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A Resource Guide for Adults 50+

2024

COMMUNITY | WELLNESS | HOME

Getting Around · Fitness · Health · Homecare · Housing



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SENIOR CENTERS

Avenidas@450 Bryant Center at 450 Bryant St., Palo Alto, includes a fitness room; a tech center where entrepreneurs work with seniors to create new senior-friendly products; additional multipurpose rooms for more programs; and a kitchen for nutrition classes. Avenidas also operates a center at 4000 Middlefield Road, Bld. H5, Cubberley Community Center. For more information about activities and programs, call 650-289-5400, or go to avenidas.org

Avenidas Village A membership program that provides 24/7 concierge support, transportation assistance, cultural outings and more. avenidas.helpfulvillage.com; 650-289-5405

East Palo Alto Senior Center Inc. Free activities include games, language study, fitness exercises, dancing, tai-chi classes, music appreciation and brown-bag food giveaway. The center also serves daily nutritious breakfast. 560 Bell St., East Palo Alto. epaseniorcenter.org; 650-329-5900

Little House Activity Center PVI's (formerly Peninsula Volunteers) Little House is a multipurpose activity center that offers classes in arts and crafts, languages, health and wellness, fitness, computer use and on cultural topics. 800 Middle Ave., Menlo Park. 1pvi.org/littlehouse; 650-326-2025

Los Altos Senior Programs The city's programs organize classes, day trips and special events, and offer tax preparation, a resource center and referrals. These programs are offered at two sites. **Los Altos Community Center:** 97 Hillview Ave., Los Altos. **Grant Park Community Center:** 1575 Holt Ave., Los Altos. losaltosca.gov/parksrec/page/adult-50-program; 650-947-2797

Menlo Park Senior Services Older adult services, including nutritious meals, educational programs and social opportunities, are currently offered. **Arrillaga Family Recreation Center:** 700 Alma St., Menlo Park. menlopark.gov/Government/Departments/Library-and-Community-Services/Older-adult-services; 650-330-2287

Mountain View Senior Center Programs and services for adults 55 and older. 266 Escuela Ave., Mountain View. mountainview.gov/our-city/departments/community-services/recreation/senior-center; 650-903-6330

Oshman Family Jewish Community Center Weekly virtual and in-person programs as well as day trips are offered through the center. 3921 Fabian Way, Palo Alto. paloaltojcc.org; 650-223-8700

GETTING AROUND

DOOR-TO-DOOR TRANSPORTATION

Avenidas Door-to-Door Rides by volunteers to and from appointments in private cars. Staff can also arrange Lyft rides. Fees charged. 450 Bryant St., Palo Alto. avenidas.org/programs/door-to-door; 650-289-5411

» CONTINUED ON PAGE 10

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PVI's Adult Day Services at Rosener House

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- Therapeutic activities for aging adults experiencing Alzheimer's, dementia, and other challenges
- Providing respite for families and caregivers

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PVI's Nutrition Services

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- **Meals on Wheels:** home-delivered meals for homebound individuals
- **Little House Cafe:** Affordable in-person dining Monday - Friday 11:30 am - 1 pm
- **Got Groceries:** No-cost weekly grocery pickup program

PVI Aging Life Solutions

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FOR MORE INFORMATION**



Above: Attendees watch and record a dance performance at the Lunar New Year celebration hosted by Avenidas Chinese Community Center at Cubberley Community Center in Palo Alto in January. Right: People dance to “Gong Xi Gong Xi”, which translated to “Congratulations, Congratulations”, at the Lunar New Year celebration.

Center’s celebration of Chinese culture fosters diversity, sense of belonging

Avenidas builds connections through bilingual classes, group activities

STORY BY CHRIS KENRICK · PHOTOS BY MAGALI GAUTHIER

On any given day, Avenidas Chinese Community Center in Palo Alto is abuzz with older adults learning how to speak Mandarin, trying their hand at Chinese paint brushing, practicing tai chi or enjoying Lunar New Year festivities.

The center, which celebrates Chinese traditions and culture, has become a go-to destination for a growing number of seniors throughout the community.

Many participants are Chinese immigrants who speak little English; others are Chinese Americans wishing to explore their roots; and some just have an interest in Chinese language and culture.

Palo Alto resident Joan Beit-Zuri is among those who frequently use the center. She said she feels “very included” there even though she is

not Chinese and does not speak Mandarin or Cantonese.

