

SENIOR NUTRITION

Providing services to:

- Elders 60 years of age or older
- Spouses
- Individuals with disabilities who are less than 60 years of age, who live at home with a senior participating in the program



"Always give your first catch to an elder"

-- Denali Whitting, Kotzebue

Service Areas

The Senior Nutrition Program provides nutrition services to seniors who live on:

- Pechanga
- Morongo
- Cahuilla
- Torres-Martinez
- Soboba
- Santa Rosa

**Or in adjacent communities*

Contact Us



+800-732-8805 x1999



www.rsbcih.org



11580 Potrero Rd.
Banning, CA 92220



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Sr. Nutrition Rsbcihi



RIVERSIDE - SAN BERNARDINO
COUNTY INDIAN HEALTH, INC.

SENIOR NUTRITION



Delicious Meals
FOR OUR ELDERS

Seniors 60+ may be eligible to receive a meal 5 days a week!





Congregate Meals

Nutrition services for older individuals in a congregate setting. Services includes; meals, nutrition and health education, nutrition screening, and socialization.

SITES

Morongo Senior Center
11580 Potrero Rd 10:00am-1:00pm
Banning, CA 92220

Torres-Martinez Senior Center
66725 Martinez Rd 12:30pm-1:30pm
Thermal, CA 92274

Soboba Clinic
607 Donna Way 11:30am-12:30pm
San Jacinto, CA 92583

Pechanga Silver Feathers Hall
112705 Pechanga Rd 10:30am-12:30pm
Temecula, CA 92592

Anza Community Center
56630 Highway 371 11:00am-11:30am
Anza, CA 92539

About Us!

Our mission is to provide nutritious hot lunches in a welcoming atmosphere that promotes health, wellness, and social recreation.



Home Delivered Meals

Nutrition services provided to homebound elders; including meals, and nutrition and health promotion education.

ELIGIBILITY

1. Any older individual who is frail, and homebound by reason of illness, disability, or isolation.
2. A spouse of a person in above (1), regardless of age or condition.
3. An individual with a disability who lives at home with a senior.



**ASK US ABOUT OUR
OTHER SENIOR
SERVICES!**



Fit After Fifty



**Native American
Caregiver Services**