

SANTA CLARA COUNTY SENIOR COMMUNITY PROGRAMS AND SERVICES

SANTA CLARA COUNTY SENIOR CENTERS

Senior Centers (for ages 50+) provide a wide variety of programs & services that promote health, wellness and independence. Some of the services offered at senior centers include:

- Cards and Games
- Computer Training
- Fitness Classes
- Health Insurance Counseling
- Hearing and Blood Pressure Screening
- Income Tax and Legal Assistance
- Minor Home Repairs and Maintenance
- Recreation, Travel and Tours
- Transportation
- Volunteer Opportunities

For more information about programs and services in your area, contact your local senior center.

Campbell Adult Center 408.866.2146
www.ci.campbell.ca.us (select Adult Center 50+)

Cupertino Senior Center 408.777.3150
www.cupertino.org (select Recreation, select Senior)

Gilroy Senior Center 408.846.0414
www.cityofgilroy.org (select Community, select Senior Services)

Los Altos Senior Center 650.947.2797
www.losaltosrecreation.org (select Los Altos Senior Center)

Los Gatos Adult Recreation Center 408.207.4904
www.lgsrecreation.org (select 55+)



Milpitas Senior Center (Barbara Lee Center) 408.586.3400
www.ci.milpitas.ca.gov (select Parks & Rec, select Senior Center)

Morgan Hill Centennial Recreation Center 408.782.1284
www.morganhill.ca.gov (select Recreation, select 50+)

Mountain View Senior Center 650.903.6330
www.ci.mtnview.ca.us (select Parks & Rec, select Senior Programs)

Palo Alto Senior Center (Avenidas) 650.289.5400 www.avenidas.org

San Jose Parks, Recs & Neighborhood Services 408.535.3570 www.sanjoseca.gov
(select Parks & Rec, select Community Centers, select Senior Center in your neighborhood)

Santa Clara Senior Center 408.615.3170
www.santaclaraca.gov (select Parks & Rec, select Senior Center)

Saratoga Senior Center and Adult Care Center 408.868.1257
www.sascc.org

Sunnyvale Senior Center 408.730.7360
www.sunnyvale.ca.gov (select Community Services, select Seniors)



SANTA CLARA COUNTY SENIOR COMMUNITY PROGRAMS AND SERVICES

2-1-1

by United Way of Silicon Valley
1400 Parkmoor Avenue, Suite 250
San Jose, CA 95126
408.345.4300 or www.211scc.org



2-1-1 provides free, non-emergency community, health and disaster information in Santa Clara County. Like 9-1-1 for emergency service, 2-1-1 is the public access number for community information designated by the Federal Communications Commission (FCC).

Callers receive personalized information from a live phone specialist who can answer questions about a variety of nonprofit services and agencies. Phone specialists can also help callers find out where to go to volunteer or donate to their favorite cause.

2-1-1 INFORMATION & REFERRAL SERVICES

- **Basic Human Needs Resource**
Food bank, clothing, shelters, rent assistance, utility assistance.
- **Physical and Mental Health Resources**
Medical information lines, crisis intervention, support groups.
- **Employment Support**
Unemployment benefits, financial assistance, job training, transportation assistance, education programs.
- **Disaster Response**
Information through 24/7 call center & website during a widespread emergency, such as an earthquake or health crisis, and assist with connecting family members following a disaster.
- **Support for Older Americans and Persons with Disabilities**
Home health care, adult day care, meals on wheels, transportation & homemaker services.
- **Support for Children, Youth and Families**
Childcare, success after 6, Head Start, family resource centers, summer camps.
- **Volunteer Opportunities and Donations**
People wanting to donate time, money or goods.

HOW YOU CAN HELP

If you would like to get involved with the United Way of Silicon Valley and 2-1-1, contact 408.345.4300 or visit www.uwsv.org or www.211scc.org.

Notes:

SANTA CLARA COUNTY SENIOR COMMUNITY PROGRAMS AND SERVICES

COUNCIL ON AGING

of Silicon Valley
2115 The Alameda
San Jose, CA 95126
408.296.8290 or 800.510.2020



The Council on Aging is an independent non-profit organization and the State-designated Area Agency on Aging (AAA) for Santa Clara County. Their mission is to improve the lives of older residents and those with functional impairments by providing information and assistance services while promoting independence. There are 30 Council on Aging offices in California and 680 nationwide.

Information Specialists are on-duty M-F from 8:00 am to 5:00 pm to provide callers with a variety of information and referral services.

COUNCIL ON AGING PROGRAMS & SERVICES

- **Adult Day Care**
Rehabilitation and care for seniors. Programs provide social services, nutrition and activities for people with physical, mental or social impairments.
- **Adult Day Health Care**
A variety of health services including nursing care, specialized therapy, counseling and consultations with medical doctors.
- **Alzheimers Day Care Resource Center**
Specialized day care program that provides supervision, personal care, meals and a variety of activities in a secure environment.
- **CareCall**
Provides a 24-hour link to an attendant. The attendant can contact family, neighbors, friends or emergency professionals who may be needed to render aid.
- **Care Management**
Care Access managers assess individual needs and help determine what services and programs are needed.
- **Health Insurance Counseling**
Provides help in evaluating insurance options or dealing with insurance problems.
- **In-Home Care Registry**
Connects consumers to qualified providers using a screening process for a wide range of In-home supportive services.
- **In-Home Services**
Trained staff provides home visits to help with shopping, meal preparation, personal care, laundry and other home related tasks.

SANTA CLARA COUNTY SENIOR COMMUNITY PROGRAMS AND SERVICES

COUNCIL ON AGING PROGRAMS & SERVICES CONTINUED

- **Legal Services**
Legal services to resolve public benefits disputes (Social Security, SSI, Medi-Cal), housing problems, long-term care issues, consumer protection, and elder abuse.
- **Meals on Wheels**
For homebound seniors 60+, provides home delivered meals.
- **Nutrition**
Free or low cost meals are provided five days a week at over 30 locations throughout Santa Clara County.
- **Respite Services**
Program provides relief for primary care givers who are caring for a chronically ill or disabled senior.
- **Senior Employment**
Job counseling, training and placement specifically for adults 55+.
- **Senior Services Directory**
A directory containing over 100 pages of information and resources for seniors in Santa Clara County.
- **Transportation**
Low cost or free transportation for medical or legal appointments and grocery shopping.

HOW YOU CAN HELP

If you would like to get involved with the Council on Aging, either to donate your time, skills, or to make a charitable donation, contact 408.296.8290 or visit www.coasiliconvalley.com and select "Help Us" for further information.

Notes:

For more information about senior health and wellness programs & service providers contact:



Santa Clara County Fire Department
408.378.4010 or 1.800.800.1793
Proudly serving Campbell, Cupertino, Los Altos,
Los Altos Hills, Los Gatos, Monte Sereno, Morgan Hill,
Saratoga and unincorporated communities
www.sccfd.org