

OVER 60?



People Coordinated Services/Southwestern Center

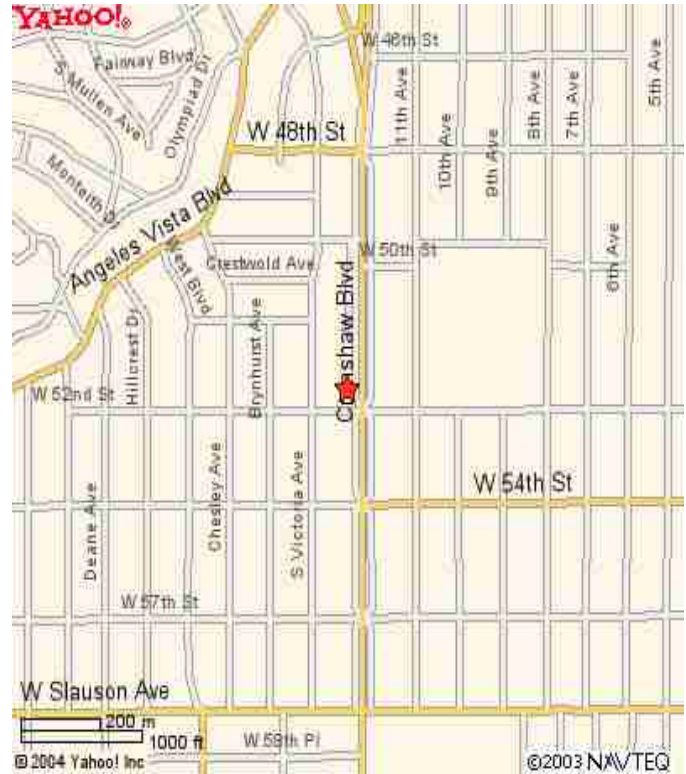
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People Coordinated Services (PCS)
Multipurpose Center serves people 60 years of
age and older, who reside in the southwestern
area of Los Angeles. The PCS service area
includes the Eighth Councilmanic District, the
Crenshaw Baldwin Hills area, and other
neighboring communities.



The philosophy of the center is that

SENIORS SHOULD HAVE A SINGLE PLACE TO GO TO RECEIVE A VARIETY OF SERVICES.

PCS is partially funded by the Los Angeles City Department of Aging and the Los Angeles County Area Agency on Aging

List of Services--A typical calendar of events and services for one month includes:



Recreational Activities Blood Pressure Check-Ups Exercise Classes
Employment Counseling Nutrition - Hot Well-Balanced Meal
Grocery Shopping (Transportation) Case Management Services
Spiritual Well-Being Discussion Groups Social Day Care
Transportation Choral Singing Medical Screening
Seminars On Informative Topics Memory Enhancement



Meals and nutrition services: A hot well-balanced meal, as well as other nutrition, are provided for seniors 60 years of age or older who participate in the PCS nutrition program.

Congregate nutrition services are provided five days a week, at six sites, located in the southwestern area of Los Angeles. This area includes the following communities:

Baldwin Hills Crenshaw/Leimert Westchester Rodeo Mar Vista
Florence Heights Baldwin Village

