# The Senior Mobility Guide

The Senior Mobility Guide can also be accessed at: [www.peninsularides.com](http://www.peninsularides.com)

Image source: [jgf4seniors.org](http://jgf4seniors.org), [gettyimages.com](http://gettyimages.com), [viamagazine.com](http://viamagazine.com), [beactivedecatur.com](http://beactivedecatur.com).

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This guide provides information about a wide range of programs and services that can help you stay mobile, active and connected to your community. These programs include helping you remain a safe driver and specialized assistance getting out into the community. Regardless of your situation, there are services available that can help you. Here are some common situations and information you may find helpful.

**You drive yourself and plan to keep driving as long as you safely can.**
- A driver safety course can help keep your skills sharp and make sure you know how to adjust for changes as you get older. Page 34
- Many publications and online resources can help you spot possible difficulties before they become serious problems. Page 35

**You drive yourself but don’t feel as confident as you used to.**
- A driver safety course can help you learn how to adjust your driving and deal with issues related to vision, flexibility, reaction time and medication. Page 34
- Adjustments to your car may help you drive with more confidence. Page 36
- Public transportation may be an option for you. If you haven’t ridden a bus for a long time, you might be surprised by how much they’ve changed. Page 3
- A SamTrans Mobility Ambassador can help you learn about transportation options. Page 7
You’ve cut back on your driving and are looking for other ways to get around.
- Depending on your physical abilities, public transportation may be an option for some of your needs. Buses now have a lot of features that make them easier to use.  
  
- Many communities have small buses that are designed for short trips to go shopping, to the library and to medical appointments.
  
- If using the bus is too hard for you, you might be eligible for services that pick you up at home and take you where you want to go.

You are concerned about a friend or family member who probably shouldn’t be driving anymore.
- Several publications provide tips about how to talk to friends and family about driving.
  
- Get the latest information about Department of Motor Vehicles policies on testing, reporting and license renewal.

You ride public transportation but you’re finding it more difficult as you get older, for example, if you need to carry anything.
- Local shuttle routes in some communities may be easier for you to use than SamTrans buses.

You can’t drive, or prefer not to, and transit routes just don’t go where you need to go.
- You may be able to get a ride on services operated by community organizations and some cities.

Your condition doesn’t let you drive or use public transportation.
- You may be eligible for paratransit service that picks you up at home and takes you where you want to go.

You need help from another person in order to go anywhere.
- Services operated by community organizations and some cities may be able to help you.
The San Mateo County Transit District manages a range of public transit services, including SamTrans bus service, paratransit service for individuals who cannot use fixed-route transit, and Caltrain rail service.

**SamTrans**

SamTrans provides fixed-route bus service throughout San Mateo County and into parts of San Francisco and Palo Alto. Seniors and people with disabilities with approved ID can save money by paying the Eligible Discount fare and enjoy priority seating at the front of the bus.

SamTrans buses have many amenities for those with physical challenges. All SamTrans buses can “kneel” to lower the bus so the first step is easier to reach, and also have lifts or ramps for those with mobility devices or have difficulty climbing steps. Each bus has grab rails and two wheelchair spaces—the operator will secure the device in place, and offer a lap and shoulder belt for added safety.

SamTrans buses make amplified announcements of major transfer points, intersections and destinations. An electronic message board inside the bus displays the same information. External loudspeakers announce the route number and destination of the bus at all bus stops.

Free travel training is available for people with disabilities who want to learn to ride SamTrans buses or Caltrain. For more information about travel training, call 650-508-6202.

For more information about SamTrans service, call 1-800-660-4287 (TTY 650-508-6448) or visit www.samtrans.com. Redi-Wheels paratransit is available for people whose disabilities or health conditions prevent them from using the bus. See page 9 for more information.
**SamTrans FLX Services**

FLX Pacifica operates on a fixed route, serving SamTrans bus stops. However, customers can arrange for direct service within one-half mile of the route by calling up to one day in advance.

- **Service Area:** Pacifica
- **Hours:** Monday through Friday, 7:00 am to 7:00 pm
- **Fare:** $1.10 local, $1.00 clipper, or $2.50 day pass with senior discount
- **Eligibility:** Open to all, no restrictions
- **Accessibility:** Buses are wheelchair accessible
- **For More Information:** 1-800-660-4287 (TTY 650-508-6448)
- **Or to Book a Ride:** 650-560-0360 (24-hours in advance)

For schedules and a map go to [www.samtrans.com/FLXP](http://www.samtrans.com/FLXP)

**Caltrain**

Caltrain operates rail service on the Peninsula between San Jose and San Francisco, with commute-hour service to Gilroy. Caltrain has 13 stations in San Mateo County, connecting with BART at the Millbrae Transit Center. Seniors and people with disabilities with appropriate ID may save by paying the Eligible Discount fare. All fares must be paid prior to boarding, either by tagging on (and then tagging off at the destination) with a Clipper card at the Clipper reader or by purchasing a paper ticket from the ticket machines on the station platforms.

The older “Gallery” style trains have a wheelchair accessible car that can accommodate up to three wheelchairs. The newer Bombardier trains can accommodate up to 10 wheelchairs, two in each car, space permitting. Boarding assistance is available from conductors, including the use of a lift or bridge plate for wheelchair users and those who have difficulty with stairs. Caltrain stations that are not currently wheelchair accessible are 22nd Street, South San Francisco, Broadway, Atherton, Stanford and College Park. The other 26 stations are fully accessible. All Caltrain stations provide free parking for passengers with a Disabled placard.
Senior Clipper cards are available by mail (see www.511.org or www.Clippercard.com for details) or at Bay Area transit agencies. Regional Transit Connection Clipper cards for people with disabilities are available at Bay Area transit agencies.

For more information on Caltrain service, call 1-800-660-4287 (TTY 650-508-6448), or visit www.caltrain.com.

**BART (Bay Area Rapid Transit)**

BART is a regional rail service with six stations in northern San Mateo County (Daly City, Colma, South San Francisco, San Bruno, San Francisco Airport and Millbrae). The entire BART system consists of five lines with 44 stations in San Mateo, San Francisco, Alameda and Contra Costa counties.

BART has many features to make it easy for seniors and persons with disabilities to use it. There is disabled parking at all stations with parking lots. All BART stations have escalators and elevators to the platforms. From the platform, there is level boarding to the trains. All BART cars have space for wheelchairs. Station Agents are available at all times in each station to help seniors and persons with disabilities.

For more information on BART service or ticket vendors call 650-992-2278 (TTY 510-839-2220) or visit www.bart.gov.