Beit-Zuri discovered the community center while looking for a class in Chinese brush painting. Now, she’s hooked on learning more about Chinese culture.

She not only takes the painting class, but she’s enrolled in an “Everyday Cantonese” course, as well as a baduanjin exercise class at the center.

Providing a space for the area’s aging Asian population to connect with others who share a similar heritage was one reason that Avenidas



launched the center in 2018. In Palo Alto, 15% of the aging population currently identifies as Asian, and in neighboring Mountain View, Asians represent over 20% of the senior population, according to data from Avenidas.

That was not the only reason, however, the nonprofit opened the center: Bringing together people of different backgrounds was a high priority, Tracy McCloud, Avenidas director of programs, said.

The center hired Hong Kong-born Pinki Fung, who is fluent in English, Mandarin and Cantonese, to make sure bilingualism was integrated into all aspects of the center.

“It was 100% by design that all activities are offered in English and Mandarin,” McCloud said. “The idea is to expose people to each other so they understand each other and get along better.”

Before the center opened, Fung organized focus groups in both Mandarin and English to learn what would draw seniors to a Chinese cultural program.

“People said they wanted tai chi, health and wellness, but that language was the most important thing,” Fung said.

A tai chi class came first, followed by singing and karaoke. Later, a group of seniors asked Fung to add conversational Cantonese so they could bargain while shopping in San Francisco’s Chinatown. Fung recruited longtime community volunteer Ingrid Lai to teach the class, which has since become a popular offering at the center.

“We want people to mingle, have fun, make some more friends and not feel any barriers because of the language or culture or anything,” Fung said.

Currently, more than 900 people receive the center’s monthly newsletter, and more than 250 seniors are typically enrolled in classes at the center. Fung said about a quarter of the center’s current participants are Chinese-speaking with limited English.

In interviews translated by Fung, several of those who use the community center said the programs have boosted their mental and

physical health, especially the online classes that were offered during the pandemic.

“The scariest thing for elderly is being home alone,” said 81-year-old Ruby Liu of Palo Alto. “This helps us reduce chances of getting depressed. I feel I am a happy senior, and even my kids are happy with no worry about me.”

For Kim Rogers, a retired engineer from Sunnyvale, the center has helped her reconnect with her Chinese roots. Born in Hong Kong, Rogers was adopted by an American family and spent her childhood in the Midwest where, she said, there was no opportunity to learn about Chinese history and culture.

Rogers said she appreciates the inclusiveness and tech-friendliness of the program. As an Asian who could not understand the Chinese language, Rogers said, “I often felt like I didn’t quite belong.”

She soon realized she had much in common with other Chinese Americans who had never learned to speak Chinese.

“Their parents might have spoken it, but growing up in the U.S., they didn’t, so they also felt that same feeling of not quite belonging,” she said.

Additionally, Rogers said, “Pinki holds in-person events around every Chinese holiday, and they have made me feel so included.”

Palo Alto resident Ellen Wallace, a student in the “Chinese Culture in America” class taught by retired engineering manager Andrew Chang, said Chang’s bilingual approach is “seamless.”

“He’s either showing slides in Chinese and speaking in English, or vice-versa,” Wallace said. “It just works.”

Wallace, who said she’s been studying Mandarin for years, though is not fluent, has continued in Chang’s class for at least two years.

“I see several non-Chinese faces on Zoom in the class who are obviously enjoying it as much as I am — and learning a lot in a very entertaining fashion,” she said. 

For more information about the Chinese Community Center at Cubberley Community Center, go to avenidas.org/programs.

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Avenidas Door to Door

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Avenidas Rainbow Collective

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Wellness

Our wellness resource list is curated annually to help seniors find everything from fitness and care management programs to grief support and more.

FITNESS

Avenidas The local nonprofit coordinates a variety of fitness classes and activities, covering areas such as walking, qigong, Feldenkrais, yoga, dance, meditation, pilates, tai chi, Zumba, and strength, movement and balance classes. Avenidas senior center holds classes and programs downtown at its **450 Bryant St. site** and at Cubberley Community Center. **4000 Middlefield Road H-5, Palo Alto. [avenidas.org/programs/health-wellness](https://www.avenidas.org/programs/health-wellness); 650-289-5436**

Bay Area Senior Games Mostly held in late spring, these events encourage men and women ages 50 and older to choose healthy and active lifestyles. Athletes compete in about 20 different sports and activities. Volunteer opportunities are also available. **2450 Agnes Way, Palo Alto. [bayareaseniorgames.org](https://www.bayareaseniorgames.org); 650-323-9400**

