

# CAMPO - LAKE MORENA

## This Month at the Mountain Empire Community Center

SUBMITTED BY: SHANNON REED, COMMUNITY CENTER COORDINATOR  
 FOR: MOUNTAIN HEALTH & COMMUNITY SERVICES  
 CONTACT: SHANNON REED AT (619)478-2384 OR SREED@MTNHEALTH.ORG

### Senior Lunch will be Closed from February 1st - 19th

The Community Center is going through a lot of changes in the next few months. We are very excited about the new kitchen floor that will be going in. We will also be getting new windows, stucco and an exterior paint job! Other than hot lunches, all our programs will continue as usual. Please feel free to stop by and see how things are progressing. The park will begin construction very soon as well!

### MHCS Provided 70 Holiday Food Baskets

Through a wonderful cooperation with other agencies and individuals we were able to distribute 70 holiday baskets to local families. With donations from Wal-Mart we were able to add toys to many of the baskets. Over 40 children enjoyed pajamas provided by the Relief Society of the Church of Jesus Christ of Latter-day Saints with their baskets. The Alpine Jackalopes helped to provide the basic non-perishable food items needed. Due to the success of the Campo Elementary School Food Drive we were able to supplement the baskets with extra staples. The turkeys were provided by generous contributions from community members. You know who you are and I thank you very much for stepping up and helping. Thank you also to Lake Morena Community Church and others that provided the labor to sort through the donated food and assemble

the baskets.

### Adult Tap/Jazz Dancing Dancers Wanted

We still have openings in our Tap/Jazz classes. Classes are every Friday except the first Friday of the month. Come join us from 10am to 11:30am. Class dates for February will be the 12th, 19th, & 26th. Thank you Harriet!

Mountain Health & Community Services continues to serve the Backcountry through the many programs at the Mountain Empire Community Center. The Community Center is located at 976 Sheridan Road across from Sheriff Station in Campo. Regular operating hours are Monday through Saturday from 8:30am to 5pm. We are closed on major holidays and for special events.

WHAT'S HAPPENING ~ FEBRUARY

MOUNTAIN EMPIRE COMMUNITY CENTER  
 976 SHERIDAN ROAD, CAMPO, CA 91906  
 SHANNON REED, CENTER COORDINATOR  
 (619) 478-2384

#### FAMILY ACTIVITIES

FAMILY FUN SATURDAYS 2:00PM-3:00PM  
 CRAFTS AND GAMES FOR THE WHOLE FAMILY  
 FAMILY FUN NIGHT FEBRUARY 26TH 6PM

#### YOUTH ACTIVITIES

GIRLS SCOUTS 3:00 PM VARIOUS FRIDAYS  
 HOMEWORK CLUB- TUESDAYS & THURSDAYS 3PM-4:30PM

#### SENIOR ACTIVITIES

SENIOR LUNCH WED/THU/FRI AT NOON  
 CALL 478-5109 FOR RESERVATIONS  
 THERE WILL BE NO SENIOR LUNCH FEB 1-19  
 AFTER LUNCH ACTIVITIES INCLUDE  
 BINGO (WED) & Wii GAMES (THU & FRI)  
 FREE ADULT TAP/JAZZ DANCING FRIDAYS 10AM  
 UPCOMING DATES 2/12, 2/19 & 2/26

#### SERVICES

GOA FOOD PANTRY EVERY OTHER MONDAY CALL  
 CALL 468-6855 TO VERIFY DAY AND TIME  
 FOOD BANK-PLEASE CALL TO ARRANGE TIME  
 OPEN COMPUTER LAB MON-SAT 8:30AM-4:30PM  
 FREE LEGAL ASSISTANCE WEDNESDAYS 10:30AM-2PM  
 CALL 478-1322 TO SCHEDULE AN APPOINTMENT

These services are provided by Mountain Health and Community Services

## Mountain Matters



By Judi Gately, MHCS Resource Specialist

### Transportation Calendar to be Available Soon

In 2003, as a member of the Mountain Empire Collaborative, I knew the main resource missing in the area was transportation. Years later, returning to the mountain, I have found that transportation remains a problem. During the month of February, the Messenger and the Mtn. Empire Community Center will be working together to create a digital ride-sharing calendar via Back Country Online ([www.backcountry-online.com](http://www.backcountry-online.com)). The idea, since neither the State nor County seems to be coming to our assistance, is to empower our communities to solve their own problem and own the solution. If an electronic calendar sounds intimidating or out of reach to you, we plan to find both places and people to help make it easy. Stay tuned

for the latest progress.

