



CITY OF LOS ANGELES

# Department of Aging

## Program and Service Provider DIRECTORY

City of Los Angeles  
Department of Aging  
(AN AREA AGENCY ON AGING)  
221 N. Figueroa St., Suite 500  
Los Angeles, CA 90012  
[aging.lacity.org](http://aging.lacity.org)

The information contained in this directory may not be current after initial printing.

Revised 2023-05

## MISSION STATEMENT

To improve the quality of life, independence, health and dignity of the City's older population by managing community based senior programs that are comprehensive, coordinated and accessible, and to advocate for the needs of seniors and caregivers.



### Letter from the General Manager

The City of Los Angeles Department of Aging is once again pleased to present its Program and Service Provider Directory for seniors and caregivers. It is indeed our hope that you find the Directory useful.

The Directory provides information about various senior and caregiver services provided within the City, including the locations and telephone numbers to senior centers and community services. It outlines many other excellent programs offered to seniors and provides a list of caregiver resources in addition to emergency help contact phone numbers.

The Department is honored to be able to serve you and is thankful for your continued support of our City programs and services.

Sincerely,

*Jaime H. Pacheco-Orozco*

JAIME H. PACHECO-OROZCO  
General Manager

# PROGRAM AND SERVICE PROVIDER DIRECTORY

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## **LOCAL COMMUNITY SERVICES**

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There are 16 multipurpose senior centers (MPC), 2 mini MPCs, and over 100 community dining centers throughout the City of Los Angeles. These centers serve as community focal points for senior services. Services provided at each MPC include the programs and services listed below.

If you feel that you need any of these services, or if you are interested in finding out about older adult services and activities in your community, please call the MPC in your area; zip codes are listed, starting on page 4.

### **CARE MANAGEMENT**

Is designed to assess the social and health needs of frail seniors, to develop a care plan to meet these needs and to ensure that the care plan works as designed.

### **INFORMATION AND ASSISTANCE**

Is designed to provide seniors and caregivers with information about the different services and programs available, and to link seniors who need assistance to appropriate services.

### **IN-HOME SERVICE**

Is designed to assist frail seniors in maintaining independent living by providing assistance with heavy household tasks, cooking, shopping or light housekeeping, and providing friendly visits.

### **NUTRITION SERVICES**

All meals are designed to meet a minimum of one-third of the Recommended Daily Dietary Allowance Requirement as well as meet the varied tastes of the City's diverse ethnic communities.

### **COMMUNITY DINING CENTERS**

Hot, nutritious meals are provided five days a week, in over 100 community dining center locations throughout the City. These meals are available to any senior who wishes to participate. Donations are encouraged; however, no one is turned away because of an inability to contribute.

Each of the fifteen service areas listed on the following pages has one agency administering the nutrition program for that area (the MPC) and numerous dining center locations within that area from which to choose.

### **HOME-DELIVERED MEALS**

The Home-Delivered Meals program delivers one-hot, nutritious meal daily, 5 days a week, to participating homebound seniors who, because of physical or mental disability, are unable to attend a community dining center location.

## LISTING OF COMMUNITY SERVICE CENTERS

The following pages list the Multipurpose Senior Centers (MPC) and community dining centers throughout the City.

To identify which center serves your area, use the MPC and Zip Code list on the next pages.



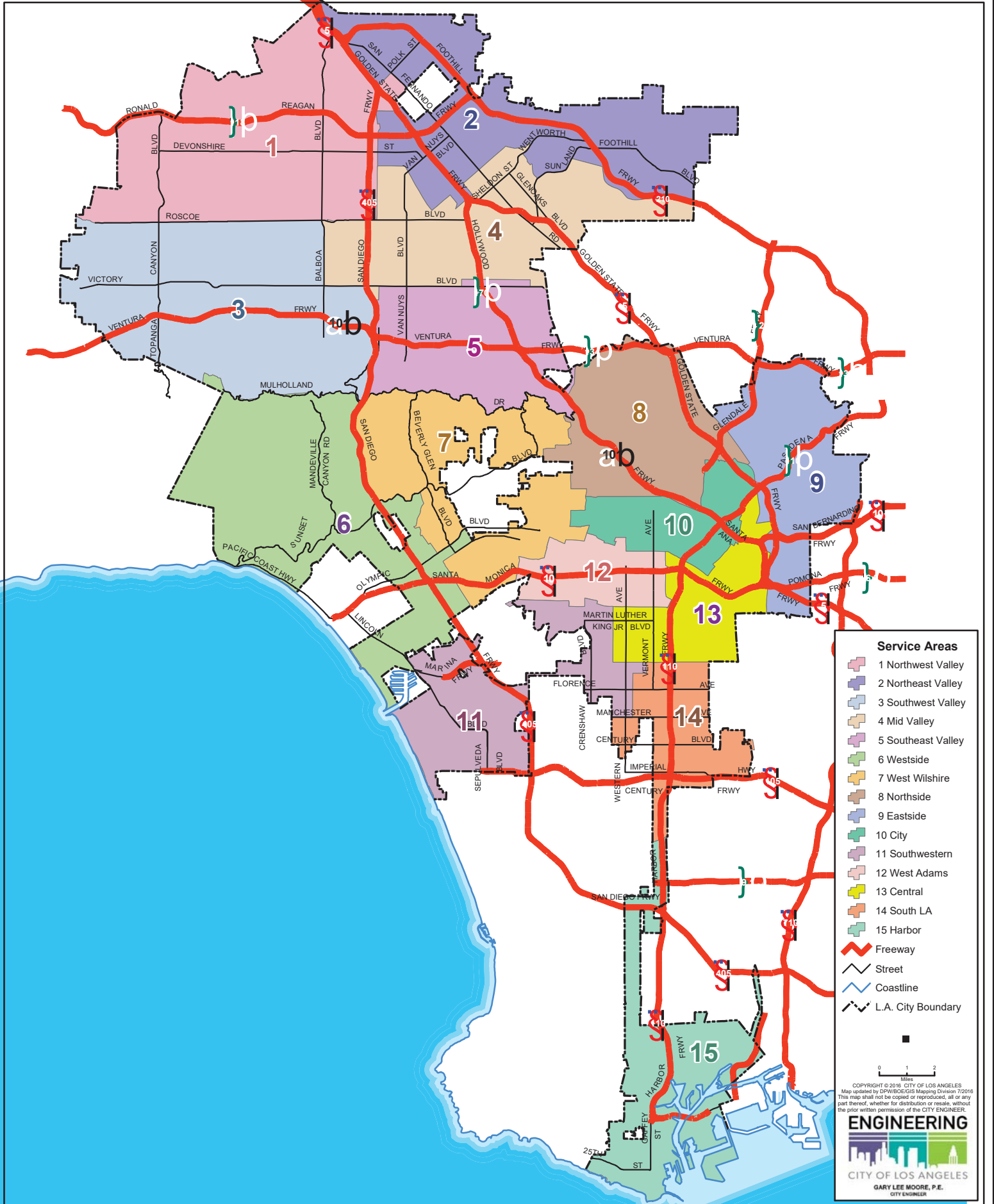
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# Aging Service Areas

## Department of Aging

CITY OF LOS ANGELES



**Service Areas**

- 1 Northwest Valley
- 2 Northeast Valley
- 3 Southwest Valley
- 4 Mid Valley
- 5 Southeast Valley
- 6 Westside
- 7 West Wilshire
- 8 Northside
- 9 Eastside
- 10 City
- 11 Southwestern
- 12 West Adams
- 13 Central
- 14 South LA
- 15 Harbor

— Freeway  
 — Street  
 — Coastline  
 - - - L.A. City Boundary

0 1 2  
Miles

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 CITY OF LOS ANGELES  
 GARY LEE MOORE, P.E.  
 CITY ENGINEER

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# MULTIPURPOSE SENIOR CENTERS (MPC) BY ZIP CODE

ZIP CODE	MPC NAME	PAGE #
90001	Bradley	33
90002	Bradley	33
90003	Bradley	33
90004	St. Barnabas Hollywood	20
	St. Barnabas	24
90005	St. Barnabas	24
90006	WLCAC - West Adams	28
	St. Barnabas	24
90007	WLCAC- West Adams	28
	Theresa Lindsay	31
90008	WLCAC – Southwestern	35
90010	St. Barnabas	24
90011	Theresa Lindsay	31
90012	St. Barnabas	24
	Theresa Lindsay	31
90013	St. Barnabas	24
	Theresa Lindsay	31
	Single Room Occupancy (SRO)	30
90014	Theresa Lindsay	31
	St. Barnabas	24
90015	St. Barnabas	24
	Theresa Lindsay	31
90016	WLCAC - West Adams	28
	WLCAC – Southwestern	35
90017	St. Barnabas	24
	Theresa Lindsay	31
90018	WLCAC - West Adams	28
	WLCAC – Southwestern	35
90019	WLCAC - West Adams	28
	Jona Goldrich	22
	St. Barnabas	24
90020	St. Barnabas	24
90021	Theresa Lindsay	31
	Single Room Occupancy (SRO)	30
90023	MAOF	26
	Theresa Lindsay	31
90024	Felicia Mahood	18
	Jona Goldrich	22
90025	Felicia Mahood	18
	Jona Goldrich	22
90026	St. Barnabas Hollywood MPC	20
	St. Barnabas	24
90027,-28,	St. Barnabas Hollywood MPC	20
90029	St. Barnabas Hollywood MPC	20
90030,-31	MAOF	26
90031	St. Barnabas	24
	Theresa Lindsay	31
90032	MAOF	26
90033	MAOF	26
	Theresa Lindsay	31
90034	WLCAC - West Adams	28
	Jona Goldrich	22
	Felicia Mahood	18
90035	WLCAC - West Adams	28
	Jona Goldrich	22
90036	Jona Goldrich	22
	St. Barnabas	24



# MULTIPURPOSE SENIOR CENTERS (MPC) BY ZIP CODE

ZIP CODE	MPC NAME	PAGE #
90037	Theresa Lindsay	31
90038, 39	St. Barnabas Hollywood MPC	20
90041, 42	MAOF	26
90043	WLCAC – Southwestern	35
90044	Bradley	33
	Theresa Lindsay	31
	WLCAC – Southwestern	35
90045	WLCAC – Southwestern	35
90046	Jona Goldrich	22
	St. Barnabas Hollywood MPC	20
90047	Bradley	33
	WLCAC – Southwestern	35
90048	Jona Goldrich	22
90049	Felicia Mahood	18
	Jona Goldrich	22
	ONEgeneration	16
90056	WLCAC-Southwestern	35
	Los Angeles County AAA	42
90057	St. Barnabas	24
90058	Theresa Lindsay	31
90059	Bradley	33
90061	Bradley	33
90062	WLCAC – Southwestern	35
	Theresa Lindsay	31
90063	MAOF	26
90064	Felicia Mahood	18
	Jona Goldrich	22
90065	MAOF	26
	St. Barnabas	24
90065	Theresa Lindsay	31
90066	Felicia Mahood	18
	WLCAC – Southwestern	35
90067	Jona Goldrich	22
90068	Sherman Oaks/East Valley	12
	St. Barnabas Hollywood MPC	20
	Jona Goldrich	22
90069	Jona Goldrich	22
90071	St. Barnabas	24
90073	Felicia Mahood	18
90077	Jona Goldrich	22
90089	WLCAC - West Adams	28
90094	WLCAC – Southwestern	35
90210	Sherman Oaks/East Valley	12
	Felicia Mahood	18
	Jona Goldrich	22
90230	WLCAC – Southwestern	35
90245	Wilmington	37
90247	Bradley	33
	Wilmington	37
90248	Bradley	33
	Wilmington	37
90272	Felicia Mahood	18
90291	Felicia Mahood	18
	WLCAC – Southwestern	35
90292	WLCAC – Southwestern	35
90293	WLCAC – Southwestern	35
90402	Felicia Mahood	18
90501	Wilmington	37
90502	Wilmington	37
90710	Wilmington	37

# MULTIPURPOSE SENIOR CENTERS (MPC) BY ZIP CODE

ZIP CODE	MPC NAME	PAGE #
90731	Wilmington	37
90732	Wilmington	37
90744	Wilmington	37
90810	Wilmington	37
91040	Bernardi	14
	Alicia Broadus-Duncan	10
91042	Alicia Broadus-Duncan	10
91303	ONEgeneration	16
91304	ONEgeneration	16
	Wilkinson	8
91305	ONEgeneration	16
91306	ONEgeneration	16
	Wilkinson	8
91307	ONEgeneration	16
91311	Wilkinson	8
91316	ONEgeneration	16
91324	Wilkinson	8
91325	Wilkinson	8
91325	ONEgeneration	16
91326	Wilkinson	8
91330	Wilkinson	8
91331	Alicia Broadus-Duncan	10
91335	ONEgeneration	16
91340	Alicia Broadus-Duncan	10
91342	Alicia Broadus-Duncan	10
91343	Wilkinson	8
	Bernardi	14
91344	Wilkinson	8
91345	Alicia Broadus-Duncan	10
	Wilkinson	8
91352	Bernardi	14
91356	ONEgeneration	16
91364	ONEgeneration	16
91367	ONEgeneration	16
91401	Bernardi	14
	Sherman Oaks/East Valley	12
91402	Bernardi	14
	Alicia Broadus-Duncan	10
91403	Sherman Oaks/East Valley	12
	ONEgeneration	16
91405	Bernardi	14
91406	Bernardi	14
	ONEgeneration	16
	Wilkinson	8
91411	Sherman Oaks/East Valley	12
	Bernardi	14
91423	Sherman Oaks/East Valley	12
91436	Bernardi	14
	ONEgeneration	16
91601	Sherman Oaks/East Valley	12
91602	Sherman Oaks/East Valley	12
91604	Sherman Oaks/East Valley	12
91605	Bernardi	14
91606	Bernardi	14
	Sherman Oaks/East Valley	12
91607	Sherman Oaks/East Valley	12
91608	Sherman Oaks/East Valley	12

## LIST OF MULTIPURPOSE CENTERS (MPC) AND ZIP CODES COVERED

Pg.	MPC Name	ASA Name & Number	Zip Code
8	Wilkinson	Northwest Valley 1	**91304, **91311, 91324, 91325, **91326, 91330, 91343, 91344, *91345, *91406
10	Alicia Broadus-Duncan	Northeast Valley 2	**91040, 91042, 91331, 91340, **91342, *91345, *91402
16	ONEgeneration	Southwest Valley 3	*90049, 91303, **91304, 91305, 91306, 91307, 91316, 91335, 91356, **91364, 91367, *91403, *91406, *91436
14	Bernardi	Mid-Valley 4	91040, 91352, 91381, *91401, *91402, 91405, *91406, 91436, 91605, *91606
12	Sherman Oaks/East Valley	Southeast Valley 5	*90068, **90210, *91401, *91403, 91411, 91423, 91601, 91602, 91604, *91606, <b>91607, 91608</b>
18	Felicia Mahood	Westside 6	*90024, *90025, *90034, *90049, *90064, *90066, 90073, 90272, *90291, **90402
22	Jona Goldrich	West-Wilshire 7	*90019, *90024, *90025, *90034, *90035, *90036, *90046, 90048, *90049, *90064, 90067, *90068, **90069, 90077
20	St. Barnabas Hollywood	Northside 8	***90004, *90026, 90027, 90028, 90029, 90038, 90039, *90046, *90068
26	MAOF	Eastside 9	*90023, 90030, *90031, 90032, *90033, 90041, 90042, **90063, *90065
30	Single Room Occupancy	Central Business District 10	*90013, *90021
24	St. Barnabas	Mid City 10	*90004, 90005, *90006, 90010, *90012, *90013, 90015, *90017, *90019, 90020, *90026, *90036, 90057, *90065, 90071
35	Watts Labor Community Action Committee (WLCAC)	Southwestern 11	90008, *90016, 90043, **90045, ***90047, *90062, *90066, 90094, **90230, *90291, **90292, 90293, ***90056
28	Watts Labor Community Action Committee (WLCAC)	West Adams 12	*90006, *90007, *90016, 90018, *90019, *90034, *90035, 90089
31	Theresa Lindsay	Central 13	*90007, 90011, *90012, *90013, 90014, *90017, *90021, *90023, *90031, *90033, 90037, 90058, *90062, *90065
33	Bradley	South Los Angeles 14	**90001, **90002, 90003, **90044, ***90047, 90059, 90061, ***90247, ***90248
37	Wilmington	Harbor 15	90245, ***90247, ***90248, 90501, 90502, 90710, 90731, 90732, 90744, **90810

\* Zip Codes having more than one Center \*\* Zip Codes overlap into other cities

\*\*\* Zip Codes overlap into other cities and have more than one Center

MPCs only provide services to those residing within the Los Angeles City limits.

