

# Resources for Those Over 55 Years of Age

## **Senior Information and Referral Program/Golden Umbrella**

200 Mercy Oaks Drive, Redding (off of College View)

(530) 223-6034

Open 8:00-5:00 Monday through Friday

Has a variety of programs for seniors: tax assistance, in-home service registry, housing assistance, senior advocates, elder abuse prevention education.

## **Experience Works**

1325 Pine Street, Redding (in the Employment Development Department)

(530) 225-2172

This is federally funded employment and training program for low income persons over 55 years old. People who meet the criteria are placed in agencies for training. Employees can work up to 20 hours per week and earn minimum wage. They can work up to 2 years for an employer in this program.

## **California Indian Manpower Consortium (CIMC)**

2540 Hartnell Ave., Suite 1, Redding

(530) 222-1004

Open 8:00-5:00 Monday through Friday, closed 12-1

Job related services: work experience, on-the-job training, classroom training, community services and employment. Need to prove Indian descent.

## **Retired Seniors Volunteer Program (RSVP)**

1450 Court Street, Suite 108, Redding

(530) 225-5803

Open 8:00-5:00 Monday through Friday

A referral service that matches up the skills and interests of retirees with non-profit agencies that have a need for extra help. Also accepts volunteers age 18 and older for community non-profit agencies. Also has the Adult Literacy Program for Shasta County.

## **Senior Citizens of Shasta County, Inc.**

2290 Benton Drive, Redding (Senior Citizens Hall)

(530) 246-3042

Open 9:00-3:30 Monday through Friday

A recreational and social organization open to anyone 50 years and older.

## **Senior Citizens of Shasta Lake Area**

1525 Median Ave, Shasta Lake City

(530) 275-2506

Open 9:00-2:00 Monday through Friday

Hot meals, senior services and recreational opportunities available.

## **Shasta Senior Nutrition Program (SSNP)**

General Information: (530) 244-0571

Anderson: 2081 Frontier Trail And. CA 96007 (8-4:30) (530) 365-7061  
Burney: 37477 Hwy. 299 East Burney, CA 96013 (8-4) (530) 335-4979  
Redding: 100 Mercy Oaks Dr. Redding, CA 96001 (8:30-4:30) (530) 226-3060  
Shasta Lake: 1525 Median Ave. Shasta Lake, CA 96019 (9:00-2:00) (530) 275-2506

Provides congregate and home-delivered meals and transportation. For meal reservations call the site nearest your home.

## **Shasta Senior Nutrition Center – Redding**

100 Mercy Oaks Drive, Redding

(530) 226-3060

Open 8:30-3:30 Monday through Friday

Recreational activities, brown bag program, blood pressure checks, and gift shop available. Lunch is served from 11:30-1:00 weekdays. For seniors age 60 and older.

## **Senior Advocacy Center of Northern California, Inc.**

1647 Hartnell Avenue Ste. #6, Redding

(530) 223-6979

Open 9:00-4:00 Monday through Thursday & 9:00-12:00 on Fridays

Center serves the legal needs of seniors age 60 and older.

## **Health Insurance Counseling and Advocacy Program**

1647 Hartnell Avenue Ste. #6, Redding

(530) 223-0999

Open 9:00-4:00 Monday through Thursday & 9:00-12:00 Friday

Counselor answers questions about Medicare billing and rights, Medicare supplementary insurance (Medigap), Part D Prescription Drug Plan, and long-term care insurance.

This information is supplied as a public service of the Smart Business Resource Center.



1201 Placer Street  
Redding, CA 96001  
(530) 246-7911  
(888) 551-5005

40 B Glen Road  
P.O. Drawer 1430  
Weaverville, CA 96093  
(530) 623-5538

154 C Tule Creek Road  
P.O. Box 285  
Hayfork, CA 96041  
(530) 628-5172

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