

Bay Area

Senior Center Without Walls 1-877-797-7299

..... www.seniorcenterwithoutwalls.org

Offers free activities, conversation, classes and support groups through-out 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 Resources

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>.

NETWORK OF CARE

www.sanmateo.networkofcare.org

This comprehensive Internet-based resource is for the elderly and people with disabilities, as well as their caregivers, service providers and families.

The Web site provides an extensive service directory to put people in touch with the right services at the right time. It also offers vital information about assistive devices, caregiving, diseases, day-to-day challenges and support, as well as daily news concerning aging and disabilities.

Other resources include links to pertinent Web sites from across the nation; a comprehensive library; prescription assistance; community message boards; and fall prevention information.

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

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, Inc. 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 738-7350
 540 Crespi Drive at Highway 1 / 94044
 www.cityofpacifica.org

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

Magnolia Senior Center 829-3820
 601 Grand Avenue / 94080 www.ssf.net