# NORTHWEST VALLEY

---

**ROBERT M. WILKINSON MULTIPURPOSE SENIOR CENTER** ..... Ph: (818) 756-7741  
MPC Director: Connie Broadous ..... Fax: (818) 709-4068  
8956 Vanalden Avenue  
Northridge, CA 91324

Nutrition Director: Joel Wolfley..... Ph: (818) 885-5144

## DINING CENTERS:

**Wilkinson MPC** ..... Ph: (818) 756-7741  
8956 Vanalden Avenue  
Northridge, CA 91324  
**Meal Time: 11:30 AM**

**Community Integrated Services** ..... Ph: (818) 772-1155  
10100 Balboa Blvd.  
Granada Hills, CA 91344  
**Meal Time: 11:30 AM**

**Plummer Village Senior Dining Center** ..... Ph: (818) 893-5344  
15450 Plummer Street  
North Hills, CA 91343  
**Meal Time: 11:30 AM**

**Valley United Methodist Korean Church**..... Ph: (818) 366-2362  
10408 Balboa Blvd.  
Granada Hills, CA 91344  
**Meal Time: 11:30 AM**

## **Corporate Office—SFVIC: San Fernando Valley Interfaith Council, Inc.**

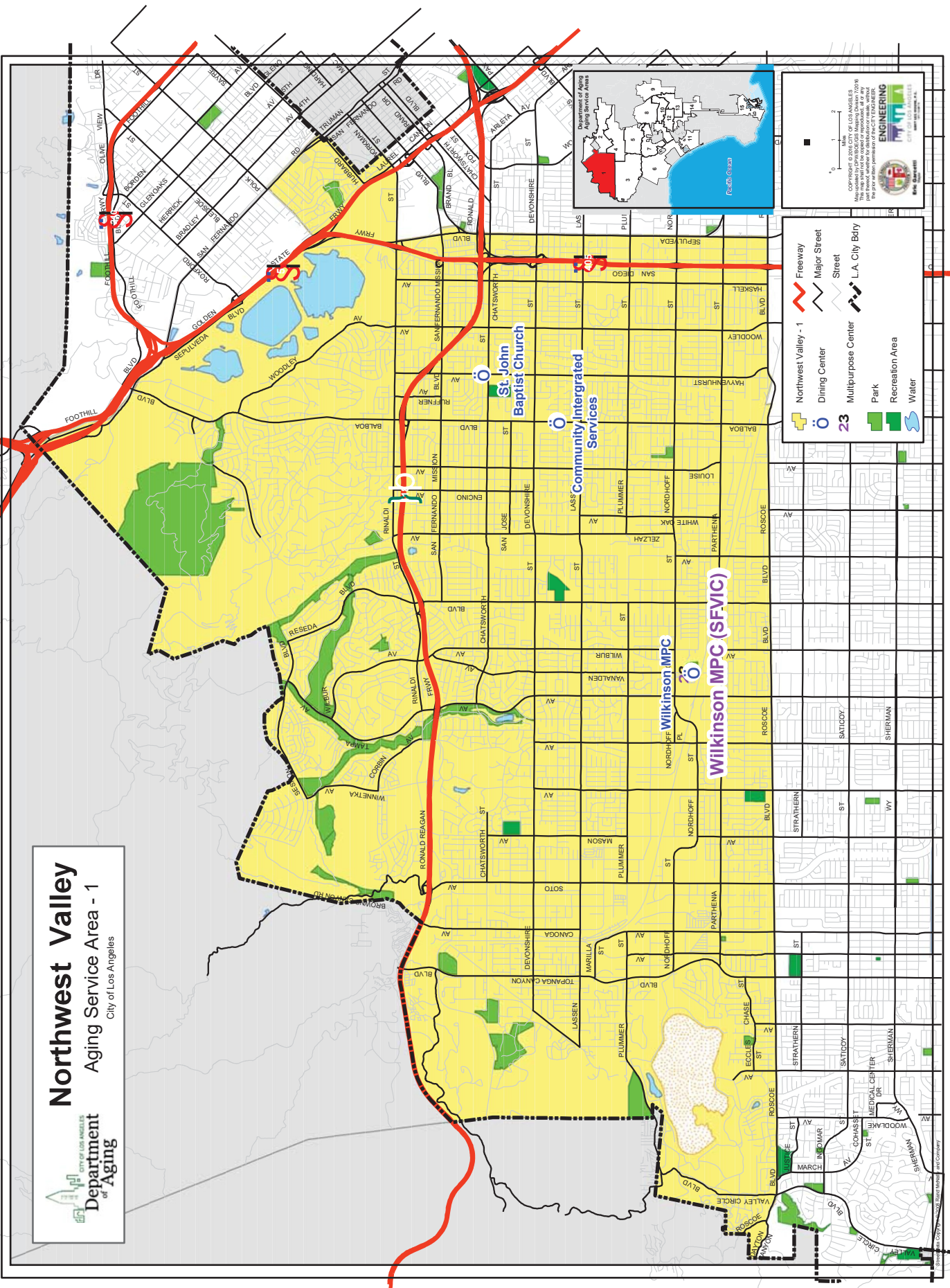
Beverly Ventriss, President & CEO  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

Mailing Address:  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

Ph: (818) 880-4842  
Fax: (818) 880-6011

# Northwest Valley Aging Service Area - 1

City of Los Angeles



Department of Aging  
Aging Service Areas

0 1 2  
Miles

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CITY OF LOS ANGELES  
100 N. GARDEN ST., 10TH FLOOR  
LOS ANGELES, CA 90012  
Phone: (213) 473-3111

Freeway  
Major Street  
Street  
L.A. City Bdry

Northwest Valley - 1  
Dining Center  
Multipurpose Center  
Park  
Recreation Area  
Water

23

## **NORTHEAST VALLEY**

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**ALICIA BROADOUS-DUNCAN MULTIPURPOSE SENIOR CENTER** ..... Ph: (818) 834-6100  
MPC Director: Pat Austin ..... Fax: (818) 834-6108  
11300 Glenoaks Blvd.  
Pacoima, CA 91331

Nutrition Director: Joel Wolfley..... Ph: (818) 834-6100 x129  
Fax: (818) 834-6410

### **DINING CENTERS:**

**Alicia Broadous-Duncan MPC** ..... Ph: (818) 834-6100  
11300 Glenoaks Blvd.  
Pacoima, CA 91331  
**Meal Time: 11:30 AM**

**Olive Manor** ..... Ph: (818) 351-5686  
Resident Coordinator Office..... Ph: (818) 833-0298  
13115 Bromont Avenue  
Sylmar, CA 91342  
**Meal Time: 11:30 AM**

**Sunland Senior Center** ..... Ph: (818) 353-9571  
8640 Fenwick Street  
Sunland, CA 91040  
**Meal Time: 11:30 AM**

**Burns Manor Senior Dining Center** ..... Ph: (818) 352-8715  
8155 Foothill Blvd.  
Sunland, CA 91040  
**Meal Time: 11:30 AM**

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Beverly Ventriss, President & CEO  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

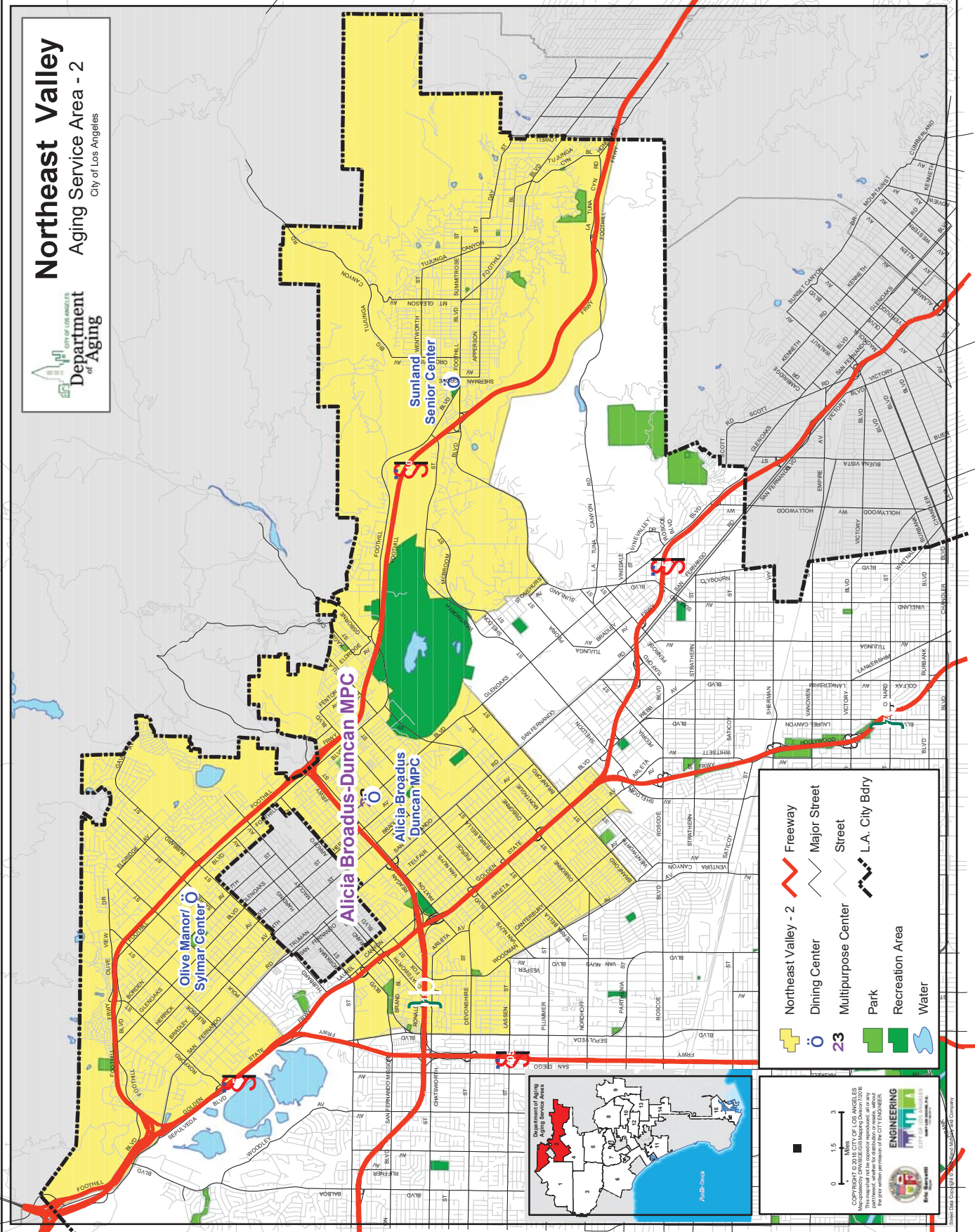
Mailing Address:  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

Ph: (818) 880-4842  
Fax: (818) 880-6011

# Northeast Valley

Aging Service Area - 2

City of Los Angeles



	Northeast Valley - 2
	Dining Center
	Multipurpose Center
	Park
	Recreation Area
	Water
	Freeway
	Major Street
	Street
	L.A. City Bdry

Department of Aging  
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 CITY OF LOS ANGELES  
 100 N. Main Street, Los Angeles, CA 90012  
 (213) 473-3000  
 www.cityoflosangeles.org

## SOUTHEAST VALLEY

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**SHERMAN OAKS/EAST VALLEY ADULT CENTER** ..... Ph: (818) 981-1284  
MPC Director: Stephanie Galloway Fax: (818) 981-1634  
5056 Van Nuys Blvd.  
Sherman Oaks, CA 91403

Nutrition Director: Joel Wolfley..... Ph: (818) 981-1284  
Fax: (818) 834-6410

### **DINING CENTERS:**

**Valley Storefront** ..... Ph: (818) 984-1380  
12821 Victory Blvd.  
North Hollywood, CA 91606  
**Meal Time: 11:30 AM**

**Van Nuys/Sherman Oaks Senior Center** ..... Ph: (818) 981-1284 x247  
5056 Van Nuys Blvd.  
Sherman Oaks, CA 91403  
**Meal Time: 12:00 PM**

### **Corporate Office—SFVIC: San Fernando Valley Interfaith Council, Inc.**

Beverly Ventriss, President & CEO  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

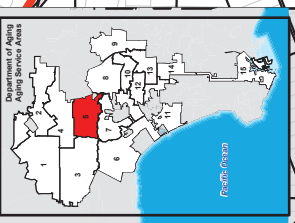
Mailing Address:  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

Ph: (818) 880-4842  
Fax: (818) 880-6011



# Southeast Valley

Aging Service Area - 5  
City of Los Angeles



Jewish Valley  
Storefront Senior Center

Sherman Oaks/East Valley  
Adult Center MPC (SFVIC)

2 Sherman Oaks/East Valley  
Adult Center MPC

	Freeway
	Major Street
	Street
	L.A. City/County
	Dining Center
	Multipurpose Center
	Park
	Recreation Area
	Water

Scale: 0, 1, 2 Miles

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CITY OF LOS ANGELES  
CITY ENGINEER

## MID-VALLEY

---

**BERNARDI MULTIPURPOSE SENIOR CENTER** ..... Ph: (818) 781-1101  
MPC Director: Stephanie Galloway Fax: (818) 781-0565  
6514 Sylmar Avenue  
Van Nuys, CA 91401

Nutrition Director: Joel Wolfley..... Ph: (818) 781-1101  
Fax: (818) 834-6410

### DINING CENTERS:

**Bernardi MPC** ..... Ph: (818) 781-1101  
6514 Sylmar Avenue  
Van Nuys, CA 91401  
**Meal Time: 11:30 AM**

**Fickett Towers** ..... Ph: (818) 988-8628  
14801 Sherman Way  
Van Nuys, CA 91405  
**Meal Time: 11:30 AM**

**Mid-Valley (Kester) Senior Citizen Center** ..... Ph: (818) 892-0892  
8801 Kester Avenue  
Panorama City, CA 91402  
**Meal Time: 11:30 AM**

**Simpson Apartments** ..... Ph: (818) 765-3182  
North Hollywood, CA 91606  
7541 Simpson Avenue  
**Meal Time: 12:00 PM**

### **Corporate Office—SFVIC: San Fernando Valley Interfaith Council, Inc.**

Beverly Ventriss, President & CEO  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