**San Francisco Municipal Transportation Agency (Muni)**

Muni provides public transportation in San Francisco and connects with SamTrans, Caltrain and BART. Muni buses are fully accessible on all lines. Muni Metro Light Rail services are accessible at all stations and at key stops on the surface portion of the Muni Metro Light Rail.

For a brochure or more information on Muni’s Accessible Services, please call the Muni Accessible Services Program at 415-701-4485 (TTY 415-701-4730) or visit www.sfmta.com/getting-around/accessibility/access-muni-buses.

For more information on Muni service call 415-701-2311 (TTY 415-701-2323) or visit www.sfmta.com.
**Santa Clara Valley Transportation Authority (VTA)**

VTA provides public transit in Santa Clara County and connects with SamTrans in Palo Alto. All buses are equipped with lifts or ramps to make boarding easier for persons who use mobility devices or for anyone who may have difficulty negotiating steps. VTA requires that all mobility devices be secured on VTA buses. VTA’s light rail stations provide level boarding — meaning that there are no steps required to get on board — or ramps for boarding assistance.

For more information on VTA service, call 408-321-2300 (TTY 408-321-2330) or visit [www.vta.org](http://www.vta.org).

For individuals who are unable to use VTA’s bus or light rail services due to their disabilities, paratransit is provided as required by the Americans with Disabilities Act (ADA). Information about VTA’s ADA paratransit can be obtained by calling VTA ACCESS Paratransit 408-321-2300 (TTY 408-321-2330).

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**Discounts on Public Transit**

Seniors (age 65 and older) are eligible for discounted fares on SamTrans, Caltrain, and all other Bay Area public transit systems if they possess a valid photo ID, or a Medicare Card, or a Department of Motor Vehicles Disabled Placard Identification Card. The Regional Transit Connection (RTC) is now only available for people with disabilities and is no longer issued to seniors (age 65+). For SamTrans, they may also purchase an Eligible Discount Monthly pass, which is only available on a Clipper Card. Seniors can apply for a Senior Clipper Card at SamTrans Headquarters or through the mail. The card is free and does not expire. For more information or to request an application, call SamTrans at 1-800-660-4287 (TTY 650-508-6448) or visit [www.samtrans.com/clipper](http://www.samtrans.com/clipper).
Mobility Ambassadors

Mobility Ambassadors are volunteers who help older adults and people with disabilities become familiar with their transportation options. An Ambassador can help you plan a trip using public transit, conduct group and one-on-one rider training, and teach you about alternatives to driving, such as community shuttles. They also give educational presentations, help you find a driver safety class and organize group trips on public transit to interesting destinations. You can set up an appointment with an Ambassador by calling Jean at 650-508-6362 or Jackie at 650-622-7823.

You can meet your assigned Ambassador at a senior center, a community center, or at a public library near your home. If you live in a building that has a community or conference room, you can meet with your Ambassador there. The volunteer Ambassadors, many of whom are older adults themselves, are carefully screened, comprehensively trained, and are eager to show others how to enjoy riding public transit.

To learn more about the Mobility Ambassador Program, or to volunteer to be an Ambassador, contact Jean Conger at 650-508-6362 or Jackie Watkins at 650-508-7823, or email us at Ambassador@samtrans.com.
Veterans Mobility Corps
The Veterans Mobility Corps is a unique Vet-to-Vet program providing free assistance to all military veterans who cannot (or choose not to) drive due to physical, emotional or mental disabilities. Veteran Volunteers (who are military veterans themselves) assist fellow veterans to maintain mobility and independence by training them to ride public transit and access other alternatives to driving, such as community shuttles. They are carefully screened and trained to work with veterans of any age, and with a variety of disabilities.

In addition to conducting one-to-one and group rider training, Veteran Volunteers are also available to give educational presentations and organize group trips on transit to popular destinations.

If you would like to learn more about the Veterans Mobility Corps, to schedule an appointment with a Veteran Volunteer, or to volunteer, contact Jean Conger at 650-508-6362. You can also contact Jean by email at CongerJ@samtrans.com or Vet2Vet@samtrans.
ADA Paratransit

If you are unable to use the SamTrans regular bus service some or all of the time due to a disability, you may be eligible for Americans with Disabilities Act (ADA) paratransit service. There are no age or income requirements. If you think you might be eligible, please call 650-366-4856 to set up an evaluation appointment. Before you can use ADA paratransit, SamTrans will need to evaluate your eligibility. This process may take up to 21 days from the date of your appointment.

SamTrans operates the paratransit service called Redi-Wheels on the bayside of the county and RediCoast on the coastside. Paratransit buses, vans and sedans serve most of the county and will come to your home and take you to your destination. The vehicles can accommodate wheelchairs. Trips can be reserved up to seven days in advance and as late as the day before your trip.

For more information on ADA paratransit service in San Mateo County, call Redi-Wheels/RediCoast at 650-508-6241 or visit www.samtrans.com/Accessibility/Paratransit.html.

Information and Assistance

The following organizations provide staff who can consult, advise and assist individuals on a wide range of issues including transportation services and programs available in various parts of San Mateo County:

Healthy Aging Response Team (HART) (north County): Weekdays, 8:00 am to 5:00 pm, 650-991-5558 or HART@dcpartnership.org, or www.dcpartnership.org/programs/healthy-aging-response-team/

Self Help for the Elderly (mid County): 650-342-0822
Peninsula Family Service (south County): 650-403-4300
Senior Coastsiders (coastal County): 650-726-9056
Local Shuttles

Local shuttles are typically vans or shuttle buses that serve small areas within cities and communities weekdays during the midday, with some exceptions.

Bayshore/Brisbane Senior Shuttle

Service Area: Brisbane/Bayshore Neighborhood of Daly City

Hours: Monday-Friday, midday hours

Fare: Free

Eligibility: Open to all, no restrictions

Accessibility: All vehicles are wheelchair accessible.

For More Information: 1-800-660-4287 (or TTY 650-508-6448)

Or to book a ride: 415-740-9458

For schedules and a map, go to www.samtrans.com/shuttles.

The Bayshore/Brisbane Senior Shuttle operates request-ride service during the midday and connects to the Bayshore Caltrain Station. Passengers may request rides for any purpose within the service area. To request a ride, the passenger must call and leave a message stating when and where they would like to be picked up and dropped off. The driver will then return the call and work out the schedule with the passenger.

