



GET OUT AND HIKE

Avenidas Hike Club

► *Peninsula trails, local parks, regional preserves and beyond*

Explore local parks and open space preserves with the **Avenidas Hike Club**. The group meets weekly for short and long hikes at various parks along the Peninsula, with occasional outings to places like Año Nuevo State Park, San Francisco and Angel Island. There are two options available for every hike: The “short hike” is 2 to 4 miles; the “long hike” is 3.5 to 5 miles and up to 850 feet in cumulative elevation gain. For those looking for more challenging hikes, there’s the **Avenidas Fitness Hike Club**, which meets twice a month for moderate to moderately challenging 5 to 8 mile hikes with a cumulative elevation gain of up to 1,200 feet. (For those who want to improve their strength, endurance and balance before embarking on longer hikes, the agency also offers a pole-walking class.)

Hikes for both groups are free, but participants must be a member of Avenidas. Annual memberships for the nonprofit senior services agency start at \$65. *For more information, go to avenidas.org (search “Hike Club” or “Fitness Hike Club”).*

Two-time Grammy Award-winner Mads Tolling and his band Mads Tolling & The Mads Men perform for the *Music in the Afternoons* concert series. Photo by John Tinger, courtesy Oshman Family Jewish Community Center.

IF YOU WANT TO LEARN ABOUT LOCAL FLORA, FAUNA AND HISTORY WHILE HIKING ...

Bay Area Older Adults offers guided hiking excursions at open space preserves and parks throughout Santa Clara County for those who want to learn about local flora, fauna and history while exploring waterfalls, wildflowers, earthquake faults, farms, the Baylands and more.

Excursions range from easy 2-mile “strolls” to moderate hikes.

The daylong events include transportation and lunch. Cost is typically \$25 for nonmembers and \$20 for members. *For more information about upcoming hikes or the nonprofit Bay Area Older Adults, go to bayareaolderadults.org.*



A group of walkers from Avenidas practice using walking poles during an outing. Courtesy Jayah Faye Paley.

IF YOU WANT TO EXPLORE LOCAL OPEN SPACE PRESERVES AND PARKS VIRTUALLY ...

As part of its Park Tours program, Bay Area Older Adults records its guided excursions so those who may have missed out on

the event can experience it virtually at home. *Find virtual park tours here: bayareaolderadults.org/videos*

IF YOU'D RATHER VOLUNTEER THAN HIKE...

The Midpeninsula Regional Open Space District, which has preserved more than 70,000 acres of open space along the Santa Cruz Mountains, offers several volunteer opportunities at local preserves ranging from single-day habitat restoration work to long-term docent and trail stewardship programs. *For more information, call 650-691-1200 or go to openspace.org/get-involved/volunteer*

VISIT A LOCAL TOURIST DESTINATION

JCC day trips & overnight excursions

► *Theater & ballet performances, museum exhibits and historical landmarks*

The Oshman Family Jewish Community Center (3921 Fabian Way, Palo Alto) offers a variety of day trips and annual overnight excursions to museums, special exhibits, theater performances, historical landmarks and nature preserves in and beyond the Bay Area for adults 65 and older. Days trips have included exploring Botticelli drawings at the Legion of Honor in San Francisco, touring the U.S.S. Hornet and taking in a BroadwaySF production of “Funny Girl.” The JCC this year added new offerings to its day trips program: a mini symphony subscription to five symphonies and a mini San Francisco Ballet subscription to three ballets. No matter the performance or venue, The JCC always gets orchestra seats and often reserves tickets for traveling exhibits six months in advance. All of the trips are during the day, and seniors can leave their driving worries behind, boarding a comfortable 56-seat charter bus for the trip. Outings include lunch or some kind of get-together before or after. Those with walkers and canes are welcome, as the bus drops off participants right at the door of their destinations. Field trip participants hail from throughout the Midpeninsula, and events are open to everyone. *For more information, go to paloaltojcc.org/travel.*

IF YOU WANT TO DO MORE THAN JUST VISIT ...