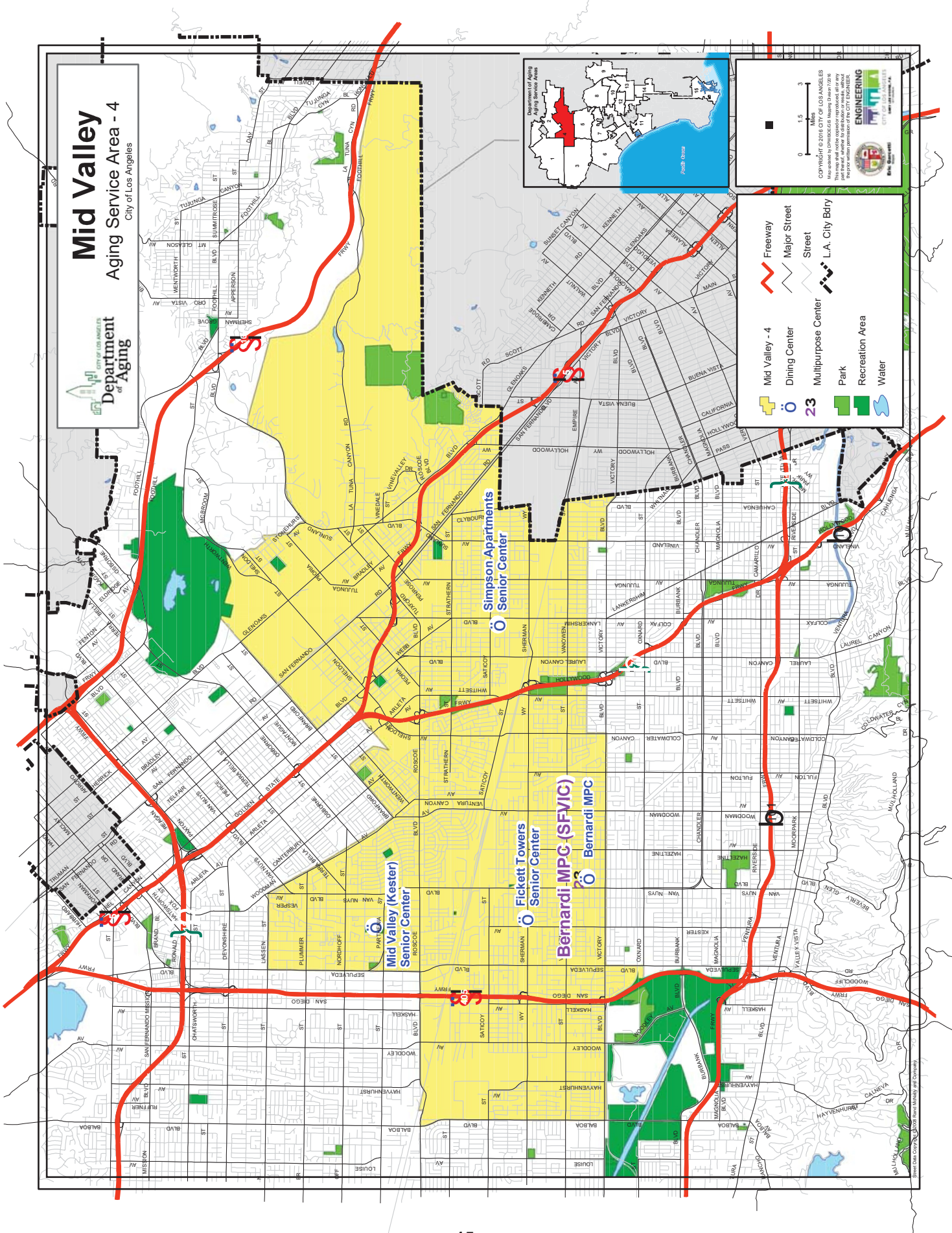
Mailing Address:  
13300 Victory Boulevard, #354  
Van Nuys, CA 91401

Ph: (818) 880-4842  
Fax: (818) 880-6011

# Mid Valley

## Aging Service Area - 4

City of Los Angeles



0 1.5 3 Miles  
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**Legend:**  
 Freeway (Red line)  
 Major Street (Black line)  
 Street (Thin black line)  
 L.A. City Bdry (Dashed black line)  
 Mid Valley - 4 (Yellow shaded area)  
 Dining Center (Blue circle with 'D')  
 Multipurpose Center (Purple circle with 'MPC')  
 Park (Green area)  
 Recreation Area (Light green area)  
 Water (Blue area)

## **SOUTHWEST VALLEY**

---

**ONEGENERATION SENIOR ENRICHMENT CENTER** ..... Ph: (818) 705-2345  
Senior Program Director: Niambi Cooper Fax: (818) 705-2592  
18255 Victory Blvd.  
Reseda, CA 91335

Nutrition Director: Dolores Freeman ..... Ph: (818) 708-6616  
Home-Delivered Meals ..... Ph: (818) 708-6624  
17400 Victory Blvd. Fax: (818) 708-9497  
Van Nuys, CA 91406

### **DINING CENTERS:**

**Canoga Park Senior Center** ..... Ph: (818) 992-8094  
7326 Jordan Avenue  
Canoga Park, CA 91303  
**Meal Time: 12:00 PM**

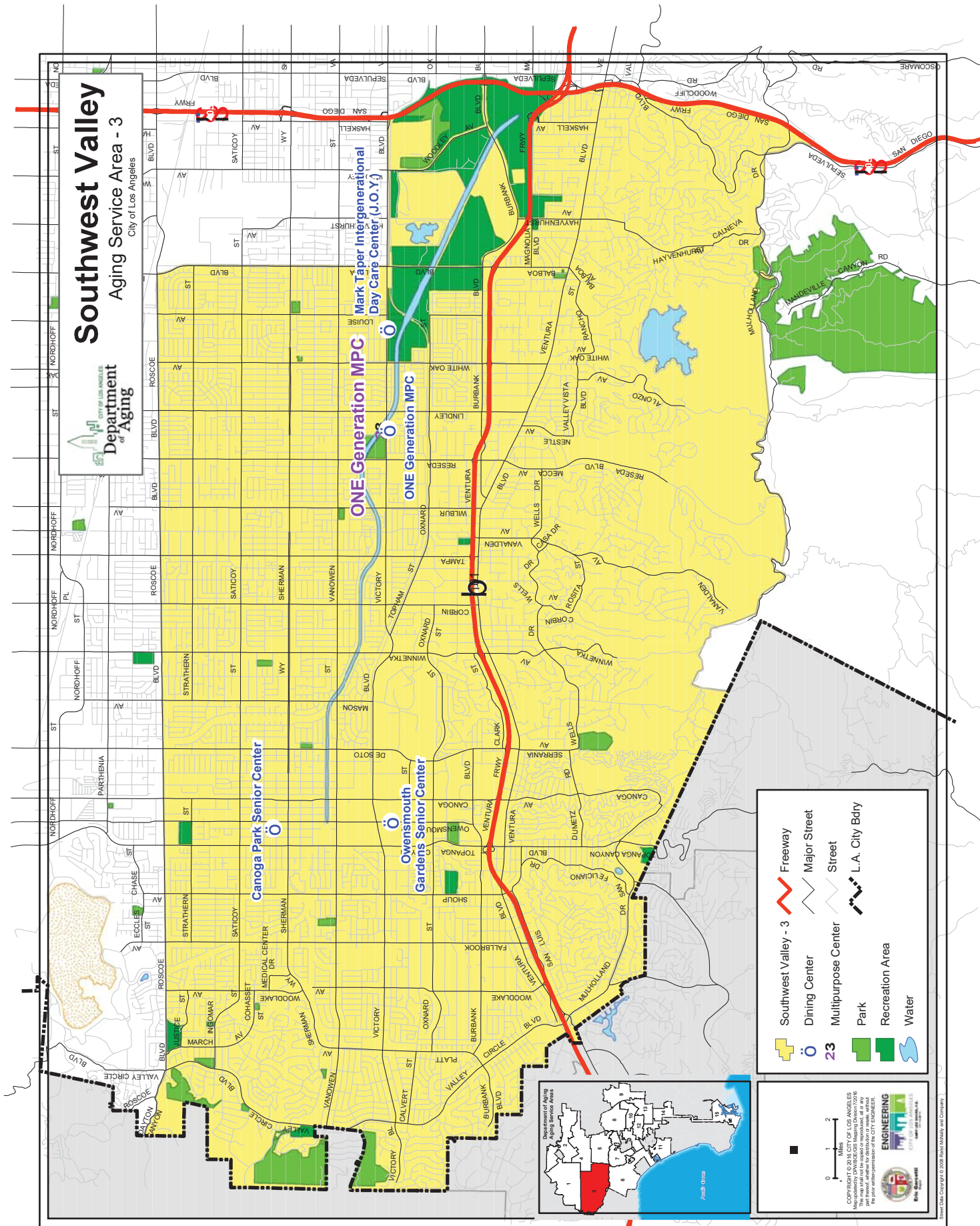
**Mark Taper Intergenerational Day Care Center (J.O.Y.)**..... Ph: (818) 708-6625  
17400 Victory Blvd.  
Van Nuys, CA 91406  
**Meal Time: 12:00 PM**

**ONEgeneration Senior Enrichment Center** ..... Ph: (818) 705-2345  
18255 Victory Blvd.  
Reseda, CA 91335  
**Meal Time: 12:00 PM**

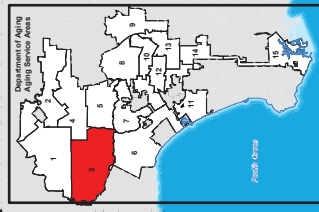
**Owensmouth Gardens** ..... Ph: (818) 347-3336  
6300 Owensmouth Avenue  
Woodland Hills, CA 91367  
**Meal Time: 12:00 PM**

# Southwest Valley Aging Service Area - 3

City of Los Angeles



	Freeway
	Major Street
	Street
	L.A. City Body
	23 Dining Center
	Multipurpose Center
	Park
	Recreation Area
	Water



0 1 2 Miles

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**ENGINEERING**  
 CITY OF LOS ANGELES  
 Department of Aging

## WESTSIDE

---

**FELICIA MAHOOD MULTIPURPOSE SENIOR CENTER** ..... Ph: (310) 479-4119  
MPC Director: Susan Mendlowitz-Belgrade ..... Fax: (310) 231-0160  
11338 Santa Monica Blvd.  
Los Angeles, CA 90025

Nutrition Director: Siri Perlman..... Ph: (323) 556-2964  
330 N. Fairfax Avenue ..... Fax: (323) 857-1872  
Los Angeles, CA 90036

### DINING CENTERS:

**Felicia Mahood MPC** ..... Ph: (310) 479-4119  
11338 Santa Monica Blvd.  
Los Angeles, CA 90025  
**Meal Time: 11:15 AM**

**BAR Center at the Beach** ..... Ph: (310) 396-0205  
201 Ocean Front Walk  
Venice, CA 90291  
**Meal Time: 11:30 AM**

**Oakwood Recreation Center** ..... Ph: (310) 452-7479  
767 California Avenue  
Venice, CA 90291  
**Meal Time: 11:30 AM**

**OPICA Adult Day Care Center** ..... Ph: (310) 478-0226  
11759 Missouri Avenue  
Los Angeles, CA 90025  
**Meal Time: Noon**

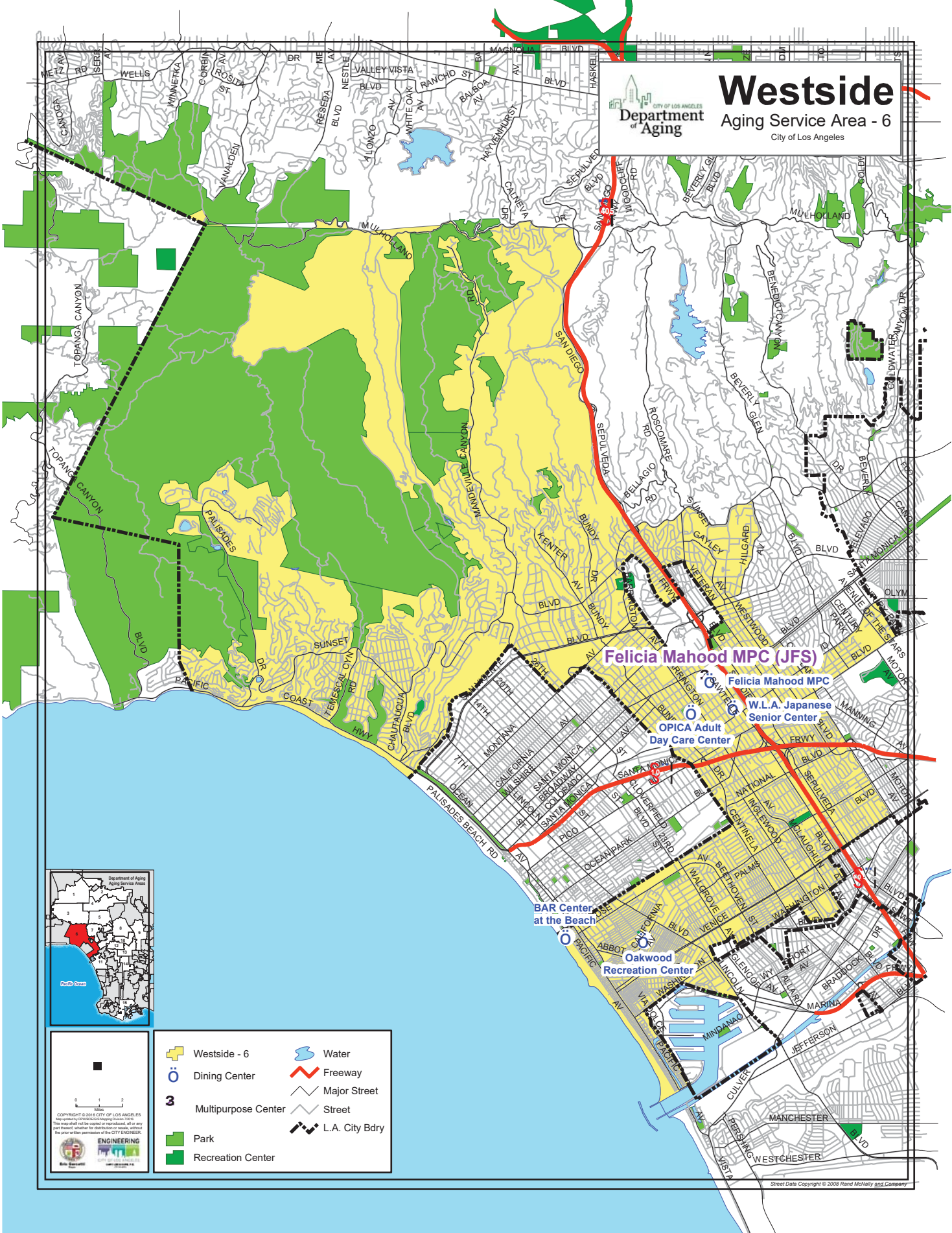
**Japanese Institute of Sawtelle**..... Ph: (310) 479-2477  
2110 Corinth Avenue  
Los Angeles, CA 90025  
**Meal Time: 11:30 AM**



# Westside

## Ageing Service Area - 6

City of Los Angeles



**Felicia Mahood MPC (JFS)**

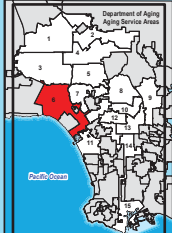
Felicia Mahood MPC

W.L.A. Japanese Senior Center

OPICA Adult Day Care Center

BAR Center at the Beach

Oakwood Recreation Center



	Westside - 6		Water
	Dining Center		Freeway
	Multipurpose Center		Major Street
	Park		Street
	Recreation Center		L.A. City Bdry

0 1 2 Miles

ENGINEERING  
CITY OF LOS ANGELES

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## **NORTHSIDE**

---

**ST. BARNABAS HOLLYWOOD MPC** ..... Ph: (323) 957-2222  
Senior Program Director: Lorenzo Hernandez Fax: (323) 957-2210  
5170 W. Santa Monica Blvd.  
Los Angeles, CA 90029

Nutrition Director: Janet Flores ..... Ph: (213) 388-4444 x222

**Echo Park MPC** ..... Ph: (213) 413-0508  
1021 N. Alvarado St..  
Los Angeles, CA 90026  
**Meal Time: 12:00 PM**

### **DINING CENTERS:**

**Atwater Baptist Church** ..... Ph: (213) 700-0953  
3370 Perlita Avenue  
Los Angeles, CA 90039  
**Meal Time: 12:00 PM**

**Braille Institute** ..... Ph: (323) 663-1111  
741 N. Vermont Avenue  
Los Angeles, CA 90029  
**Meal Time: 11:15 AM**

**Chevy Chase Recreation Center** ..... Ph: (818) 507-0340  
4165 Chevy Chase Blvd.  
Los Angeles, CA 90039  
**Meal Time: 12:00 PM**

