

Senior Resource Guide June 2025



FOOD DELIVERY

Jewish Family Service LA Meal Delivery

330 N. Fairfax Ave.
Los Angeles, CA 90036
(323) 937-5852
services@jfsla.org
www.jfsla.org/program/home-delivered-meals/

Warm and frozen kosher meal delivery to homebound seniors.

Meals on Wheels Culver Palms

4427 Overland Ave.
Culver City, CA 90230
(310) 559-0666
mowculverpalms@gmail.com
www.mealsonwheelsculverpalms.org

Warm meal delivery to homebound seniors from Pico Blvd. to LAX.

Meals on Wheels West

1823-A Michigan Ave.
Santa Monica, CA 90404
(310) 394-5133
info@mealsonwheelswest.org
www.mealsonwheelswest.org

Warm meal delivery to homebound residents of Santa Monica, Pacific Palisades, Malibu, Marina Del Rey, and Venice.

Meals on Wheels of West LA

343 S. Church Lane
Los Angeles, CA 90049
(310) 208-4028
www.mealsonwheelswla.org

Warm meal delivery to homebound residents of certain LA zip codes. Call to see if your residence applies.

FOOD DELIVERY (Cont.)

Saint Vincent Meals on Wheels

2303 Miramar St.
Los Angeles, CA 90057
(213) 484-7775
contactus@svmow.org
www.svmow.org

Warm meal delivery to homebound residents of certain LA zip codes.

FOOD PANTRIES

The Christian Association for Social Services

5814 Venice Blvd.
Los Angeles, CA 90016
(310) 529-1921

Food distribution twice-monthly every 1st and 3rd Saturday 9:30am-12:30pm

Church on Pearl Pantry

1520 Pearl St.
Santa Monica, CA 90405
(310) 310-1384

Food distribution Wednesday 2:30pm-5:20pm.

Faith Tabernacle Church

2147 Purdue Ave.
Los Angeles, CA 90025
(310) 473-3135

Food distribution Sunday 12:30pm-1:30pm

Farragut Ave. Elementary School Parking Lot

10820 Farragut Drive
Culver City, CA 90230
(310) 828-6016

Food distribution Thursday 3pm-4pm.

FOOD PANTRIES (Cont.)

Food Pantry LAX

355 E Beach Ave.
Inglewood, CA 90302
(310) 677-5597
www.foodpantrylax.org

Food distribution Tuesday and Friday 9:30am-12pm.

Mar Vista Family Center

5075 S. Slauson Ave.
Culver City, CA 90230
(310) 391-7366

Food distribution Wednesday 8:30am-9:30am

Nourish LA

3200 Sawtelle Blvd.
Los Angeles, CA 90066
(323) 360-7210

Food distribution Sunday 1pm-2:30pm.

Open Arms Food Pantries

3651 S La Brea Ave. PMB 204
Los Angeles, CA 90016
(213) 300-0080
www.openarmscharityla.org

Free food distribution events in West LA County. Call or visit their website for upcoming events.

The People Concern

503 Olympic Blvd.
Santa Monica, CA 90401
(310) 450-4050

Food distribution Tuesday 1pm-2:30pm

FOOD PANTRIES (Cont.)

Salvation Army – Santa Monica

1533 4th St.
Santa Monica, CA 90401
(310) 451-1358

Food distribution Monday and Wednesday 11am-1pm

SOVA West Food Bank (Jewish Family Service LA)

8846 W. Pico Blvd.
Los Angeles, CA 90035
(818) 988-7682
[Jfsla.org/program/sova/](http://jfsla.org/program/sova/)

Food distribution Monday-Thursday 10am-1:30pm, Sunday 9am-12pm.

Step Up on 2nd

1328 2nd St.
Santa Monica, CA 90401
(310) 576-1308

Food distribution Tuesday-Thursday 12pm-2pm, Friday 11am-12pm.

St. Gerard's Social Service

4439 Inglewood Blvd.
Los Angeles, CA 90066
(310) 828-6016

Food distribution Tuesday 9am-10am

St. Joseph Center

204 Hampton Dr.
Venice, CA 90291
(310) 396-6468

Food distribution Monday 10am-11:50am, Tuesday and Thursday 12pm-2:50pm

FOOD PANTRIES (Cont.)

