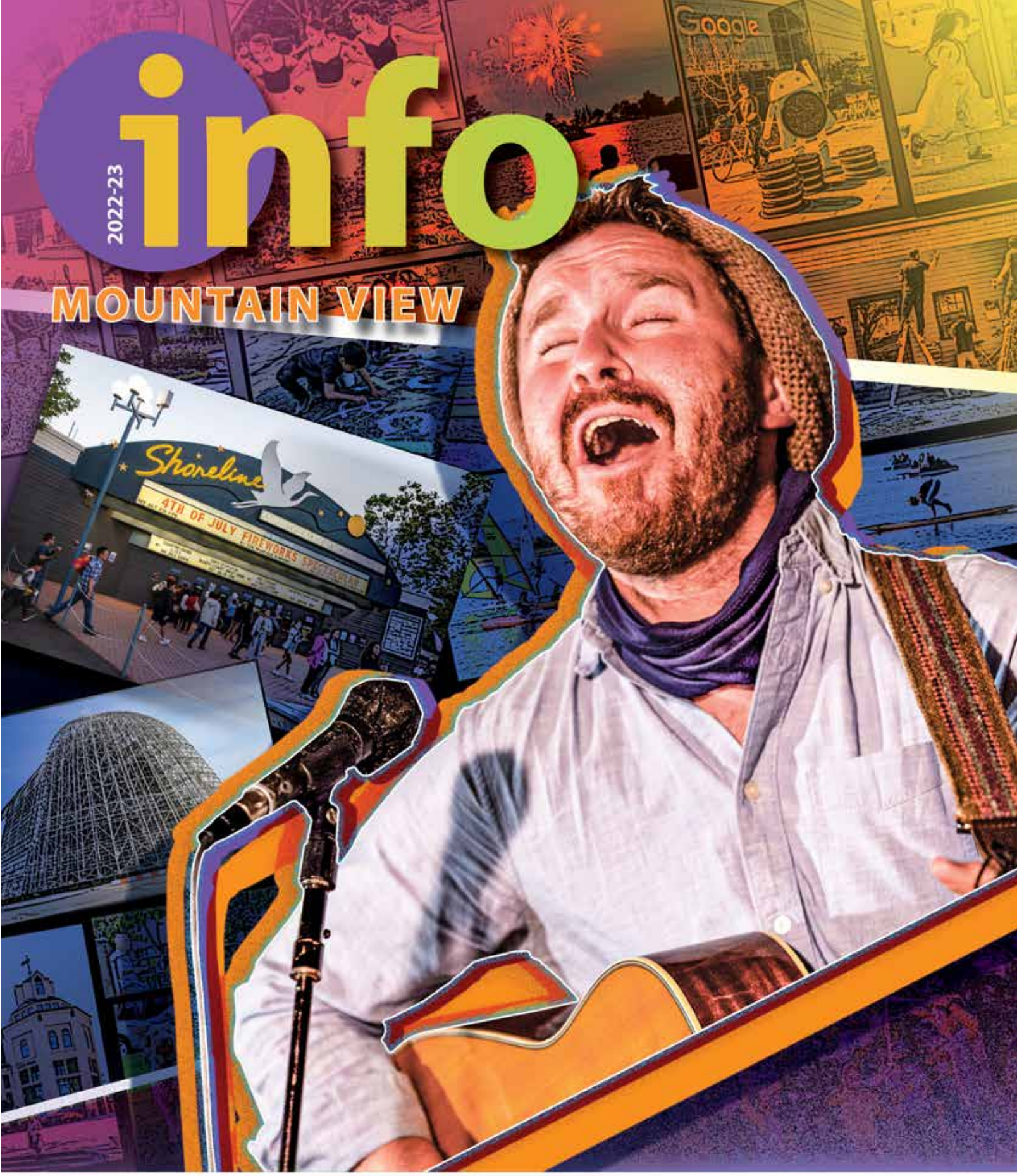


2022-23

info

MOUNTAIN VIEW



A LOCAL RESOURCE GUIDE PUBLISHED BY THE MOUNTAIN VIEW VOICE

the arts | open space | seniors | education | neighborhoods
government | social services | MV-Voice.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

