

Bay Area

Senior Center Without Walls 1-877-797-7299
.....www.seniorcenterwithoutwalls.org
Offers activities, conversation, classes and support groups throughout the Bay Area to homebound elders and those who find it difficult to go to a community center. Participation is through telephone conference calls.

Additional Resource

Help at Home

This 38-page booklet is a reference guide to assist San Mateo County adults of all income levels to remain in their homes when they are ill, disabled or in crisis. To obtain printed copies, call CIP at 650-802-7950. Copies are also available to view, download and print on the CIP Web site at <http://cip.plsinfo.org/hah.htm>.

Senior Centers in San Mateo County

Belmont

Twin Pines Senior Center595-7444
 20 Twin Pines Lane / 94002 www.belmont.gov

Daly City

Doelger Senior Center.....991-8012
 101 Lake Merced Blvd. (Westlake Park) / 94015
 www.doelgercenter.com

Lincoln Park Nutrition Site991-8018
 901 Brunswick Street / 94014

Self-Help for the Elderly
 Daly City Center, St. Andrew's Parish Hall.....757-0881
 1571 Southgate Avenue / 94015.....www.selfhelpelderly.org

East Palo Alto

East Palo Alto Senior Center329-5900
 560 Bell Street / 94303www.stanford.edu/~jamila/EPA

Foster City

Foster City Parks and Recreation Department
 Senior Wing286-2585
 650 Shell Blvd. / 94404 www.fostercity.org

Half Moon Bay

Senior Coastsiders.....726-9056
 535 Kelly Avenue / 94019www.seniorcoastsiders.org

Menlo Park

Menlo Park Senior Center.....330-2280
 110 Terminal Avenue / 94025 www.menlopark.org

Peninsula Volunteers Little House326-2025
 800 Middle Avenue / 94025.....www.penvol.org/littlehouse

Millbrae

Millbrae Senior Center.....259-2370
 477 Lincoln Circle / 94030 www.ci.millbrae.ca.us

Pacifica

Pacifica Senior Services 738-7384
 540 Crespi Drive at Highway 1 / 94044
www.ci.pacifica.ca.us/cityhall/div_sr.html

Redwood City

Fair Oaks Intergenerational Center / Family Service Agency
 780-7525
 2600 Middlefield Road / 94063..... www.familyserviceagency.org

Redwood City Veterans Memorial Senior Center 780-7270
 1455 Madison Avenue / 94061 www.redwoodcity.org/parks/cc

San Bruno

San Bruno Senior Center 616-7150
 1555 Crystal Springs Road / 94066..... www.sanbruno.ca.gov

San Carlos

San Carlos Adult Community Center 802-4384
 601 Chestnut Street / 94070www.cityofsancarlos.org

San Mateo

City of San Mateo Senior Center..... 522-7490
 2645 Alameda de las Pulgas / 94403 www.cityofsanmateo.org

Martin Luther King Center 522-7497
 Meal reservations line 522-7498
 725 Monte Diablo / 94401 www.cityofsanmateo.org

Self-Help for the Elderly 342-0822
 50 East 5th Avenue (Central Park) / 94401 www.selfhelpelderly.org

South San Francisco

El Camino Senior Center 877-5996
 33 Arroyo Drive / 94080 www.ssf.net/depts/rcs/seniors.asp

Magnolia Senior Center 829-3820
 601 Grand Avenue / 94080 www.ssf.net/depts/rcs/seniors.asp