Brisbane Village Helping Hands

Members may receive a variety of services including transportation. Volunteer drivers (trained and background checked) use their own cars to provide rides for members to destinations in San Mateo and San Francisco Counties. Trips of any type can usually be accommodated if requested at least one week in advance. Requests are accepted up to 48 hours in advance.
Service Area: Brisbane
Hours: Monday through Friday, 8:00 am to 6:00 pm
Fare: Free to dues-paying members
Eligibility: Members, primarily older adults
Accessibility: The vehicles are not wheelchair accessible.
For More Information: 415-508-2185 (leave a message and we’ll return your call), www.brisbanevillage.org

**East Palo Alto Caltrain Shuttle**

Service Area: East Palo Alto, Palo Alto
Hours: Every day, peak hours and some late night service
Fare: Free
Eligibility: Open to all, no restrictions
Accessibility: Vehicles are wheelchair accessible.
For More Information: East Palo Alto Mobility Manager, 650-853-3197

For schedules and a map go to www.samtrans.com/schedulesandmaps/shuttles.html or www.cityofpaloalto.org/civicax/filebank/documents/56863. The shuttle goes from Woodland-Bayshore neighborhood locations in East Palo Alto, such as the Ravenswood Health Clinic, to the Palo Alto Caltrain Station.

**Foster City Senior Express Shuttle**

Service Area: Foster City and as far north as Trousdale Drive/Mills-Peninsula Hospital in Burlingame and as far south as Veterans Boulevard/Kaiser Hospital in Redwood City. The bus also travels to Stanford Hospital and the Millbrae Transit Center.
Hours: Tuesday through Thursday, midday hours
Fare: One way: $2 for local trips, $5 for trips outside of Foster City
Eligibility: Must be age 55 or older and a Foster City resident
Accessibility: The shuttle is wheelchair-accessible.
For More Information: Community Center Senior Wing, 650-286-2585

The Senior Express Shuttle is an on-demand service that includes a pick-up at the residence and drop-off at the Foster City Senior Wing or designated stop. To make a reservation, call or stop by the Recreation Center Senior Wing front desk between 9:00 am and 1:00 pm Monday through Friday. Ride requests for the next day must be made by 1:00 pm. The payment method for the Senior Express Shuttle is a punch card. Punch cards can be purchased at the Senior Wing front desk.

**Menlo Park Midday Shuttle**

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<tr>
<th>Service Area:</th>
<th>Menlo Park</th>
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<tr>
<td>Hours:</td>
<td>Monday through Friday, 9:30 am to 3:00 pm</td>
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<tr>
<td>Fare:</td>
<td>Free</td>
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<tr>
<td>Eligibility:</td>
<td>Open to all, no restrictions</td>
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<tr>
<td>Accessibility:</td>
<td>The vehicles are wheelchair-accessible.</td>
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The Menlo Park Midday Shuttle operates on an hourly schedule. The shuttle serves the Menlo Park Caltrain Station, Menlo Park Library, Veteran’s Administration Medical Center, Menlo Park Senior Center, Stanford Shopping Center and the Palo Alto Caltrain Station. The shuttle is a 20-passenger bus with two spaces available for wheelchairs. The shuttle stops at all SamTrans bus stops, and is also a “flag down service”; passengers can wave at the driver, who will stop in any safe location to pick them up.

**Menlo Park Shoppers’ Shuttle**

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<tr>
<th>Service Area:</th>
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<tr>
<td>Hours:</td>
<td>Tuesdays, 9:30 am to 2:30 pm, Wednesdays and Saturdays, 9:30 am to 1:30 pm</td>
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<tr>
<td>Fare:</td>
<td>Free</td>
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<tr>
<td>Eligibility:</td>
<td>Open to all, no restrictions</td>
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<tr>
<td>Accessibility:</td>
<td>The vehicles are wheelchair-accessible.</td>
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</table>
The Menlo Park Shoppers’ Shuttle is a request-ride service. By request, the shuttle will pick you up at your home in Menlo Park starting at 9:15 am (depending on your location) and take you to destinations such as Woodside Plaza, Peninsula Boardwalk and Sequoia Station Shopping Center on Tuesdays and Sharon Heights, downtown Menlo Park, or the Stanford Shopping Center on Wednesdays and Saturdays (times are variable). For the return trips home, the shuttle will pick up passengers starting at 12 pm.

**Pacifica Senior Center Transportation Service**

**Service Area:** Pacifica  
**Hours:** Monday through Friday, 9:00 am to 2:00 pm  
**Fare:** $3.00 suggested donation for round trip transportation to the center and scheduled shopping trips. Medical trips are a mandatory fare of $20.00 round trip.  
**Eligibility:** Must be age 60 or older and a Pacifica resident  
**Accessibility:** The 20-passenger bus is lift-equipped for wheelchair and walker access.

For More Information: 650-738-7350  
www.cityofpacifica.org/depts/pbr/senior_services/transportation/default.asp

The transportation service takes seniors to and from the Pacifica Senior Center, with 24-hour phone notice. The Center schedules group shopping trips to local destinations. Individual requests for medical trips will be accommodated as the schedule permits and must be requested at least 48 hours in advance.
**Redwood City-Midpoint Caltrain Shuttle**

The Redwood City-Midpoint Caltrain shuttle runs between Redwood City Caltrain and the Midpoint Technology Park on Broadway. The shuttle serves the Stanford Medical Outpatient Center.

**Service Area:** Redwood City  
**Hours:** Monday through Friday, peak commute hours 6:30 am - 9:00 am and again at 4:00 pm to 7:00 pm  
**Fare:** Free  
**Eligibility:** Open to all, no restrictions  
**Accessibility:** All vehicles are wheelchair-accessible.  
**For More Information:** 650-588-1600  

**Senior Coastsiders**

**Service Area:** Coastside (Half Moon Bay, Moss Beach, El Granada and Montara)  
**Hours:** Monday through Thursday, 8:00 am to 4:00 pm, Friday, 8:00 am to 3:00 pm  
**Fare:** $2.00 round trip suggested donation  
**Eligibility:** Must be age 60 or older  
**Accessibility:** The vehicles are wheelchair-accessible.  
**For More Information:** 650-726-9056

The Senior Coastsiders Van is a request-ride service that operates on the coastside of San Mateo County. The van is primarily used to transport seniors from their homes to programs at the Senior Center but also provides rides for other purposes, such as shopping on Wednesdays and Fridays.
**South City Shuttle**
The South City Shuttle provides service around South San Francisco, with trips to local stores, the senior center, libraries, city hall and parks.

