

Every MONDAY
9:00 <i>Acupuncture</i>
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
3:30 Exercises for Parkinson's

Every TUESDAY
9:00 <i>Nail Care</i> (select Tuesdays)
9:00 Stepping On
9:05 Standing Tall Back Fitness
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 History as Biography
2:15 iPad Art for Beginners
2:30 Spanish Level 0/1 (continuing)
2:30 Dancing from the Inside Out
3:30 Art with the Whole Brain
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
10:00 Intermediate Watercolors
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>
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
1:00 <i>Social Security Video Appts</i> - free
1:30 Stepping On
1:30 Gentle Hatha Yoga
1:30 Movies on Thursday – 0/\$2
3:00 Feldenkrais Class
3:00 Exercise's for Parkinson's

Every FRIDAY
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

Select TUESDAYS
2:00 Computer Workshops

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
By appt: AARP Tax Counseling
3:00 Wine Appreciation

2 nd MONDAY
2:00 UNAFF Screening

2 nd WEDNESDAY
2:00 Parkinson's Support Group

2 nd THURSDAY
2:00 Simultaneous Chess Game - free

2 nd FRIDAY
1:30 Garden Club

Chess Tournament registration opens Feb. 8th! Stop by the Front Desk for a form.

Every Day Happenings!

- *One-one-one computer tutoring*
- Chess games by arrangement

1:00 Trivia for Fun!

4 th THURSDAY
2:00 Book Club

Avenidas Village Coffee Chats! *Learn more about Aging-in-Place!*
 Thursday, February 9th, 2pm and Tuesday, March 14th, 10am **RSVP required: 650-289-5405**

Special Events..., new series, events, lectures, and more!

Check our website or at the Center as we add more programs, and events!

FEB
 Feb 20 - CLOSED

Feb 21 – Medication Management Tips

Feb 3 – Lotus Dance Demo
 Feb 10 – Fine-Tuning Your Estate Plan

MAR
 Mar 20 – Meet Sourcewise

Mar 21 – Pole-Walking Workshop
 Mar 21 – Skype Workshop

Mar 10 – Doing Good and Doing it Right
 Mar 31 – Doing Good and Doing it Right

APR