

WALNUT CREEK

# Directory of Aging + Adult Resources



WALNUT  
CREEK  
RECREATION

MOVE. LEARN. CONNECT.

# Table of Contents

---

|  |    |
|--|----|
| Accessibility Services .....             | 3  |
| Adult Day Services .....                 | 4  |
| Alzheimer’s Organizations .....          | 4  |
| Animal Services .....                    | 4  |
| Cancer Support Services .....            | 5  |
| Caregiver Services .....                 | 5  |
| Case/Care Management .....               | 5  |
| Continuing Education .....               | 6  |
| Dental Services .....                    | 6  |
| Driver Services .....                    | 6  |
| Elder Abuse .....                        | 6  |
| Emergency Assistance .....               | 7  |
| Employment .....                         | 7  |
| End of Life Matters .....                | 7  |
| Fall Prevention .....                    | 7  |
| Financial Assistance & Services .....    | 7  |
| Food/Nutrition Services .....            | 8  |
| Health Insurance .....                   | 8  |
| Home Care Services .....                 | 9  |
| Hospitals and Medical Centers .....      | 9  |
| Housing .....                            | 9  |
| Information and Assistance .....         | 10 |
| Legal/Consumer Action and Advocacy ..... | 10 |
| Legal Services.....                      | 10 |



# Table of Contents Continued

---

Libraries .....10

Mental Health and Support Groups .....11

Multicultural/Diversity Services .....11

Recreational Opportunities .....12

SeniorCenters .....12

Service Groups .....12

Substance Abuse Support .....12

Tax Aide .....13

Transportation .....13

Utility Assistance .....13

Veterans Services .....14

Volunteer Opportunities .....14

This guide was developed by Walnut Creek Recreation.  
walnutcreekrec.org  
(925) 943-5852



**A**

# Accessibility Services

## General

- Choice in Aging  
Assisted Living Waiver (ALW) (925) 682-6330
  
- CA State Department of Rehab (925) 602-3953
  
- Disability Rights California (916) 504-5800  
Legal Assistance (800) 776-5746  
[www.disabilityrightsca.org](http://www.disabilityrightsca.org)
  
- Disabled People’s Recreation Center (510) 835-2131  
1900 Barrett Ave., Richmond 94804  
[www.ci.richmond.ca.us/2162/DPRC](http://www.ci.richmond.ca.us/2162/DPRC)
  
- DMV Disabled Person Parking Placard (800) 777-0133
  
- Independent Living Resource (925) 363-7293
  
- Mt. Diablo Adult Center  
Project Self-Sufficiency x 6733 (925) 685-8289
  
- Regional Center of the East Bay (925) 691-2300

## Hearing Impaired

- CA Relay Service (800) 735-2922  
TTY (800) 855-7100  
Spanish (800) 855-4703
  
- California Telephone Access Program  
Voice (510) 302-1100  
TTY (510) 302-1101
  
- Deaf & Disabled  
Telecommunications Services (800) 806-1191
  
- Deaf Counseling, Advocacy &  
Referral Video Relay (510) 343-6670



- Deaf Emergency Lifeline  
Contra Costa TTY (925) 228-0111  
Non-emergency number (925) 646-2441
  
- Deaf Seniors Club Voice (800) 735-2922  
1375 Civic Dr., Walnut Creek 94596 (925) 943-5851  
Wed. 10am-3pm
  
- Hearing Dog Program (650) 898-9117
  
- The Hearing Foundation (800) 327-8077
  
- Hearing & Speech Center  
of Northern California (415) 921-7658  
TDD (415) 921-8990
  
- Hearing Loss Association  
of Diablo Valley (925) 264-1199  
1543 Sunnyvale Ave., Walnut Creek 94597  
[HLAADV@hearinglossdv.org](mailto:HLAADV@hearinglossdv.org)  
[info@hearinglossca.org](mailto:info@hearinglossca.org)

## Visually Impaired

- Braille & Talking Book Library (800) 952-5666
  
- Contra Costa Braille Transcribers (925) 937-9413
  
- Eye Care America  
Seniors Eye Care Program (800) 222-3937
  
- Learning Ally  
[www.learningally.org](http://www.learningally.org) (650) 493-3717