St. Mark's Parish

940 Coeur D'Alene Ave.
Venice, CA 90291
(310) 821-5058

Food distribution Saturday 11am-1pm.

St. Robert's Center

211 3rd Ave.
Venice, CA 90291
(310) 392-8701

Food distribution Saturday 8:30am-11am

Virginia Ave. Park Pantry

2200 Virginia Ave.
Santa Monica, CA 90404
(310) 828-6016

Food distribution Thursday 11am-12pm.

West LA Civic Center Parking Lot

1645 Corinth Ave.
Los Angeles, CA 90025
(310) 828-6016

Food distribution Friday 3:30pm-4:30pm.

Westside Food Bank

(310) 828-6016
www.hope.wsfb.org

Resource that partners with many of the pantries listed here. Call or visit their website to confirm times and locations of local food banks.

FOOD PANTRIES (Cont.)

World Harvest Food Bank

3100 Venice Blvd.
Los Angeles, CA 90019
(213) 746-2227

www.worldharvestfoodbank.org
Open Monday-Friday 8am-4pm, Saturday 8am-3pm.

YMCA – Collins & Katz Family

1466 S. Westgate Ave.
Los Angeles, CA 90025
(310) 477-1511

Food distribution Thursday 9am-11am.

YMCA – Culver-Palms

4500 Sepulveda Blvd.
Culver City, CA 90230
(310) 390-3601

Food distribution Thursday 9am-11am.

FREE AND DISCOUNTED SENIOR ACTIVITIES

California State University - Dominguez Hills

1000 E Victoria St.
Carson, CA 90747
General Line - (310) 243-3696
Admissions and Records - (310) 243-3645
www.csudh.edu

California residents over 60 are eligible to attend college accredited courses at CSUDH at a steep discount with the use of a fee waiver. With an approved waiver, base fees and tuition are 3\$ per semester. For assistance navigating the application process and information regarding registration deadlines and the current course catalog, call CSUDH's Admissions and Records at (310) 243-3645.

FREE AND DISCOUNTED SENIOR ACTIVITIES (Cont.)

National Parks

The National Park Service offers free admission to their 423 national parks for military veterans and their dependents. They also offer heavily discounted annual and lifetime passes for people age 62 and over.

Senior Annual Pass - \$20.00

Senior Lifetime Pass - \$80.00

Military Lifetime Pass – Free

Visit their website at www.nps.gov or call 1(202)208-6843 for information on buying passes, and for hours, locations, and access points of nearby national parks. Nearby NPS parks include:

Santa Monica Mountains National
Recreation Area

Butterfield Overland National Historic Trail

Juan Bautista de Anza National Historic
Trail

Old Spanish National Historic Trail

Channel Islands National Park

Joshua Tree National Park

YMCA

Los Angeles Metropolitan YMCA locations host a variety of senior activities and fitness classes. YMCA offers income-based financial aid to eligible members. Call ahead for information on obtaining a free or discounted membership, location hours, and class schedules.

Anderson Munger Family YMCA

4301 W. 3rd St.
Los Angeles, CA 90020
(213) 427-9622

Crenshaw Family YMCA

3820 Santa Rosalia Dr.
Los Angeles, CA 90008
(323) 292-9195

Collins & Katz Family YMCA

1466 S. Westgate Ave.
Los Angeles, CA 90025
(310) 477-1511

Culver-Palms Family YMCA

4500 Sepulveda Blvd.
Culver City, CA 90230
(310) 390-3604

HOSPITALS

Cedars-Sinai Marina del Rey Hospital

4650 Lincoln Blvd.
Marina Del Rey, CA 90292
(310) 823-8911
www.cedars-sinai.org
Open 24 hours

PIH Health Good Samaritan Hospital

1225 Wilshire Blvd.
Los Angeles, CA 90017
(213) 977-2121
www.pihhealth.org
Open 24 hours

Centinela Hospital Medical Center

555 E. Hardy St.
Inglewood, CA 90301
(310) 673-4660
www.centinelamed.com
Open 24 hours

HOUSING

211 LA

Dial '211'
www.211la.org
All-in-one resource referral to services in LA County including housing, wildfire relief, food, transportation, and more. Some housing resources are only available through a 211 referral.

