

450 Bryant Street, Palo Alto  
650-289-5400  
[www.avenidas.org](http://www.avenidas.org)

*All events and activities are held at Avenidas, 450 Bryant Street, downtown Palo Alto, unless otherwise indicated.*

*Avenidas will be closed Tuesday, July 4, for Fourth of July.*

## Avenidas Village Coffee Chats!

Join us for coffee and treats as you listen to our members describe how Avenidas Village has helped them stay in the homes that they love.

There are 12 seats available at each chat. **Reserved seating only.** We look forward to meeting you!

Please email  
[rmccaughan@avenidas.org](mailto:rmccaughan@avenidas.org)  
or call 650-289-5405.

**Tuesday, July 13, 10 AM  
RSVP Today!**

## GOT WEIGHTS?

Do you have hand weights that you no longer use and that are taking up space in your closet or under your bed?

Consider donating them to Avenidas for use in our fitness classes. We need hand weights between two and ten pounds that are in good condition. We prefer them in sets of two, please.

**Call Tracy at 650-289-5436**

## BE A PART OF THE ART!

Avenidas is working with Palo Alto Art Center Artist-in-Residence, Kija Lucas, to bring two art projects to our community. We are inviting you to stop by our lobby one or more of the days below with your photos or objects to participate. No appointment needed! Just drop-in and be a part of the art!

### *Photos and Letters*

How often do we keep a special photo, only to wonder years later what was special about it? Join Kija Lucas, Artist-in-residence at the Palo Alto Art Center, in saving memories about a photo—either one you bring with you or one she takes that day. Write a letter to describe the photo—who is in it, why it is special, what was going on, how you felt, what the day was like, why you were wearing that outfit, etc.—and we'll mail it to your preferred recipient... or just keep it to preserve the memory.

**Tuesday, July 11, 10 am to 4 pm, North Lobby**

### *Objects to Remember You By: An Index of Sentiment*

Come participate in an ongoing art project to examine the objects we carry through our lives and the memories we attach to them.

**Bring one or more objects of sentimental value** to be photographed and added to Kija Lucas's growing archive of images.

**Tuesday, July 20 and Thursday, July 22,  
10 am to 4 pm, North Lobby**

### *New at Avenidas!*

#### **Social Media Tutoring**

You asked for it and we have it! We now have tutors available to help you set-up a new account or learn more advanced features on Facebook, Twitter or Instagram. Your 50-minute one-on-one session will be with a specially trained social media expert.

**Appointments are required** and are available Monday through Thursday. Call 650-289-5400 to schedule. Free.

## SCREENINGS

- *Appointments required unless indicated. Call 650-289-5400 or stop by Avenidas.*

### Drop-in Blood Pressure Screenings

**Provided by: Registered Nurses**

Avenidas Lobby:

**Thursdays, 10 to 11:30 am, free**

Cubberley:

**Wednesday, July 26, 9:30 to 10:30 am**

### Monthly Skin Cancer Screening

**Provided by PAMF Dermatologist,**

**Dr. Jubin Ryu**

An opportunity to check out the questionable changes that occur on the skin to existing moles, sun exposed areas, and other spots that are of concern. For ages 50+, no disrobing allowed, waiver required. Call 650-289-5400 or stop by the front desk for an appointment.

**Call for date and time, free**

### FREEDOM FROM FRACTURES

**Free Bone Health Screenings\* and Consultations by American Bone Health**

Two million preventable fractures occur each year. To reduce the number of fractures, American Bone Health has proclaimed the 2<sup>nd</sup> Saturday in July as “National Fracture Risk Screening Day.”

If you are over 45, this simple screening can give you valuable information about your bone health and help you keep your bones strong for life. Using the FORE Fracture Risk Calculator, peer educators help determine your risk for breaking a bone in the next 10 years. They will also discuss steps for better bone health, including nutrition; strength, balance and posture exercises; fall prevention strategies; further diagnosis; to medical treatments, if necessary.

**\*Please note this is NOT a bone density test.**

**Registration is REQUIRED.**

**Call 650-289-5400 to reserve your spot.**

**Saturday, July 8, 10 am to 2 pm, free**

## GAMES & RECREATION

### Chess Games and Challenges

**By Appointment** - Monday through Friday.

All levels welcome. Lessons available for beginners.

Contact Bill at williamylee@sbcglobal.net or 650-325-7744, free

**Open Chess Day** - Wednesday of every week, from 1 to 5pm. Players do not need to make an appointment to have a game. Please feel free to drop-in and enjoy the games, free

**Simultaneous Game** - Avenidas expert available to challenge up to six players in a simultaneous game, **Thursday, July 13, 2 pm. Open only to seniors 50+.**

**RSVP required.** Contact Bill at williamylee@sbcglobal.net or 650-325-7744, free

### Chinese Classical Mahjong

**Instructor: Sylvia Jeans**

Join an ongoing game or sign up for lessons two consecutive weeks.