**Library for the Blind and Print Disabled** (415) 557-4253  
100 Larkin St., San Francisco, 94102

**Lion's Center for the Visually Impaired** (800) 750-3937  
(925) 432-3013

**Lighthouse for the Blind & Visually Impaired** (510) 845-8700

**Orientation Center for the Blind State of California Department of Rehabilitation** (510) 559-1208  
400 Adams St., Albany 94706  
www.rehab.cahwnet.gov/OCB

## Adult Day Services

**Adult Day Services Network of Contra Costa** (925) 682-1000

**BRENTWOOD**  
**Celebration Center Senior Day Program** (925) 240-5437  
2660 Jeffrey Way 94513  
www.celebrationcenter.com

**DANVILLE**  
**Valley Oak Respite Center** (925) 956-9269  
**Diablo Valley Foundation for the Aging Danville Congregational Church**  
989 San Ramon Valley Blvd. 94526  
M, W, F 10:30am-2:30pm

**LAFAYETTE**  
**Thursday Fellowship Lafayette Orinda Presbyterian Church** x228 (925) 283-8722  
49 Knox Dr., 94549  
Thurs, 11am-1:30pm

**MARTINEZ**  
**Martinez Respite Program** (925) 370-8772  
1111 Ferry St., 94553  
Wed. 10am-4pm

**PLEASANT HILL**  
**Mt. Diablo Center for Adult Day Health Care** (925) 682-6330  
490 Golf Club Rd, 94523  
M-F 9:30am-3pm

## Alzheimer's Organizations

**Alzheimer's Association** (800) 272-3900

**Safe Return Program (Alzheimer's)** (888) 572-8566

**CONCORD**  
**Alzheimer's Respite Center** (925)671-2479  
**Queen of All Saints Parish**  
2359 Mt. Diablo St. 94520  
Thurs. 11:30am-3pm

**LAFAYETTE**  
**Alzheimer's Association** (925) 284-7942  
251 Lafayette Circle, Suite 250

**WALNUT CREEK**  
**UC Davis Alzheimers Disease Center** (925) 357-6515  
100 N. Wiget Lane, #100  
Walnut Creek, CA 94598

