

# Senior Companions

## Making Independence a Reality



WE CAN HELP YOU STAY IN YOUR  
HOME AS LONG AS POSSIBLE  
DO YOU OR SOMEONE YOU KNOW NEED ASSISTANCE  
WITH ACTIVITIES OF DAILY LIVING?

- NEED A FRIEND TO TALK TO?
- GROCERY SHOPPING?
- GETTING TO THE DOCTOR?
- GOING TO THE PHARMACY?
- ACCESSING A NUTRITION SITE?

THERE IS NO COST FOR THESE SERVICES!

SAN BERNARDINO SCP  
600 W. 5TH STREET  
SAN BERNARDINO, CA 92410  
TEL. 909-384-5413 FAX 909-889-9801



PARKS, RECREATION &  
COMMUNITY SERVICES  
DEPARTMENT

Parks  
Make  
Life  
Better!