

Peninsula Health Care District Health & Fitness Center WELLNESS UPDATES

March 23, 2020

SENIOR SERVICES RESOURCE LINE:

Available to San Mateo County residents, age 60+, for assistance in staying connected to resources and services during this time. Professional support team members will be able to connect you to a wide range of resources, including food services and a weekly well-being call with a Senior Peer Counselor. Call today for more information, 650-780-7542.

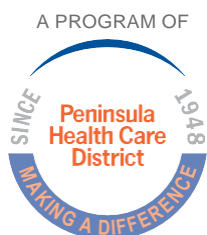
LOCAL GROCERY STORE SENIOR HOURS:

Many local grocery stores have revised their hours and are also offering “senior hours” during this time period. Generally this also includes people with pre-existing conditions as well but varies from store to store. Please see below for designated “senior hours” as well as contact info if you would like to call the store directly with any questions. At this time please also note that there are no “senior hours” offered at Lucky’s or Trader Joe’s. Hours were updated as of Friday, 3/20 and are subject to change.

STORE	SENIOR HOURS	CONTACT INFO
Safeway	Tues/Thus, 6am-9am	-Burlingame 650-343-3488 -Millbrae 650-652-3416
Lunardi’s	Tues/Thurs, 7am-8am	-Burlingame 650-697-5306 -San Bruno 650-952-2851
Mollie Stone’s	Sat/Tues/Thurs, 7am-8am	-Burlingame 650-558-9992 -San Bruno 650-873-8075
Draeger’s	Mon/Thurs, 7am-8am	-San Mateo 650-685-3700
Costco	Tues/Thurs, 8-9am	-Foster City 650-286-0739 SSF (Airport Blvd) 650-872-2021

INSTACART GROCERY DELIVERY:

Save yourself a trip to the market—Instacart delivers groceries right to your door from local stores. Delivery and service fees apply. You also have the ability to sign up as an Instacart Express member, (annual fee applies) which waives delivery fees on orders of \$35 or more. To sign up today, visit [instacart.com](https://www.instacart.com).




Peninsula Health Care District
Health & Fitness Center
1875 Trousdale Drive, Burlingame
(Corner of Trousdale & Marco Polo)
650-443-3777 | peninsulafitness.org

MANAGED BY:
ESKATON
Transforming the Aging Experience