



# GUADALUPE

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**NEWS RELEASE**  
**July 1, 2024**

## **Informational Courses On Senior Services**

The City of Guadalupe Senior Center, located at 4545 10th St., is hosting a 4-part informational series on local senior services provided through the county of Santa Barbara every Tuesday from 11:00 a.m. to 11:30 a.m. throughout the month of July. This four-part series will enable older adults to access resources that support healthy living and promote independence. Every week, a service outreach worker will go over the services that are being offered to seniors at the city and county levels. The topics discussed will go over public transportation, money management, health care services, and more. These courses will help older adults' ability to maintain the highest possible levels of function, participation, and dignity in the community. These classes are a free service provided by the City of Guadalupe Recreation and Parks Department to all seniors.

Questions may be directed to Isaias Rosas, Senior Center Coordinator, at 805-356-6155.

**Department:** Recreation and Parks Department  
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