**Walnut Creek Police Department Project Lifesaver** (925) 943-5844



## Animal Services

**AniMeals Pet Food Bank** (925) 676-7543

**Assistance Dog Special Allowance Program (ADSA)** (916) 657-2628

**Dogs4Diabetics Inc.** (925) 246-5785





**Tony La Russa's Animal Rescue Foundation** (925) 256-1273  
 2890 Mitchell Dr. Walnut Creek 94598  
 www.arflife.org

**Muttville (Senior Dog Rescue)** (415) 272-4172

**Valley Humane Society** (925) 426-8656



## Cancer Support Services

**American Cancer Society**  
 Central (925) 934-7640  
 West (510) 832-7012

**Breast Cancer Hotline** (888) 753-5222

**National Cancer Institute** (800) 422-6237

**The Wellness Community Cancer Support** (925) 933-0107

For Mental Health/Support Groups please see "M" section

## Caregiver Services

**Alzheimer's Association Caregiver Resources/Training** (800) 272-3900

**California Kinship** (800) 546-0047  
 www.edgewood.org/kssp

**Caring Hands** (925) 952-2999

**Choice in Aging** (925) 682-6330

**Eldercare Locator** (800) 677-1116

**Uplift Family Services** (925) 602-1750  
 (Grandparents raising grandchildren)

**Family Caregiver Alliance** (800) 445-8106

**Jewish Family & Community Services**  
 Caregiver Respite Services (925) 927-2000

**John Muir Senior Services** (925) 947-3300

**Meals on Wheels Diablo Region** (925) 937-8311  
 Caregiver Training



## Case/Care Management

**Adult Day Services Network of Contra Costa** (925) 682-1000

**CA Department Aging & Adult Services**  
 For Information (925) 229-8434  
 Assistance (800) 510-2020

**Diablo Valley Foundation** (925) 945-8040

**Family Caregiver Alliance** (800) 445-8106

**Jewish Family and Community Services** (925) 927-2000

**Multipurpose Senior Services Program (MSSP)** (925) 356-6777

**Meals on Wheels Diablo Region** (925) 937-8311

**Civic Park Community Center** (925) 943-5851



## Continuing Education

- Acalanes Adult Education** x 8001 (925) 280-3980
- Civic Park Community Center** (925) 943-5852
- CSU East Bay** (510) 642-4111  
Osher Lifelong Learning Institute
- Diablo Valley College**  
Emeritus College (DVC) x 2388 (925) 685-1230  
Pleasant Hill Campus (925) 685-1230  
San Ramon Campus (925) 866-1822
- Mt. Diablo Adult Education**  
Concord (925) 685-7340  
Pleasant Hill (925) 937-1530
- Project Second Chance**  
Adult Literacy (Central) (925) 927-3250
- Valleycare Health Library** (925) 734-3315
- Walnut Creek Recreation** (925) 943-5858
- Walnut Creek Center for Community Arts** (925)943-5846
- Walnut Creek Seniors Club** (925) 943-5851

## D

## Dental Services

- Dental Clinics**
- Contra Costa Health Services**  
2500 Alhambra Ave., Martinez 94553 (925) 370-5300  
2311 Loveridge Rd., Pittsburg 94565 (925) 431-8302
- Denti-Cal Referrals** (800) 322-6384  
www.denti-cal.ca.gov TTY (800) 735-2922

**Diablo Valley College**  
Teaching Clinic (925) 969-2692  
321 Golf Club Rd., Pleasant Hill 94523  
www.dvc.edu/academics/bhsd/hygiene/teachingclinic.html

**Homeless Dental Services**  
Contra Costa Health Services (925) 646-5016  
2047 Arnold Industrial Way, Suite D, Concord 94520  
www.cchealth.org/healthcare-for-homeless/ambulatory-care-clinics.php

**La Clinica Dental Clinic**  
2000 Sierra Rd., Concord 94518 (925) 363-1256  
337 East Leland Rd., Pittsburg 94565 (925) 431-1251  
www.laclinica.org

## Driver Services

- AARP Smart Drivers Course** (888) 687-2277  
www.aarp.org/drive
- Walnut Creek Seniors Club** (925)943-5851
- Disabled Parking Placard** DMV (800) 777-0133

## E

## Elder Abuse

- Adult Protective Services** (925) 646-2854  
*Toll Free (877) 839-4347*
- Contra Costa Senior Legal Services** (925) 609-7900  
Restraining Orders
- Conservatorships/Guardianship** (925) 646-2901
- Elder Angels** (415) 284-1160  
(916) 372-8556
- Family Justice Center** (925) 521-6366





**Ombudsman** (925) 685-2070  
For Board & Care/Skilled Nursing Abuse

**STAND! For Families Free of Violence** (888) 215-5555

## Emergency Assistance

Call 9-1-1 only to report emergencies that threaten human life or property and demand immediate attention.

**American Red Cross** (925) 603-7400

**California Poison Control System** (800) 222-1222

**Contra Costa County Community Warning System** (925) 313-9622

**Contra Costa Crisis Center 24/7** (800) 833-2900

**Eldercare Locator** (800) 677-1116

## Employment

**CA State Employment & Dev.** (800) 300-5616

**East Bay Works Career Center** (925) 671-4500  
Concord

**Regional Occupational Program** (925) 942-5357

**Senior Employment Program** (925) 671-4540

## End of Life Matters

**An Elderly Wish Foundation** (925)978-1883

**Bruns House** (925) 887-5678  
[www.hospiceeastbay.org/services/bruns-house](http://www.hospiceeastbay.org/services/bruns-house)

**CC Burial/Cremation Assistance** (925) 521-5001

**Compassion & Choices** (800) 247-7421

**Contra Costa Crisis Center** (800) 833-2900

**Grief Line** (800) 837-1818

**Hope Hospice, Inc.** (925) 829-8770

**Hospice of the East Bay** (925) 887-5678

**Indigent Burial** (925) 313-2886  
[www.co.contra-costa.ca.us/964/Process](http://www.co.contra-costa.ca.us/964/Process)