Alcott Center Supportive Housing

10549 Jefferson Blvd.
Culver City, CA 90232
(310) 785-2121
www.alcottcenter.org

Temporary supportive housing up to six months for people receiving mental health services from Alcott Center (see under MENTAL HEALTH for more information).

HOUSING (Cont.)

Homes for Life Foundation

8939 S Sepulveda Blvd. # 460

Los Angeles, CA 90045

(310) 337-7417

www.homesforlife.org

For seniors with mental health diagnoses, Homes for Life Foundation provides income-based single housing in apartment complexes located in Pasadena and Van Nuys as well as part-time case management. To apply and join the waitlist, call the number provided. The average wait time is several years, but there is no risk or cost for applying.

Safe Parking LA

(323) 210-3375

warmline@safeparkingla.org

www.safeparkingla.org

For those living in their car, Safe Parking LA provides a secure place to park your car overnight in lots all over LA county. To apply or find the nearest Safe Parking lot, apply online or call the number provided. A valid driver's license and proof of registration and insurance is required for eligibility.

HOUSING (Cont.)

SHARE! Collaborative Housing

SHARE! Culver City
6666 Green Valley Circle
Culver City, CA 90230
(310) 305-8878

Sunday – Friday 1pm-10pm
Saturday 9:30am-5pm

SHARE! Downtown
425 South Broadway
Los Angeles, CA 90013
(213) 213-0100

Sunday – Friday 12:30pm-9pm
Saturday 9:30am-5:30pm

Housing line - (877) SHARE-49 or (877) 742-7349.
www.shareselfhelp.org/collaborative-housing

SHARE! offers low-barrier shared housing in single family homes across LA County. The only requirements for eligibility are the ability to live independently and a source of income to pay a low-cost monthly rent. Any form of income, including government assistance, is accepted. Walk-ins are welcome at SHARE! Culver City and SHARE! Downtown 1pm-9pm. Calls are accepted between 1pm-6pm.

For information on getting housed today, call the housing line or visit the website provided

For information on SHARE!'s other programs including 2-week free Recovery Retreat, self-help support groups, and supportive services for seniors, call or visit www.shareselfhelp.org

St. Joseph Center

404 Lincoln Blvd
Venice, CA 90291
(310) 396-6468
www.stjosephctr.org

Transitional no-cost single housing for individuals living in Westside LA. The only way to apply is to visit the access center in-person during business hours. The housing process can take 2-3 months.

Monday – Thursday 8am-11:30am

HOUSING (Cont.)

The People Concern

503 Olympic Blvd.
Santa Monica, CA 90401
(310) 450-4050
www.thepeopleconcern.org

Income-based interim and permanent supportive housing. The only way to apply is to visit the access center in-person during business hours or through a 211 referral.

Monday – Friday 9am-5pm
Tuesday 1pm-5pm
*Closed every 1st and 2nd Wednesday of the month

LIBRARIES

Baldwin Hills Library

2906 S. La Brea Ave.
Los Angeles, CA 90016
(323) 733-1196

Monday and Wednesday 10am-8pm
Tuesday and Thursday 12pm-8pm
Friday and Saturday 9:30am-5:30pm

Julian Dixon Library

4970 Overland Ave.
Culver City, CA 90230
(310) 559-1676

Tuesday and Wednesday 12pm-8pm
Thursday - Saturday 10am-6pm

Lloyd Taber Library

4533 Admiralty Way
Marina Del Rey, CA 90292
(301) 821-3415

Monday - Saturday 10am-8pm

LIBRARIES (Cont.)