### Senior Nutrition Program to be Closed For Remodeling

Other February news is that the Senior Nutrition Program at Mtn. Empire Community Center will be closed for the first three weeks of the month for kitchen remodeling. Homebound seniors will receive frozen meals weekly to put in their freezer, but there will be no group meals offered. The Community Center will be open during this time and you are welcome to meet with friends, inside or out, and bring your own food for potluck, play cards, watch movies, etc. The covered patio out back is large, has tables and with the balmy winter days we've had this year it should be utilized.

Please fill out a survey about the Community Center. If you have suggestions or complaints, now is the time to voice your opinion! You can find them at the Campo/Lake Morena Library, the Potrero Library, at all Senior Nutrition sites and at the Community Center.

Thanks for your support! If you have resources to share, or needs that we can help with, please call me at 619-478-2384.

## FOOD OPTIONS . . . for Mtn. Empire Residents

**Generations of Action Food Pantry** – Call 619-468-6855 on Sunday for location schedule.

Meat, produce, dairy products, non-perishable foods, diapers. Visit 1 pantry per week (low income, disabled, single parent, unemployed, under-employed, senior citizen (self qualifying – bring photo ID, proof of residency)

**San Diego Food Bank Senior Food Program** – 4th Thursday each month. Lake Morena.

Must be over 60, low income, picture ID and proof of residency. Questions call Chris Harris 478-2385. No new applications until the 4th Thursday of January at 1:30.

**Campo Baptist Church** – Free Spaghetti Dinner – 2nd Saturday of each month, 5:30 p.m.

Free Bread – Saturdays & Sundays at noon. Ask about one other free meal per month CALL 478-5941

**Albertson's Fresh Rescue** – VFW Post 2080 Campo. Every Monday at 10:30.

Varies each week – bread, produce, party trays, fruit trays, meat. 301 Sheridan Rd, Campo 478-9212

**Albertson's Fresh Rescue** – Mountain Empire Community Center. Every Wednesday at Noon. Over 60 only please! 976 Sheridan Rd. Campo 478-2384

**Salvation Army Commodities** – 3RD Wednesday each month. 5 sites.

Bonnie 473-0165  
 \*Emergency Food Assistance also.

**Community Center Emergency Food Cupboard** – Once /month per family by

appt. or referral. Shannon Reed 478-2384 Mtn. Empire Community Center, Campo

**S.H.A.R.E. – Self Help & Resource Exchange Food Program** on the Mountain. 31484 Hwy 94. Cheryl 417-6035 or Susan 478-1038

**Mountain Health & Community Services/S.D. County A.I.S. – Senior Nutrition Program.**

Hot lunches for folks 60 and older with a suggested donation of \$2.50 at Campo, Potrero, Pine Valley and Descanso (non-seniors \$5.00) Home-delivered meals to qualifying home-bound seniors. Please call Diana for reservations and specific locations. 478-5109

**San Diego Food Bank** – Potrero Fire Station. Last Thursday of the month. 866-350-FOOD.

**Highland Senior Center/S.D. County A.I.S.** – Senior Nutrition Program 766-4505 for info.

Call Judi or Shannon at the Mtn. Empire Center Community for corrections, changes, or additions. 478-2384.

**Save the Date!**  
**March 10th - Senior Health Fair!**  
**At Mountain Empire Community Center**  
**in Campo. See our website for more**  
**information. [www.mtnhealth.org](http://www.mtnhealth.org)**

**JOIN US.**  
**RIGHT HERE. RIGHT NOW.**

We are in the process of seeking new members for 2010! Please contact: Judy @ (619) 478-5254 x 46

**AT THE MECC**

Friday, Feb. 27th  
 6:00 PM - Family Fun Night

The Senior Lunches will not be served at the MECC from Feb. 1st - 19th as the kitchen will be CLOSED for remodeling

**Back Country Messenger Community Service Awards Presentation**

Wednesday, March 10th at 7 PM  
 ME Community Center

Vote for your choice at [www.backcountrymessenger.com](http://www.backcountrymessenger.com)  
 Click on the link!