

HILLTOPPER

FEBRUARY 2023

PALOMAR ESTATES WEST



Onsite Management

Maintenance: Felipe Diaz

Office: Debbie Bartlett

Office Hours:

Monday thru Friday

9:30 a.m. – 12:00 p.m.

1 p.m. – 4:00 p.m.

Office Staff

Gayle Plant

Weekend Relief

Doug Tickner

Security Patrol

Hidden Valley Security

(760) 744-1061

Office: (760) 727-5453

Fax: (760) 727-3054

E-mail: Palomarestateswest@gmail.com

After hour emergencies only:

(888) 518-6064

Resident website: Pewresidents.com

Offsite Management

PROPERTY MANAGEMENT

HAVEN MANAGEMENT SERVICES

3491 Concours Street, Suite 204

Ontario, CA 91764

Property Supervisor: Katie Davis

(909) 930-9750 Ext. 3005

Fax: (909) 481-7260

kdavis@havenms.com

MILLENNIUM HOUSING COMMUNITY

611 Anton Blvd., Suite 890

Costa Mesa, CA 92626

Phone: (949) 515-5100

Fax: (949) 515-5101

<http://millenniumhousing.com>

President: George Turk

Vice President: Lori Carraway

Project Manager: Diana Welsh

Director of Resident Services: Stacey Price

MILLENNIUM MEMO
FEBRUARY 2023

"I find this rent increase is horrible! Let's get real and re-calculate! Use the 3% you did last year!"

That's from a letter written by a resident at Palomar East, but I suspect some of you may feel the same way, so let's talk about rents for a moment.

As the letter stated, last year we did, in fact, adjust rents by 3% (less than half of the 6.5% inflation rate), but we still got complaints.

What do you think? Are we being unfair? Before you answer, consider the following. On the date we sent out the notice, the San Diego County cost of living index had increased by 8.2%, quite a bit more than this year's adjustment of "only" 6%.

We have also capped rents at \$770. If you're at or near that level, as 100 of you are, your increase was very small, or even zero in some cases.

We aren't just sitting on your rent money. Over the past four years, we've spent \$1.3M on capital improvements--\$800K on streets/driveways-- versus \$935K in net surpluses. That's right: we invested \$365K more on improvements than the Park generated.

Given that our increases have always been less than inflation and have been moderate for several years, we limit how high rents can go, and the fact that we reinvest every dollar of Surplus back into the Park...aren't you getting a fair deal?

A Couple More Items

- 55 residents from our 3 San Marcos Parks enjoyed another Band & Bingo event at Palomar East. Attendees were treated to a FREE lunch, live music and 5 bingo games. Among the prizes were a \$50 rent credit. If you weren't there, think about making the next one.

As always, thanks to SPARC, our resident services partner, for sponsoring.

- Latest resident complaint: smoking at the Gazebo. Someone even tore down the No Smoking signs, broke them in half and left them. That sure showed us!

Per Rule 11C: "Smoking is prohibited in the clubhouse, pool, and spa areas or within 50' of any clubhouse entrance." You have the entire rest of the Park to indulge your habit, so if you smoke, do it somewhere other than at the Gazebo.

New Look for the New Year?

My wife asked me to go back to having a beard. I used to hate facial hair, but it's starting to grow on me. We'll see how it goes.

Have a Happy Valentine's Day.

George Turk

REMINDERS

- **President's Day Holiday and the PEW Park Office will be closed on Monday February 20th.**
- **All we need turned into the office at rent time, is your check, please no envelopes.**
- **Trash pick-up will remain on schedule through the President's Day Holiday.**
- **Be mindful and observe the Park's 15 MPH Speed Limit**
- **One more thing! Don't forget to pick up after your dog.**

\$10 Annual Charge

Remember last year one of the new laws that went into effect was that the Park was responsible to send and certain amount (per space) into a fund established for assistance in legal fees. Of the amount the Park has to pay, they are able to pass \$10 through to the residents. Well, it is that time of year again. You will notice that fee on your February rent statement. Don't panic, it only happens once a year.

Dumpster Day is Coming



The Park is planning a special day to bring in a dumpster and give Palomar West residents a chance to throw away items that don't fit in our more limited trash cans. We have marked Saturday, April 15th on the calendar and will be working along the PEWRA board to set times and guidelines.