**Vital Registration Death Certificates** (925) 313-1126

**Widowed Persons Support** (925) 932-3448



## Fall Prevention

**Meals on Wheels Diablo Region** (925) 937-8311  
Fall Prevention Program

## Financial Assistance & Services

**Cash Assistance Program for Immigrants (CAPI)** (925) 521-5001  
400 Ellinwood Way, Pleasant Hill 94523

**Debtor's Rights Clinics**  
Bay Area Legal Aid (510) 799-3200





- Employment Human Services**
- General Assistance Central (925) 602-9379
- Patient Advocate Foundation (PAF)** (800) 532-5274
- Property Tax Postponement Program** (800) 952-5661
- Rubicon Hawkins Center** (510) 232-6611
- Salvation Army Central** (925) 676-6180
- Social Security Disability & Retirement Insurance** (800) 772-1213
- United Way of the Bay Area** (510) 238-2421
- VA Service Office** (925) 313-1481
- For Utility Assistance please see "U" section



- Civic Park Community Center** (925) 280-7310
- Walnut Creek United Methodist Church** (925) 934-4208
- 1543 Sunnyvale Ave. 94597
- (1st & 3rd Thursdays, 11am-12pm)

## Food/Nutrition Services

### Food Security

- CalFresh Food Stamps MediCal** (866) 663-3225
- Food Bank of Contra Costa and Solano** (925) 676-7543
- Loaves and Fishes** (925) 293-4792
- Monument Crisis Center** (925) 825-7751
- Salvation Army Concord Community Church** (925) 676-6180

### Senior Nutrition Services

- CC Café Locations** x138 (925) 937-8311
- Homebound Food Delivery Service Central** (925) 937-8607
- Rossmoor (Fri Only)** (925) 988-7703



## Health Insurance

- HICAP**
- Health Insurance Counseling Advocacy Program (800) 510-2020
- Counseling appointments (925) 943-5851
- Medi-Cal**
- Application (800) 709-8348
- Current Clients (866) 663-3225
- Medicare** (800) 633-4227
- PACE Program**
- Center for Elders' Independence (510) 433-1150
- 8am - 5pm TTY (510) 433-1165
- RxAssist** info@rxassist.org
- www.rxassist.org
- Social Security** (800) 772-1213



**Veterans Service** (510) 374-3241  
Part time Branch Office, Tues. 1-3pm

**Veterans Clinic** (925) 372-2000

## Home Care Services

**Center for Elders' Independence** (510) 433-1150  
TTY (510) 433-1165

**Choice in Aging** (925) 682-6330

**Covia** (925) 956-7400

**Diablo Valley Foundation  
for the Aging** (510) 433-1150

## Hospitals and Medical Centers

**Concord Health Clinic** (925) 646-5535  
**Contra Costa Health Clinic**  
Appointments (800) 495-8885

**Contra Costa Regional  
Medical Center** (925) 370-5000

**John Muir Medical Center  
Walnut Creek Campus** (925) 939-3000

**Kaiser Medical Center  
Walnut Creek Campus** (925) 295-4000

**Veteran's Affairs Outpatient Clinic** (925) 372-2000  
No. California in Martinez (800) 382-8387

## Housing Advocacy

**Catholic Charities of the East Bay** (925) 825-3099

**Contra Costa Senior Legal Services** (925) 609-7900

**Covia Home Match** (925) 451-9890

**Independent Living Resource** (925) 363-7293

**Home Equity Conversion** (855) 275-3246  
Echo Housing

**ECHO Housing** (510) 581-9380

**Low Cost Housing Lists** (800) 510-2020

**Mobilehome Ombudsman  
CA Department of Housing  
& Community** (800) 952-5275  
[www.hcd.ca.gov](http://www.hcd.ca.gov)

**Neighborhood Preservation  
Program Home Rehabilitation** (925) 674-7214

## Housing Support

**24 Hour Homeless Helpline** Dial 211  
[www.crisis-center.org/programs/homeless-services](http://www.crisis-center.org/programs/homeless-services)

**Bay Area Rescue Mission**  
Men's Center (510) 215-4868  
Women & Children's Center (510) 215-4860

**Contra Costa County  
Neighborhood Preservation Program**  
Home Habilitation Loans (925) 674-7207

**Habitat for Humanity**  
East Bay/Silicon Valley (510) 251-6304

**Homeless Court** (925) 313-7700

**Homeless Hotline** (800) 799-6599

Rotary HOME Team (888) 204-5573  
 Shelter Inc. (925) 335-0698  
 Trinity Center (925) 949-8712  
 1924 Trinity Ave., Walnut Creek 94596  
 trinitycenterwc.org