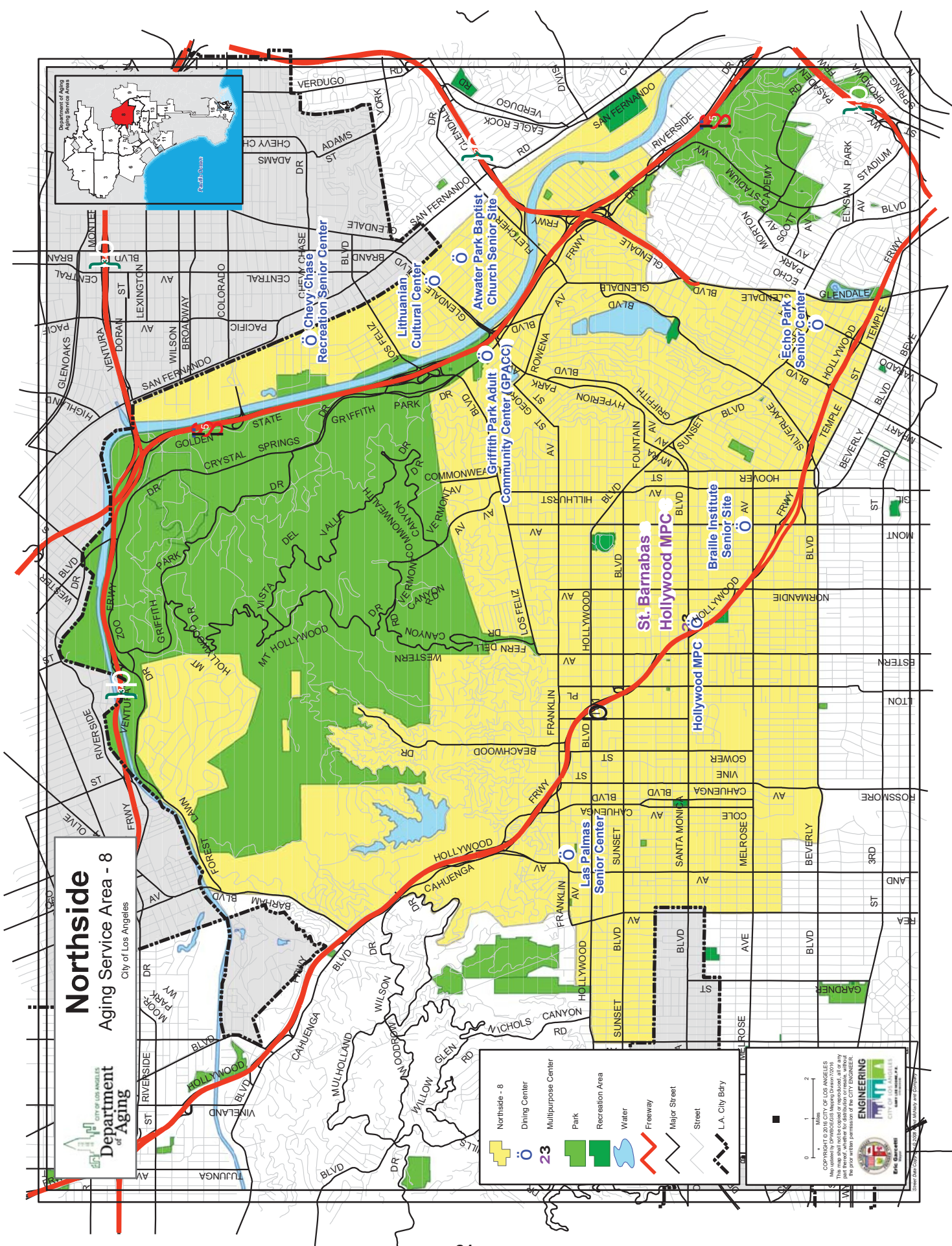
**Griffith Park Adult Community Center (GPACC)** ..... Ph: (323) 644-5579  
3203 W. Riverside Drive  
Los Angeles, CA 90027  
**Meal Time: 12:00 PM**

**Las Palmas Senior Center** ..... Ph: (323) 465-7787  
1820 N. Las Palmas Avenue  
Los Angeles, CA 90028  
**Meal Time: 12:00 PM**

**Lithuanian Cultural Center** ..... Ph: (213) 700-0924  
3356 Glendale Blvd.  
Los Angeles, CA 90039  
**Meal Time: 12:00 PM**

**St. Barnabas Hollywood MPC** ..... Ph: (323) 957-2222 x112  
5170 W. Santa Monica Blvd.  
Los Angeles, CA 90029  
**Meal Time: 12:00 PM**





**Northside**  
Aging Service Area - 8  
City of Los Angeles

Department of Aging

- Northside - 8
- Dining Center
- Multipurpose Center
- Park
- Recreation Area
- Water
- Freeway
- Major Street
- Street
- L.A. City Boundary

0 1 2  
Miles

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**ENGINEERING**  
CITY OF LOS ANGELES  
ERIC BARBER  
Professional Engineer No. 12512

## WEST WILSHIRE

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**JONA GOLDRICH MULTIPURPOSE SENIOR CENTER** ..... Ph: (323) 937-5900  
MPC Director: Susan Belgrade ..... Fax: (323) 857-1872  
330 N. Fairfax Avenue  
Los Angeles, CA 90036

Nutrition Director: Siri Perlman..... Ph: (323) 937-5843  
Fax: (323) 857-1872

### DINING CENTERS:

**Claude Pepper Senior Center** ..... Ph: (310) 204-6707  
1762 La Cienega Blvd.  
Los Angeles, CA 90035  
**Meal Time: 11:30 AM**

**Fairfax Senior Center** ..... Ph: (323) 653-1824  
7929 Melrose Avenue  
Los Angeles, CA 90036  
**Meal Time: 10:45 AM**

**Hirsh Family Café** ..... Ph: (323) 937-5843  
6310 San Vicente Blvd., Ste 275,  
Los Angeles, CA 90048  
**Meal Time: 11:00 AM**

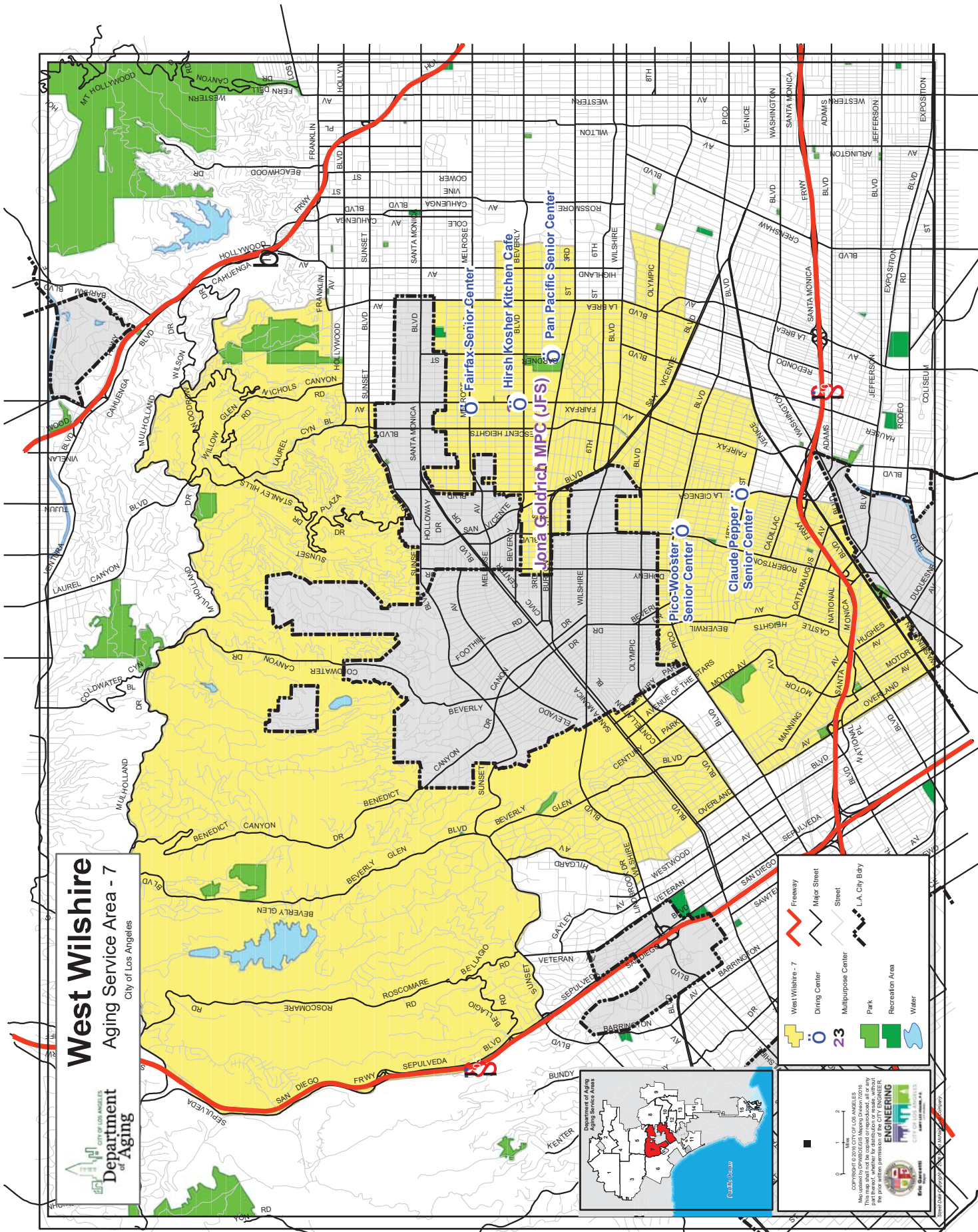
**Pan Pacific Senior Center** ..... Ph: (323) 938-8612  
141 S. Gardner Street  
Los Angeles, CA 90036  
**Meal Time: 11:30 AM**

**Pico Wooster** ..... Ph: (310) 276-9322  
1425 S. Wooster Street  
Los Angeles, CA 90035  
**Meal Time: 11:00 AM**

# West Wilshire

## Aging Service Area - 7

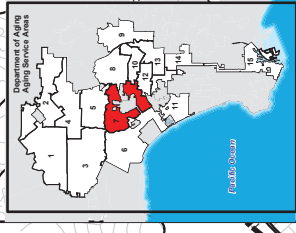
City of Los Angeles



	Freeway
	Major Street
	Street
	L.A. City Bldy
	Dining Center
	Multipurpose Center
	Park
	Recreation Area
	Water

Scale: 0 1 2 Miles

City of Los Angeles Department of Aging  
 Planning and Design Division  
 2016  
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## CITY

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**ST. BARNABAS MULTIPURPOSE SENIOR CENTER** ..... Ph: (213) 388-4444  
Senior Program Director: Lorenzo Hernandez Fax: (213) 739-2972  
675 S. Carondelet Street  
Los Angeles, CA 90057

Nutrition Director: Janet Flores ..... Ph: (213) 388-4444 x222

### DINING CENTERS:

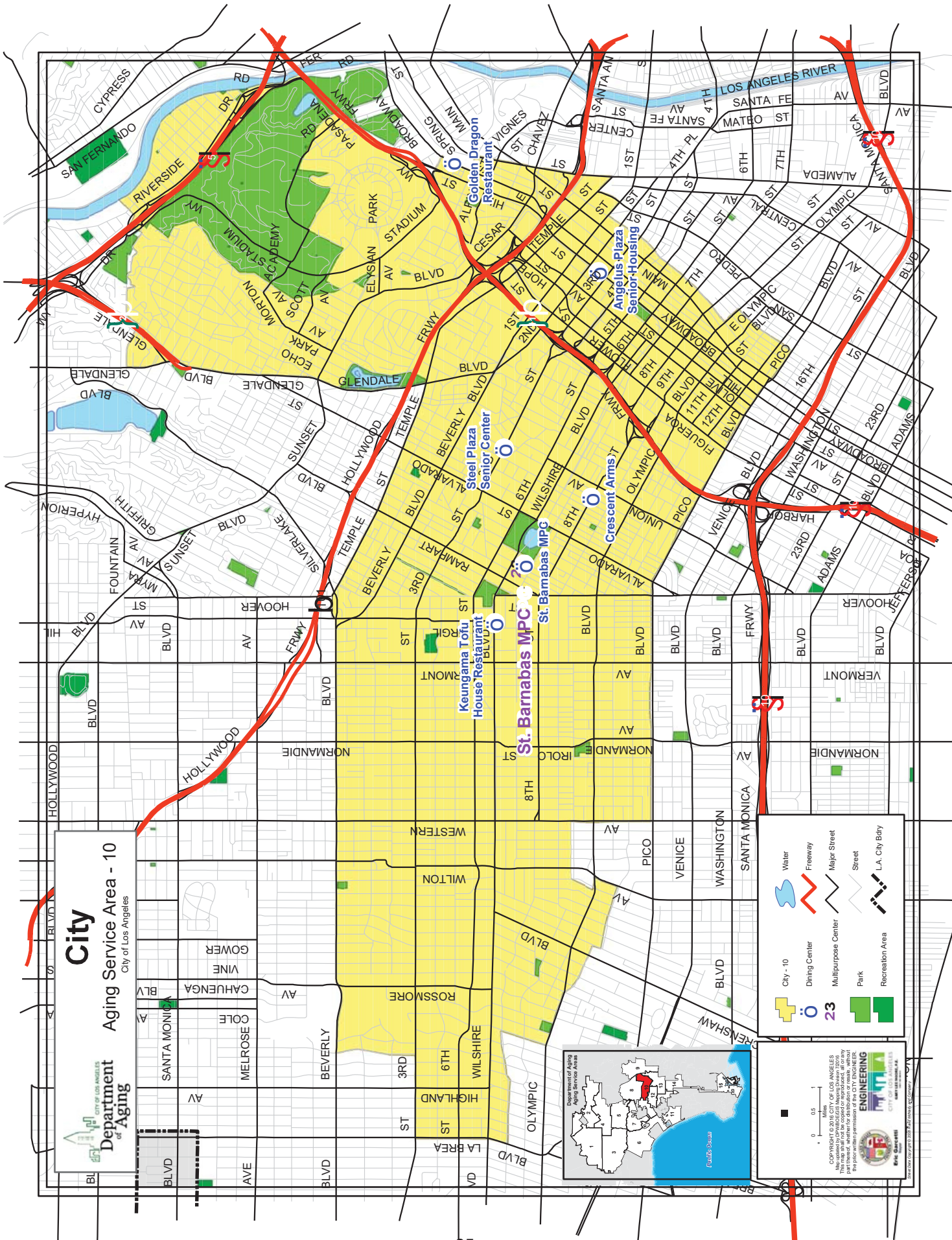
**Angelus Plaza Senior Housing** ..... Ph: (213) 623-4352 x340  
255 S. Hill Street, 4th Floor Cafeteria  
Los Angeles, CA 90012  
**Meal Time: 11:30 AM**

**Crescent Arms** ..... Ph: (213) 483-2767  
1709 W. 8th Street  
Los Angeles, CA 90017  
**Meal Time: 11:30 AM**

**The Golden Dragon Restaurant** ..... Ph: (213) 626-2039  
960 N. Broadway  
Los Angeles, CA 90012  
**Meal Time: 11:45 AM**

**St. Barnabas MPC** ..... Ph: (213) 388-4444 x217  
675 S. Carondelet Street  
Los Angeles, CA 90057  
**Meal Time: 11:15 AM**

**Steel Plaza** ..... Ph: (213) 484-8553  
1711 W. 3rd Street  
Los Angeles, CA 90017  
**Meal Time: 11:00 AM**



**City**  
 Aging Service Area - 10  
 City of Los Angeles



- Water
- Freeway
- Major Street
- Street
- L.A. City Bary
- City - 10
- Dining Center
- Multipurpose Center
- Park
- Recreation Area

0 0.5 1 Miles

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## EASTSIDE

---

**Mexican American Opportunity Foundation** ..... Ph: (323) 526-9344

Ph: (323) 526-9352

Director of Senior Services: Mayra Gutierrez  
2130 E. 1<sup>st</sup> St., Suite 2200  
Los Angeles, CA 90033

