

Community Services

The following organizations are not affiliated directly with the City but they provide valuable resources for older adults who reside in the community.

PREVENTING ELDER ABUSE, ASSAULT, AND THEFT

<https://www.seniorliving.org/research/preventing-elder-abuse/>

HOUSING

Manhattan Village Senior Villas (310) 546-4062

Ross Manhattan Terrace (310) 545-5063

Redondo Beach Senior and Family Services (Listings Only) (310) 318-0650

[PATH](#) (562) 457-0205

BEACH CITIES HEALTH DISTRICT

(310) 374-3426

Care Management Services for residents, 60 years or older, to help maintain their independence and quality of life. Provides links to social services and other community resources.

FOOD/MEALS

[Meals on Wheels](#)

(310) 318-2827

Provides home delivered meals for the elderly and disabled.

[Lunch Bunch](#)

Every Tuesday at 11:30 AM

Joslyn Community Center, 1601 North Valley Drive, Manhattan Beach, CA 90266

Manhattan Beach Residents \$3/Nonresidents \$5

RSVP Required at least 24 hours in advance (310) 802-5430

It affords an opportunity to make new friends while you enjoy a delicious lunch catered by a local South Bay business.

[Lunch Bunch 2.0](#)

Every Thursday at 11:30 AM

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MEDICAL

South Bay Family Health Care

2114 Artesia Boulevard, Redondo Beach

(310) 802-6170

Medical clinic which provides a variety of medical services for older adults including some dental procedures. Sliding scale fees.

TRANSPORTATION

[Dial-A-Ride](#): (310) 802-5162 or (310) 545-3500

[ACCESS](#): (800) 827-0829

A shared ride county-wide bus service for persons 55 years old and disabled citizens to destinations outside the city.

CAREGIVER SUPPORT GROUP

[Alzheimer's Association Los Angeles](#)

American Martyrs Church

659 15th Street

Manhattan Beach, CA

(310) 338-8558

1st Sunday of each month

1:30 PM

LEGAL

[H.E.L.P.](#) (Healthcare Elder Law Programs): (310) 533-1996

A nonprofit group providing information and problem solving services for legal and health care related subjects.

RETIREMENT SERVICES/LOBBY

[AARP \(American Association of Retired Persons\)](#)

Southern California Chapter (866) 448-3615