Trash Barrel Wheels



Please make sure the wheels of your trash, green waste and recycle barrels are not placed in the gutter when put out for pick up. They should be on the asphalt and placed at a minimum of 1 foot apart. When they are placed with wheels in the gutter and we have any heavy rain the barrels tend to be knocked over and can be washed downhill.

Happy Valentine's Day

FROM THE PEW BOARD

Hi Neighbors:

I recently discovered a YouTube video from the “Manufactured Housing Expert” (<https://www.youtube.com/watch?v=aRcm3vuPnnE>), where he refers to Palomar Estates West as “one of the most spectacular 55+ manufactured housing communities in the state of California.” That is high praise indeed and I happen to agree with him.

By now the 2023 Directory and PEWRA membership envelopes should have been distributed. Even though prices have gone up on just about everything you can think of, your dues have remained the same at \$5.00 per household. These funds help contribute to the many amenities and activities we all enjoy and assist in keeping our neighborhood “one of the most spectacular 55+ manufactured housing communities in the state of California.” And if a parkwide vote arises, you can’t vote on the matter if your dues haven’t been paid. Consider it an HOA fee; where else in the country are HOA dues only \$5.00 per year?!

Speaking of voting, it’s that time of year when we start encouraging residents to consider volunteering to serve on the PEWRA Board. This June four board members’ two-year terms will be up. Last year we had a parkwide vote for the first time in years, and it would be wonderful if we could do it again. Being on the board is a great way to get involved and it brings a great deal of satisfaction by representing the interests of your fellow residents. I highly encourage you to consider running; being a board member is not nearly as scary as you may think.

And while we’re on the volunteer subject, we are still looking for help in putting together the monthly Hilltopper. Our newsletter is so informative and such an important resource for the residents, it would be awful not to have it anymore. The job consists of assembling the various articles and announcements that are received each month and sending them off to the publisher. If you have considered volunteering but prefer to do so in the comfort of your home, this just might be the job for you. No experience is necessary. Please phone or text me at 951-203-4945 or email me at spearstricia@yahoo.com if you are interested.

It’s also that time of year to start thinking about the 2023/2024 Wish List. If you have an idea or suggestion for something that you think would benefit our community, please let one of the board members know and we will submit it for consideration. You can also email me or put your suggestion in the PEWRA box in the card room.

Tax Day, April 15th is going to be a happy day for those of you who have been asking. We plan to have a huge dumpster available that day for residents to get rid of all the junk they’ve been collecting. The plan is to have the dumpster in front of the clubhouse. More information will be coming on specifics. This dumpster will be for **RESIDENTS ONLY**; no contractors, no gardeners/landscapers, no friends and family.

I'd like to share a few takeaways from the recent Neighborhood Watch meeting. If you have an Emergency call 911. Do you know that you can also text 911 if you are unable to speak? If you have a police-matter concern that isn't necessarily an emergency, call the San Marcos Sheriff's station at 858-565-5200. If you hear a helicopter flying above and they are saying something over the megaphone that you can't understand, text the word "Hello" to 858-866-4356, and you will get a text back letting you know what is being said. And lastly, the San Diego County Sheriff's Department offers free home vacation checks year-round. You have to go into the San Marcos Station and request the service (don't wait until the last minute), and the Senior Volunteer Patrol will do security inspections around your home while you're away.

February 7th's board meeting will be a General Meeting. Everyone is invited to come and ask questions or voice concerns. Garry and Michael will be sharing different ways on how seniors can save money each month.

I guess I had a lot more to talk about than I thought. Thanks for listening!

Cheers,

Tricia

951-203-4945

spearstricia@yahoo.com



Billboards

If anyone is interested in having their event listed, these are the rules: Board and Social Connection events will have priority, club events are next, and non-club events that are open to all residents, are last. No 'For-Profit' events will be listed. There is a space limit of 8 events each month. Notification of events must be sent to simonspears@gmail.com by the 15th of the preceding month.

