

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 46-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 in English, Spanish or Chinese, 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 Center 595-7444
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 Community Center 991-8018
901 Brunswick Street / 94014 www.doelgercenter.com

Self-Help for the Elderly

Daly City Center, St. Andrew's Parish Hall 757-0881
2080 Sullivan Avenue / 94015..... www.selfhelpelderly.org

East Palo Alto

East Palo Alto Senior Center 329-5900
560 Bell Street / 94303..... www.stanford.edu/~jamila/EPA

Foster City

Foster City Parks and Recreation Department
Senior Wing 286-2585
650 Shell Blvd. / 94404 www.fostercity.org

Half Moon Bay

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

Menlo Park

Menlo Park Senior Center 330-2280 / 330-2287
110 Terminal Avenue / 94025..... www.menlopark.org

Peninsula Volunteers Little House..... 326-2025
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.cityofpacifica.org/depts/senior_services/

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 / 94070..... www.cityofsancarlos.org

San Mateo

City of San Mateo Senior Center..... 522-7490
Meal reservations for Mondays, Wednesdays, Fridays 522-7490
2645 Alameda de las Pulgas / 94403 www.cityofsanmateo.org

Martin Luther King Center 522-7470
Meal reservations for Tuesdays, Thursdays 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