

2022-23

# info

## MENLO PARK



**A LOCAL RESOURCE GUIDE PUBLISHED BY THE ALMANAC**

arts | seniors | open space | kids | education

social services | city & towns | public officials | [AlmanacNews.com](http://AlmanacNews.com)

# AVENIDAS PROGRAMS HELP YOU RE-CONNECT,



## Avenidas Village

### Living Better – At Home!

Pre-screened Vendors • Transportation Assistance  
Members-Only Website • Handyman & Tech Support  
Social Events & Interest Groups  
Check-in Phone Call (if desired)



## Avenidas Learning & Leisure

### Offering opportunities for personal development!

Medicare, Legal & Tax Counseling Services  
Art, Drama & Writing • Current Events & Lectures  
Games & Clubs • Improv & Wine Tasting  
Offerings Online & In-Person



## Avenidas Care Partners

### Guiding people through life's transitions!

Elder Care Consultations • Case Management  
Individual & Family Counseling • Family Caregiver  
Support Groups • Information & Referral Services  
Community Presentations



## Avenidas Rose Kleiner Center

### Caring for participants in a safe, nurturing day program!

Daily Nursing & Health Monitoring • Music & Art  
Group Exercise • Social Work Services & Caregiver Support  
OT, PT & Speech Therapy Interventions • Nutritious Lunches  
Holiday Celebrations • Transportation



## Avenidas Health & Wellness

### Keeping adults informed and active!

Fitness Classes • Health Lectures & Screenings  
Therapeutic Nail Care • Meditation  
Medical Equipment Loan Closet  
Qi Gong, Feldenkrais & Yoga Therapy

# RE-INVIGORATE, AND RE-DISCOVER YOURSELF!



## Avenidas Chinese Community Center

Exploring cultures, customs and languages!

- Activities in both English & Mandarin
- Tai Chi
- Dance Classes
- Mahjong, Ping Pong & Karaoke
- Calligraphy & Brush Painting
- Cultural Celebrations
- Offerings Online & In-Person



## Avenidas Volunteer Corps

Sharing Your Time and Talents!

- Tutor with Early Literacy Program (ELP)
- Provide Rides
- Help with Office Projects
- Do Blood Pressure Screens
- Assist at Conferences
- Lead a Class or Activity



## Avenidas Door to Door

Keeping seniors connected to outside services!

- Rides to Medical & Dental Visits
- Grocery Deliveries
- Medication Pickups
- Referrals to In-Home Services
- Calls from Friendly Voices (Avenidas Partner)
- Trips to Social Outings



## Avenidas Rainbow Collective

Delivering resources and services needed by LGBTQ Seniors!

- Socialization
- Case Management
- Health & Wellness
- Cultural Competency Workshops
- Information & Assistance
- Caregiving Support & Resources



## Senior Planet from AARP @ Avenidas

Innovative and award-winning technology programming!

- Virtual Tech Lectures & Workshops for Seniors
- Virtual Discussion Groups
- Virtual Programming Offered in Mandarin
- One-on-One Technology Support & Training
- Daily Virtual Fitness/Wellness Classes
- Free National Tech Hotline

# INFO RESOURCE DIRECTORY

Our annual Info Resource Directory aims to connect Menlo Park, Atherton, Woodside and Portola Valley residents with local community resources. This

comprehensive guide includes information about the area's parks, government, schools, youth programs and arts, as well as services for seniors and those in need.

## SENIORS

Activities, resources and services located in Menlo Park, unless otherwise noted.

### COVID-19 INFORMATION & RESOURCES

#### California Department of Aging

- Through the California Department of Aging, seniors can access information on how to schedule an appointment for COVID-19 vaccines and find assistance, support and other COVID-19-related resources.
- 833-422-4255 (4CA4ALL), Vaccine Information Line / [aging.ca.gov/covid19](http://aging.ca.gov/covid19)

### FRIENDSHIP NETWORKS

#### Avenidas Care Partners Information and Assistance telephone line

- Free service that seniors can call for information, resources, support or just a friendly voice.
- 650-289-5433

#### Horizon Networks

- A free online service that connects seniors to high school volunteers for one-on-one online video chats. The program also connects seniors to activities such as interactive yoga, meditation sessions and music performances.
- [thehorizonnetwork.org](http://thehorizonnetwork.org)

### DOOR-TO-DOOR SERVICES

#### Avenidas

- Through its Door-to-Door program, the nonprofit senior services agency Avenidas provides free home delivery of essential items, such as groceries, toiletries and prescriptions.
- 650-289-5411 / [avenidas.org](http://avenidas.org)

### MEAL DELIVERY

#### Meals on Wheels

- Delivers meals to seniors in San Mateo and Santa Clara counties.
- If you live in San Mateo County, go to [penvol.org/mealsonwheels](http://penvol.org/mealsonwheels).
- If you live in Santa Clara County, go to [mysourcewise.com/meals](http://mysourcewise.com/meals) or call 408-350-3200.

### SENIOR HOUSING

#### Channing House

850 Webster St., Palo Alto

- Independent-living, assisted-living, skilled nursing
- 650-327-0950 / [channinghouse.org](http://channinghouse.org)

#### Gordon Manor/Hopkins Manor

1616 Gordon St., Redwood City

- Facilities with a family atmosphere that help to transition individuals into assisted living; Alzheimer's and dementia care; short-term respite care and hospice care available
- 650-542-0578 / [justlikefamily.com](http://justlikefamily.com)



Ladera couple Debra Meyerson and Steve Zuckerman ride their tandem bike together towing their puppy Rusti through Portola Valley in preparation for their cross-country bike trip to raise awareness for stroke and aphasia earlier this year. Photo by Magali Gauthier.