City of Menlo Park Community Services Department Menlo Park offers wellness classes on weekdays at the Arrillaga Family Recreation Center, including yoga, dancing, mind exercises and more. **700 Alma St., Menlo Park. [menlopark.gov](https://www.menlopark.gov); 650-330-2200**

City of Palo Alto Community Services Department Boost! adult fitness program includes fitness programs updated quarterly including easy aerobics, low-impact exercise classes, yoga and Zumba classes. **Lucie Stern Community Center, 1305 Middlefield Road, Palo Alto. bit.ly/3rKS6hm; 650-463-4900**

Little House fitness programs Fitness classes at PVI's Little House lead participants in various fitness classes, including dance, tai chi and more. Little House also has an open gym available to members. **800 Middle Ave., Menlo Park. [1pvi.org/littlehouse](https://www.1pvi.org/littlehouse); 650-272-5000**

Silicon Valley Biking Coalition A nonprofit organization based in San Jose, the Silicon Valley Biking Coalition aims to make biking more safe and accessible for everyone around the Bay Area, and one way it works toward this goal is by hosting Social Rides. Consistently taking place



Members of Avenidas Village chat while on their weekly promenade in Palo Alto in 2021. Launched more than 15 years ago, Avenidas Village serves as support network to help those aging at home combat isolation. Photo by Magali Gauthier.

on the first weekend of every month with an additional second ride, these free rides are casual and designed to be accessible for anyone, no matter their age or level of experience. The coalition also has local teams with their own rides periodically, including teams in Redwood City, Palo Alto, East Palo Alto, Mountain View and others. **155 S 11th St., San Jose. [bikesiliconvalley.org/programs/social-rides](https://www.bikesiliconvalley.org/programs/social-rides); 408-287-7259**

Stanford Cycling Stanford University is home to one of the most competitive cycling teams in the country, but Stanford Cycling's club is open to all who want to get out and ride with their local community. Anyone with a bike and a helmet is welcome to join the team on rides around the Stanford area, and even if you don't have those, the club has bikes and helmets available to loan as long as they are given notice 24 hours ahead of a ride. **615 Serra St., Stanford. [cycling.stanford.edu](https://www.cycling.stanford.edu).**

Western Wheelers Bicycle Club This recreational road-cycling club is focused on serving the Peninsula by organizing rides and connecting cyclists. The group hosts regular rides on weekday mornings, evening rides during the summer and year-round weekend rides. Although becoming a member to support this nonprofit organization is encouraged, almost all of the club's rides welcome non-members to join and ride along. **[westernwheelersbicycleclub.wildapricot.org](https://www.westernwheelersbicycleclub.wildapricot.org); 408-314-3769**

» CONTINUED ON PAGE 20



Making Spirits Bright This Holiday Season at Kensington Place

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We know that amidst the holiday festivities with those who matter most, caring for an older loved one can be stressful and overwhelming. So, as you prepare for

cherished times ahead, please keep in mind that our bighearted, family-loving team can bring lightness and cheer your way. We are ready and willing to offer support, tips and guidance that will help make the holidays brighter and easier for all to enjoy.

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**Breakthrough Innovations
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5:30pm-7:00pm • On-site

**Navigating the Holidays
with Your Loved One with Dementia**
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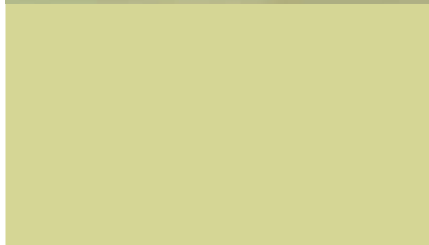
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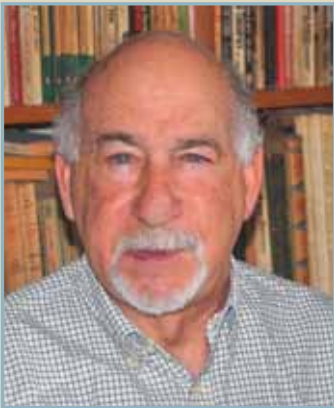
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- Wills and Trusts
- Probate and Trust Administration

Peter S. Stern is a graduate of Stanford Law School (1981) and has served on the State Bar's Trusts and Estates Section Executive Committee as Chair. He is a member of ACTEC, the American College of Trust and Estate Counsel, and chaired ACTEC's Elder Law Committee from 2018 to 2021.