Bridge Substitutes Needed

The bridge club meets from 1:30- 4:00 on Mondays in the game room at the clubhouse. They are in need of substitutes for when members are sick or unable to attend. If you would like to play, please contact **Connie Krell at 760-743-6522.**



FEBRUARY



Nancy Cobb	2
Gerald Jameson	2
Cathy Koenig	3
Denny Uhles	10
Stephen Villanueva	11
Cesar Palacio	13
Bente Friis	17
Carol Hallam	18
Erik Kopp	18

Terry Brady	19
Cita Cook	19
Billie Faye Cooper	19
Carol Godett	25
John Primeau	26
Cynthia Nelson	27
Phyllis Escalante	28
Joan Wesells	29



RESIDENTS ASSOCIATION BOARD

President: Tricia Spears
Secretary: Jo Gehringer

Vice President: Cathie Byrd
Treasurer: Michael Wilkinson

Members

Garry Larson, Katie Rodriguez, Dita Kemp

Board Meeting: 1st Tuesday of the Month at 6:30 pm in the Pavilion

SOCIAL CONNECTION

Linda Swink – Chairperson, Eileen LaLone - Treasurer, Marilyn Ferri- Secretary
Cathy Bassett, Herlinda Mahler, Cathie Byrd, Margaret Scotto
Arleen Schlafer, Rusty Bassett, Merlin Chancellor, Angela Sirota

HILLTOPPER COMMITTEE

Debbie McQuillan and Mary Wallace, Editors

READY ADVISORY PANEL

Bryan Cooper, Mary Wallace
Cindy Palermo, Lee Tydlaska, Liz Larkin

BREAKFAST COMMITTEE

Mikkie Sawyer, LuAnn Foster, Kim Stevenson, Trish Coy,
Helen Lyon, Cathy Bassett, Diana Primeau, Karen King
Alternate: Sheila Miller

GYM COMMITTEE

Larry Brown, Rusty Bassett, Marie McElligott

For Fire, Sheriff, or Emergency in progress, such as break-ins, health problems or a life-threatening situation, call 911.

If you have a non-emergency question or to file a report, please call the San Diego Sheriff Dept at 760-510-5200.

ACTIVITIES DIRECTORY

<u>ACTIVITY</u>	<u>TIME & DAY</u>	<u>CONTACT</u>	<u>PHONE</u>
Aqua Exercise	2:30 pm Tu & F	Trish Coy	760-536-9338
Billiards (Men)	9 am Tu	Stan Lindsay	760-598-0582
Billiards (Women)	1:30 pm M	Gerri Harper	760-500-8681
Bingo	6:50 Th	Delane Johnson	612-240-4049
Breakfast	1 st Sat 8:30 am	Mikkie Sawyer	760-690-7825
Bridge	1:30 pm M	Connie Krell	760-734-6522
Darts	6-8 pm Th Game Room	Chuck Thomas	707-799-6555
Dog Park	8 am- 8 pm Daily	Debbie McQuillan	858-663-2822
Garden Club	1 st M 2 pm	Merlin Chancellor	661-670-1336
Let's Dine Out	Times vary	Christine Parkman	559-779-8380
Library	Open Daily	Melissa Szilagyi	760-216-7182
Mahjong	1 pm Th	Kim Stevenson	760-703-4872
Medical Rehab Lending Closet	Open as needed.	Rusty Bassett	619-301-9551
		Jesse Nieto	408-666-8088
Mexican Train	2 nd and 4 th Tu 4:30 pm	Margie Farrelly	760-855-8416
Movie Night/ Dinner & Dance Nights	Dates Vary	Simon Spears	760-583-1549
Pickleball	8am-10am M-W-F Pickleball Club Group play Beginners are welcome!	Margaret Scotto	714-501-4345
Ping Pong	Tu 10:30 am	Nejla Gharajedaghi	760-536-9583
R.E.A.D.Y. Panel Emergency Preparedness		Mary Wallace	619-887-0700
		Bryan Cooper	858-342-3335
Shuffleboard	1:30 pm M	Rusty Bassett	619-301-9551
Live 2 B Healthy Strength & Balance	10 am M-W-F	Maria Barnabe	619-886-2779
Social Connection	Dates Vary	Linda Swink	760-855-2008
Tai Chi	9-10 am Th		
Tennis	9 am W & Sa	Rob Edwards	760-807-5683

Hilltopper submissions to pewhilltopper@gmail.com. All submissions must be submitted by the 10th of the month.

Hilltopper Distribution- Jansi Sauer 509-421-7431

The Hilltopper does not publish articles submitted anonymously. The Hilltopper may edit articles for publication and will not publish anything of a political, medical, or religious nature.

THE HILLTOPPER DOES NOT ENDORSE ANY OF THE ADVERTISERS THAT APPEAR IN ANY ISSUE- USE AT YOUR OWN DISCRETION.