Nutrition Director: Gerardo Rodriguez..... Ph: (323) 268-3167

### DINING CENTERS:

**Boyle Heights** ..... Ph: (323) 264-5757

2839 E. 3<sup>rd</sup> Street  
Los Angeles, CA 90042

**Meal Time: 11:30 AM**

**El Sereno Senior Center** ..... Ph: (323) 222-2040

4818 E. Klamath Place  
Los Angeles, CA 90032

**Meal Time: 11:00 AM**

**Glassell Park Community/Senior Center** ..... Ph: (323) 473-9851

3750 Verdugo Road  
Los Angeles, CA 90065

**Meal Time: 11:30 AM**

**Highland Park Senior Center** ..... Ph: (323) 256-6866

6152 N. Figueroa Street  
Los Angeles, CA 90042

**Meal Time: 11:30 AM**

**Lincoln Heights Senior Center** ..... Ph: (323) 225-9339

2323 Workman Street  
Los Angeles, CA 90031

**Meal Time: 11:30 AM**

**Montecito Heights Senior Center** ..... Ph: (323) 485-8549

4545 Homer Street  
Los Angeles, CA 90031

**Meal Time: 12:00 PM, Monday and Wednesday ONLY**

**Costello Senior Citizen Center**..... Ph: (213) 485-9111

3121 E. Olympic Blvd., Los Angeles,  
CA 90023

**Hours of Operation: 9am to 5pm**

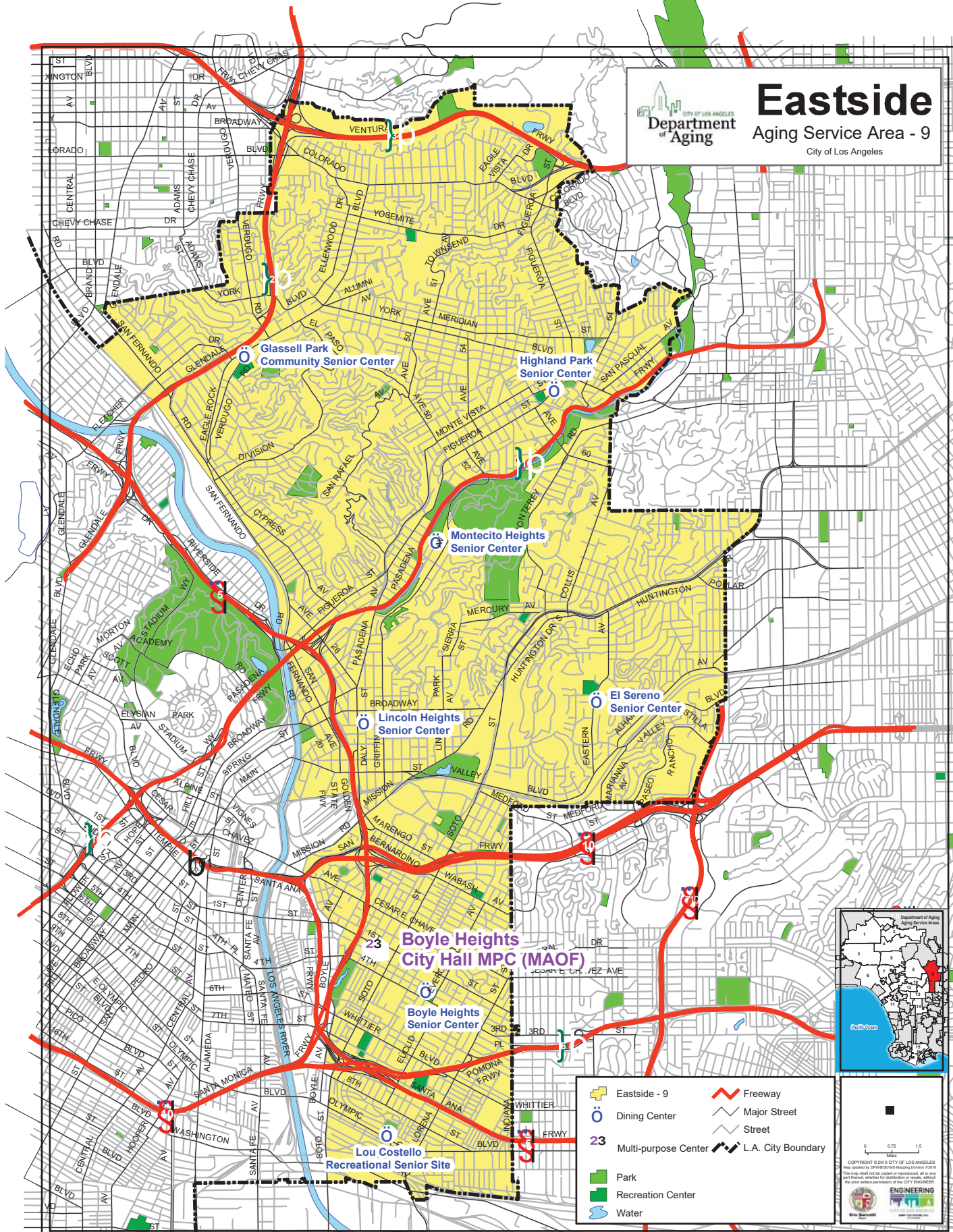
**Meal Time: 12:00 PM**



# Eastside

## Aging Service Area - 9

City of Los Angeles



**Glassell Park Community Senior Center**

**Highland Park Senior Center**

**Montecito Heights Senior Center**

**El Sereno Senior Center**

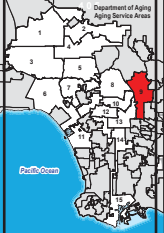
**Lincoln Heights Senior Center**

**Boyle Heights City Hall MPC (MAOF)**

**Boyle Heights Senior Center**

**Lou Costello Recreational Senior Site**

- Eastside - 9
- Dining Center
- Multi-purpose Center
- Freeway
- Major Street
- Street
- L.A. City Boundary
- Park
- Recreation Center
- Water



0 0.75 1.5  
Miles

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**ENGINEERING**  
City of Los Angeles  
2016-07-20 10:00 AM

# WEST ADAMS

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## WATTS LABOR COMMUNITY ACTION COMMITTEE (WLCAC) - WEST ADAMS

**MULTIPURPOSE SENIOR CENTER** ..... Ph: (323) 735-5799  
MPC Director: Phyllis Willis ..... Fax: (323) 735-6306  
2528 West Blvd.  
Los Angeles, CA 90016

Nutrition Director: Lone Hall..... Ph: (323) 294-5226

### DINING CENTERS:

**George & Helen Thomas Center** ..... Ph: (323) 734-9091  
2475 Washington Blvd.  
Los Angeles, CA 90018  
**Meal Time: 11:30 AM**

**Independent Square** ..... Ph: (323) 617-6811  
2455 S. St. Andrews Place  
Los Angeles, CA 90018  
**Meal Time: 11:30 AM**

**WLCAC West Adams MPC** ..... Ph: (323) 735-5799  
2528 West Blvd.  
Los Angeles, CA 90016  
**Meal Time: 12:00 PM**

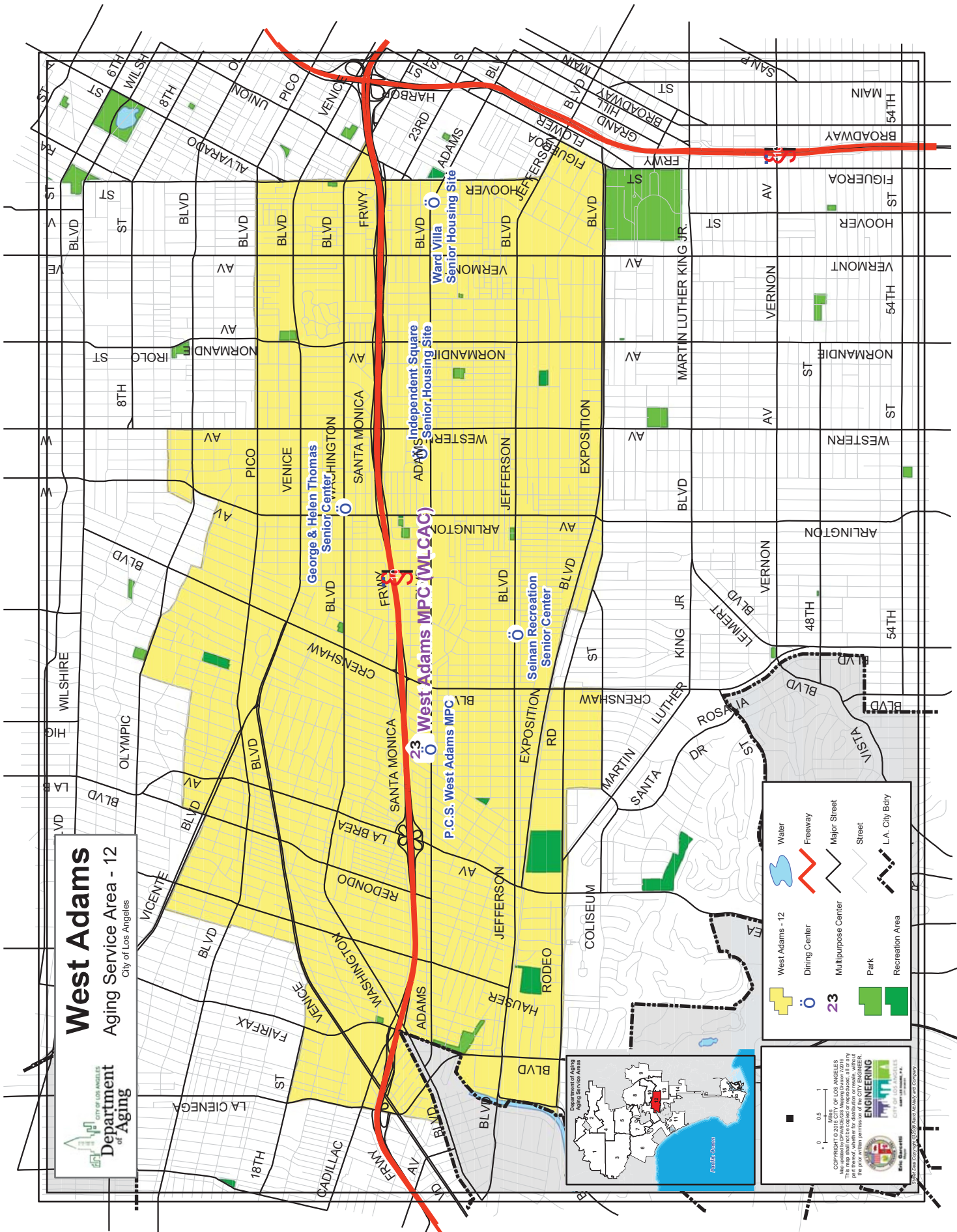
**Seinan Recreation Center** ..... Ph: (323) 734-2175  
3116 W. Jefferson Blvd.  
Los Angeles, CA 90018  
**Meal Time: 11:00 AM**

**Ward Villa** ..... Ph: (213) 745-5075  
1177 W. Adams Blvd.  
Los Angeles, CA 90007  
**Meal Time: 11:30 AM**

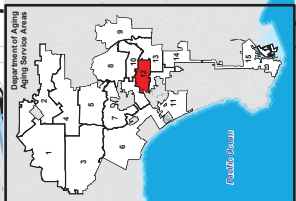


# West Adams

Aging Service Area - 12  
City of Los Angeles



	Water
	Freeway
	Major Street
	Street
	L.A. City Bldg
	West Adams - 12
	Dining Center
	Multipurpose Center
	Park
	Recreation Area



0 0.5 1 Miles

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**ENGINEERING**  
CITY OF LOS ANGELES  
CITY ENGINEER

## CENTRAL BUSINESS DISTRICT

---

**SINGLE ROOM OCCUPANCY (SRO) CORPORATION** ..... Ph: (213) 229-9640  
MPC Director: Rosalind Harris ..... Fax: (213) 572-0273  
400 E. 5th Street  
Los Angeles, CA 90013

Nutrition Director: Gary Phillips ..... Ph: (213) 633-5459  
400 E. 5<sup>th</sup> Street  
Los Angeles, CA 90013

### **DINING CENTERS:**

**Ellis Hotel** ..... Ph: (213) 229-9665  
802 E. Sixth Street  
Los Angeles, CA 90021  
**Meal Time: 11:30 AM**

**James Wood Community Center** ..... Ph: (213) 229-9361  
400 E. Fifth Street  
Los Angeles, CA 90013  
**Meal Time: 12:00 PM**

## CENTRAL

---

**THERESA LINDSAY MULTIPURPOSE SENIOR CENTER** ..... Ph: (323) 846-1920  
MPC Director: Phyllis Willis ..... Fax: (323) 846-1930  
429 E. 42nd Place  
Los Angeles, CA 90011

Nutrition Director: Lone Hall ..... Ph: (323) 923-1006  
Food Production Location ..... Fax: (213) 923-2752  
10957 S. Central Avenue  
Los Angeles, CA 90059

### DINING CENTERS:

**Angelica Lutheran Church** ..... Ph: (213) 382-6378  
1345 S. Burlington Avenue  
Los Angeles, CA 90006  
**Meal Time: 11:30 AM**

**Figueroa Senior Housing** ..... Ph: (323) 759-3309  
5503 So. Figueroa Street  
Los Angeles, CA 90037  
**Meal Time: 11:30 AM**

**Little Tokyo Nutrition Center** ..... Ph: (213) 473-1602  
455 E. Third Street  
Los Angeles, CA 90012  
**Meal Time: 11:30 AM**

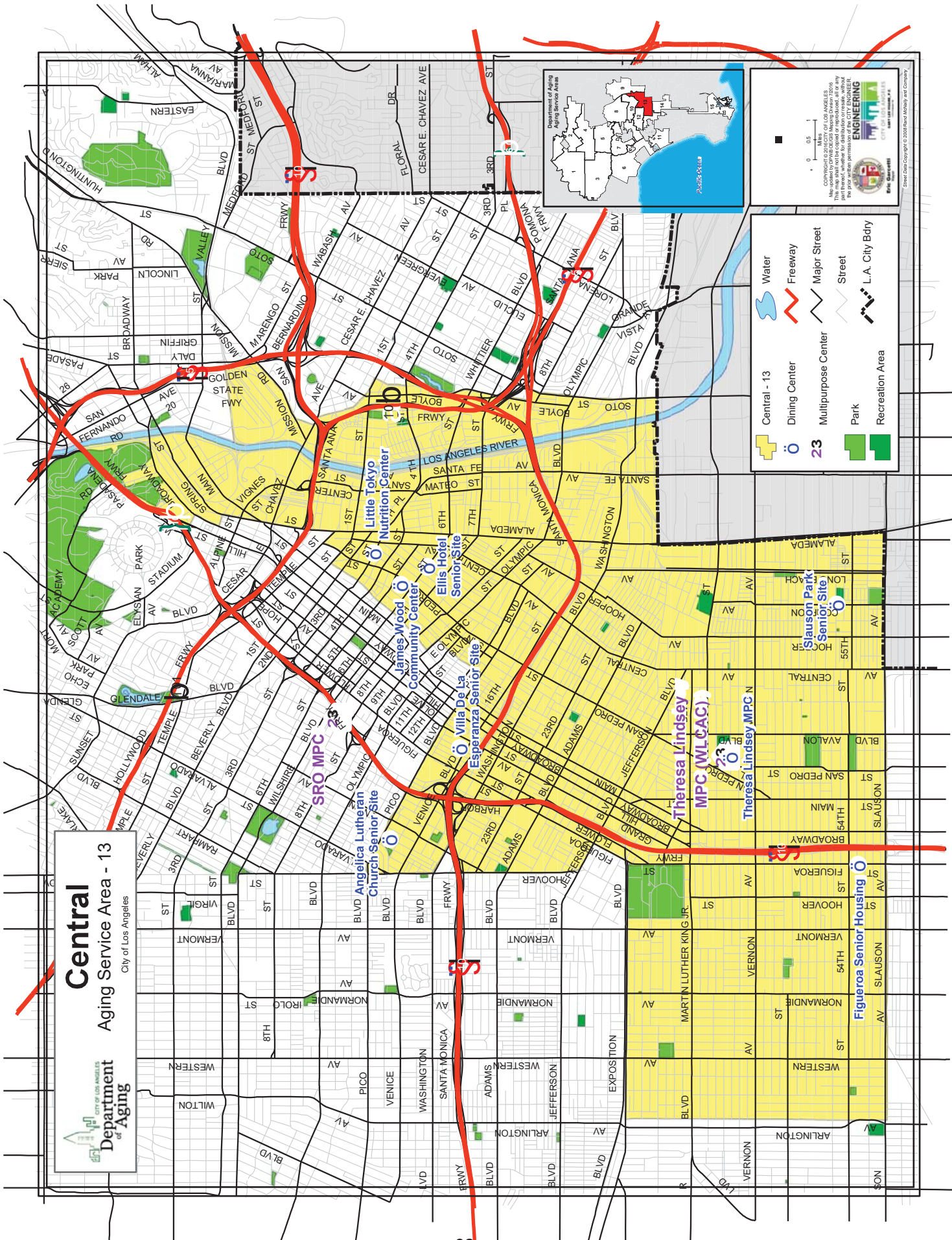
**Slauson Park** ..... Ph: (323) 233-1174  
5306 S. Compton Avenue  
Los Angeles, CA 90011  
**Meal Time: 11:30 AM**

**Theresa Lindsay Multipurpose Senior Center** ..... Ph: (323) 846-1920  
429 E. 42nd Place  
Los Angeles, CA 90011  
**Meal Time: 11:30 AM**