Many museums and historic landmarks along the Midpeninsula provide volunteer opportunities for those interested in assisting staff with various exhibits and activities.

3 San Mateo County History Museum (2200 Broadway, Redwood City), which features exhibits detailing the history and development of the county, offers various volunteer opportunities from gallery monitors to museum docents who lead tours or assist with children’s activities. There are also opportunities for those interested in building display cases and painting walls for new exhibits. *For more information, go to historysmc.org/support-us/*

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INSPIRE YOUR 'GREEN THUMB'

Palo Alto Community Gardens

► *Private plots for gardening in a group setting*

13 Palo Alto operates five community gardens throughout the city where residents can rent their own mini-garden plot for a nominal monthly fee and get their hands dirty planting fruits, vegetables, herbs and flowers while enjoying something more priceless: a place to get away. Garden plots vary in size. The regular annual cost for a plot is 90 cents per

square foot. Adults 60 and older receive a 25% special discount. *For more information, go to bit.ly/3Yeqin8 or email [pacommunitygardens@cityofpaloalto.org](mailto:pacomcommunitygardens@cityofpaloalto.org).*

IF YOU WANT HELP HARVESTING FRUIT FROM YOUR TREES ...

Village Harvest is a nonprofit volunteer organization that connects people who have fruit trees with volunteers who can harvest the fruit and deliver it to local food banks. The organization dispatches volunteer teams to smaller backyards up and down the Peninsula, with priority given to residents ages 70 over. *For more information, call 888-378-4841, or sign up for harvest assistance at villageharvest.org/homeform.*

—Information compiled by Linda Taaffe

ESSENTIAL RESOURCES FOR SENIORS

MEALS

La Comida

- The Palo Alto senior nutrition program La Comida provides hot, sit-down meals and boxed takeout lunches Mondays through Fridays. Meals are served at Stevenson House, 455 E. Charleston Road, and First United Methodist Church, 625 Hamilton Ave., Palo Alto, between 11:15 a.m. and 12:15 p.m.; and Avenidas at 450 Bryant St. between 11:45 a.m. and 12:15 p.m.
- iacomida.org / 650-322- 3742

Meals on Wheels

- Meals on Wheels delivers meals to seniors in San Mateo and Santa Clara counties.
- If you live in San Mateo County, go to 1pvi.org
- If you live in Santa Clara County, go to mysourcewise.com/meals or call 408-350-3200.

SENIOR CENTERS

Avenidas

450 Bryant St. | 4000 Middlefield Road, Bld. 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) / avenidas.org

Golden Castle Adult Day Health Care Center

3803 E. Bayshore Road, Palo Alto

- Physical and occupational therapists, nurses, social workers, psychologists, activity coordinators; multi-lingual staff.
- 650-964-1964 / goldencastlecenter.org

Oshman Family Jewish Community Center

3921 Fabian Way, Palo Alto

- Weekly fitness and art classes, guest lecturers, concerts, bridge, day trips and social groups.
- 650-223-8700 / paloaltojcc.org

Hua Kuang Chinese Reading Room

4000 Middlefield Road, #H-4, Palo Alto

- More than 13,000 volumes of Chinese materials; painting, flower-arranging and Chinese calligraphy classes; American etiquette classes.
- 650-856-3733 / huakuanglibrary.com

AGING IN PLACE

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

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
- seniorsathome.org

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.
- 650-289-5411 (reservations) / avenidas.org/programs/door-to-door

VTA Access Paratransit

3331 N. 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, Mountain View

- Transportation for medical-related, and personal appointments within 10 miles of El Camino Hospital; pickup services: Monday-Friday 8 a.m. to 3:30 p.m.; clients need not be affiliated with El Camino Hospital; fees charged; Advance reservations required.
- 650-940-7016 / elcaminohealth.org/community/roadrunners-transportation

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