resource

[Alzheimer's Association Family Caregiver Support Group in Hemet-every Second Thursday of each Month-Click to learn more](#)

[Alzheimer's Association Family Caregiver Support Group in Rancho Cucamonga-every First Tuesday of each Month-Click to learn more](#)

[Alzheimer Association Support Services-English, Spanish, and Mandarin](#)

[Alzheimer's Association Support Group Coachella Valley Caregiver Support Groups-Click to learn more!](#)

[Alzheimer's Community Forum-Yucaipa-Tuesday, November 15, 2022, Dinner will be served-Click to learn more](#)

[Alzheimer's and Dementia Education, You Can Trust-Click to learn more](#)

[Alzheimer's LA Learning-at-Home-Chinese and Spanish](#)

[Communication Education Single Lecture Topics](#)

[Community Education & Activities Classes available via Zoom or Telephone-Click to learn more](#)

[Community Health Promotion](#)

[COVID-19 San Bernardino County Office of Aging and Adult Services Elderly Nutrition Program Public Notice](#)

[COVID-19 San Bernardino County Office of Aging and Adult Services Disease Prevention and Health Promotion Public Notice](#)

[COVID-19 San Bernardino County Office of Aging and Adult Services Family Caregiver Support Program](#)

[COVID-19 San Bernardino County Office of Aging and Adult Services Senior Support Services Public Notice](#)

[Dementia Online Support Group held every 3rd Saturday Click for more information](#)

[Department of Older Adults-Independent Living Skills](#)

[Department of Older Adults Spanish](#)

[Elder/Dependent Adult Hotline 24-hour \(877\) 565-2020](#)

[Find out if Innovage Pace is Right for you! Click to learn more](#)

[Get paid to be an IHSS Registry Caregiver ~ Apply online at RiversideIHSS.org](#)

[Grocery Home Delivery Service for Highland Seniors-Click to see if you qualify](#)

[Having difficulty hearing or seeing on your smartphone? Attend Free online training and make your smartphone work better for you! Call 1-866-271-1540](#)

[Independence at Home-Are you 55 Years or older? Click to learn more](#)

[Independence at Home-BH Services for Seniors and Caregivers](#)

[Inland Caregiver Resource Center-Bilingual](#)

[Inland Caregiver Resource Center-Virtual Caregiver Support Groups](#)

[Inland Counties Legal Services-FREE Legal Assistance for Seniors age 60 and over! Click to learn more](#)

[**Innovage Life on your terms-Click to learn more**](#)

[InnovAge PACE-Now Enrolling- Click to inquire](#)

[Institute on Aging-Home and Community Based Alternative Medi-Cal Waiver-Click to learn more](#)

[Landlords-Help our Senior Neighbors Find a Home!](#)

[Legal Assistance for Older Americans & COVID-19](#)

[Lighthouse of Hope Foundation is Going Mobile-Saturday Deliveries available only to Elderly/Homebound](#)

[Medi-Medi: Are you Covered? Bilingual Click here to learn more?](#)

[Operation RIVCO Shield-COVID-19 Vaccination Clinic Blind Support Services-Click to register](#)

[PEARLS-Bilingual-Please click for more details](#)

[Riverside County C.A.R.E. Program](#)

[Riverside County Office of Aging-Are you a grandparent taking responsibility for parenting your grandchildren? Please call 1-800-510-2020 or 951-867-3800](#)

[Riverside County Office of Aging Offering Free Classes for Family Caregivers! Care Pathway can help-Click to learn more!](#)

[Senior Information and Assistance Hotline \(800\) 510-2020](#)

[Stay Healthy and Independent at Home](#)

[Understanding-Alzheimer's and Dementia](#)

[**Veterans Virtual Rally Point Wednesday of every month-Click to register**](#)