**Service Area:** South San Francisco BART, Hillside/Chestnut, Linden/Aspen, Orange West Orange Library, Main Library, Rotary Plaza,

**Hours:** Monday through Friday, 7:00 am to 7:00 pm

**Fare:** Free

**Eligibility:** Open to all, no restrictions

**Accessibility:** All vehicles are wheelchair-accessible.

**For More Information:** 1-800-660-4287 (or TTY 650-508-6448)

For schedules and a map go to [www.samtrans.com/shuttles](http://www.samtrans.com/shuttles).

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**Senior Center Transportation Services**

The following Senior Center Services only transport seniors to and from their homes and the designated senior center.

**Belmont Twin Pines Senior Center**

**Service Area:** Belmont

**Hours:** Monday through Thursday from 9:00 am to 1:00 pm, and some Fridays for bingo (first and third Friday of the month)

**Fare:** $1.00 one way suggested donation

**Eligibility:** Must be a senior or a person with a disability and a Belmont resident

**Accessibility:** The Senior Center’s van is wheelchair accessible, though passengers must be able to transfer to a passenger seat.

**For More Information:** Belmont Senior Center, 650-595-7444

*Photo: George Draper, MTC*
**East Palo Alto Senior Shuttle**

Service Area: East Palo Alto  
Hours: Monday through Friday, 9:00 am to 2:00 pm  
Fare: $0.50 roundtrip  
Eligibility: Must be a participant of the Senior Nutrition Lunch Program  
Accessibility: The van for the East Palo Alto Senior Center can accommodate folding wheelchairs only. The East Palo Alto Caltrain Shuttle (page 11), which can accommodate regular wheelchairs, stops very close to the Senior Center.

For More Information: Nutrition Supervisor, 650-688-1824

**Menlo Park Senior Center**

Service Area: Menlo Park and parts of East Palo Alto  
Hours: Monday through Friday, 9:00 am to 3:00 pm  
Fare: Based on donations  
Eligibility: Must be 60 years or older, be a registered Senior Center member, and live locally within the Senior Center’s area  
Accessibility: The vehicles are wheelchair-accessible.

For More Information: Menlo Park Senior Center, 650-330-2280 www.menlopark.org
Redwood City Veterans Memorial Senior Center

Service Area: Redwood City
Hours: Tuesday, Wednesday, Thursday 8:00 am to 2:00 pm
Fare: Free
Eligibility: Must be a Redwood City resident and attend the Veterans Memorial Senior Center
Accessibility: Vehicles are wheelchair-accessible. When reserving, ask for Lloyd and inform him if you are travelling with a wheelchair so they can allow additional time in scheduling and identify an appropriate pickup spot.
For More Information: Veterans Memorial Senior Center, 650-780-7270

San Bruno Senior Center

Service Area: San Bruno
Hours: Monday through Friday, 9:00 am to 3:00 pm
Fare: $1.00 one way
Eligibility: Must be age 50 or older and a San Bruno resident
Accessibility: The van is wheelchair-accessible.
For More Information: San Bruno Senior Center, 650-616-7150
www.sanbruno.ca.gov/gov/city_departments/community_services/50plus/default.htm
Reservations must be made one day in advance.

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# Resources at a Glance

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<td>Bayshore/Brisbane Senior Shuttle</td>
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<td>800-660-4287 (TTY 650-508-6448) To book a ride: 415-740-9458</td>
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<td>Name of Service</td>
<td>Area</td>
<td>Phone</td>
<td>Trip Types</td>
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</tr>
<tr>
<td>Senior Coastsiders</td>
<td>Half Moon Bay, Moss Beach, El Granada, Montara</td>
<td>650-726-9056</td>
<td>To/from senior center, some shopping</td>
</tr>
<tr>
<td>South City Shuttle</td>
<td>South San Francisco</td>
<td>1-800-660-4287 (TTY 650-508-6448)</td>
<td>To/from senior center, shopping, libraries, parks</td>
</tr>
<tr>
<td><strong>Senior Center Transportation</strong></td>
<td></td>
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</tr>
<tr>
<td>Belmont Twin Pines Senior Center</td>
<td>Belmont</td>
<td>650-595-7444</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>East Palo Alto Senior Shuttle</td>
<td>East Palo Alto</td>
<td>650-688-1824</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>Menlo Park Senior Center</td>
<td>Menlo Park and parts of East Palo Alto</td>
<td>650-330-2280</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>Redwood City Veterans Memorial Senior Center</td>
<td>Redwood City</td>
<td>650-780-7270</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>San Bruno Senior Center</td>
<td>San Bruno</td>
<td>650-616-7150</td>
<td>To/from senior center</td>
</tr>
<tr>
<td><strong>Community Transportation</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>American Cancer Society—Road to Recovery</td>
<td>San Mateo County</td>
<td>800-227-2345</td>
<td>Cancer-related appointments</td>
</tr>
<tr>
<td>Service</td>
<td>Area</td>
<td>Phone</td>
<td>Trip Types</td>
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<td>650-595-7444</td>
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<td>East Palo Alto Senior Shuttle</td>
<td>East Palo Alto</td>
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<td>To/from senior center</td>
</tr>
<tr>
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<td>Menlo Park and parts of East Palo Alto</td>
<td>650-330-2280</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>Redwood City Veterans</td>
<td>Redwood City</td>
<td>650-780-7270</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>San Bruno Senior Center</td>
<td>San Bruno</td>
<td>650-616-7150</td>
<td>To/from senior center</td>
</tr>
<tr>
<td>Community Transportation</td>
<td>American Cancer Society—Road to Recovery</td>
<td>800-227-2345</td>
<td>Cancer-related appointments</td>
</tr>
<tr>
<td>Name of Service</td>
<td>Area</td>
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<td>Trip Types</td>
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</tr>
<tr>
<td>Avenidas Door To Door</td>
<td>Belmont south to Mountain View</td>
<td>650-289-5453</td>
<td>Any</td>
</tr>
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<tr>
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<td></td>
<td>650-281-5411</td>
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</tr>
<tr>
<td>Brisbane Village Helping Hands</td>
<td>Brisbane</td>
<td>415-508-2185</td>
<td>Any</td>
</tr>
<tr>
<td></td>
<td></td>
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</tr>
<tr>
<td>FISH</td>
<td>Belmont, San Carlos and Redwood City (rides may be requested from San Mateo to Palo Alto)</td>
<td>650-593-1288</td>
<td>Medical, dental, physical therapy</td>
</tr>
<tr>
<td></td>
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</tr>
<tr>
<td>Get Up &amp; Go (PJCC)</td>
<td>San Mateo County bayside, Palo Alto VA Health Systems Stanford Hospital &amp; Clinics</td>
<td>650-378-2750</td>
<td>Any non-work</td>
</tr>
<tr>
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</tr>
<tr>
<td>Kaiser Redwood City</td>
<td>Hospital service areas and Caltrain Station</td>
<td>650-299-3139</td>
<td>Medical</td>
</tr>
<tr>
<td></td>
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<td></td>
</tr>
<tr>
<td>Seton Medical Center (Seton BART Shuttle)</td>
<td>Daly City BART to Seton Medical Center</td>
<td>650-991-6399</td>
<td>Any</td>
</tr>
<tr>
<td>Wheelchair Accessible</td>
<td>Fare</td>
<td>Eligibility</td>
<td>Reservations</td>
</tr>
<tr>
<td>-----------------------</td>
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</tr>
<tr>
<td>No</td>
<td>$9-18 depending on distance</td>
<td>For anyone without their own transportation or access to public transport</td>
<td>Call up to 5 weeks in advance</td>
</tr>
<tr>
<td>No</td>
<td>Free to dues-paying members</td>
<td>Members, primarily older adults</td>
<td>Call at least one week in advance</td>
</tr>
<tr>
<td>No</td>
<td>Free</td>
<td>Unable to ride public transportation, have no other way to get to appointments, ambulatory</td>
<td>Through answering service, call up to one week in advance at least 48 hours in advance</td>
</tr>
<tr>
<td>Yes</td>
<td>Free</td>
<td>Older adults who do not drive or find it difficult to use public transportation</td>
<td>Call by Wednesday of the week before</td>
</tr>
<tr>
<td>Yes</td>
<td>Free</td>
<td>Kaiser insured</td>
<td>Call to request after 9 am</td>
</tr>
<tr>
<td>Yes</td>
<td>Free</td>
<td>Open</td>
<td>Catch a shuttle at a bus stop</td>
</tr>
<tr>
<td>Name of Service</td>
<td>Area</td>
<td>Phone</td>
<td>Trip Types</td>
</tr>
<tr>
<td>---------------------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>------------------------</td>
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</tr>
<tr>
<td>El Camino Hospital- Road Runners Program</td>
<td>10 miles out El Camino Hospital Mountain View, 8 miles out of El Camino Hospital Los Gatos.</td>
<td>650-940-7016</td>
<td>Any</td>
</tr>
<tr>
<td>Sequoia Village</td>
<td>Belmont, San Carlos, and Redwood City including Redwood Shores</td>
<td>650-260-4569</td>
<td>Any</td>
</tr>
</tbody>
</table>