SENIORS

Activities, resources and services located in Mountain View, 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
- Vaccine Information Line: 833-422-4255 (4CA4ALL) | 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

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; check-in phone calls
- 650-289-5411 | avenidas.org

MEALS

Meal delivery

- Delivers meals to those in need in Santa Clara County
- 408-350-3200 | mysourcewise.com/meals

Hot lunches

Senior Nutrition Program, 266 Escuela Ave. (Mountain View Senior Center)

- Subsidized, hot lunches five days a week for seniors over age 60
- 650-968-0836 | csacares.org

SENIOR CENTERS

Avenidas Rose Kleiner Center

270 Escuela Ave.

- Adult daycare and healthcare for less-independent older adults
- 650-289-5499 | avenidas.org

Mountain View Senior Center

266 Escuela Ave.

- Programs and services for adults 55 and older
- 650-903-6330 | mountainview.gov (search "Senior Center")

RESOURCES

Avenidas Village

450 Bryant St., Palo Alto

- A membership program that provides 24/7 concierge support, transportation assistance, cultural outings and more
- 650-289-5405 | avenidas.org/village-overview

Community Services Agency

204 Stierlin Road

- Nutrition, senior case management, utilities assistance
- See "Social Services" listing in Resources section of Info Guide

Institute on Aging Peninsula

881 Fremont Ave., Suite A2, Los Altos

- Licensed home health agency offering home care, personal care assistance, care management and consultation; offers specialized dementia care
- 650-424-1411 | ioaging.org

Seniors At Home

Koret Family Resource Center, 200 Channing Ave., Palo Alto

- Comprehensive services to help seniors live more independent lives in their own homes
- 650-931-1860 | SeniorsAtHome.org

Sourcewise

2115 The Alameda, San Jose

- Provides various services, including health insurance counseling and advocacy program, care management, Meals on Wheels, senior employment, as well as in-home support services
- 408-350-3200 | mysourcewise.com

Tele-care

- Free program for older adults who live alone
- Volunteers from El Camino Hospital Auxiliary call participants daily at a pre-arranged time to check on their well-being
- 650-988-7558 | 24-hour line: 800-216-5556 | elcaminohealth.org/services/tele-care



Annie Enriquez makes a necklace during adult day care at the Avenidas Rose Kleiner Center in Mountain View in November 2021. Photo by Magali Gauthier.

DOOR-TO-DOOR TRANSPORTATION

Avenidas Door to Door

- Rides by volunteers/Lyft drivers to and from appointments in private cars within a 12-mile radius; pickup service from 8:15 a.m. to 4 p.m. Monday-Friday; advance reservations required; fees charged
- Reservations: 650-289-5411 | avenidas.org/programs/door-to-door

VTA Access Paratransit

3331 First St., San Jose

- Transportation for individuals who have a disability that prevents them from using public transportation (bus, light rail)
- Information on eligibility: 408-321-2381; reservations: 408-321-2380; TTD: 408-321-2330 | vta.org/go/paratransit

RoadRunners Transportation Service

2500 Grant Road

- Transportation for medical-related, and personal appointments, including COVID-19 vaccine appointments, within 10 miles of El Camino Hospital; pickup services: Monday-Friday 8 a.m. to 4:30 p.m.; clients need not be affiliated with El Camino Hospital; fees charged; advance reservations required
- 650-940-7016 | elcaminohospital.org (search "RoadRunners")



Yoga instructor Lily Anne Hillis, 85, left, guides Ann Cripps, 64, right, during a balance-strengthening session at Moldaw Senior Residences. Photo by Marvin Fong.