# Peninsula Family Service

A walk-in center for older adults that provides social services, wellness, recreational, educational and creative activities including arts and crafts, computer classes and gardening classes. Coffee and healthy breakfasts are available daily. A hot lunch is served Tuesday-Friday for persons age 60 or over and spouse. Provides case management (including in-home assessments) and bilingual information and referral about community services to persons age 60 or over on questions of housing, employment, household help, recreation and social activities, home delivered meals, health and counseling services and services to shut-ins. Health insurance and legal counseling is available by appointment. Lectures on a variety of health and fitness topics are held monthly in both English and Spanish. Provides a variety of physical fitness opportunities, including a garden club, yoga, tai chi, soul line dance and aerobics classes geared toward older adults. Also provides free monthly blood pressure screenings, quarterly blood glucose monitoring and health screenings by a visiting nurse. Offers a Brown Bag Program in which low-income seniors can receive a bag of groceries each week for a membership fee of $10 a year. Offers Spanish lessons. Formerly known as Peninsula Family Service, Fair Oaks Intergenerational Center. Formerly known as the Fair Oaks Senior Center. Formerly known as Family Service Agency of San Mateo County, Fair Oaks Intergenerational Center.

## Emails:

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## Hours

Monday-Friday, 9-5

## Online:

* <http://www.peninsulafamilyservice.org>