Call 650-327-6216 to register or join.

**Mondays, 1 to 4 pm, free**

### Monthly Book Group

**July title: *The Door***

**Author: Magda Szabo**

**Thursday, July 27, 2 to 3:30 pm, free**

### Bridge Game

Drop-in games for intermediate players, no lessons. Email Vicki at

vickisue.bennett@yahoo.com

for info or to join a game.

**Fridays, 1:30 to 4 pm, free**

### Non-scary Duplicate Bridge

Join a friendly, casual bunch for three hours of fun on Friday.

**Fridays, 1 to 4 pm, \$2/\$3**

## Needlework Club “Club Aveneedles”

Dust off those knitting needles and crochet hooks and join Club Aveneedles. Please be comfortable with basic needlework and bring your own supplies (although some knitting needles and yarn are available). There is no instruction, but light assistance available. This club is appropriate for the low-intermediate to advanced level. Keep your creations or let Avenidas donate them to charitable organizations.

**Fridays, 2:30 to 4:30 pm, free**

## Get in on the Adult Coloring Craze!

Everybody’s doing it! Coloring helps you de-stress, get in touch with your creative side and gives you an opportunity to socialize in a very casual setting. We have different kinds of pencils and markers, as well as tons of pre-printed designs to choose from at the front desk. Stop by to sign out some supplies and – go ahead – relax in our lobby, library, Friendship Room, or on the patio while creating something beautiful!

*Supplies available Monday → Friday, 9 am to 4:30 pm and must be returned to the front desk before close of business.*

**Free**

## DROP-IN WELLNESS CLASSES

*Register once, per semester, at the Front Desk or call 650-289-5400*

### Mindfulness Meditation

Wednesdays, 2:30 to 3:30pm, free

### Lotus Dance Fitness ← *Please note new day!*

Wednesdays, 2 to 3 pm, free

**Tuina – Will return September 15**

## TECHNOLOGY

*Got a question? Ask our tutors! Avenidas has tutors available to help you learn what you need to know to get started or to use your device more effectively. Our expert tutors can help you with your iPhone or Android phone, iPad or tablet, Mac or PC. They can assist you with specific apps, settings, social media, or anything you would like to learn! The 50-minute sessions take place at Avenidas, with a limited number of appointments available at Channing House. Appointments are required. Call the Avenidas Front Desk to make yours! 650-289-5400.*

## SUPPORT GROUPS

### Caregiver Support Group

**Facilitated by: Paula Wolfson, LCSW**

Drop-in support group held on every Monday.

Questions? Call Paula at 650-289-5438.

**Mondays, 11:30 am to 1 pm, free**

### Parkinson’s Support Group

*Sponsored by: Stanford's Parkinson's Outreach and Caregiver Support Program*

The group provides a supportive environment in which people with Parkinson's Disease, and their caregivers, family and friends can share issues involved in living with Parkinson's. The group provides information about Parkinson's through guest speakers, demonstrations and round table discussions. Topics include: new research, medications, coping strategies, and more. Contact Robin Riddle: 650-724-6090 or [riddle@stanford.edu](mailto:riddle@stanford.edu) for further information

**Speaker: TBA**

**Topic: TBA**

**Wednesday, July 12, 2 to 3:30 pm, free**

# MOVIES & FILM SCREENINGS

## United Nations Association Film Festival

*The United Nations Association Film Festival (UNAFF) screens documentaries by international filmmakers dealing with topics such as human rights, environmental themes, women's issues, children, refugee protection, homelessness, racism, disease control, universal education, war, and peace. By bringing together filmmakers, the academic community, and the general public, UNAFF offers a unique opportunity for creative exchange and education.*

*For more details please visit [www.unaff.org](http://www.unaff.org)*

### July Screening: *All in This Tea*

*All in This Tea*, follows the world-renowned American tea importer, David Lee Hoffman, to some of the most remote regions of China in search of the finest handmade teas in the world. Not since Robert Fortune clandestinely made his way through the tea growing districts of China in 1843 to steal plants and seeds for the British Empire, has a westerner attempted to gain access to the hidden world of tea, where farmers have been making it for generations. As the Chinese open their doors to the global marketplace, Hoffman opens their eyes to their own ancient tradition that links them, and all of us, to the distant past, while introducing the west to one of China's finest cultural gems—the artistry and exquisite taste of fine, handmade tea.

### Directors/Producers:

Les Blank, Gina Leibrecht  
*(70 minutes) China/USA*

**Monday, July 10, 2 to 3:30 pm, free, #5303**

## Movies on Thursdays

Includes popcorn and drinks. Please stop by the Front Desk for your admittance ticket upon arrival.