**Villa De La Esperanza** ..... Ph: (213) 749-4327  
1401 S. Hope Street  
Los Angeles, CA  
90012 **Meal Time: Tu,**  
**Wed Thur: 11:30 AM**

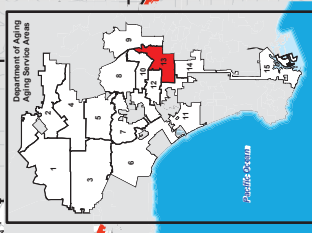
# Central

Aging Service Area - 13  
City of Los Angeles



**Legend**

- Central - 13
- Dining Center
- Multipurpose Center
- Park
- Recreation Area
- Water
- Freeway
- Major Street
- Street
- L.A. City Body



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Engineering  
City of Los Angeles  
Date: 08/11/10

## **SOUTH LOS ANGELES**

---

**BRADLEY MULTIPURPOSE SENIOR CENTER** ..... Ph: (323) 749-5432

MPC Director: Phyllis Willis  
10957 S. Central Avenue  
Los Angeles, CA 90059

Nutrition Director: Lone Hall.....Ph: (323) 346-7356

**Estelle Van Meter** ..... Ph: (323) 305-1711

Program Manager: Dr. Olivia Drake  
606 E. 76th Street  
Los Angeles, CA 90011  
**Meal Time: 11:30 AM**

### **DINING CENTERS:**

**Alice Manor Senior Housing** ..... Ph: (323) 567-4709

10325 Grandee Avenue  
Los Angeles, CA 90002  
**Meal Time: 11:30 AM - 12:30 PM**

**Bernice Watkins Dining Center** ..... Ph: (323) 749-5432

10957 S. Central Avenue  
Los Angeles, CA 90059  
**Meal Time: 11:30 AM**

**Normandie Apartments** ..... Ph: (844) 829-4090

6301 S. Normandie Avenue  
Los Angeles, CA 90044  
**Meal Time: 11:30 AM**

**St. Lawrence Church** ..... Ph: (323) 567-1439

10044 Compton Avenue  
Los Angeles, CA 90002  
**Meal Time: 11:30 AM**

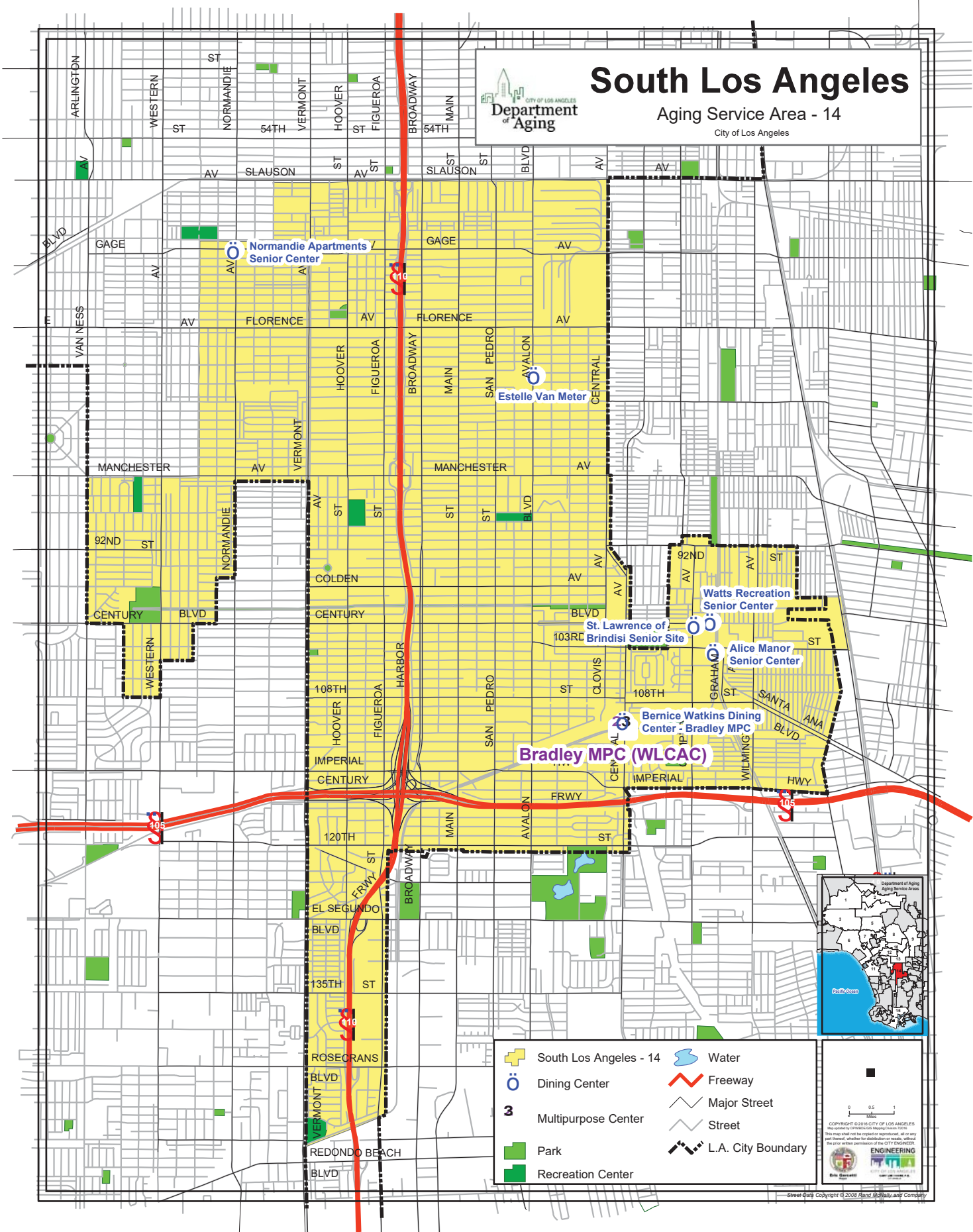
**Watts Recreation Senior Center** ..... Ph: (323) 564-9440

1657 E. Century Blvd.  
Los Angeles, CA 90002  
**Meal Time: 11:30 AM**

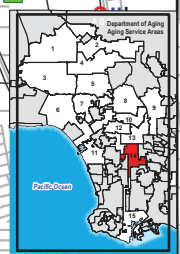
# South Los Angeles

Aging Service Area - 14

City of Los Angeles



- South Los Angeles - 14
- Dining Center
- Multipurpose Center
- Park
- Recreation Center
- Water
- Freeway
- Major Street
- Street
- L.A. City Boundary



0 0.5 1  
MILES

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ENGINEERING

City of Los Angeles  
 Department of Public Works  
 1200 N. G Street  
 Los Angeles, CA 90012  
 (213) 473-3100

# **SOUTHWESTERN**

---

## **WATTS LABOR COMMUNITY ACTION COMMITTEE (WLCAC) - SOUTHWESTERN**

**MULTIPURPOSE SENIOR CENTER** ..... Ph: (323) 294-5226  
MPC Director: Phyllis Willis ..... Fax: (323) 294-9831  
5133 S. Crenshaw Blvd.  
Los Angeles, CA 90043

Nutrition Director: Lone Hall ..... Ph: (323) 294-5226

### **DINING CENTERS:**

**Baldwin Villa** ..... Ph: (323) 298-0400  
3939 Marlton Avenue  
Los Angeles, CA 90008  
**Meal Time: 11:00 AM**

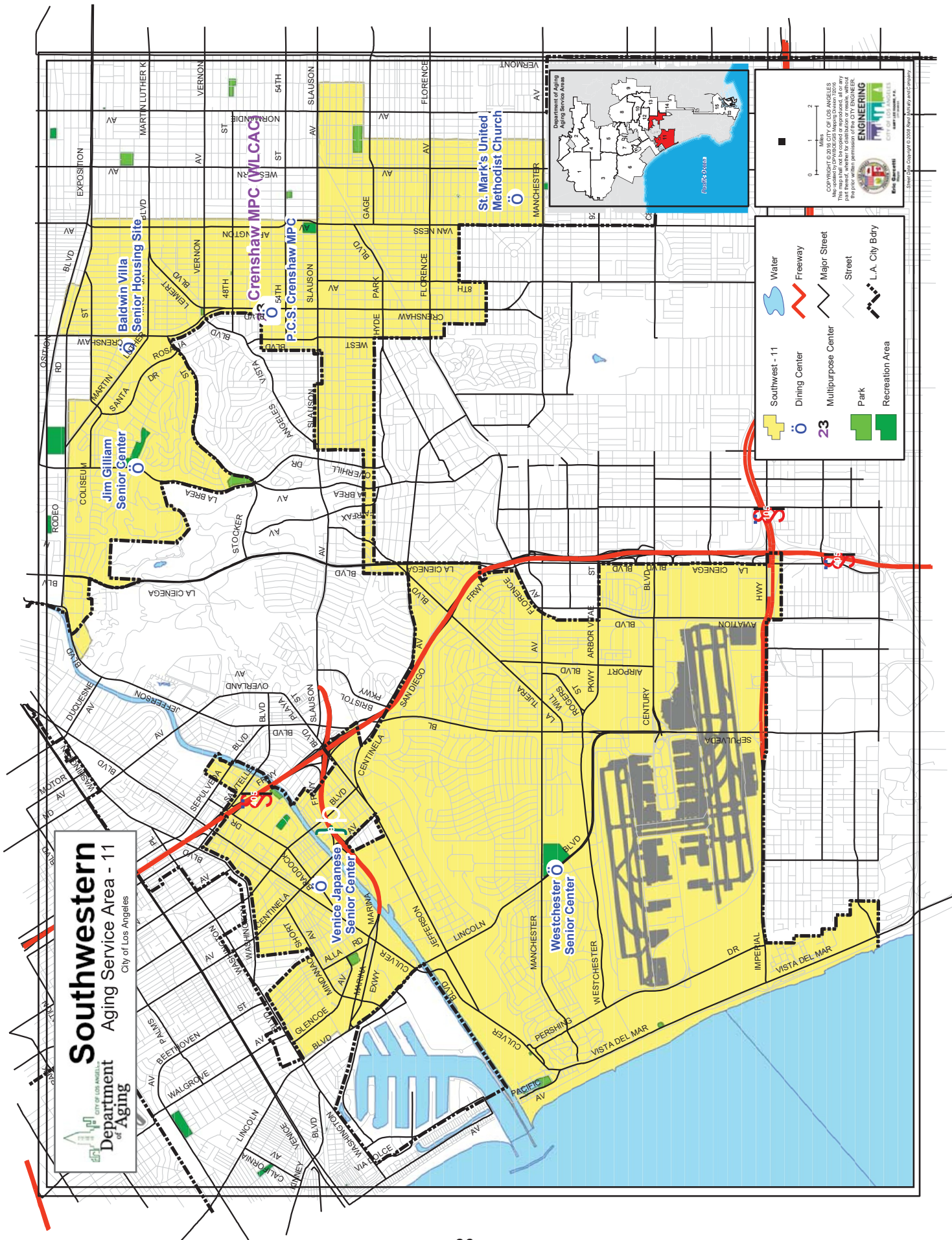
**Jim Gilliam Senior Center** ..... Ph: (323) 291-5928  
4000 S. La Brea Avenue  
Los Angeles, CA 90008  
**Meal Time: 11:00 AM**

**Southwestern MPC** ..... Ph: (323) 294-5226  
5133 S. Crenshaw Blvd.  
Los Angeles, CA 90043  
**Meal Time: 11:00 AM**

**St. Mark's United Methodist Church** ..... Ph: (323) 753-3535  
8305 S. Gramercy Place  
Los Angeles, CA 90047  
**Meal Time: 11:00 AM**

**Venice Japanese Center** ..... Ph: (310) 822-8885  
12448 Braddock Drive  
Los Angeles, CA 90066  
**Meal Time: 11:00 AM**

**Westchester Senior Center** ..... Ph: (310) 649-3317  
8740 Lincoln Blvd.  
Los Angeles, CA 90045  
**Meal Time: 11:00 AM**





## HARBOR

---

**WILMINGTON JAYCEES FOUNDATION, INC**..... Ph: (310) 518-4533  
MPC Director: Maria Martinez Fax: (310) 518-9912  
1371 Eubank Avenue (Banning Park)  
Wilmington, CA 90744

Nutrition Director: Teresa Rodriguez..... Ph: (310) 518-4533  
121 W. "E" Street Fax: (310) 518-9912  
Wilmington, CA 90744

### DINING CENTERS:

**Amvets Nutrition Site** ..... Ph: (310) 513-6559  
121 W. "E" Street  
Wilmington, CA 90744  
**Meal Time: 11:30 AM**

**Anderson Memorial Center** ..... Ph: (310) 548-7596  
828 S. Mesa Street  
San Pedro, CA 90731  
**Meal Time: 11:30 AM**

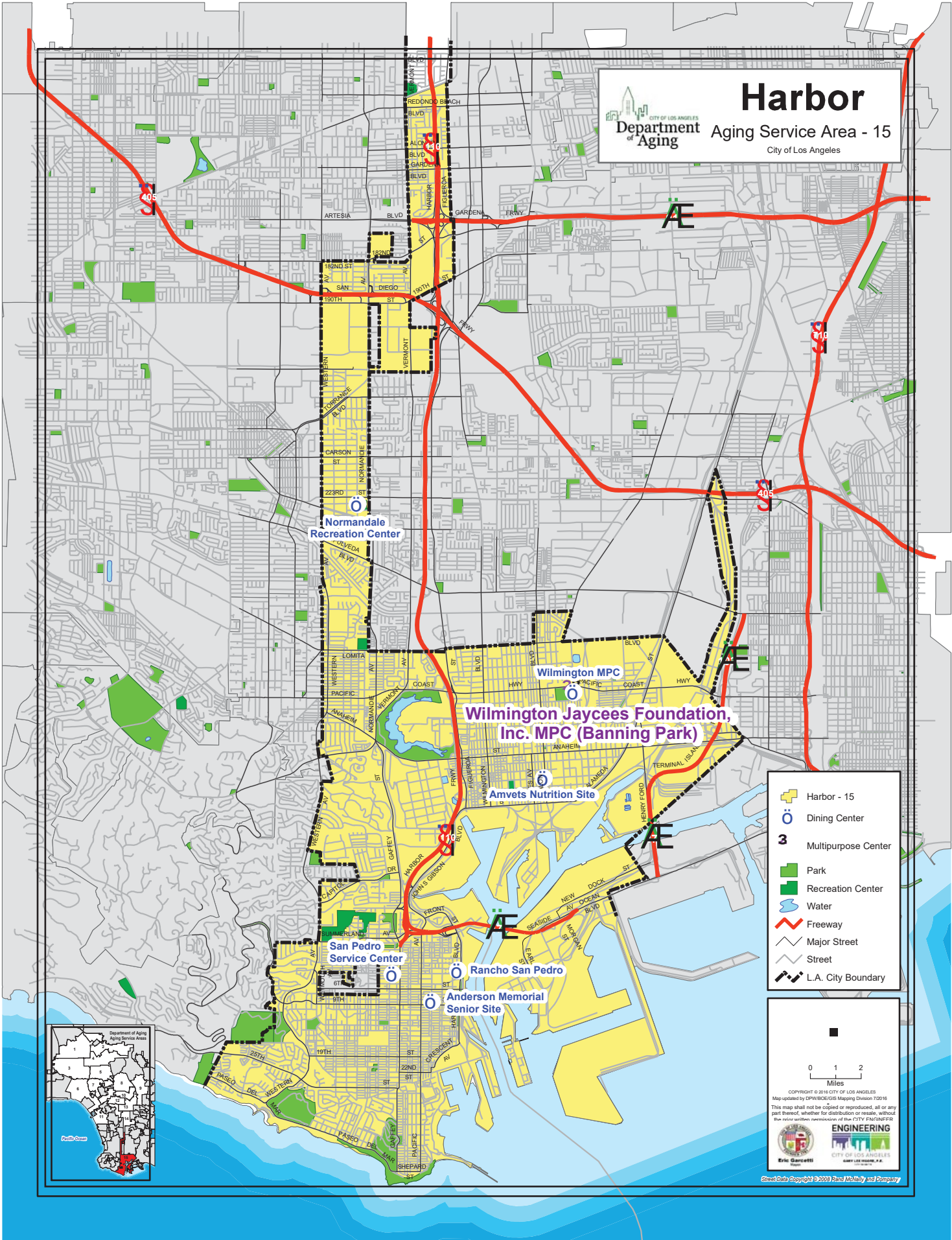
**Normandale Recreation Center** ..... Ph: (310) 748-7146  
22400 Halldale Avenue  
San Pedro, CA 90731  
**Meal Time: 9:30AM – 1:30PM**