**Private Services**

<table>
<thead>
<tr>
<th>Name of Service</th>
<th>Area</th>
<th>Phone</th>
<th>Trip Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>Go-Go Grandparent</td>
<td>Nationwide service</td>
<td>855-464-6872</td>
<td>Any</td>
</tr>
<tr>
<td>Need-a-Ride</td>
<td>Palo Alto to San Mateo</td>
<td>650-462-0853</td>
<td>Any</td>
</tr>
<tr>
<td>Serra Yellow Cab</td>
<td>Daly City, Colma, Brisbane, Pacifica, Broadmoor, Millbrae, Burlingame, Hillsborough, Foster City, Belmont, San Carlos, Redwood City and SFO</td>
<td>650-991-2345 for regular reservations 650-340-9999 for wheelchair vans</td>
<td>Any</td>
</tr>
<tr>
<td>SilverRide</td>
<td>Bay Area</td>
<td>650-853-7433</td>
<td>Activities</td>
</tr>
</tbody>
</table>

**ADA Paratransit**

<table>
<thead>
<tr>
<th>Name of Service</th>
<th>Area</th>
<th>Phone</th>
<th>Trip Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>SamTrans Redi-Wheels</td>
<td>Bayside portion of San Mateo Co. plus Pacifica and Daly City</td>
<td>650-508-6241</td>
<td>Any</td>
</tr>
<tr>
<td>SamTrans Redi-Coast</td>
<td>Coastside from south of Devil’s Slide to the border of Santa Cruz County</td>
<td>650-508-6241</td>
<td>Any</td>
</tr>
<tr>
<td>Wheelchair Accessible</td>
<td>Fare</td>
<td>Eligibility</td>
<td>Reservations</td>
</tr>
<tr>
<td>-----------------------</td>
<td>------</td>
<td>-------------</td>
<td>--------------</td>
</tr>
<tr>
<td>No</td>
<td>0-1 miles $5 one-way and 8-10 miles $19 one-way</td>
<td>Community Members</td>
<td>Call the Hospital</td>
</tr>
<tr>
<td>No</td>
<td>Free for dues-paying members</td>
<td>Members</td>
<td>Call at least 48 hours ahead, one week preferred</td>
</tr>
<tr>
<td>No</td>
<td>Based on distance and time</td>
<td>Open</td>
<td>Call to request</td>
</tr>
<tr>
<td>No</td>
<td>Based on distance</td>
<td>Ambulatory</td>
<td>Leave a message for response in the evening</td>
</tr>
<tr>
<td>Yes, upon request</td>
<td>Based on distance</td>
<td>Open</td>
<td>Call for request</td>
</tr>
<tr>
<td>No</td>
<td>Based on distance and time</td>
<td>Able to walk 20 feet</td>
<td>Call SilverRide</td>
</tr>
<tr>
<td>Yes</td>
<td>$4.25</td>
<td>Unable to ride buses due to a disability</td>
<td>Call from 7 days ahead up to 5 pm the day before</td>
</tr>
<tr>
<td>Yes</td>
<td>$4.25</td>
<td>Unable to ride buses due to a disability</td>
<td>Call from 7 days ahead up to 5 pm the day before</td>
</tr>
</tbody>
</table>
American Cancer Society—Road to Recovery Program

The American Cancer Society’s Road to Recovery Program is staffed by volunteer drivers who pick up cancer patients at their homes and take them to anything cancer-related, including doctor’s appointments, radiation treatments and chemotherapy. Call to reserve at least four business days in advance.

Service Area: San Mateo County

Hours: Monday through Friday, 9:00 am to 5:00 pm. It is preferable if the medical appointment or treatment starts between 9:30 am and 4:30 pm.

Fare: Free

Eligibility: Ambulatory cancer patients and caregivers

Accessibility: Private vehicles (generally not wheelchair-accessible)

For More Information:

1. **Cancer patients** who need a ride to a cancer-related medical appointment or treatment should call 1-800-ACS-2345 (1-800-227-2345). Cancer patients who do not meet all of the eligibility requirements above can still call this number for help finding an appropriate transportation provider.

