

LEGAL SERVICES

- The Alameda Main Library, 2200 Central Ave., sponsors Lawyers in the Library on the **first** Wednesday of the month between 7:00 and 9:00 pm. Register at 6:30 pm. For more information, call **747-7777**.
- Legal Assistance for Seniors (LAS) provides legal assistance to seniors 60 and older on the **third** Monday of the month between 1:00 and 3:00 p.m. in the Mastick office. For an appointment, please call the Mastick office at (510) 747-7506. For more information about LAS, please call **(510) 832-3040**.
- Legal Assistance Hotline for seniors 60 and older is **1-800-222-1753**.

ALAMEDA MEALS ON WHEELS (AMOW)

AMOW delivers hot, diet specific meals to seniors and homebound Alameda residents seven days per week. Meals are sold at cost and delivered by volunteers. Sliding scale fees ensure that services are accessible to all. To learn more, call 865-6131.

ALAMEDA FOOD BANK

The Alameda Food Bank is a private non-profit organization providing nutritious food at no cost to low-income residents of the city of Alameda. The monthly food distribution program includes one bag of groceries, one bag of produce, item(s) from the freezer list, peanut butter, powdered milk, and various other items. For more information about the program or to donate food, please contact the Alameda Food Bank at 1900 Thau Way, (between Buena Vista and Constitution Way), or by phone at 523-5850.

BIRTHDAY LUNCH CELEBRATION

July “Birthdays” are invited to join us for the Birthday Celebration on **Thursday, July 19**, at 12:00 pm in Dining Room 1. The celebration includes a *free* lunch, a slice of Birthday Cake, and a balloon! Reservations are required and will be accepted until **Friday, July 13**, by 11:30 am. To reserve a seat, stop by the Lobby desk or call 747-7500 between 9:00 and 11:30 am. *On Thursday, July 19, confirm your lunch reservation at the Lobby desk by completing the lunch application and picking up your lunch ticket no later than 11:30 am*

BROWN BAG PROGRAM

On **Thursday, July 19**, between 8:30 am and 10:00 am in Dining Room 1, applications will be accepted for the Brown Bag Program. Eligible candidates must be 60 or older, with a gross monthly income of \$1,096 (single) and \$2,192 (families of two or greater). Membership must be renewed annually. An annual voluntary contribution of \$10 is appreciated at registration. Food is distributed on the **first** and **third** Thursday between 9:00 and 10:00 am in the Dining Room I. Members must be able to retrieve the bag of groceries. **All applicants must provide identification and proof of income at the time of registration!**

AN OPEN INVITATION FOR LUNCH

Bay Area Community Services (BACS) prepares the noon meal served Monday through Friday at Mastick. Individuals 60 plus who wish to participate are requested to contribute \$2.25 per meal. Members, guests or companions under age 60 who wish to participate are **required** to contribute \$4.25 per meal. Reservations are made a week in advance. To reserve lunch for the following week, please come by the front desk (lobby) or call 747-7500 by Friday at 11:30 am. For additional information about this program, please contact the Mastick Office at 757-7506.

DELIVERY SERVICES

Chestnut/Encinal Market (Grocery Items) 1202 Chestnut Street (510) 523-5600 (\$9 Delivery Fee)
Encinal Market (Grocery Items) 3122 Encinal Avenue (510) 522-7171 No Delivery Fee (\$25 Minimum Order)
Dan’s Produce (Grocery Items) 2300 Central Avenue (510) 523-1777 (Tuesday and Friday ONLY) No Delivery Fee (\$20 Minimum Order)
Versailles Pharmacy - Prescription Drug Delivery 2801 Encinal Avenue (510) 523-4907 No Delivery Fee
Webster Pharmacy –Prescription Drug Delivery 1553 Webster Street (510) 522-3066 No Delivery Fee