He has been chosen as a Northern California SuperLawyer in Elder Law since 2005.

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Home

Our Home resource list is curated annually to help seniors find everything from home health care and support services to housing and more.

HOME CARE

HOME CARE COMPANIES

Alegre Home Care Caregivers assist individuals with light housekeeping, walking and exercise, meal preparation, bathing and dressing, getting to appointments, recovery from an illness and more. Short-term, 24-hour and live-in care are available. The agency does a complete review of references and credentials, and caregivers are screened, bonded, insured and employed by Alegre. alegrecare.com; **South Bay office, 3033 Moorpark Ave., Suite 2, San Jose.; 408-335-6835 Peninsula office, 1670 S. Amphlett Blvd., Suite 220, San Mateo. 650-757-2000**

Care Indeed The agency's caregivers help with independent living skills that allow seniors to remain at home and avoid institutionalized settings. Non-medical services include toileting and incontinence; hygiene, grooming and dressing; mobility and transportation; exercise; meal preparation and shopping; Alzheimer's and dementia care; light housekeeping; pet care; medication management; mental stimulation; fostering emotional well-being; and more. **890 Santa Cruz Ave., Menlo Park. careindeed.com; 650-352-4007**

Helping Hands Home Care Services Professional caregivers and certified nursing assistants provide non-medical care for seniors, disabled individuals and those with special needs. Services include bathing, dressing, grooming, incontinence, meal preparation, exercise and mobility, housekeeping, companionship and escort service. Caregivers are screened and insured, and are CPR and first-aid certified. **1710 S. Amphlett Blvd. Suite 112, San Mateo. helpinghandshhealthcare.net; 650-286-9000**

Home Instead Senior Care The company provides custodial care for seniors, with services including, but not limited to, companionship, personal care, meal preparation and care for those with Alzheimer's and other forms of dementia. **1006 Stewart Drive Suite A100, Sunnyvale. homeinstead.com/168; 650-262-3497**

Institute on Aging Peninsula A licensed home health agency offering home care, personal care assistance, care management and consultation, all while preserving dignity and independence; offers specialized dementia care. **881 Fremont Ave., Suite A2, Los Altos. ioaging.org; 650-424-1411**

TheKey Formerly known as Home Care Assistance, TheKey aims to change the way the world ages by providing older adults with care that enables them to live happy and healthy lives at home. **480 S. California Ave. Suite 100, Palo Alto. homecareassistance.com/palo-alto; 650-535-3206**

NexGen Home & Senior Care NexGen offers caregiving in private homes and residential care settings. Available around the clock and on a live-in basis, caregivers help clients with walking and exercise; bathing, hygiene and dressing; light housekeeping; meal preparation and diet monitoring; errands; Alzheimer's and dementia care; companionship; escort service and more. The company's personnel is screened, bonded and insured. **2118 Walsh Ave., Suite 135, Santa Clara. nexgenhomeandseniorcare.com; 408-988-7093**

Rebuilding Together Peninsula Rebuilding Together Peninsula provides free home repair to income qualified homeowners living on the Peninsula. The service area ranges from Daly City to Sunnyvale and out to the coasts. They provide all kinds of home repair including: roofing, electrical and plumbing, ramp and handrail installation, appliance repair, debris removal, landscaping, flooring, etc. **841 Kaynyne St., Redwood City. rebuildingtogetherpeninsula.org, info@RTPeninsula.org; 650-366-6597**

Visiting Angels Sunnyvale Visiting Angels provides non-medical care services to help seniors remain independent and at home. Clients' needs are matched with a caregiver, who can provide hygiene assistance, meal preparation, diet monitoring, light housekeeping, errands or shopping, companionship, Alzheimer's care and more. The agency is bonded, licensed and insured, and the agency continuously monitors its caregivers. **922 W. Fremont Ave., Sunnyvale. visitingangels.com/sunnyvale/home; 408-735-0977**