2. **To become a volunteer driver**, call the American Cancer Society’s local Bay Area Unit located at 71 Stephenson Street, Suite 400, San Francisco, CA 94105 at 415-399-7100 (press 3 for the local office).
**Avenidas Door To Door**

Service Area: Belmont south to Mountain View  
Hours: Monday through Friday, 8:15 am to 4:00 pm  
Fare: $9.00 up to 4 miles, $13.00 up to 8 miles, $18.00 up to 12 miles  
Eligibility: Seniors without their own transportation and without access to public transportation  
Accessibility: The vehicles are not wheelchair-accessible.  
For More Information: 650-289-5453  
Or to Book a Ride: 650-289-5411 (up to 5 weeks in advance)

Avenidas provides all types of trips whether they are trips to medical appointments, the hair salon, to Avenidas for a class, lunch with a friend, shopping destinations, etc. The fares are billed monthly. Drivers will escort passengers to and from the car. Caregivers and spouses may accompany passengers at no additional charge. Weekly grocery shopping is provided by volunteer drivers who take three people at a time to the store of their choosing. The driver will wait at the store, load bags into the car, and take the passengers and groceries home. Due to high demand, weekly grocery shopping is limited to customers currently in the program, though new customers can have their names added to a wait list.

**Brisbane Village Helping Hands**

Members may receive a variety of services including transportation. Volunteer drivers (Trained and background checked) use their own cars to provide rides for members to destinations in San Mateo and San Francisco Counties. Trips of any type can usually be accommodated if requested at least one week in advance. Requests are accepted up to 48 hours in advance.

Service Area: Brisbane  
Hours: Monday through Friday, 8:00 am to 6:00 pm  
Fare: Free to dues-paying members  
Eligibility: Members, primarily older adults  
Accessibility: The vehicles are not wheelchair-accessible.
FISH

Rides are given for medical, dental or physical therapy appointments. Calls are answered by volunteers through an answering service. Rides can be requested up to two weeks in advance and must be requested at least 48 hours in advance. Rides are on a first-come first-served basis depending on driver availability.

Service Area: Belmont, San Carlos, Redwood City (but riders may request rides as far north as San Mateo and as far south as Palo Alto)

Hours: Monday through Thursday, 9:00 am to 5:00 pm

Fare: Free

Eligibility: Ambulatory residents who cannot ride public transit and have no other means to get to appointments

Accessibility: Private vehicles (generally not wheelchair-accessible but when requesting a ride, riders may request special service on a wheelchair-accessible vehicle)

For Appointments Call: 650-593-1288
Get Up & Go (Peninsula Jewish Community Center)*

As part of the Get Up & Go program, the Peninsula Jewish Community Center (PJCC) operates a door-to-door, wheelchair-accessible bus and car service for older adults who do not drive. Every Monday, Tuesday and Friday, the Get Up & Go drivers transport seniors from their homes to destinations within San Mateo County, for medical appointments, shopping or personal errands. Escorts are available if requested. Twice a month, seniors are brought to specially designed programs at the PJCC. Rides must be scheduled by Wednesday of the week before your ride.

Service Area: San Mateo County (no service to the coast side)
Palo Alto VA Health Systems

Hours: Every Monday, Tuesday, Thursday, and Friday
(9:30 am to 3:30 pm); special programs every other Wednesday at the PJCC

Fare: Free

Eligibility: Older adults in San Mateo County who do not drive or find it difficult to use public transportation. The PJCC serves a diverse multicultural community.

Accessibility: Buses are wheelchair-accessible.

For More Information: 650-378-2750

*Get Up & Go is supported by gifts to the PJCC and grants from the Jewish Community Endowment Newhouse Fund; Jewish Community Federation and Endowment Fund; Sequoia Hospital/Dignity Health; The Peninsula Health Care District; the Metropolitan Transportation Commission’s New Freedom Fund; and Mills-Peninsula Health Services.
Hospitals
Two hospitals in San Mateo County offer some limited transportation for their patients. In addition, the Road Runners program of El Camino Hospital in Mountain View offers transportation to residents of southern San Mateo County.

**Kaiser Permanente Medical Center - Redwood City**

- **Service Area:** Redwood City Caltrain Station
- **Hours:** Monday through Friday 7:20 am - 6:45 pm (after 9:00 am call for request)
- **Fare:** Free
- **Eligibility:** Kaiser Insurance holders
- **Accessibility:** The vehicles are wheelchair accessible.
- **For More Information:** 650-299-3139

**Seton Medical Center - Redwood City (Seton BART Shuttle)**

- **Service Area:** Daly City BART to Seton Medical Center
- **Hours:** Monday through Friday 6:00 am - 9:00 am and 12:00 pm - 7:00 pm
- **Fare:** Free
- **Accessibility:** The vehicles are wheelchair-accessible.
- **Eligibility:** None
- **For More Information:** 650-991-6399

**El Camino Hospital - Road Runners Program**

- **Service Area:** Both the pick up location and the appointment location needs to be within a 10-mile radius of El Camino Hospital Mountain View or 8-mile radius from El Camino Hospital Los Gatos (excluding mountain geography).
- **Hours:** Monday through Friday, 8:00 am to 4:30 pm
- **Fare:** 0-1 miles $5 one-way trip, 8-10 miles $19 one-way trip
Eligibility: Community members
Accessibility: The vehicles are not wheelchair-accessible.
For More Information: 650-940-7016 or visit www.elcaminohospital.org/services/roadrunners-transportation

ACCESS Paratransit

VTA ensures a comparable paratransit service is provided to eligible individuals with disabilities who cannot use conventional public transit service due to their physical, visual or cognitive disabilities.

To learn more about VTA paratransit service, eligibility and how to apply, call 408-321-2300 (TTY 408-321-2330) or go to VTA website: http://www.vta.org.

For direct link to VTA paratransit page, log on to: http://www.vta.org/getting-around/paratransit/accessibility-program-overview-travel.

Sequoia Village

Service Area: Belmont, San Carlos and Redwood City including Redwood Shores
Hours: Monday through Friday, 8:00 am to 5:00 pm
Fare: Free to dues-paying members
Eligibility: Members, primarily older adults
Accessibility: The vehicles are not wheelchair-accessible.

Dues-paying members may receive a variety of services including transportation. Volunteer drivers (trained and background checked) use their own cars to provide rides for members to destinations in San Mateo County from Burlingame to Palo Alto. Trips of any type can be accommodated if booked at least 48 hours in advance (one week preferred).
Private Transportation Services

Go-Go Grandparent

Service Area: Nationwide service
Hours: Rides are available 24/7
Fare: Fares are quoted in advance based on distance traveled and time traveled.
Eligibility: Open to all, no restrictions
Accessibility: Vehicles can transport folding wheelchairs and passengers who are transferable.