Loyola Village Library

7114 W. Manchester Ave.
Los Angeles, CA 90045
(310) 348-1096

Monday and Wednesday 10am-8pm
Tuesday and Thursday 12pm-8pm
Friday and Saturday 9:30am-5:30pm

Mar Vista Library

12006 Venice Blvd.
Los Angeles, CA 90066
(310) 390-3454

Monday and Wednesday 10am-8pm
Tuesday and Thursday 12pm-8pm
Friday and Saturday 9:30am-5:30pm

Palms-Rancho Park Library

2920 Overland Ave.
Los Angeles, CA 90064
(310) 840-2142

Monday and Wednesday 10am-8pm
Tuesday and Thursday 12pm-8pm
Friday and Saturday 9:30am-5:30pm

Playa Vista Library

6400 Playa Vista Dr.
Los Angeles, CA 90094
(310) 437-6680

Monday and Wednesday 10am-8pm
Tuesday and Thursday 12pm-8pm
Friday and Saturday 9:30am-5:30pm

WLAC Heldman Learning Resources Center Library

9000 Overland Ave.
Culver City, CA 90230
(310) 287-4269

Monday - Thursday 8:30am-8pm
Saturday 11am-3pm

MENTAL HEALTH

Airport Marina Counseling Services (AMCS)

7891 La Tijera Blvd.
Los Angeles, CA 90045
(310) 670-1410
www.amchelps.com

Sliding-scale therapy for individuals, couples, and families as well as group therapy and classes. Regular sessions are based on monthly income after a one-time \$30 intake fee.

Alcott Center for Mental Health Services

10549 Jefferson Blvd.
Culver City, CA 90232
(310) 785-2121
www.alcottcenter.org

No-cost therapy and mental health case management for people receiving Medi Cal or Medicare and private insurance. After initial intake and a holding period of one or more months, participants can begin receiving services. Group therapy is available right away. Alcott Center offers a transitional housing program available to those receiving mental health services (see under HOUSING).

Crisis Text Line

Text 'CONNECT' to 741-741
www.crisistextline.org
24/7

Deaf & Hard of Hearing Suicide Crisis Support

Text 'HEARME' to 839-863
24/7

MENTAL HEALTH (Cont.)

Didi Hirsch Suicide Prevention Center

10277 W. Olympic Blvd.
Century City, CA 90067
(424) 362-2900
www.didihirsch.org

Individual, family, and group therapy for those who have experienced suicidal thoughts, attempted suicide, or lost a loved one to suicide. They accept a wide range of insurance, including Medi-Cal.

Domestic Violence Hotline

(800) 799-7233
24/7

Edelman Westside Mental Health Center

5860 Uplander Way
Culver City, CA 90230
(310) 966-6508

Therapy, psychiatry, case management, and occupational therapy for adults under Medi-Cal or uninsured. For quick assistance, call the provided intake line.

Elderly Abuse Hotline

(800) 992-1660
24/7

Jewish Family Service LA Counseling Services

8838 W Pico Blvd.
Los Angeles, CA 90035
(310) 247-0864

Individual counseling, psychotherapy, medication monitoring, and referrals. Individuals with Medi-Cal and Medi-Cal/Medicare are eligible.

MENTAL HEALTH (Cont.)

Maple Counseling Center

1945 S La Cienega Blvd.
Los Angeles, CA 90034
(310) 271-9999
www.maple4counseling.org

Income-based individual counseling, couples therapy, and group therapy. To schedule a consultation at their welcome center, call the number provided.

Mental Health Advocacy Services Inc

3255 Wilshire Blvd., # 902
Los Angeles, CA 90010
(213) 389-2077
www.mhas-la.org

MHAS is a non-profit serving adults and children with mental health needs with an emphasis on obtaining government benefits and services, protecting rights, and fighting discrimination.

Mental Health Hotline

(800) 854-7771
24/7

Nation Alliance on Mental Illness (NAMI) Westside LA

921 Westwood Blvd.
Los Angeles, CA 90024
(310) 889-7200
www.namiwla.org

Groups and resources for those experiencing any mental illness including depression, bipolar disorder, schizoaffective disorder, substance abuse, and PTSD. All services are always free.

MENTAL HEALTH (Cont.)

