



City of
Mountain View

AGE FRIENDLY MOUNTAIN VIEW SENIOR RESOURCE GUIDE



**COMMUNICATION
OUTDOOR SPACES
CIVIC PARTICIPATION
SOCIAL PARTICIPATION
RESPECT AND INCLUSION**

- All information is subject to change
- Please call to confirm pricing

Revised June 2024

SENIORS CENTERS

Mountain View Senior Center

No annual membership fee.

The Mountain View Senior is an all-purpose facility that offers programs and services for adults 55 years of age and over. Come discover what the Senior Center has to offer.

Mountain View Senior Center

266 Escuela Avenue

Mountain View, CA 94040

www.mountainview.gov

Phone: (650) 903-6330

Avenidas

Membership optional: Single & Dual starting at \$60/\$95. Call for current prices.

450 Bryant Street

Palo Alto, CA 94301

www.avenidas.org

(650) 289-5400

Avenidas Village

Becoming a member of Avenidas Village means simplifying life's complexities with a one call resource for all of your needs and making your life more secure, convenient, fulfilling, and fun! Enjoy your independence, stay connected to your community, and live confidently in your own home—thanks to Avenidas Village!

Annually Membership is \$1040 for a Single Membership and \$1490 for a Dual Membership (2 people in a household) Call for current prices.

www.avenidas.org/village-overview

(650) 289-5404

Los Altos Senior Center

Program is free to participants, membership is not required. You must create a CivicRec profile to register for classes, activities, and events. Established in 1976, the Los Altos Senior Program offers a wide variety of programs and volunteer opportunities for active adults 50 years and up. Activities offered have expanded to address the growing senior community and its interests. They range from classes, workshops, sports, trips, and special events to in-home repair and referral services.

97 Hillview Avenue

Los Altos, CA 94022

www.losaltosca.gov

(650) 947-2797

Sunnyvale Senior Center

Membership costs \$40 for residents and \$60 for nonresidents

550 East Remington Dr.

Sunnyvale, CA 94087

www.sunnyvale.ca.gov

(408) 730-7360

Front Porch Well Connected

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program

(877) 797-7299

Campbell Senior Center

www.ci.campbell.ca.us

(408) 866-2146

Cupertino Senior Center

<https://www.cupertino.org>

(408) 777-3150

East Palo Alto Senior Center

<https://www.ci.east-palo-alto.ca.us>

(650) 329-5900

Los Gatos Senior Center

www.lgsrecreation.org

(408) 354-1514

Menlo Park Senior Center

www.menlopark.org

(650) 330-2287

Milpitas-Barbara Lee Senior Center

www.ci.milpitas.ca.gov

(408) 586-3400

Oshman Family Jewish Community Center

Taube Koret Campus for Jewish Life

Palo Alto, CA 94303

<https://www.paloaltojcc.org/>

(650) 223-8700

Santa Clara Senior Center

www.santaclaraca.gov

(408) 615-3170



LIFELONG LEARNING

Mountain View Los Altos Adult School Education

333 Moffett Blvd
Mountain View, CA 94043
www.mvlaae.net
(650) 940-1333

El Camino YMCA

2400 Grant Road
Mountain View, CA 94040
www.ymcasv.org
(650) 969-9622

Foothill College

Adaptive Learning: Community Based

12345 El Monte Rd.
Los Altos Hills, CA 94022
www.foothill.edu
(650) 949-7103

VETERANS SERVICES

U.S. of Veterans Affairs

www.va.gov

Palo Alto Division

3801 Miranda Avenue
Palo Alto, CA 94304
www.paloalto.va.gov/
(650) 493-5000
(800) 455-0057

Online Medicare Resources for Veterans
<https://www.medicareplans.com/va-military-and-medicare-benefits-resource/>

California Department of Veterans Affairs

Santa Clara County Veterans Service Office
68 N. Winchester Blvd.
Santa Clara, CA 95050
www.calvet.ca.gov
(408) 918-4980

Swords to Plow Shares

1060 Howard Street
San Francisco, CA 94103
www.swords-to-plowshares.org
(415) 252-4788

Santa Clara County Service Members

Veterans & Their Families

The Network of Care for Service Members, Veterans & Their Families is a one-stop-shop for virtually all services, information, support, advocacy, and much more. community, including veterans, family members, active-duty personnel, reservists, members of the National Guard, employers, service providers, and the community at large.

<http://santaclara.networkofcare.org>

**Santa Clara County Department of Aging and Adult Services
Adult Protective Services**

Call APS to report dependent adult or elder abuse:
(408) 975-4900 or 1-(800)-414-2002

To report dependent adult/elder abuse in a long term care facility such as a skilled nursing facility or residential care facility, call the Long Term Care Ombudsman:
(408) 944-0567

CITY OF MOUNTAIN VIEW - DEPARTMENTS

Fire Department

The Mountain View Fire Department exists to save lives and property, protect the environment and minimize the risk of fire and natural disasters by translating service requests into action and investing in education, training and prevention.