Register by calling 855-464-6872 and press option 2 to speak to an operator or using the online registration web page at www.gogograndparent.com before using the service. Custom pick-ups, group accommodations, and scheduled services are also available.

Need-a-Ride

Service Area: Palo Alto north to San Mateo
Hours: Monday through Friday (all day), Saturday (half-day)
Fare: Fare is based on distance traveled.
Eligibility: Must be ambulatory
Accessibility: Vehicles are not wheelchair-accessible.
For More Information: 650-462-0853

Need-a-Ride is a ride-request service. Leave a message and your call will be returned between 6:00 pm and 9:00 pm.
**Serra Yellow Cab**

Service Area: Offers dispatch service to/from Daly City, Colma, Brisbane, Pacifica, Broadmoor, Millbrae, Burlingame, Hillsborough, Foster City, Belmont, San Carlos, Redwood City and SFO

Hours: Rides are available 24/7

Fare: Fare is based on distance traveled.

Eligibility: Open to all, no restrictions

Accessibility: Wheelchair vans are available upon request.

For More Information: [www.serrayellowcab.com](http://www.serrayellowcab.com)

To Book a Ride: 650-991-2345 for regular reservations 650-340-9999 for wheelchair vans

**SilverRide**

SilverRide provides assisted transportation, companions, personalized activities, and group events for older adults who want to get things done, socialize and have enriching life experiences. As part of its service, SilverRide coordinates and refers a network of complementary products and services that together provide a comprehensive lifestyle solution for older adults.

Service Area: Throughout the Bay Area

Fare: Fares are quoted in advance based on distance traveled, time of day and accompaniment preference.

Eligibility: Clients must be able to walk a minimum of 20 feet with a walking aid.

Accessibility: Vehicles can transport folding wheelchairs and passengers who are transferable.

Local Driver Safety Training

**AARP**

The AARP Driver Safety Program offers local classes for drivers aged 50 or over. The courses cover many topics related to being an older driver, such as traffic rules, staying flexible, medications, etc. The course is designed to help you remain a safe driver. It covers normal age-related physical changes and how to adjust your driving to allow for these changes. Additionally, all insurance companies offer a discount to AARP Driver Safety graduates.

Courses are offered throughout the year. Each class is eight hours long, most commonly in two four-hour segments over two days. In San Mateo County, courses meet at nearly 20 locations throughout the county. AARP now offers a four-hour renewal course for previous graduates.

For information on AARP Driver Safety courses in your area, and for other helpful information, go to [www.aarp.org/drive](http://www.aarp.org/drive) or call 877-846-3299.

**California Highway Patrol (CHP)**

The California Highway Patrol offers an Age Well-Drive Smart seminar in conjunction with the San Mateo County Commission on Aging and San Mateo County Supervisor Warren Slocum. The free class is three hours long and is designed to help keep older drivers on the road longer and refresh their driving skills.

To register for the seminar or for more information, please call the office of Marcy Dragun at 650-599-1021.
Other Driver Safety Resources

Self Assessments
If you are becoming concerned about your ability to drive a vehicle, information developed by various aging and traffic safety groups may help you determine whether you need to have a more formal evaluation of your driving abilities.

*Roadwise Review—AAA (online tool)*
The AAA Roadwise Review is an interactive online tool that helps you identify potential aging-related driving issues, identify steps to reduce risk, and monitor your driving health in private. Go to [www.seniordriving.aaa.com](http://www.seniordriving.aaa.com) for this and other helpful online resources, including an online older driver safety course.

*Driving Decisions Workbook*
The University of Michigan developed a web-based workbook to help older drivers evaluate their ability to drive safely. The workbook is available online at [https://deepblue.lib.umich.edu/handle/2027.42/1321](https://deepblue.lib.umich.edu/handle/2027.42/1321).

*National Highway Traffic Safety Administration Brochures*
The National Highway Traffic Safety Administration (NHTSA) has developed a series of online publications that address older adults’ ability to drive safely. These include “Safe Driving for Older Adults,” “Driving Safely While Aging Gracefully” and materials dealing specifically with driving after a stroke or with various conditions, such as arthritis, Parkinson’s disease, sleep apnea, diabetes, or seizures. These resources can be viewed online at [https://www.nhtsa.gov/road-safety/older-drivers#2281](https://www.nhtsa.gov/road-safety/older-drivers#2281). Copies of most can be ordered by calling the NHTSA at 888-327-4236 (TTY 1-800-424-9153).
**Adjusting Your Vehicle**

Proper adjustment of seats, mirrors, headrests and the steering wheel can help keep you driving safely. A variety of simple devices can be added to help compensate for physical changes or simply to make the vehicle fit you more comfortably and safely. The American Society on Aging, the American Automobile Association and AARP have developed a program called CarFit, Helping Mature Drivers Find Their Perfect Fit. For more information, go to www.car-fit.org or to www.aarp.org and search for “driver safety.”

**Talking to Family and Friends**

The Hartford insurance company has developed a series of publications about initiating conversations with older drivers, exercise for drivers, vehicle technology and older drivers, dementia and driving, and other topics. These publications can be viewed online, downloaded, or ordered at www.thehartford.com/resources/mature-market-excellence.

**Department of Motor Vehicles (DMV) Licensing**

The DMV does not take away your driver’s license when you reach a certain age. Your mental and/or physical condition and your ability to follow traffic laws and rules regardless of age determine whether your license is renewed, restricted, suspended or revoked. All customers age 70 or older must renew their driver’s license in person at a DMV office. Restrictions may be imposed relating to declining physical condition.

The number one restriction for senior drivers is vision-related and usually requires the driver to wear glasses or corrective contact lenses. Some other common restrictions are no freeway driving, no nighttime driving, no rush hour driving, or driving only with proper support to ensure a proper driving position.

For More Information: 1-800-777-0133 (or TTY 1-800-368-4327),
www.dmv.ca.gov/portal/dmv/detail/about/senior/senior_top
Disabled Parking Placards

You can get a Disabled Person placard or license plates if you have impaired mobility and a licensed physician, surgeon, physician’s assistant, nurse practitioner, or certified nurse-midwife certifies your condition.

The placard and plates entitle you to park your vehicle in parking spaces designated for persons with disabilities, including spaces at a blue or green curb, at metered on-street parking spaces at no charge, and in areas that require residential or merchant permits. You do not have to own or drive the vehicle to use the placard.