#### The Hamilton

555 Byron St., Palo Alto

- Condominium complex; 55 and older
- 650-463-1400 / [thehamilton.net](http://thehamilton.net)

#### Lytton Gardens Senior Communities

649 University Ave.; 656 Lytton Ave.; 330 Everett Ave., Palo Alto

- Assisted-living, independent-living; 62 or older
- 650-617-7373 / [bit.ly/LyttonGardens](http://bit.ly/LyttonGardens)

#### Moldaw Family Residences

899 E. Charleston Road, Palo Alto

- Independent-living, assisted-living, skilled nursing, memory support; 62 or older
- 650-433-3600 / [moldaw.org](http://moldaw.org)

#### Palo Alto Commons

4075 El Camino Way, Palo Alto

- Independent-living, assisted-living, memory care; 60 or older
- 650-494-0760 / [paloaltocommons.com](http://paloaltocommons.com)

#### Crane Place and Partridge-Kennedy Apartments (Peninsula Volunteers, Inc.)

800 Middle Ave.

- Two apartment buildings for seniors and adults with disabilities; subsidized housing for those with low to moderate income
- 650-272-5000 / [penvol.org/seniorhousing](http://penvol.org/seniorhousing)

#### The Sequoias Portola Valley

501 Portola Road, Portola Valley

- Variety of apartment options, with assisted living and memory care; skilled nursing available at on-site health center; activities and programs: a fitness center, swimming pool, full-service dining and buffet, housekeeping, linen service, studios and a library
- 650-851-1501 / [thesequoiaspv.org](http://thesequoiaspv.org)

#### Vi at Palo Alto

600 Sand Hill Road, Palo Alto

- Independent-living, assisted-living, skilled nursing, memory support; 62 and older
- 650-853-5000 (main office) / [viliving.com](http://viliving.com)

#### Webster House

401 Webster St., Palo Alto

- Independent-living, assisted-living; 65 and older.
- 650-327-4333 / [covia.org/webster-house](http://covia.org/webster-house)

### SENIOR CENTERS

#### Avenidas

450 Bryant St. and 4000 Middlefield Road, Bldg. H5 (Chinese Community Center), Palo Alto

- Online and in-person recreation classes, health and wellness services, support groups and door-to-door services.
- 650-289-5400 (general), 650-289-5409 (Chinese Community Center), 650-289-5411 (Door-to-Door Services) / [avenidas.org](http://avenidas.org)

#### East Palo Alto Senior Center Inc.

560 Bell St., East Palo Alto

- Free activities include games, language study, fitness exercises, dancing, tai-chi classes, music appreciation. Noon meal is served Monday-Friday and brown bag program also offered. Transportation available to take seniors to doctor appointments and on essential errands.
- 650-329-5900 / [bit.ly/EPASeniorCenter](http://bit.ly/EPASeniorCenter)

#### Menlo Park Senior Center

700 Alma St., Menlo Park (new temporary location)

- Menlo Park Senior Center services have temporarily moved from 110 Terminal Ave. to the Arrillaga Family Recreation Center while the Menlo Park Community Campus, which will become home to the senior center's

new facilities, is under construction. During the interim, Menlo Park has resumed all programming, meals services and other activities in-person at the Arrillaga Center. The new senior center is scheduled to open in 2023.

- 650-330-2280 / [menlopark.org/227/Senior-services](http://menlopark.org/227/Senior-services)

#### Little House Activity Center

800 Middle Ave.

- Peninsula Volunteers' Little House is a multipurpose activity center that offers classes in arts and crafts, languages, health and wellness, fitness, computer use and on cultural topics. Advice and consultation provided for older adults aiming to continue living independently.
- 650-326-2025 / [penvol.org/littlehouse](http://penvol.org/littlehouse)

### DOOR-TO-DOOR TRANSPORTATION

#### Peninsula Volunteers Lyft program

- Peninsula Volunteers will arrange Lyft rides to and from medical appointments, grocery stores and pharmacies in designated zones along the Midpeninsula for a flat fee; Pickup service from 9 a.m. to 4 p.m. Monday-Friday; advance registration required.
- 650-272-5040

### RESOURCES

#### Avenidas Village

4000 Middlefield Road, Palo Alto

- A membership program that provides 24/7 concierge support, transportation assistance, cultural outings and more.
- 650-289-5405 / [Avenidas.org/village-overview](http://Avenidas.org/village-overview)

#### Institute on Aging Peninsula

881 Fremont Ave., Suite A2, Los Altos

- Nonprofit licensed home health agency offering home care, personal care, care management and consultation. Offers specialized dementia and Alzheimer's care.
- 415-750-4111 / [ioaging.org](http://ioaging.org)

#### Peninsula Volunteers Inc.

800 Middle Ave.

- A nonprofit organization promoting welfare of seniors. Major programs and facilities include Little House Activity Center, Meals on Wheels, Crane Place and Partridge/Kennedy Apartments and Rosener House Adult Day Services.
- 650-326-0665 / [penvol.org](http://penvol.org)

#### Rosener House Adult Day Services

500 Arbor Road

- Operated by Peninsula Volunteers, the facility supplies structured activity programs for adults with Alzheimer's disease and other functional or cognitive impairments. The weekday program assists participants through health, social and support services. Fees based on costs and families' ability to pay.
- 650-322-0126 / [penvol.org/rosenerhouse](http://penvol.org/rosenerhouse)