

Food

And Food

FOOD

Seniors Join us!

from 9:00 a.m.
until noon

FREE Event

DeWees Community & Senior Center
1120 West Ocean Avenue

Friday, Sept. 25th

Cooking Demonstrations

Cooking for Health

by Sansum Clinic

Cooking on a Budget

by Lompoc Valley Medical Center

Kitchen Safety

by Lompoc Fire Department

Nutrition Info

from CalFresh

Brown Bag Program

Sansum Clinic Diabetes Education

Lompoc Valley Community Health Organization

and more...

For more
information call
800-510-2020
or
875-8098

Give Aways
for the first 100
and Free
Door Prizes!

*Limited
transportation
available*

FREE Lunch provided by Meridian Senior Living

Everyone over the age of 60 is welcome



FREE TRANSPORTATION PROVIDED BY COLT
CITY OF LOMPOC TRANSIT – PHONE **805-736-7666**

Travel TO Food, Food & Food:

PICK UP TIME	LOCATION
8:08 am	Heritage Oak Villas, 300 Burton Mesa Blvd
8:26 am	Cypress Court Apartments, 125 S. Seventh
8:32 am	Casa Serena, 130 S. Fifth
8:43 am	Valley Haven, 502 N. Third
8:55 am	Parkside Garden Apartments, 240 W. Pine
9:04 am	Meridian At Lompoc, 1420 West North Ave
9:15 am	ARRIVE at Food, Food & Food

Travel FROM Food, Food & Food:

12:00 pm	DEPART from Food, Food & Food
DROP OFF TIME	LOCATION
12:06 pm	Meridian At Lompoc, 1420 West North Ave
12:15 pm	Parkside Garden Apartments, 240 W. Pine
12:27 pm	Valley Haven, 502 N. Third
12:37 pm	Casa Serena, 130 S. Fifth
12:44 pm	Cypress Court Apartments, 125 S. Seventh
1:02 pm	Heritage Oak Villas, 300 Burton Mesa Blvd

FOOD, FOOD & FOOD

Friday September 25, 2015. 9 am to Noon

Dick DeWees Community & Senior Center, 1120 West Ocean Avenue, Lompoc