HOME CARE REFERRAL

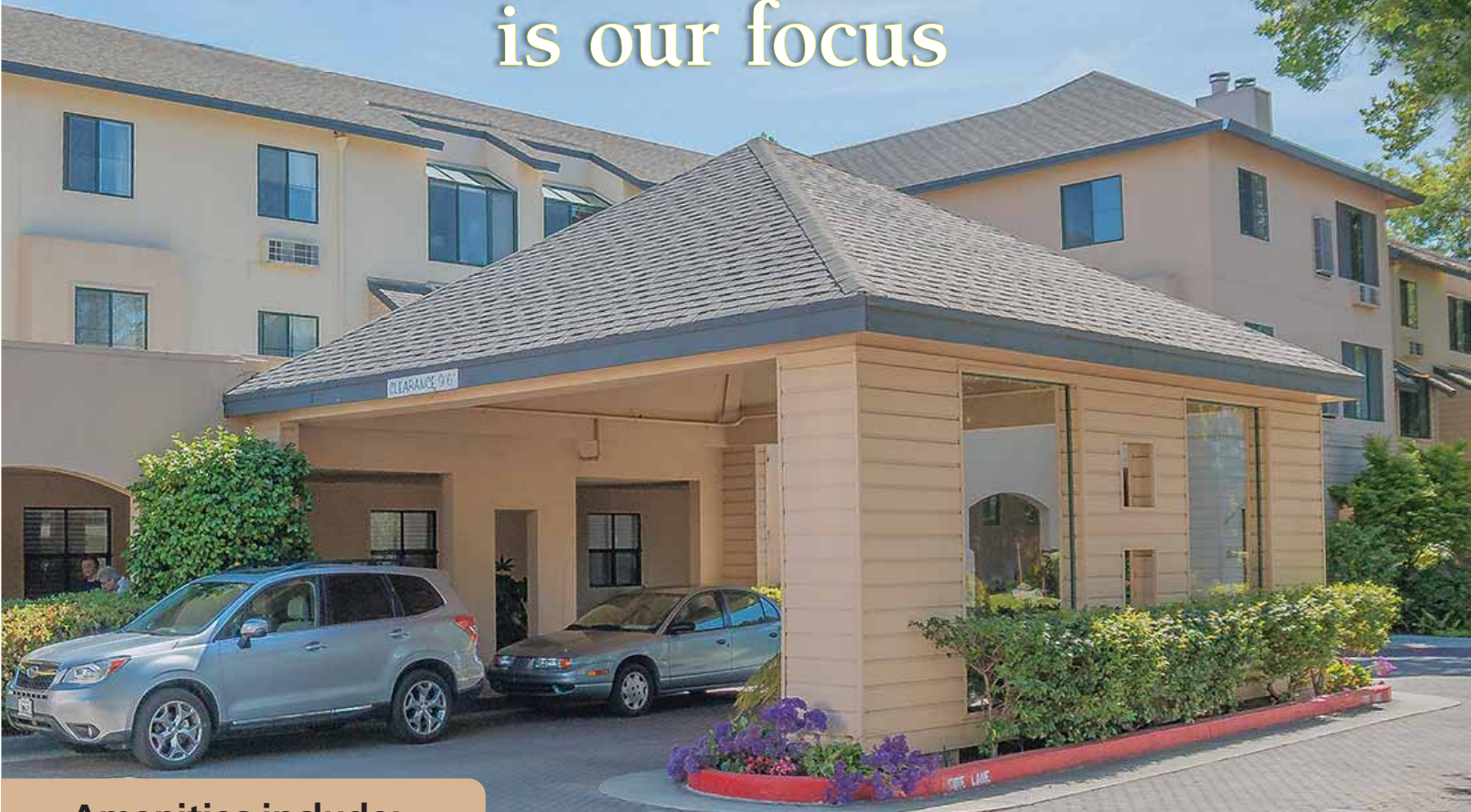
In-Home Supportive Services This County of San Mateo Health System program offers home-care services to seniors, as well as to blind and disabled individuals, who are eligible for Medi-Cal. Social workers perform assessments, and then individuals find an independent provider for needed services. The program's Public Authority compiles a list of workers qualified to be independent providers. **222 W. 39th Ave., San Mateo. smchealth.org/home-supportive-services; 800-675-8437**

HOME HEALTH CARE

Agility Health This private company provides full-service in-home skilled nursing, rehabilitation and therapy services, as well as non-medical care, in the Bay Area. Its programs include care management; nursing care and assistance following orders from clients' doctors; personal care; physical, occupational and speech therapy; social services; and counseling. **1710 S. Amphlett Blvd. Suite 110, San Mateo. agility-health.org; 650-453-5100**

» CONTINUED ON PAGE 28

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