If you notice any errors on the list, please contact the Hilltopper at pewhilltopper@gmail.com

February 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am	Breakfast 8:30 am Tennis 9 am
5	6	7	8	9	10	11
	Live 2 B Healthy Strength & Balance 10 am Garden Club 2:00 pm Women's Billiards 1:30	Men's Billiards 9am Ping Pong 10:30 am	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am	Tai Chi 9-10 am Mahjong 1 pm Bingo 6:50 pm Darts 6-8 pm	Hilltopper Submissions Due	Tennis 9 am
12	13	14 Recycle	15	16	17	18
Super bowl Potluck 2:30 pm	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Movie Night 6 pm	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am	Tennis 9 am
19	20	21	22	23	24	25
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Dog Park sprayed @9am Men's Billiards 9 am Ping Pong 10:30 am Cooking with Katie 4pm	Tennis 9 am Live 2 B Healthy Strength & Balance 10 am Dine In 6 pm Clubhouse	Tai Chi 9-10 am Mahjong 1pm Bingo 6:50 pm Darts 6-8 pm	Live 2 B Healthy Strength & Balance 10 am	Tennis 9 am
26	27	28 Recycle				
	Live 2 B Healthy Strength & Balance 10 am Women's Billiards 1:30 pm	Men's Billiards 9 am Ping Pong 10:30 am Mexican Train 4:30 pm				

B R E A K F A S T

**Act as if “what you do”
makes a difference –**

Joining us for our monthly breakfast,
makes all the difference in the world...
to everyone enjoying each other’s friendship,
along with a good start to a good breakfast
with us at Palomar West.

When: *Saturday.....February 4, 2023 8:30am*

Hope to see "you" there

Mikkie

MOVIE NIGHT

THREE BILLBOARDS OUTSIDE EBBING, MISSOURI

February 15th – 6.00pm Showing at the Pavilion

Please sign-up as spaces are limited to 30 – Thank you

WINNER | 5 BAFTA AWARDS  BEST FILM | 2 ACADEMY AWARDS  BEST ACTRESS IN A LEADING ROLE

FRANCES McDORMAND WOODY HARRELSON SAM ROCKWELL

THREE BILLBOARDS OUTSIDE EBBING, MISSOURI



Free Pop-Corn and soda

Social Connection



"FRIENDSHIP IS ANOTHER WORD FOR LOVE"

JOIN US FOR A FEBRUARY

"LET'S DINE IN!"

WITH FRIENDS



FEATURING

CHEF INA GARTEN'S

SAVORY CITRON CHICKEN HERBED WHITE RICE

GREEN BEANS WITH SHALLOTS

PREPARED & SERVED FAMILY STYLE WITH ROLL, BUTTER
AND DESSERT BY CB CATERING

WHERE: PEW PAVILION

WHEN: WEDNESDAY, FEBRUARY 22nd 6PM

COST: \$15.00 PP. PAYMENT TO BE COLLECTED BY/DELIVERED
TO CATHIE BYRD OR CATHY BASSETT BY 2.17

SIGN UP: IN THE CLUBHOUSE BY 2.17. LIMITED SEATING.

BYOB

Garden Club

Hello Gardening Fans,

Welcome 2023! Hope all your holidays were happy and safe!

The big message we'd like to share is that Ann Kreile is leaving her position as the President of the club! She created it and has been participating and leading it for 18 months! We've been on wonderful tours, had informative speakers, educational discussion, and really good refreshments, and of course, the friendly camaraderie. We will surely miss Ann's leadership! She was always sharing her expertise and her ideas and her smiling face! She passed the gavel onto Merlin Chancellor, an avid gardener. Welcome Merlin to his new position! We'll still see Ann at the meetings!



Ann Kreile

We also need a Secretary (thanks to Alice Eads for many months of doing this important work - to help with steering committee and plan the agenda each month); we also need someone to handle Programs/Speakers (thanks to Robin Green and Chery Carry and Merlin Chancellor) who helped choose field trips, tours, garden visits, and speakers). We saw some beautiful Park resident home gardens we never knew existed! Let's keep sharing our gardens! We learn something new each visit! We also need the Door Prize person to plan for each month's door prize. If you have any plant or anything you would like to donate to the club for the door prize, let Merlin know.

New news: February – come to Safari Park, free for Seniors! Lots of walking but very spectacular! Also, Ann will be talking with her friend to maybe come in and do a talk on Bamboo. Great idea! And finally, keep your eyes peeled and watch out for our Community Garden, coming up soon at the end of Viewpoint, where the street ends.

Monday, Feb. 6th is our next meeting at 2:00. Welcome all members and all newcomers! Come



join the fun!