Ness Counseling Center

8512 Whitworth Dr.
Los Angeles, CA 90025
(310) 360-8512
www.nesscenter.com

Ness Counseling Center provides programs and services such as individual, couples, and family therapy as well as drug and alcohol counseling, domestic violence treatment, anger management, sex addiction, drug testing, and livescan fingerprinting. Groups and counseling sessions range in price from \$85-\$148. Lower costs provided for those covered by Medi-Cal.

SAGE LGBTQ Elder Hotline

(877) 360-LGBT
www.lgbtagingcenter.org
24/7

Suicide & Crisis Lifeline

Dial '988'
www.988lifeline.org
24/7

Veteran Mental Health Help Line

(800) 854-7771
Monday – Friday 9am-6pm

Wise & Healthy Aging

1527 4th St., 2nd Floor
Santa Monica, CA 90401
(310) 394-9871
www.wiseandhealthyaging.org

Case management for older adults looking to receive care but remain independent in their own homes. Wise & Healthy Aging's care coordinators help curate referrals and fill out applications for people looking for assistance managing new struggles as they age.

SENIOR CENTERS

Betty Hill Senior Citizen Center

3570 Denker Ave.
Los Angeles, CA 90018
(323) 733-1946
www.laparks.org/scc/betty-hill

Monday – Friday 9am-5pm

Claude Pepper Recreational Senior Citizen Center

1762 S La Cienega Blvd.
Los Angeles, CA 90035
(310) 559-9677
www.laparks.org/scc/claude-pepper

Monday – Friday 9am-5pm

Culver City Senior Center

4095 Overland Ave.
Culver City, CA 90232
(310) 253-6700

Monday – Friday 9am-5pm
Saturday – Sunday 12pm-4pm

Hawthorne Senior Center

3901 W El Segundo Blvd.
Hawthorne, CA 90250
(310) 349-1650

Monday – Friday 9am-4pm

Inglewood Senior Center

111 N Locust St.
Inglewood, CA 90301
(310) 412-5338

Monday – Friday 8am-5pm

SENIOR CENTERS (Cont.)

Vineyard Senior Center

2942 Vineyard Ave.
Los Angeles, CA 90016
(323) 732-2469
www.laparks.org/reccenter/vineyard

Monday, Wednesday, and Friday 9:30am-6pm
Tuesday and Thursday 9:30am-10pm
Saturday 10am-4pm

Watts Senior Center

1657 East Century Blvd.
Los Angeles, CA 90002
(323) 564-9440
www.laparks.org/scc/watts

Monday – Friday 9am-4pm

Westchester Senior Center

8740 Lincoln Blvd.
Los Angeles, CA 90045
(310) 649-3319
www.laparks.org/scc/westchester

Monday – Friday 9am-5pm

Yvonne B Burke Senior & Community Center

4750 W 62nd St.
Los Angeles, CA 90056
(323) 298-6038

Monday – Friday 8am-5pm

SENIOR DISCOUNTS

AARP

(866) 654-5572

www.aarp.org

For \$15 a year, an AARP membership provides access to discounts, programs, and services from prominent brands. Their website is host to a variety of resources for seniors including health and wellness, tech, finance, entertainment and more.

The following restaurant and retail chains publicly offer senior discounts. Some discounts may vary by location. Many stores and restaurants not listed below offer senior discounts, but may not openly advertise them. Before making any purchase, ask an employee about their senior discount policy to receive all available benefits.

Restaurant Discounts

Applebee's

Offers a discount to customers age 55+. Discounts vary by location.

Arby's

10% off for customers age 55+

Ben and Jerry's

10% off for customers age 60+

Boston Market

10% off for customers age 55+

Burger King

Offers a discount to customers age 55+. Discounts vary by location.

Chili's

10% off for customers age 55+

Dunkin' Donuts

10% off for customers age 55+

SENIOR DISCOUNTS (Cont.)

Einstein Bros. Bagels

10% off for customers age 60+

El Pollo Loco

10% off for customers age 60+

IHOP

10% off or access to discounted senior menu for customers age 55+

Jack in the Box

20% off for customers age 55+

KFC

10% off or free small drink for customers age 55+

Krispy Kreme

10% off for customers age 55+

McDonald's

Discounts on beverages for customers age 55+. Discounts vary by location.

