



Department of
Aging and Adult Services
408-755-7600
www.sccgov.org/daas



24/7 community, health, and disaster
information in over 170 languages.
dial 2-1-1 // www.211bayarea.org



SOURCEWISE
COMMUNITY RESOURCE SOLUTIONS

Services for older adults
408-350-3200 // www.mysourcewise.com

Support Groups

Mid-Peninsula Widows and
Widowers Association (fee)
408-551-0069
www.mpwwa1.org

Cancer CAREpoint
408-402-6611
www.cancercarepoint.org

Alcoholics Anonymous
866-920-0628
alcoholicsanonymous.com

Research has
shown that having
three people to call
for help at anytime
increases one's
well-being



Write down the names of
three people you can call
anytime for any reason

My Anytime Connections

*Local community centers and
libraries are a great place to
connect, welcoming to all and
offering information and
activities to help develop
connections*



A Good Place to Connect

Free and low-cost
resources for older adults
to get and stay connected
in Santa Clara County

Call a Friend

Friendship Line California

Connecting people 60 plus and adults living with disabilities to caring voices ready to listen and provide support.

800-971-0016

ioaging.org/services/friendship-line

Friendly Voices

Get matched for weekly calls with your own trained volunteer for friendly conversation in multiple languages.

friendlyvoices.org

SAGE Hotline for LGBTQ+

For older LGBTQ+ adults looking for support in 180 languages.

877-360-5428 // www.sageusa.org

Connect Online

Senior Planet

Digital courses, and activities for older adults to learn skills and make friends.

650-918-5570 // seniorplanet.org

A Mighty Good Time

Calendar of local events featuring in-person, virtual, and phone-accessible activities and experiences.

512-222-9855 // amightygoodtime.com

Well Connected

A phone and online community offering activities, and education.

877-797-7299

covia.org/programs/well-connected



Enjoy the Outdoors

Bay Area Older Adults

Stimulate your heart, body, and mind through easy access to arts, culture, nature, and new friends. Adults age 50+ participate in healthy activities together.

408-774-0593 // bayareaolderadults.org

Peninsula Open Space Trust

Accessible trails, open to everyone, bringing you closer to the natural world.

650-854-7696 // openspacetrust.org

Santa Clara Valley Open Space

Connecting people to nature by protecting open spaces and natural areas for future generations.

408-224-7476 // openspaceauthority.org

Midpeninsula Region Open Space

Easy-access trails and facilities to support individuals and groups enjoying the outdoors.

650-691-1200 // openspace.org

Catch a Ride

Avenidas Door to Door

Serving North County

650-289-5411 // avenidas.org

Heart of The Valley

Serving West Santa Clara Valley

408-241-1571 // servicesforseniors.org

On the Move Ridecare Program

Serving Los Altos and Los Altos Hills

650-947-2797 // losaltosrecreation.org

R.Y.D.E.

Serving Zip Codes 95032, 95070, 95030, 95120, 95124

408-868-1257 // RYDE@sascc.org

Serving Zip Codes 95008, 95009, 95011, 95014, 95129, 95130

669-220-0831

RYDEinfo@wvcommunityservices.org

Serving Zip codes 95037, 95038

408-310-4250 // RYDE@mhcrc.org

Serving Zip codes 95118, 95119, 95122, 95123, 95139

408-755-7614 // RYDE@ssa.sccgov.org

rydescc.org

VTA Customer Service

(408) 321-2300 // vta.org/go/seniors