Deb Stevenson

Join us for
The Monarch Universe
Presented by Rob Wood



Rob will give a PowerPoint presentation covering everything monarch, detailing each stage of the butterfly's life. He explores the many reasons for their decline in numbers, and solutions on how we can all participate to assist in their recovery. He helps us understand the monarch's life cycle and migration.

There will be native plants (which the monarchs need during every stage of their life) for sale after the presentation.

Monday March 6th, 2023
PEW club house 2pm

PALOMAR WEST GARDEN CLUB

TO DO LIST FOR FEBRUARY 2023

- Pull the weeds that have sprouted from winter rains.
- Inspect houseplants.
- Monitor container plants to make sure pots are not standing in water.
- Prune Group 2 Clematis
- Renew the garden mulch.
- Add color indoors with bromeliads, orchids, anthurium or a peace lily.

FEATURED PLANT FOR FEBRUARY

Aloe arborescens known as The Torch Aloe, the Krantz Aloe or the Candelabra Aloe, is a green succulent shrub belonging to the genus Aloe, which it shares with the well-known Aloe Vera. They produce many long, spikey clusters of bright red to orange flower spikes. Native to South Africa, its common names stem from the fact that its red flowers are arranged in a manner similar to torches. Leaves may be green or gray-green, sword-shaped with pale teeth along their edges. Its mature size can be six to nine feet high and six to nine feet wide. Aloes grow easily in well-drained soil in full sun or light shade. Torch Aloes are drought resistant and also fire-retardant. The nectar attracts birds and bees. It is easily grown in sandy or gravelly, moist or dry, well-drained soils in full sun or light shade. Water moderately throughout the year but more sparingly in winter. It does not need much fertilizer depending on how rich your garden soil is. Potted plants need more, as the nutrients wash out from frequent watering. Stop fertilizing during the winter. They are virtually disease free. Watch for scale insects and mealybugs. The plant can be propagated by cuttings, leaves, offsets or seeds. For cuttings from the mature plant, you will need a sterile sharp knife to take cuttings and then allow them to callous for several days. After that you can transfer them to a new pot, water them and leave them in the sunlight for a few days. *Aloe arborescens* is also valued for its medicinal properties, and it is sometimes touted as being more effective than Aloe Vera.



Source: Sunset Western Garden Book, Wikipedia.org.,Gardenia.net

CLEMATIS

- There are three groups of Clematis based on when they bloom.
- Group 2 blooms heavily in spring and produces a smaller number of flowers in early summer.
- When you prune group 2, cut all dead or damaged stems to the ground.
- Remaining stems should be pruned to just above the strongest bud.



Cooking With Katie

Come join us to learn about ways you can cook healthy and delicious meals on a reasonable budget!

Date: Tuesday February 21

Time: 4pm-5:30pm

Location: Palomar West Clubhouse

Demo: Katie's Favorite Recipes

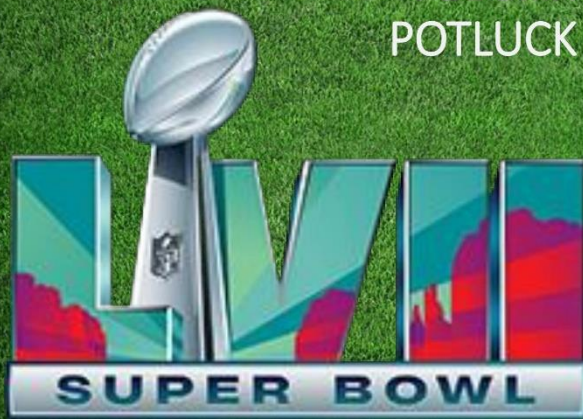
Sign up at the clubhouse to get a spot for this free, tasty class! Sign-up List goes up on 1st of each month. Class max of 25

SUPERBOWL PARTY

Jesse and Rusty's

FEBRUARY 12TH

POTLUCK - BYOB



2.30PM - ON THE BIG-SCREEN AT THE CLUBHOUSE



SAVE THE DATE & CELEBRATE ST. PATRICKS DAY AT PEW!