Sizzler

Access to a discounted senior menu for customers age 60+

Wendy's

Offers a discount to customers 60+. Discounts vary by location.

SENIOR DISCOUNTS (Cont.)

Retail Discounts

Amazon

Discounted Prime membership (\$6.99/month) for customers enrolled in qualifying government assistance programs like SNAP or Medicaid.

Goodwill

10-20% off on select days for customers age 55+. Offer days vary by location.

Michael's

10% off, including sale items, for customers age 55+

Petsmart

10% off purchase, 10% off grooming on Tuesdays, and 10% off overnight pet boarding for customers age 65+

Regal Cinemas

\$3 off for customers age 60+

Ross Dress for Less

10% off on Tuesdays for customers age 55+

Salvation Army

15-50% on select days for customers 55+. Offer days vary by location.

Walgreens

20% on Senior Day, once per month, for customers 55+. Senior Day varies by location.

SENIOR DISCOUNTS (Cont.)

Lifeline Support

For those living below a certain income level or receiving SNAP, Medicaid, or other federal assistance programs, Lifeline Support provides heavily discounted and sometimes free mobile phone services through participating companies. The following companies provide Lifeline benefits to those residing in zip code 90230. For providers in other zip codes, call Lifeline Support at (866) 272-4441.

Sequoia Wireless

(800) 487-4975

www.sequoiawireless.com/lifeline

Offers free mobile phones and service to eligible enrollees. Enrollment can be done over the phone at the number provided or online on their website.

Red Pocket Mobile

(712) 775-8777

www.redpocket.com/assist

Offers free mobile service only. Enrollment available after creating a Red Pocket Mobile account online at the website provided.

Standup Wireless

(800) 544-4441

www.standupwireless.com

Offers free mobile service only. Enrollment only available online at the web address provided. Enrollment assistance is available by calling the customer service line.

TRANSPORTATION

ACCESS (Para-Transit)

(800) 827-0829

www.accaccessla.org

ACCESS is a ride-share program for seniors and people with disabilities. ACCESS provides scheduled rides, excluding emergency or same-day transportation. To apply for ACCESS, visit their website to schedule an application appointment to determine your eligibility.

LA Real-Time Traffic Report

Dial '511' for traffic report.

www.go511.com

TRANSPORTATION (Cont.)

LADOT Transit Cityride Dial-A-Ride

(800) 213-7433

www.ladottransit.com/cityride/

To register: www.register.cityride.net

Cityride Dial-A-Ride is a ride-share service for seniors and people with disabilities living in unincorporated areas of LA County. Participants must schedule an appointment for service in advance. To register or learn more, please visit the websites provided.

Los Angeles Metro

Reduced Fair Line - (213) 680-0054

Toll-Free Route Recommendation - (323)-GO-METRO

www.metro.net

Metro provides a system of buses, light rail, and subway lines throughout LA County. Metro fare is discounted for seniors 62 years of age or older, people with disabilities, and Medicare customers. In order to apply for discounted fare, visit any Metro customer center or call (213) 680-0054. For the most convenient public transit route to a certain destination, call toll-free at (323)-GO-METRO.

Baldwin Hills Crenshaw Customer Center

3650 W. Martin Luther King Blvd., Suite 189

LA, CA 90008

Tuesday – Saturday 10am-6pm

East Los Angeles Customer Center

4501 B Whittier Blvd.

LA, CA 90022

Tuesday – Saturday 10am-6pm

Rosa Parks Customer Center Willowbrook/Rosa Parks Station

11720 Wilmington Ave

Los Angeles, CA 90059

Monday – Friday 6am-6:30pm

TRANSPORTATION (Cont.)

Union Station/Gateway Transit Customer Center – East Portal

1 Gateway Plaza

LA, CA 90012

Monday – Friday: 6am-6:30pm

Saturday and Sunday: 10am – 6pm

Wilshire/Vermont Customer Center

3183 Wilshire Blvd., Suite 174

LA, CA 90010

Monday – Friday 10am-6pm