**Rancho San Pedro**..... Ph: (310) 732-0678  
202 W. Beacon Street  
Wilmington, CA 90744  
**Meal Time: 12:00 PM**

**San Pedro Service Center** ..... Ph: (310) 519-6091  
769 W. Third Street  
San Pedro, CA 90731  
**Meal Time: 11:30 AM**

**Wilmington MPC** ..... Ph: (310) 518-4533  
1371 Eubank Avenue (Banning Park)  
Wilmington, CA 90744  
**Meal Time: 12:00 PM**

**Harbor**  
 Department of Aging  
 Aging Service Area - 15  
 City of Los Angeles



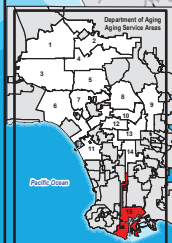
- Harbor - 15
- Dining Center
- Multipurpose Center
- Park
- Recreation Center
- Water
- Freeway
- Major Street
- Street
- L.A. City Boundary

0 1 2  
Miles

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**ENGINEERING**  
 CITY OF LOS ANGELES  
 Eric Garcetti  
 Mayor

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# CITY OF LOS ANGELES RECREATION & PARKS SENIOR CENTERS

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<b>Ahmanson Senior Citizen Center</b> .....	(213) 763-0118
3990 Bill Robertson Lane, Los Angeles, CA 90037	
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM	
<b>Anderson Senior Citizen Center</b> .....	(310) 548-7596
828 S. Mesa Street, San Pedro, CA 90731	
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM	
<b>Betty Hill Senior Citizen Center</b> .....	(323) 733-1946
3570 S. Denker Avenue, Los Angeles, CA 90018	
Hours of Operation: Monday – Friday: 10:00 AM to 3:00 PM	
<b>Boyle Heights Senior Citizen Center</b> .....	(323) 264-5757
2839 East Third Street, Los Angeles, CA 90023	
Hours of Operation: Monday – Friday: 8:30 AM to 4:00 PM	
<b>Canoga Park Senior Citizen Center</b> .....	(818) 340-2633
7326 Jordan Avenue, Canoga Park, CA 91303	
Hours of Operation: Monday – Friday: 8:30 AM to 4:30 PM	Nutrition .....(818) 992-8094
<b>Claude Pepper Senior Citizen Center</b> .....	(310) 559-9677
1762 S. La Cienega Blvd., Los Angeles, CA 90035	
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM	
<b>Costello Senior Citizen Center</b> .....	(213) 485-9111
3121 E. Olympic Blvd., Los Angeles, CA 90023	
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM	
<b>El Sereno Senior Citizen Center</b> .....	(323) 222-2040
4818 Klamath Place, Los Angeles, CA 90032	
Hours of Operation: Monday – Friday: 8:00 AM to 4:30 PM	
<b>Fairfax Senior Citizen Center</b> .....	(323) 653-1824
7929 Melrose Avenue, Los Angeles, CA 90046	
Hours of Operation: Monday – Friday: 8:30 AM to 4:00 PM, Saturday: 1:00 PM to 4:00 PM	
<b>Felicia Mahood Multipurpose Center</b> .....	(310) 479-4119
11338 Santa Monica Blvd., Los Angeles, CA 90025	
Hours of Operation: Monday – Friday: 8:30 AM to 4:30 PM	
<b>Glassell Senior Citizen Center</b> .....	(323) 550-8809
3750 Verdugo Rd., Los Angeles, CA 90065	
Hours of Operation: Monday – Friday: 9:00 AM to 4:00 PM	
<b>Griffith Park Adult Community Center</b> .....	(323) 644-5579
3203 Riverside Dr., Los Angeles, CA 90027	
Hours of Operation: Monday – Friday: 9:00 AM to 4:30 PM	
<b>Highland Park Adult Senior Citizen Center</b> .....	(323) 256-6866
6152 N. Figueroa St., Los Angeles, CA 90042	
Hours of Operation: Monday – Friday: 8:00 AM to 4:30 PM	
<b>Jim Gilliam Senior Citizen Center</b> .....	(323) 291-5969
4000 S. La Brea Avenue, Los Angeles, CA 90008	
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM	
<b>Las Palmas Senior Citizen Center</b> .....	(323) 465-7787
1820 Las Palmas Avenue, Los Angeles, CA 90028	
Hours of Operation: Monday – Friday: 9:00 AM to 4:30 PM	
<b>Lincoln Heights Senior Citizen Center</b> .....	(323) 225-9339
2323 Workman Street, Los Angeles, CA 90031	
Hours of Operation: Monday – Friday: 8:00 AM to 4:30 PM	

## **CITY OF LOS ANGELES RECREATION & PARKS SENIOR CENTERS (Cont.)**

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- Lincoln Park Senior Citizen Center** ..... (213) 847-1726  
3501 Valley Blvd., Los Angeles, CA 90031  
Hours of Operation: Monday – Friday: 9:00 AM to 9:00 PM; Saturday: 9:00 AM to 5:00 PM
- Mid-Valley Senior Citizen Center** ..... (818) 893-3700  
8825 Kester Avenue, Panorama City, CA 91402  
Hours of Operation: Monday – Friday, 10:00 AM to 9:00 PM, Saturday: 9:00 AM to 5:00 PM
- Montecito Heights Senior Citizen Center** ..... (213) 485-8549  
4545 Homer Street, Los Angeles, CA 90031  
Hours of Operation: Monday – Friday: 9:00 AM to 4:00 PM
- North Hollywood Senior Citizen Center** ..... (818) 763-7651  
5301 Tujunga Avenue, North Hollywood, CA 91601  
Hours of Operation: Call for hours, 9:00 AM to 11:00 PM (events)
- Pan Pacific Senior Citizen Center** ..... (323) 935-5705  
141 S. Gardner Avenue, Los Angeles, CA 90036  
Hours of Operation: Monday – Friday: 8:00 AM to 4:30 PM
- Robert M. Wilkinson Multipurpose Senior Citizen Center** ..... (818) 756-7741  
8956 Vanalden Avenue, Northridge, CA 91324  
Hours of Operation: Monday – Friday: 8:30 AM to 4:30 PM
- Sherman Oaks/East Valley Adult Center** ..... (818) 386-9674  
5056 Van Nuys Blvd., Sherman Oaks, CA 91403  
Hours of Operation: Monday – Friday: 5:00 PM to 9:00 PM, Saturday: 9:00 AM to 12:00 PM;  
Sunday: 10:00 AM to 6:00 PM
- Slauson Senior Citizen Center** ..... (323) 846-5392  
5306 S. Compton, Los Angeles, CA 90011  
Hours of Operation: Monday – Friday: 9:00 AM to 8:00 PM, Saturday 9:00 AM to 5:00 PM
- Sunland Senior Citizen Center** ..... (818) 353-9571  
8640 Fenwick St., Sunland, CA 91040  
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM
- Vineyard Senior Citizen Center** ..... (323) 732-2469  
2942 Vineyard Avenue, Los Angeles, CA 90016  
Hours of Operation: Monday/ Wed: 9:30 AM to 6:00 PM, Tues/Thurs: 9:30 AM to 10:00 PM  
Saturday: 10:00 AM to 4:00 PM
- Watts Senior Citizen Center** ..... (323) 564-9440  
1657 E. Century Blvd., Los Angeles, CA 90002  
Hours of Operation: Monday – Friday: 9:00 AM to 4:00 PM
- Westchester Senior Citizen Center** ..... (310) 649-3319  
8740 Lincoln Blvd., Los Angeles, CA 90045  
Hours of Operation: Monday – Friday: 9:00 AM to 5:00 PM

## RESOURCES

### California Senior Legislature ..... (916) 552-8056

Is an elected group representing older adults in the State of California. Elections are held every two years in even number years. There are 80 Senior Assembly persons and 40 Senior Senators for the state of California. The City of Los Angeles is PSA 25. Two Senior Senators who are at-large and nine Senior Assembly persons who are elected by districts represent the City. The Senior Legislature promotes legislation to improve the lives of seniors in California. Each October, all of the Senior Legislators from California meet for their annual session in Sacramento for four days. If you are interested in this organization, please contact the number listed and ask for the CSL staff Liaison.

### Community Services

Non-Emergency City Information .....	311
AARP .....	(866) 448-3614
Elder Abuse .....	(877) 477-3646
Elder Care Locator .....	(800) 677-1116
Los Angeles Regional Food Bank .....	(323) 234-3030
Health Insurance Counseling Advocacy Program (HICAP) .....	(800) 824-0780
Department of Managed Health Care .....	(800) 400-0815
Housing Authority (HACLA).....	(213) 252-2500
Housing Department (HCIDLA) .....	(866) 557-7368
211 (Outside of County) .....	(800) 339-6993
Jewish Family Services .....	(877) 275-4537
Los Angeles Department on Disability .....	(213) 202-2764
Ombudsman .....	(800) 334-9473
Section 8 (HACLA).....	(213) 252-2500
Senior Friendship Line .....	(800) 971-0016
Social Security .....	(800) 772-1213
Suicide Prevention .....	(310) 391-1253

### Consumer Complaints

Attorney General's Office (Whistleblower) .....	(800) 952-5225
California Bar Association (Attorney Misconduct Complaint).....	(800) 843-9053
California Contractor State License Board .....	(800) 321-2752
California State Consumer Affairs .....	(800) 952-5210
Department of Consumer Affairs .....	(800) 952-5210
County of LA Dept. of Consumer Affairs .....	(213) 974-1452
CA Department of Insurance .....	(800) 927-4357
Los Angeles City Attorney Consumer Protection .....	(213) 978-8070
Los Angeles County Consumer Affairs .....	(213) 974-1452
Medicare Board Complaint Unit .....	(800) 633-2322
CA Department of Real Estate .....	(213) 620-2072
Freedom of Information Act Request .....	(800) 638-2772
Small Claims Court .....	(213) 974-9759
U.S. Consumer Product .....	(800) 638-2772

### Council on Aging ..... (213) 482-7252

The City of Los Angeles Council on Aging is composed of a group of residents of the City of Los Angeles who reside in the City and are interested in advocating for the City's seniors. The Council on Aging is a volunteer group that advises the Department of Aging (AAA) on all matters relating to the preparation and implementation of the City's Planning and Service Area Plan, and may act as an advocacy body for older persons. The Council on Aging actively seeks new members from all 15 Council Districts in the City of Los Angeles. If you are interested in becoming a member or need additional information, please call the staff liaison to request an application.

## RESOURCES (Cont.)

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**County of Los Angeles Community & Senior Services** ..... (213) 738-4004

### **County of Los Angeles Multipurpose Senior Centers**

Burbank ..... (818) 238-5353, (818) 238-5367  
Glendale ..... (818) 548-3775, (818) 548-2187, (818) 548-4098  
Culver City ..... (310) 253-6700  
Inglewood ..... (310) 412-5338  
Long Beach ..... (562) 570-3500  
Pasadena ..... (626) 795-4331  
Japanese Community Pioneer Center ..... (213) 680-1656  
Gardena ..... (310) 217-9552

### **County Medical Centers**

Edward R. Roybal Health Center ..... (323) 362-1010  
H. Claude Hudson Health Center ..... (213) 699-7000  
Health Services Information (LA County) ..... (800) 427-8700  
Hollywood/Wilshire Health Center ..... (323) 769-7800  
Hubert H. Humphrey Health Center ..... (323) 846-4312  
LAC/USC Medical Center ..... (323) 226-2622  
Martin Luther King/Appt. Clinic ..... (424) 338-1000  
Ruth Temple Health Center ..... (323) 730-3507

### **Crime Victims (Resources for)**

LA County Dept. of Children & Family Services (DCFS)..... (800) 540-4000  
City Attorney ..... (213) 978-8100  
Public Defender's Office ..... (213) 974-2811  
Public Guardian ..... (213) 974-0515  
Victim-Witness Assistance Program ..... (800) 380-3811

### **Department of Public Social Services (DPSS)**

East Los Angeles Office ..... (866) 613-3777  
East Valley Office ..... (818) 701-8200  
Lincoln Heights Office ..... (866) 613-3777  
Metro Family ..... (866) 613-3777  
West Los Angeles Office (Olympic) ..... (866) 613-3777  
West Los Angeles Office (Pico) ..... (310) 258-7400

### **Disease Prevention and Health Promotion Services**

#### **Wellness Club**

The Wellness Club is designed to provide disease prevention and health promotion programs for seniors, which enhance the quality of life in a variety of community settings. Services are provided as follows:

Partners-In-Care Foundation .....(818) 837-3775

Web: [www.picf.org](http://www.picf.org)

Physicians in various medical specialties provide free health screenings, examinations, follow-ups, and necessary referrals to seniors at various sites throughout the City of Los Angeles.

## RESOURCES (Cont.)

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### Elder Abuse

Elder Abuse can take many forms. It can be outright physical abuse, or it can take on other forms, such as, neglect, financial abuse, verbal abuse, and forced isolation. To report immediate physical danger, please call 9-1-1. Suspected elder abuse cases in private homes and in nursing homes are handled exclusively by the County of Los Angeles.

Adult Protective Services (APS) ..... Ph: (877) 477-3646

Elder Abuse Hotline (open 24 hours) ..... Ph: (800) 992-1660  
Investigates reports of abuse in the home.

Elder Abuse Community Education ..... Ph: (310) 394-9871  
This program increases public awareness and provides the resources necessary to prevent elder abuse by education both the elders and caregivers.

Long-Term Ombudsman Program & Elderly Abuse

Investigates reports of abuse in long-term care facilities, such as a skilled nursing home.

Wise & Healthy Aging  
1527 4th St., 2nd Floor  
Santa Monica, CA 90401  
Ph: (800) 334-9473

### Emergency Alert Response System (EARS)

The Emergency Alert Response System (EARS) program promotes security and independence of elderly persons by providing telecommunication equipment that will permit them to remain in their home and delay costly institutionalization.

The EARS program targets residents of the City who are at least 62 years of age, frail, medically needy, home-bound, live alone and meet federal income guidelines. The program is a cooperative effort with the Care Management program in each of the Multipurpose Senior Centers (MPCs).

Persons interested in obtaining this service should contact their nearest MPC. To look for the nearest MPC, go to page 4, look for the senior's ZIP Code, and go to the corresponding page.

### Emergency Help

Life-Threatening Emergency ..... 9-1-1  
American Red Cross..... (800) 675-5799  
Catholic Charities of Los Angeles..... (213) 251-3400  
First AME Church ..... (323) 735-1251  
Jewish Free Loan ..... (323) 761-8830  
Salvation Army ..... (562) 264-3600  
St. Vincent De Paul ..... (888) 552-7872  
United Way ..... (213) 808-6220  
Weingart Center ..... (213) 627-5302

### Health Insurance Information

Presentations related to Medicare are provided to older adults for free. Topics include Health Maintenance Organizations (HMOs) and obtaining preventive health services from Federally Qualified Health Centers (FQHCs).

Health Insurance Counseling & Advocacy Program (HICAP) ..... Ph: (213) 383-4519  
520 S. La Fayette Park Place, Suite 214 ..... Fax: (213) 383-4598  
Los Angeles, CA 90057

## RESOURCES (Cont.)

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### Information & Assistance (I&A)

The Department of Aging provides telephone Information & Assistance services to seniors and caregivers requesting information about available community resources and/or referrals to particular service programs or agencies. For information and/or referral, call this toll free number: (800) 510-2020 or (213) 482-7252

### Information & Assistance (I&A) - Multilingual

The Department of Aging provides support in Spanish and Korean. For further assistance, call Multilingual Information & Assistance specialists, who are available to serve the Latino, Korean, Vietnamese, and Filipino communities, and provide services in several languages for seniors in the City of Los Angeles. There are various sites throughout the City to assist seniors.