WHEN: SATURDAY 3.18.23 5P-9P

WHERE: PEW PAVILION

WHAT: DINNER, IRISH MUSIC, DESSERT

MORE DETAILS TO COME IN THE MARCH HILLTOPPER

***SIGN UP AND PAY BETWEEN 2.11 AND 3.11 IN THE
CLUBHOUSE. YOUR PAYMENT CONFIRMS YOUR SEAT!***

CANCELLATIONS AFTER 3.15. CANNOT BE REFUNDED

MAKE CHECKS PAYABLE TO "SOCIAL CONNECTION"

SAFE FOOD EXTENSION DATES

WHAT DO THOSE DATES MEAN & HOW LONG CAN I KEEP IT?

"SELL BY DATE"

A manufacturer's suggestion to the grocery store for dates by which a product should be sold. This date does not determine quality.



MILK
1 WEEK



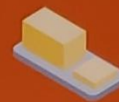
HARD CHEESE
6 MONTHS



EGGS
4-5 WEEKS



PLANT-BASED MILK
6 MONTHS



BUTTER
3 MONTHS

"BEST BY" / "USE BY"

When the product's flavor and quality will be best. After this date, the product is still safe to eat even though nutrients and quality slowly decline.



BREAD
4 DAYS ON SHELF
14 DAYS IN REFRIGERATOR
3 MONTHS IN FREEZER



WHITE RICE
BROWN RICE 1-2 YEARS

WHOLE WHEAT FLOUR
6 MONTHS



WHITE FLOUR
12 MONTHS



SPAGHETTI SAUCE
18 MONTHS

PASTA
2-3 YEARS



CEREAL/ OATMEAL
1 YEAR



DRY BEANS
1 YEAR



CANNED FRUIT/CANNED SOUP 1-2 YEARS
CANNED MEAT/CANNED FISH 3 YEARS
CANNED BEANS 3 YEARS



PEANUT BUTTER
18 MONTHS

CRACKERS
8 MONTHS

"EXPIRATION DATE"

Only used on baby formula, medicines, and vitamins, and should not be used after the date.

Need Help With Food?

These are the three closest Food Distribution Sites.

<p><u>Grandon Village</u></p> <p>Address: 1607 Grandon Avenue San Marcos, CA, 92078</p> <p>Days And Hours Of Distribution: 2nd Tuesday Of Each Month From 11:00 Am - 12:00 Pm</p> <p>Rescheduled For Holidays: No Holiday Closures Scheduled</p> <p>Types Of Food Provided: A 30 Pound Box Of Food Every Month That Is Filled With A Variety Of Nutritious Food Items. The Box Usually Contains The Following Items: Reduced-Fat Milk, Instant Non-Fat Milk, Canned Meats, Peanut Butter, Canned Fruits And Vegetables, Cheese, Rice, Pasta, Fruit Juice And Cereal.</p> <p>Eligibility: Senior (60+) Only; Senior Food Program Income Guidelines Apply</p> <p>Helpful Tips: Park And Walk Up</p>	<p><u>The Movement Church</u></p> <p>Address: 1609 Capalina Road San Marcos, CA, 92069</p> <p>Days And Hours Of Distribution: Monday Before The 3rd Tuesday Of The Month From 2:00 Pm - 3:30 Pm Best to show up at 1:30pm</p> <p>Rescheduled For Holidays: Rescheduled To: 1/24/22 In January</p> <p>Types Of Food Provided: Food Menu Changes Monthly. Typical Food Package Include: Shelf-Stable Food Items Plus Occasional Fresh Produce, Dairy Items, And Frozen Meat.</p> <p>Eligibility: Emergency Food Assistance Program Income Guidelines Apply</p> <p>Helpful Tips: Drive-Thru service and Walk-Ins; Food Bank ID Cards Available Here</p>	<p><u>San Marcos Senior Activity Center</u></p> <p>Address: 111 Richmar Avenue San Marcos, CA, 92069</p> <p>Days And Hours Of Distribution: 3rd Tuesday Of Each Month From 1:30 Pm - 3:00 Pm</p> <p>Rescheduled For Holidays: No Holiday Closures Scheduled</p> <p>Types Of Food Provided: A 30 Pound Box Of Food Every Month That Is Filled With A Variety Of Nutritious Food Items. The Box Usually Contains The Following Items: Reduced-Fat Milk, Instant Non-Fat Milk, Canned Meats, Peanut Butter, Canned Fruits And Vegetables, Cheese, Rice, Pasta, Fruit Juice And Cereal.</p> <p>Eligibility: Senior (60+) Only; Senior Food Program Income Guidelines Apply</p> <p>Helpful Tips: Drive-Thru Service Available</p>
--	---	---

More info is available at <https://sandiegofoodbank.org/>



**Christmas
Party
2022**