DIAL 9-1-1 for any emergencies

Administration
1000 Villa Street
Mountain View, California 94041
(650) 903-6365 Phone
(650) 962-0151 Fax

Police Department

The Mountain View Police Department keeps Mountain View safe and tackles crime through quality policing that secures the trust and support of the people it serves and protects.

DIAL 9-1-1 for any emergencies

1000 Villa Street, Mountain View, CA 94041
(650) 903-6344 Records
(650) 964-2202 Records Fax
(650) 903-6344 Non-Emergency
Business Hours: Monday through Friday 8 am to 5 pm
Walk in Crime reporting 7 days a week from 7 am to 7 pm

Mountain View Library

Our library is for everyone. We are a free resource helping our community connect, create, and learn.

585 Franklin Street
Mountain View, CA 94041
(650) 903-6887

Hours

Monday/Thursday-Saturday 10 a.m. to 6 p.m.
Tuesday-Wednesday 10 a.m. to 9 p.m.
Sunday 1:00 p.m. to 5:00 p.m.

Mountain View Community Services

201 South Rengstorff Ave.
Mountain View, CA 94041
www.mountainview.gov
(650) 903-6331

Mountain View Senior Center

The Mountain View Senior is an all-purpose facility that offers programs and services for adults 55 years of age and over.

266 Escuela Ave
Mountain View, CA 94040
www.mountainview.gov
(650) 903-6330

Hours

Monday through Thursday 8:30 a.m. to 9 p.m.
Friday 8:30 a.m. to 5 p.m. Saturday & Sunday CLOSED

Mountain View Senior Center Community Garden

Escuela Avenue between Crisanto Avenue and Villa Street
alejandra.hernandez@mountainview.gov
(650) 903-6330

Mountain View Center for The Performing Arts

500 Castro Street
Mountain View, CA 94040

www.MVCPA.com

- Mountain View Parks and Facilities:

www.mountainview.gov/parks

- Shoreline & Stevens Creek, Hetch-Hetchy Permanente Creek Trails:

www.mountainview.gov/trails

- Shoreline at Mountain View

www.mountainview.gov/shoreline

Mountain View Community Development - Neighborhood and Housing Division

The Neighborhoods and Housing Division administers a variety of neighborhood and housing-related programs in Mountain View.

(650) 903-6379

Mountain View Rent Stabilization Division

Division staff work with tenants and landlords to achieve the three main goals of the CSFRA:

1. Stabilize rents
2. Provide eviction protections
3. Ensure a fair rate of return on investment for landlords

298 Escuela Ave.
Mountain View, CA 94040
650-903-6136

Virtual Office Hours

Every Tuesday! 10 a.m. - 12 p.m.

Housing Help Center

1st and 3rd Thursday every month!
298 Escuela Ave. - Community Room
Landlords: 1 - 3 p.m.
Tenants: 6 - 8 p.m.

Mountain View Mediation Program

The City of Mountain View continues to provide a voluntary Mediation Program, for any disputes in the community. Rather than putting a dispute in the hands of a judge who has limited knowledge of the people and the situation, mediation allows disputing parties to explore all of the possibilities, after hearing each other's views, and to choose a mutually acceptable outcome for themselves. For those who have agreed to participate in mediation, the program has helped them to reach a satisfactory resolution over 70% of the time.

Mediation involves a confidential meeting between parties who have a disagreement, facilitated by trained, neutral mediators who guide a discussion of issues toward a mutually acceptable agreement. The mediator does not give legal advice, voice opinions or decide who is wrong or right, but is rather a facilitator of dialogue.

<https://www.mountainview.gov/our-city/departments/housing/programs-and-resources/mediation-program>

(650) 282-2514

MVRent@mountainview.gov

COMMUNITY GROUPS-FAITH BASED

Hope's Corner Meals and Showers Program – Every Weekend

The Hope's Corner meal program serves free breakfast and bag lunch every Saturday 8 am-10 am and Wednesday 8 am-9 am, as well as coffee and snacks on Monday 7 am-8 am. Our shower and laundry program hours are Monday 7 am-10 am, Wednesday 8:30 am-noon, and Saturday 8:30 am-2:15 pm.

www.hopes-corner.org

748 Mercy Street, Mountain View, CA 94041
(650) 254-1450

Oshman Family Jewish Community Center

Taube Koret Campus for Jewish Life

3921 Fabian Way
Palo Alto, CA 94303

www.paloaltojcc.org

(650) 223-8700

Saint Joseph Catholic Church

Grief Support

This Ministry provides a Memorial Mass in November for the deceased of the Parish followed by a reception in Doyle Hall.

www.sipmv.org

(650) 967-3831

Swords to Plowshares

1060 Howard Street
San Francisco, CA 94103

www.swords-to-plowshares.org

(415) 252-4788

Front Porch Well Connected

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program

(877) 797-7299

Kinship Support Services

The **Kinship Support Services Program** at Catholic Charities of Santa Clara County offers comprehensive services to grandparents and relative caregivers in the county who are solely responsible for a relative child when neither parent is present in the home.