Mexican American Opportunity Foundation (MAOF) ..... Ph: (323) 526-9344  
Senior Hispanic Information & Assistance Services (SHIAS) ..... Fax: (323) 890-9637  
(asistencia en Español)  
Project Director: Elizabeth Jimenez

Little Tokyo Service Center (A Community Development Corporation) ..... Ph: (213) 473-3030  
Senior Asian Information & Assistance Services ..... Fax: (213) 473-3031  
231 E. Third St., Suite G-106  
Los Angeles, CA 90013

### Legal Services and Dispute Resolution Program

**Bet Tzedek** - Citywide legal services available to assist seniors in various legal issues, including: public entitlement, housing-related laws, legal aid, landlord/tenant disputes, government benefits, health law consumer protection, nursing home law, power of attorney and other health issues.

Bet Tzedek Legal Services..... Ph: (323) 939-0506  
3250 Wilshire Blvd. 13th Floor ..... Fax: (213) 471-4568  
Los Angeles, CA 90010

**The Dispute Resolution Program of the Office of the Los Angeles City Attorney** was established in 1989 to provide the Los Angeles Community easily assessable, informal, confidential and free methods of resolving conflict.

Dispute Resolution is a term used to describe a variety of options for dealing with disputes; this includes the option of Alternative Dispute Resolution (ADR) which typically refers to a method of resolving disputes by means not associated with formal litigation (court), such as mediation, facilitation and conciliation.

The Dispute Resolution Program mediates all types of civil disputes including:

- Landlord/Tenant
- Neighbor/Neighbor
- Consumer/Merchant
- Community related

**Dispute Resolution Program** ..... Ph: (213) 978-1880  
Los Angeles City Attorney's Office ..... Fax: (213) 978-8714  
200 N. Spring Hill St., 23rd Floor  
Los Angeles, CA 90012



## RESOURCES (Cont.)

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### Older Adult Services and Information Systems (OASIS)

This is a recreational program for seniors located in non-traditional settings such as department stores, colleges, retirement homes, and landmarks. This program is based on an educational, cultural arts, and informational model. Macy's Stores, Department of Aging, and the community agencies listed below work together to offer a variety of activities at these locations.

Macy's Store at Baldwin Hills ..... (323) 291-3414  
4005 Crenshaw Boulevard  
Los Angeles, CA 90008

Jewish Family Services of Los Angeles (JFSLA) ..... (323) 937-5900  
Jona Goldrich Multipurpose Senior Center (MPC)  
330 N. Fairfax Avenue  
Los Angeles, CA 90036

### Senior Employment Training Program (Title V)

The Department's Senior Employment Training Program provides part-time on-the-job training for seniors. Eligible persons are City of Los Angeles residents, 55 years or older, and whose income falls within federal low-income guidelines.

The goal of the program is unsubsidized employment for older workers. Seniors are placed either in a classroom training program or assigned to a community-based agency. While in this supportive environment, the senior acquires new career skills or builds on existing ones while earning a wage. The program offers seniors assistance with job referrals during the job search period of transitioning to unsubsidized employment.

For further information about this program, please call (800) 510-2010, Monday through Friday, between 8:00 a.m. to 4:00 p.m.

To complete an application and/or be placed on the waiting list, you may visit any of the following Title V offices:

City of Los Angeles Department of Aging ..... (800) 510-2020  
221 N. Figueroa St., Suite 500 ..... (213) 482-7252  
Los Angeles, CA 90012

## RESOURCES (Cont.)

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SunValley Worksource ..... (818) 504-0334  
Lead Agency: El Proyecto Del Barrio  
9024 Laurel Canyon Blvd.  
Sun Valley, CA 91352

Chatsworth-Northridge Worksource ..... (818) 701-9800  
Lead Agency: BUILD Rehabilitation Industries  
9207 Eaton Avenue  
Chatsworth, CA 91311  
*Adults, Displaced Workers, Persons with Disabilities*

Southeast Los Angeles Crenshaw: WorkSource Center ..... (323) 730-7900 ext.203  
Lead Agency: Center United Auto Worker Labor Employment and Training Corp. (UAW-LETC)  
3965 S. Vermont Avenue  
Los Angeles, CA 90037

### **Social Security**

General Office ..... (800) 772-1213

### **Support Groups**

AIDS/Sexually Transmitted Disease Hotline ..... (800) 342-2437  
Alzheimer's Association ..... (800) 272-3900  
Alzheimer's Association-Spanish..... (800) 272-3900  
Alzheimer's Caregiver Support Group ..... (800) 272-3900  
American Cancer Society ..... (800) 227-2345  
American Lung Association ..... (310) 735-9492  
American Heart Association ..... (213) 291-7000  
American Red Cross ..... (800) 675-5799  
Arthritis Foundation ..... (323) 954-5750  
Breast Cancer Support Group ..... (310) 517-4709  
Children of Aging Parents (CAPS) ..... (800) 227-7294  
Corporate California Council of the Blind ..... (800) 221-6359  
Epilepsy Foundation ..... (310) 670-2870  
Hospice Program Kaiser Home Health ..... (323) 783-7416  
Los Angeles Caregiver's Resource Center ..... (800) 540-4442  
National Multiple Sclerosis Society ..... (310) 479-4456  
National Eye Care ..... (877) 887-6327  
Parkinson Disease Foundation ..... (800) 457-6676  
Stroke Association ..... (310) 575-1699  
Valley Trauma/Rape Support Group ..... (818) 886-0453

## RESOURCES (Cont.)

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### Tax Assistance

Franchise Tax Board .....	(800) 852-5711
Property Tax Postponement .....	(800) 952-5661
Psychology Services Center.....	(213) 740-1600

The program is designed to assist people 55 and over with issues or problems that may accompany the aging process, with a focus on depression, anxiety, loss, and marriage and family issues, including caregiving. TOACC is a non-profit counseling center located on the campus of the University of Southern California (USC) and is a service program of USC's Davis School of Gerontology and the Department of Psychology.

### Transportation

The City of Los Angeles, through the Department of Transportation, sponsors a transportation subsidy program. This program is for the benefit of seniors 65 years or older and disabled persons of any age.

CityRide..... (310), (323), (818), or (213) 808-RIDE (7433)

An alternative to CityRide is the personalized door-to-door transportation service for seniors 65+ and/or disabled individuals who are unable to access other modes of transportation and require personalized assistance. Clients must be a City of Los Angeles resident and be registered with CityRide. Service is provided Monday through Friday 8:30 a.m. to 4:30 p.m. Donations are suggested but not required.

Contact the nearest Multipurpose Senior Center (MPC) in the senior's area. To look for the nearest MPC, go to page 4, look for the senior's Zip Code, and go to the corresponding page.

### Utilities

Department of Water and Power .....	(800) 499-4611
Southern California Gas Company .....	(800) 427-2200
AT&T .....	(800) 310-2355
Verizon .....	(800) 837-4966

### Volunteer Opportunities

Purposeful Aging Los Angeles .....	(323) 469-1973
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[www.purposefulagingla.com](http://www.purposefulagingla.com)

## RESOURCES (Cont.)

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### Volunteer Opportunities (Cont.)

**Council on Aging** ..... (213) 482-7252

The City of Los Angeles Council on Aging is composed of a group of residents of the City of Los Angeles who reside in the City and are interested in advocating for the City's seniors. The Council on Aging is a volunteer group that advises the Department of Aging (AAA) on all matters relating to the preparation and implementation of the City's Planning and Service Area Plan, and may act as an advocacy body for older persons. The Council on Aging actively seeks new members from all 15 Council Districts in the City of Los Angeles. If you are interested in becoming a member or need additional information, please call the staff liaison to request an application.

**Neighborhood Councils** ..... (213) 978-1551

Neighborhood Councils promote public participation in government and make government more responsive to local needs by creating, nurturing, and supporting a citywide system of grass-roots, independent, and participatory local advisory councils.

**Retired and Senior Volunteer Program (RSVP)** ..... (323) 224-6510

570 W. Avenue 26, Suite 400  
Los Angeles, CA 90065

The RSVP promotes self-esteem among people 55 years and older by enabling them to use their skills and life-time experiences to be of service to others. Senior volunteers provide such needed services as language tutors, receptionists, bookkeepers, registration, and assistance with missing children, aides in schools, hospitals, libraries, museums, day care centers, and nutrition sites in the local communities.

## RESOURCES (Cont.)

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### Websites

AARP .....	<a href="http://www.aarp.org">www.aarp.org</a>
Alzheimer's Association .....	<a href="http://www.alz.org">www.alz.org</a>
American Geriatric Society .....	<a href="http://www.americangeriatrics.org">www.americangeriatrics.org</a>
American Society on Aging .....	<a href="http://www.asaging.org">www.asaging.org</a>
Bet Tzedek .....	<a href="http://www.bettzedek.org">www.bettzedek.org</a>
Braille Institute .....	<a href="http://www.brailleinstitute.org">www.brailleinstitute.org</a>
California Advocates for Nursing Home Reform .....	<a href="http://www.canhr.org">www.canhr.org</a>
California Department of Aging .....	<a href="http://www.aging.ca.gov">www.aging.ca.gov</a>
California Department of Consumer Affairs .....	<a href="http://www.dca.ca.gov">www.dca.ca.gov</a>
City of Los Angeles Department of Aging .....	<a href="http://www.aging.lacity.org">www.aging.lacity.org</a>
County of Los Angeles Department of Aging .....	<a href="http://wdacs.lacounty.gov">http://wdacs.lacounty.gov</a>
Department of Motor Vehicles .....	<a href="http://www.dmv.ca.gov">www.dmv.ca.gov</a>
Department of Veteran's Affairs .....	<a href="http://www.va.gov">www.va.gov</a>
Department of Water and Power Los Angeles .....	<a href="http://www.ladwp.com">www.ladwp.com</a>
Gerontological Society of America .....	<a href="http://www.geron.org">www.geron.org</a>
Housing Authority of the City of Los Angeles .....	<a href="http://www.hacla.org">www.hacla.org</a>
Jewish Family Services of Los Angeles .....	<a href="http://www.jfsla.org">www.jfsla.org</a>
Los Angeles City Department of Transportation .....	<a href="http://ladot.lacity.org">ladot.lacity.org</a>
Medicaid .....	<a href="http://cms.hhs.gov">http://cms.hhs.gov</a>
Medical Board of California .....	<a href="http://www.mbc.ca.gov">www.mbc.ca.gov</a>
Medicare .....	<a href="http://www.medicare.gov">www.medicare.gov</a>
National Arthritis Foundation .....	<a href="http://www.arthritis.org">www.arthritis.org</a>
National Institute on Aging .....	<a href="http://www.nia.nih.gov">www.nia.nih.gov</a>
New Lifestyles Guide to Retirement Communities .....	<a href="http://www.newlifestyles.com">www.newlifestyles.com</a>
OASIS Los Angeles .....	<a href="http://www.oasisnet.org/losangeles">www.oasisnet.org/losangeles</a>
Osteoporosis and Related Bone Disease .....	<a href="http://www.bones.nih.gov/home">www.bones.nih.gov/home</a>
Social Security .....	<a href="http://www.ssa.gov">www.ssa.gov</a>
USC Leonard Davis School of Gerontology .....	<a href="http://gero.usc.edu">gero.usc.edu</a>
WISE Senior Services .....	<a href="http://www.wiseandhealthyaging.org">www.wiseandhealthyaging.org</a>

## RESOURCES FOR VETERANS

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VA Greater Los Angeles Healthcare System  
 11301 Wilshire Blvd.  
 Los Angeles, CA 90073 (310) 478-3711

Sepulveda Ambulatory Care Center  
 16111 Plummer St.  
 Los Angeles, CA 91343  
 (818) 891-7711

Los Angeles Ambulatory Care Center  
 351 East Temple St.  
 Los Angeles, CA 90012  
 (213) 253-2677

The VA Greater Los Angeles Healthcare System provides inpatient and outpatient care at the West Los Angeles Healthcare Center, outpatient care at Ambulatory Care Centers in Sepulveda, downtown Los Angeles, Bakersfield, Santa Barbara as well as at numerous community based outpatient clinics.

Inpatient care is available in medicine, neurology, psychiatry, rehabilitation medicine and surgery. Additional inpatient units include nursing home care and domiciliary.

### Services Offered

Anesthesiology	Infection Control	Orthopedics	Research
Audiology & Speech Pathology	Infectious Disease	Pain Management	Respiratory
Cancer Center Research	Laboratory	Parkinson's Disease Research, Education, & Clinical Center	Rheumatology
Cardiology	Medicine Department	Patient Education Resource Center	Smoking Cessation
Chaplain	Nephrology	Pharmacy	Social Work
Dental	Neurology	Physical Medicine & Rehabilitation	Surgery
Dermatology	Nuclear Medicine	Podiatry	Telehealth/Telemedicine
Domiciliary	Nursing	Primary Care	Urology
Endocrinology	Nutrition & Food	Psychiatry	Vascular Surgery
Gastroenterology	Occupational Therapy	Psych Day Treatment	Women's Health
Geriatric Research Education & Clinical Center	Oncology	Psychology	
Hematology	Optometry	Pulmonary	
Homeless Program	Ophthalmology	Renal Care	

Source: [www.va.gov](http://www.va.gov)

## **KOREAN AMERICAN COMMUNITY SERVICE CENTERS**

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- Korean Resource Center (민족학교) ..... Ph: (323) 937-3718  
900 S. Crenshaw Blvd.  
Los Angeles, CA 90019
- The Korean Senior Citizens Association of S.F. Valley ..... Ph: (818) 700-0044  
(밸리 대한노인회) ..... (818) 700-8550  
18531 Gresham Street ..... Fax: (818) 700-8733  
Northridge, CA 91324
- Korean American Coalition (한미연합회) ..... Ph: (213) 380-6175  
3727 W. 6th Street #305 ..... (213) 365-5999  
Los Angeles, CA 90020
- Korean-American Federation of Los Angeles ..... Ph: (323) 732-0700  
(로스앤젤레스 한인회)  
981 S. Western Ave. #100  
Los Angeles, CA 90006
- KHEIR (한인건강정보센터) ..... Ph: (213) 235-2500  
3727 W. 6th Street #230  
Los Angeles, CA 90020
- LACMAF(Los Angeles Christian Mutual Assistance Foundation) ..... Ph: (323) 461-6526  
(로스앤젤레스 기독교상조회)  
424 N. Western Avenue  
Los Angeles, CA 90004
- Asian Pacific American Legal Center ..... Ph: (800) 867-3640 (Korean)  
(아태미주법률센터) ..... (888) 349-9695(English)  
1145 Wilshire Blvd. #2  
Los Angeles, CA 90017
- Koreatown Senior and Community Services ..... Ph: (213) 387-7733  
965 S. Normandie Ave., Suite #200 ..... Fax:(213) 387-7735  
Los Angeles, CA 90006
- Korean-American Family Service Center (한인가정상담소) ..... Ph: (213) 389-6755  
3727 W. 6th Street #320  
Los Angeles, CA 90020
- Consulate General of the Republic of Korea in Los Angeles ..... Ph: (213) 385-9300  
Employee Association (한인공무원협회 민원안내센터) ..... Fax: (213) 385-1849  
3243 Wilshire Blvd.  
Los Angeles, CA 90010







**Karen Bass, Mayor**

**City of Los Angeles Council Members**

- |                             |                         |
|-----------------------------|-------------------------|
| 1 - Eunisses Hernandez      | 9 - Curren D. Price Jr. |
| 2 - Paul Krekorian          | 10 - Heather Hutt       |
| 3 - Bob Blumenfield         | 11 - Traci Park         |
| 4 - Nithya Raman            | 12 - John Lee           |
| 5 - Katy Yaroslavsky        | 13 - Hugo Soto-Martinez |
| 6 - Vacant                  | 14 - Kevin de León      |
| 7 - Monica Rodriguez        | 15 - Tim McOsker        |
| 8 - Marqueece Harris-Dawson |                         |



221 N. Figueroa St., Suite 500  
Los Angeles, CA 90012  
Phone: (800) 510-2020 or (213) 482-7252  
TDD: (213) 473-5990

Web: [www.aging.lacity.org](http://www.aging.lacity.org)  
E-mail: [age.webinfo@lacity.org](mailto:age.webinfo@lacity.org)

Jaime H. Pacheco-Orozco, General Manager  
Mariella Freire-Reyes, Assistant General Manager

Hours of Operation  
(Monday - Thursday, 8am to 5pm  
Friday, 8am to 4pm)  
*Except Holidays*

As a covered entity under Title II of the Americans with Disability Act,  
the City of Los Angeles does not discriminate on the basis of disability.

Programs and Services provided by the City of Los Angeles Department of Aging  
are funded by the Older Americans Act.