AVENIDAS PROGRAMS HELP YOU RE-CONNECT, RE-INVIGORATE, AND RE-DISCOVER YOURSELF!

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

avenidas.org
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

(650) 289-5400
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

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

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

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

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.
• If you live in Santa Clara County, go to 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

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

Laderas couple Debra Meyerson and Steve Zuckerman ride their tandem bike together towing their puppy Rusty 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.

FRIENDSHIP NETWORKS

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

Peninsula Volunteers’ Little House
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

WEBER HOUSE
401 Webster St., Palo Alto
• Independent-living, assisted-living; 65 and older.
• 650-327-4333 / covia.org/webster-house

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

WEBER HOUSE
401 Webster St., Palo Alto
• Independent-living, assisted-living; 65 and older.
• 650-327-4333 / covia.org/webster-house

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

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

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

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/roshouse

The Sequoias Portola Valley
501 Portola Rd., 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 / thesequoiaspvc.org

The Hamilton
555 Byron St., Palo Alto
• Condominium complex; 55 and older
• 650-463-1400 / thehamilton.net

Lyton Gardens Senior Communities
649 University Ave.; 656 Lytton Ave.; 330 Everett Ave., Palo Alto
• Assisted-living, independent-living; 62 or older.
• 650-617-7337 / 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

Palo Alto Commons
4075 El Camino Way, Palo Alto
• Assisted-living, independent-living, memory care; 60 or older.
• 650-494-0760 / 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

The Sequoias Portola Valley
501 Portola Rd., 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 / thesequoiaspvc.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

Webster House
401 Webster St., Palo Alto
• Independent-living, assisted-living; 65 and older.
• 650-327-4333 / 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

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

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