



## **Public Service Announcement**

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### **Barstow Senior Center and Elder Haven Offer Many Services For Seniors and Caregivers**

(City of Barstow – January 25, 2012)

*The Barstow Senior Center and Barstow Elder Haven Group team up to provide free lunches to members.*

The community is invited to join friends and supporters of Barstow's older adults groups, "**Barstow Senior Center**" and "**Elder Haven**" in offering assistance to our family caregivers.

Elder Haven places caring for seniors and community building as the centerpiece of their day. Family caregivers are invited to bring their over 60 years of age loved ones to Elder Haven for activities and companionship, with lunch served by the Barstow Senior Center.

The "Haven" is a safe place provided to elderly persons and other adults who require personal care services, protective supervision or assistance in activities of daily living. Many adult day health programs are available.

If you are interested in joining the Elder Haven group, they are located at 512 East Williams Street, with services available on Monday, Tuesday, Thursday and Friday from 8:30 a.m. to 1:30 p.m.

The Barstow Senior Center is located at 555 Melissa Avenue. Come and join in on the fun and remember, you don't have to be a senior to be active!

For additional information contact the Mary Costa at 760.256.5023 or visit the Senior Center website ([www.barstowseniorcenter.org](http://www.barstowseniorcenter.org)).

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