Better Business Bureau (BBB) (866) 411-2221  
 Lawyer Referral Service (925) 825-5700  
 CA Advocates for Nursing Home Reform (415) 974-5171  
 (800) 474-1116  
 Conflict Resolution Programs x301 (925) 687-8844  
 Conservatorships/Guardianship (925) 646-2901  
 Contra Costa County Bar Association (925) 686-6900  
 Family Justice Center (925) 521-6366  
 2151 Salvio St., #201, Concord 94520  
 International Institute of the Bay Area (IIBA) (925) 237-8581  
 ext. 11

JFK University Elder Law Clinic (925) 969-3433

**I**

## Information and Assistance

Contra Costa Crisis Center  
 24 Hour Helpline Dial 211  
 www.crisis-center.org/programs/211-info-referral

Eldercare Locator (800) 677-1116  
 www.eldercare.gov

Contra Costa County Area Agency on Aging (800) 510-2020  
 If calling on a cell phone or outside of Contra Costa County (925) 229-8434  
 400 Ellinwood Way, Pleasant Hill 94523  
 www.ehsd.org

## Legal Services

AARP Legal Services Network (866) 330-0753

Contra Costa Senior Legal Services (510) 374-3712

Walnut Creek Civic Park Community Center (925) 943-5851  
 1375 Civic Dr, Walnut Creek (By Appointment Only)  
 Simple Will Preparation (1st Monday, 1:30-3:00pm)  
 Legal Consults (4th Thursday, 11:00am-1:30pm)

**L**

## Legal/Consumer Action and Advocacy

California Senior Legislature (916) 552-8056  
 Central County Senior Coalition (925) 229-8434  
 Center for Human Development (925) 394-7344  
 Bay Area Legal Aid (510) 233-9954

## Libraries

Walnut Creek Library - (925) 977-3340  
 Contra Costa County Library  
 1644 N Broadway, Walnut Creek, CA

Ygnacio - Contra Costa County Library (925) 938-1481  
 2661 Oak Grove Rd., Walnut Creek, CA

Contra Costa County Public Law Library (925) 646-2783  
 Martinez (Main)





**M**

## Mental Health and Support Groups

- Anka Behavioral Health** (925) 825-4700
- Contra Costa Regional Medical Center**  
Mental Health Line (888) 678-7277  
Psychiatric Emergency (24 Hour) (925) 646-2800
- Contra Costa Crisis Center** (24 Hour) (800) 833-2900
- Family Caregiver Alliance** (800) 445-8106
- Friendly Calls (Covia)** (925) 956-7396
- Friendly Visitors** (925) 937-8311
- Friendship Line 24/7** (800) 971-0016
- George & Cynthia Miller Wellness Center** (800) 495-8885  
(877) 905-4545
- Grief Counseling** (800) 837-1818
- Jewish Family and Community Services** (925)927-2000

- Mental Health America Senior Peer Counseling** (916) 366-4600  
Concord (925) 521-5640  
Walnut Creek (925) 943-5851
- Suicide Prevention Lifeline** (800) 273-8255
- Support Group Listing Directory** (800) 510-2020
- VA Mental Health Clinic** (925) 372-2105
- Widowed Persons Support** (925) 932-3448

For Cancer Support Services please see “C” section  
For Substance Abuse Support please see “S” section

## Multicultural/ Diversity Services

- Aging & Adult Services** (800) 510-2020
- Anka Behavioral Health** (925) 825-4700
- Familias Unidas** (510) 412-5930  
Offering counseling in English and Spanish
- International Institute Of Bay Area** (510) 451-2846
- Jewish Family Children Services** (925) 927-2000
- Golden Crane Senior Center** (925) 820-0500
- Rainbow Community Center (LGBT)**  
East Bay Pride (925) 692-0090





# S

## Senior Centers

- Golden Crane Senior Center** (925) 820-0500
- Walnut Creek Seniors Club** (925) 943-5851  
Civic Park Community Center  
1375 Civic Dr. 94596  
M-F 9am-4pm
- Rainbow Community Center (LGBT)** (925) 692-0090
- Rossmoor** (925) 988-7703
- Senior Center Without Walls** (510) 444-5974  
*If it is difficult for you to go out to a Senior Center call us **FREE***