For More Information: 1-800-777-0133 (or TTY 1-800-368-4327),
www.dmv.ca.gov/portal/dmv/detail/about/senior/senior_top (click on “Disabled Person Placard or Plates” under “Getting Around”).
Walking and Fitness

Fitness and exercise are key components of your mobility. Not only does regular exercise make it easier to walk to destinations and travel on transit, it also helps maintain your body’s strength, flexibility, reflexes and coordination, which can lengthen the amount of time you are able to drive safely.

City Parks and Recreation Departments

Most cities in San Mateo County offer health and exercise classes through their Parks and Recreation Departments. Some cities even have programs targeted specifically at older adults. For more information, contact your city’s Parks and Recreation Department.

San Mateo County Adult Schools

Several group exercise classes are available through the county’s five Adult Schools. Seniors can often take these courses for free or for a nominal fee. For more information and a current schedule of classes, contact:

- Jefferson Adult School (Daly City): 650-550-7890 or www.jeffersonadulted.net
- San Mateo Adult School: 650-558-2100 or www.smace.org
- South San Francisco Adult School: 650-877-8844 or www.ssfae-ssfusd-ca.schoolloop.com/

Community Exercise and Fitness Classes (membership based)

The three YMCAs in San Mateo County offer a variety of fitness classes appropriate for older adults. The Peninsula Jewish Community Center (PJCC) offers a Stay Fit for Life program, which is designed specifically for sedentary older adults. Membership discounts are available for seniors at YMCAs and the PJCC.

For more information on membership and a current schedule of classes:
Other Information Resources

Help at Home Directory
The Help at Home Directory is a mini reference guide to assist San Mateo County adults of all incomes to remain in their homes when they are ill, disabled or in crisis. The guide is developed by the San Mateo County Commission on Aging and contains some information on transportation in the county.

Printed copies of the directory can be found at all senior centers in the county, or you can request a printed copy by calling 650-573-2643.

PDF versions of the booklet in English, Spanish or Chinese can be found at www.smchealth.org/helpathome.

Peninsula Library System
There are 33 libraries in San Mateo County, with at least one branch in almost every city. Each library has many informational resources for seniors, such as printed copies of the Community Information Handbook and helpful librarians who will do their best to help you find answers to your questions. Additionally, each library has maps and schedules for local transit. Most libraries also have computers that you can use to access websites and staff who can look up most of the Internet references in this guide for you.

To find the branch nearest you, consult the blue government pages of your local phone book or go to www.plsinfo.org.

- Peninsula Family YMCA (San Mateo): 650-286-9622 or www.ymcasf.org/Peninsula
- Sequoia YMCA (Redwood City): 650-368-4168 or www.ymcasv.org/sequoia
- East Palo Alto YMCA: 650-328-9622 or www.ymcasv.org/eastpaloalto
- Peninsula Jewish Community Center (Foster City): 650-378-2703 or www.pjcc.org/health/fitness/hf-classes-fitlife.html
SMC Connect
SMC Connect is an online search engine that helps users locate community services in San Mateo County developed by the County of San Mateo Human Services Agency.
Go to www.smc-connect.org

511
511 is a one-stop resource for Bay Area transportation information, including real-time traffic conditions, public transportation routes and schedules, bicycling information and much more. 511 information is available on the phone by dialing 511 or on the web at www.511.org. To use the phone service, speak your choices or press zero to use touch-tone menus. It is a free service and is available 24 hours a day, seven days a week. The website includes an interactive trip planner. Phone users who are hearing impaired can use 511 by calling 711.

Senior Mobility Guide Online
An online version of this guide is available at www.peninsularides.com. The online guide has live links to all the web resources listed in this print version.

Requesting a Senior Mobility Guide
Additional Guides can be obtained in the lobby of SamTrans Headquarters located at 1250 San Carlos Avenue, San Carlos, California 94070. Guides can also be requested by calling 650-622-7823. The Guide is available in English, Spanish and Chinese.
<table>
<thead>
<tr>
<th>Public Transit</th>
<th>Phone Number</th>
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<tr>
<td>Bay Area Transportation</td>
<td>511</td>
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<tr>
<td>SamTrans &amp; Caltrain</td>
<td>800-660-4287</td>
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<tr>
<td>SamTrans FLX Services</td>
<td>650-560-0360</td>
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<tr>
<td>SamTrans Travel Training</td>
<td>650-508-6202</td>
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<tr>
<td>Redi-Wheels</td>
<td>650-508-6241</td>
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<tr>
<td>BART</td>
<td>650-992-2278</td>
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<tr>
<td>VTA (general transit information)</td>
<td>408-321-2300</td>
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<td>VTA ADA Paratransit (ACCESS)</td>
<td>408-321-2300</td>
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<td>Muni (general transit information)</td>
<td>415-701-2311</td>
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<tr>
<td>Muni Accessible Services</td>
<td>415-701-4485</td>
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<tr>
<th>Community Transit Services</th>
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<tr>
<td>American Cancer Society</td>
<td>800-227-2345</td>
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<tr>
<td>Avenidas Door To Door</td>
<td>650-289-5453</td>
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<tr>
<td>Bayshore/Brisbane Shuttle</td>
<td>800-660-4287</td>
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<tr>
<td>Brisbane Village Helping Hands</td>
<td>415-508-2185</td>
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<tr>
<td>East Palo Alto Community Shuttle</td>
<td>650-688-1824</td>
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<tr>
<td>El Camino Hospital Roadrunners</td>
<td>650-940-7016</td>
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<tr>
<td>FISH (Belmont to Redwood City)</td>
<td>650-593-1288</td>
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<tr>
<td>Foster City Senior Express Shuttle</td>
<td>650-286-2585</td>
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<tr>
<td>Foster City Village</td>
<td>650-378-8541</td>
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<tr>
<td>Get Up &amp; Go (PJCC)</td>
<td>650-378-2750</td>
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<tr>
<td>Menlo Park Shuttles</td>
<td>650-330-6770</td>
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<tr>
<td>Pacifica Senior Center Transportation Service</td>
<td>650-738-7350</td>
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<td>Redwood City Kaiser Hospital</td>
<td>650-299-3139</td>
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<tr>
<td>Redwood City Midpoint Caltrain Shuttle</td>
<td>650-588-1600</td>
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<td>Senior Coastsiders</td>
<td>650-726-9056</td>
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<td>Sequoia Village</td>
<td>650-260-4569</td>
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<tr>
<td>Seton Medical Center</td>
<td>650-991-6399</td>
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<tr>
<td>South City Shuttle</td>
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</table>
1250 San Carlos Ave.
San Carlos, CA 94070-1306

www.samtrans.com/seniors