

Programs in italics require an appointment and have a fee unless indicated.

Programs in bold require registration and may have a fee.

Programs are subject to change and we are adding new programs all the time!

Every MONDAY
9:00 <i>Acupuncture</i>
9:00 An Organizational approach to Bridge
9:05 Sit-Fit-Fun
9:30 Strong for Life
10:00 William Shakespeare
10:10 Literary Lip-reading
10:30 Strong for Life
10:30 Tai Chi
11:30 Spouse-Partner Caregiver Support Grp.
1:00 Gentle Hatha Yoga
1:00 Mah Jong
1:10 Beginning Lip-reading
1:30 French Conversation Level 4
2:30 Art form the Heart
3:00 Lip-reading Challenge
3:20 Art Appreciation

Every TUESDAY
9:00 <i>Nail Care</i> (select Tuesdays)
9:05 Standing Tall Back Fitness
9:30 Stepping On
9:30 <i>Massage</i>
9:30 Collage Mixed Media
10:00 Life Stories
10:00 Avenidas Walkers (off-site)
10:15 Total Body Conditioning
11:30 Rosen Movement
12:30 Spanish Level 2/3
1:00 From Sketching to Painting
1:00 Life Stories
1:30 The US Constitution
2:15 iPad Art for Beginners
2:30 Beginning Spanish
2:30 Dancing from the Inside Out
3:30 Exercises for Parkinson's
3:30 Art with the Whole Brain
3:30 Writing your Oral Memoir
5:00 Pilates

Every WEDNESDAY
9:00 <i>Nail Care or Podiatry</i>
9:30 Intermediate Bridge Instruction
10:00 Beginning Bridge Instruction
10:00 Feldenkrais Class
10:30 Creative Writing
12:30 French for Francophiles & Logophiles
12:45 Current Events
1:00 Open Chess Day
1:00 <i>Rosen Bodywork</i>
1:30 Intermediate Bridge Instruction
2:00 Jumbo Memory Training
2:30 Mindfulness Meditation
2:30 Musical Moments
3:30 Zumba Gold

Every THURSDAY
9:00 <i>Nail Care</i> (select Thursdays)
9:05 Standing Tall Back Fitness
10:00 A Class on the Classics
10:00 Avenidas Walkers (off-site) - 0/\$5
10:15 Total Body Conditioning
10:30 Strong for Life
10:30 Blood Pressure Screening
11:30 Dayan Qigong
12:30 Spanish Level 4/5
1:00 Improv Workshop
1:30 Gentle Hatha Yoga
1:30 Movies on Thursday - 0/\$2
3:00 Feldenkrais Class
3:00 Exercises for Parkinson's

Every FRIDAY
9:00 AARP Tax Counseling – by appt.
9:05 Sit-Fit-Fun
9:30 <i>Massage</i>
9:45 Tuina
12:30 English Chat Club
1:00 Duplicate Bridge - \$3
1:30 Drop-in Bridge
2:00 iOS Workshops
2:30 Club Aveneedles
2:30 Lotus Dance Fitness



Select MONDAYS
10:00 <i>Senior Adult Legal Assistance</i> - free

2 nd MONDAY
2:00 UNAFF Screening

1 st , 3 rd & 5 th WEDNESDAYS
9:00 <i>Reiki appointments</i>

1 st & 3 rd THURSDAYS
9:00 <i>HICAP appointments</i> - free
2:00 Musical Jam Sessions - \$3

1 st FRIDAY
3:00 Wine Appreciation


2 nd WEDNESDAY
2:00 Parkinson's Support Group

2 nd THURSDAY
2:00 Simultaneous Chess Game - free

Every Day Happenings!
• <i>One-one-one computer tutoring</i>
• Chess games by arrangement
1:00 Trivia for Fun!

4 th THURSDAY
2:00 Book Club



	<h2>Special Events...</h2> <p><i>new series, events, lectures, and more!</i></p>	<p>Check our website or at the Center as we add more programs, and events!</p>
---	--	--

<h3>Avenidas Village Coffee Chats!</h3> <p>Thursday, April 20, 2pm</p>	<p><i>Learn more about Aging-in-Place!</i></p> <p>RSVP required: 650-289-5405</p>
--	---

APR Apr 17 – Medication Management Tips

Apr 4 – SRI's Studio on Aging

Apr 14 – Armchair Travel: Brazil
Apr 14 – Goal Setting for Seniors

MAY

May 9 – Long term Care Planning

May 11 – Using Poles for Hiking

Sunday, May 21 – Lifetimes Event

JUNE

June 15 – Mind-Body Conference