# R

## Recreational Opportunities

- America the Beautiful National Parks & Federal Recreational Senior Lands Pass** (888) 275-8747
- East Bay Regional Parks** (510) 544-2220
- Walnut Creek Arts & Recreation** (925) 943-5858  
(925) 943-5846
- Walnut Creek Senior Club** (925) 943-5851

## Service Groups

- Giving in Gratitude** (925) 943-5852
- Diablo View Rotary Club** [info@diablovviewrotary.org](mailto:info@diablovviewrotary.org)
- Sons in Retirement** <http://www.sirinc.org>

## Substance Abuse Support

- Al-Anon** (925) 932-6770
- Alcohol/Drug Treatment** (800) 846-1652
- Alcoholics Anonymous** (925) 939-4155
- Bay Area Addiction Research and Treatment (BAART)** (925) 522-0124
- Contra Costa County Alcohol and Other Drugs Services Division** (925) 335-3330





|                           |                |
|---------------------------|----------------|
| Contra Costa County (DUI) | (925) 932-8100 |
| Nar-Anon                  | (510) 496-2708 |
| Narcotics Anonymous       | (925) 685-4357 |
| The Phoenix Center        | (925) 680-0222 |



|   |                |
|---|----------------|
| Greyhound Bus Lines   | (800) 268-9000 |
| Lamorinda Spirit<br>Lafayette, Moraga & Orinda residents only   | (925) 283-3534 |
| Mobility Matters  | (925) 284-6161 |
| Pleasant Hill Senior Van<br>Pleasant Hill residents only  | (925) 671-5272 |
| San Ramon<br>San Ramon residents only   | (925) 973-3250 |
| Seniors Around Town<br>Orinda residents only  | (925) 402-4506 |
| Walnut Creek Seniors Mini Bus<br>Walnut Creek residents only<br>For reservations call 1 day ahead<br>Mon-Fri 9-10am | (925) 256-3533 |

# T

## Tax Aide

### AARP Tax -Aide Program (FREE)

|   |                |
|---|----------------|
| Walnut Creek Civic Park<br>Community Center | (925) 943-5851 |
| Grace Presbyterian Church                   | (925) 405-6278 |
| St. Paul's Episcopal Church                 | (925) 979-5013 |
| General Info & Other Locations              | (925)726-3199  |

*Free tax return preparation by IRS certified tax counselors. Available for persons with limited to moderate income. Sites are located countrywide.*

## Transportation

|   |  |
|---|--|
| 511<br>www.511.org                              | 511  |
| AMTRAK  | (800) 872-7245                                     |
| BART  | (925) 676-2278                                     |
| County Connection & LINK<br>Concord<br>Dispatch | (925) 676-7500<br>(925) 938-7433<br>(925) 943-1829 |
| Disabled Person Placard DMV                     | (800) 777-0133                                     |

# U

## Utility Assistance

|   |                |
|---|----------------|
| CA Alternate Rates for Energy (CARE)<br>Assistance for low income residents | (800)743-2273  |
| Home Energy Assistance Program (HEAP)                                       | (925) 335-8900 |



PG&E Medical Baseline Program Relief for Energy (800) 743-5000

Relief for Energy Assistance Through Community Help (REACH) (800) 933-9677

Rising Sun Energy (510) 665-1501

For Financial Assistance & Services please see "F" section



## Veterans Services

California Department of Veterans Affairs (800) 952-5626

Concord Vet Center (925) 680-4526

VA Outpatient Clinic (925) 372-2179

Veterans Crisis Line (800) 273-8255

Contra Costa Veterans Services (925) 313-1481  
 10 Douglas Dr., Suite 100, Martinez, CA  
 Mon-Thur. 9am-4pm, & 1-4pm, Fri 9am-12pm

## Volunteer Opportunities

Caring Hands (925) 952-2999

Civic Park Community Center (925) 943-5852

Giving in Gratitude (925) 943-5852

Health Insurance Counseling & Advocacy Program (HICAP) (800) 510-2020

Meals on Wheels Diablo Region Friendly Visitors (925) 937-8311

Meals on Wheels Drivers (925) 937-8607

SHARE Food Pantry (925) 827-4273

Volunteer Center of the East Bay (925) 472-5760

United Way of the Bay Area (510) 238-2421





**Civic Park Community Center**

1375 Civic Drive

Walnut Creek, CA 94596