Contact: Doris Garcia at 408-333-1323

Email: doris@catholiccharitiesscc.org

SENIOR DRIVER'S EDUCATION

Locally held classes

AARP

Program: Driver Safety course
Resource type: Online & locally
www.aarp.org/auto/driver-safety/
(888) 687-2277

AAA

Program: Driver Improvement Courses & resources
Resource type: Online & locally
<https://exchange.aaa.com/safety/senior-driver-safety-mobility/aaa-roadwise-driver/>
(800) 723-1955

California Highway Patrol (CHP)

Age Well Drive Smart
Classes held locally
Free
www.chp.ca.gov
Internet Driven

Free Information and guides

United States Department of Transportation

Information and tips for older drivers
Online Only
<https://www.nhtsa.gov/road-safety/older-drivers>
Internet Driven

California DMV

Senior Guide for Safe Driving
Online
<https://www.dmv.ca.gov/portal/file/senior-guide-for-safe-driving-dl-625-pdf/>
<https://www.dmv.ca.gov/portal/driver-education-and-safety/special-interest-driver-guides/senior-drivers/>
Internet Driven

Clearinghouse for Older Road User Safety (Chorus)

Resources for Senior Drivers
Online
www.roadsafeseniors.org/
Internet Driven

ONLINE RESOURCES

Front Porch Well Connected

(Classes & activities over the phone or computer)

An Episcopal Senior Communities Senior Resource Program

<https://covia.org/programs/well-connected/>

(877) 797-7299

Silicon Valley Independent Living Center (SVILC)

Assistive technology help

<http://www.svilc.org/>

(408) 894.9041

California Foundation for Independent Learning Centers

<http://cfilc.org/about/programs-coalitions.php>

(916) 325-1690 Voice (916) 325-1695 TTY

Assisted Living

Rules, definition, directory of facilities, information about costs

<https://www.assistedlivingfacilities.org/>

Adult Day

Rules, definition, directory of facilities, information about costs

<http://www.adultdaycare.org/>

Assistance with IN-HOME SUPPORTIVE SERVICES

<http://www.cdss.ca.gov/In-Home-Supportive-Services>

Caring.com

A senior care resource for family caregivers seeking information and support as they care for aging parents, spouses and other loved ones.

<https://www.caring.com/>

Health

Stanford Health Library

<http://healthlibrary.stanford.edu/>

(650) 725-8400

El Camino Health Library & Resource Center

www.elcaminohospital.org/services/health-library-resource-center/health-library-services

(650) 940-7379

END-OF-LIFE

End-of-life directives: Letter template:

<https://med.stanford.edu/content/dam/sm/letter/documents/Letter-English.pdf>

Physician Orders for Life-Sustaining Treatment

Information about the Physician Orders for Life-Sustaining Treatment (POLST), including forms in 13 languages: <http://capolst.org/>

MOVING

Senior move management:

<https://www.nasmm.org/find-a-move-manager/list/?zip=94040&radius=50&submit=Search>

Managing Moves & More

Since 2009, Managing Moves & More has helped over 3,500 families and individuals in the San Francisco Bay Area. We can help with decluttering, downsizing, relocation, home clear outs, home staging projects, and settling into your new home. Managing Moves & More can help you move locally, nationally or internationally. We specialize in helping with older adults who have lived in their homes for many years and are facing the move of a lifetime.

(650) 450-0928

<https://www.managingmoves.com/>

PARCA

Cleaning out your closets, garage, or storage unit? PARCA especially needs clothing, shoes, and small, usable household items. Your donation helps people with developmental disabilities in the San Francisco Bay Area! Call for a listing of pick-up dates in your area! Our truck will pick up usable items in good condition located within 30 feet of where the truck can safely park. PARCA welcomes most donated items, but there are some items that we regrettably must turn down. SEE A FULL LIST OF ITEMS PARCA DOES NOT ACCEPT HERE. See a full list of what they except at the website below. Schedule a donation pickup online or call.

(650) 312-0725

<https://parca.org/donate-clothes-small-household-items/>

Loose Ends

Loos Ends is a non-profit that will match unfinished projects to volunteer finishers who complete and return the garments, blankets, & accessories, to their loved ones. Need a project finished or have some time to give? Please visit website below for more information as well as a full list of projects they accept.

<https://looseends.org/>

Employment

NOVAworks

NOVAworks is a nonprofit, federally funded employment and training agency that provides customer-focused workforce development services.

Sunnyvale

456 West Olive Ave

408-730-7232

sunnyvale@novaworks.org

Monday-Friday, 8 a.m. - 5 p.m.

San Mateo (operated by CLCP)

1777 Borel Place #500

650-581-0058

sanmateo@novaworks.org

Monday-Friday, 8 a.m. - 5 p.m

Sourcewise

Sourcewise assists qualified seniors who are 55 years of age or older with the opportunity and support needed to obtain employment. Our Senior Employment Services Program operates the Senior Community Service Employment Program (SCSEP) for Santa Clara County.

Contact our Community Resource Specialists at (408) 350-3200, option 1.