### **July 6:** *Ride Along* (2014)

Ice Cube, Kevin Hart, John Leguizamo  
(PG-13) Comedy

### **July 13:** *Bridesmaids* (2011)

Kristen Wiig, Maya Rudolph, Rose Byrne  
(R) Comedy

### **July 20:** *Central Intelligence* (2016)

Kevin Hart, Dwayne Johnson, Amy Ryan  
(PG-13) Action Comedy

### **July 27:** *Tammy* (2014)

Melissa McCarthy, Susan Sarandon,  
Allison Janney (R) Comedy

**1:30pm start, \$0/\$2**

## FITNESS

### Avenidas Walkers

#### Coordinator: Mark Alguard

We offer two walks each week: flat Tuesday walks, usually in the local bay lands; and more varied walks on Thursdays, usually in nearby parks but sometimes further afield. Whichever is right for you, count on spending an enjoyable morning in attractive settings with engaging companions.

Tuesday walks meet up at the trailhead at 10:00.

These walks are around 2.5 flat miles and typically get back to the start by 11:30.

Thursday walks usually are in the 3.0 to 5.0 mile range with some climbing and return to the trail head in 2-3 hours. We hike in scenic local parks such as Wunderlich Co. Park or Russian Ridge OSP but occasionally venture further afield. Most Thursday walks start at 10:00. A lunch option often follows the hike. For info and schedules contact Mark Alguard at [mark.alguard@gmail.com](mailto:mark.alguard@gmail.com) or 650-575-6291.

**Tuesdays, 10 am, free**

**Thursdays, 10 am (usually), 0/\$5**



## **“Yellow Jackets” Cycling Group**

**Leader: George Schuttinger**

Join a group of avid senior cyclers for rides around the Bay Area. Rides are usually around 2 hours with very little climbing. Stop by the front desk for a schedule or contact George at [gschuttinger@hotmail.com](mailto:gschuttinger@hotmail.com)

**Mondays, 10 am. Free for members.**

## **LECTURES & WORKSHOPS**

### **Wine Appreciation**

**Instructor: Jim Wu**

**July topic: The Italian Peninsula – The Land of Wine from the Adriatic to the Mediterranean Sea**

Italy is the largest exporter of wine in the world today. Join us to learn about the different grapes used in Italian wines and to taste a variety of reds and whites from this region. All wines are locally available. **Refreshments provided.**

**Bring your own glass.**

*Space is limited. Pre-registration required.*

**Friday, July 7, 3 to 4:30 pm, \$12/\$15 #5218**

### **Long Term and Asset Protection Planning – Involving the Kids, Protecting the Kids in the Age of Trump**

**Presenters:**

**Michael Gilfix and Mark R. Gilfix, Attorneys, Gilfix and La Poll Associates**

In this workshop, attorneys Michael Gilfix and Mark Gerson Gilfix will focus on **your living trust**, how it impacts planning for **long term care**, and how it should be improved in light of legal developments, especially as they pertain to possible Trump administration-driven changes. They will emphasize the benefits of **involving your kids** in the planning process.

*Continued →*

*Topics include:* Simplification of your Revocable Trust to potentially massively save on taxes; Passing assets to your children and grandchildren in ways that protect them from divorce, litigation, and estate taxes; How to protect your residence and other assets – and save your family \$100s of thousands - while qualifying for Medi-Cal to pay the cost of skilled nursing care; Estate and gift taxes; The pros and cons of reverse mortgages; Long-term care insurance and planning for long term care; The value and importance of involving your children in the planning process.

**Tuesday, July 11, 2:30 to 4pm, free, #5333**

### **POLE Walking for Balance, Exercise & Maintaining Mobility**

**Instructor: Jayah Faye Paley, Educator, Mobility Coach and a Certified Personal Trainer**

Learn skills and practice movements that will keep you on your feet and help you maintain your independence. Optimal use of poles helps you improve balance, endurance, confidence, agility and posture - you'll feel Taller and Stronger! Easy-to-learn techniques in this fun and entertaining session enable people with mobility challenges to experience profound freedom of movement and a smoother, more fluid walking gait. Practice pole walking on gentle paths near the center. A variety of top quality poles provided (including special balance tips and more active walking tips) so you can discover which poles fit you best and will help you to achieve your goals.

**Tuesday, July 18, 9 to 11:30am, \$28, #5195**

# ASSISTANCE & COUNSELING

## Avenidas Care Partners Counseling and

**Consults:** 650-289-5438

**Information and Assistance:** 650-289-5433

## AARP Tax Assistance and Electronic Filing

### Sponsor: AARP Tax-Aide

The AARP tax assistance program continues on a reduced schedule of occasional Friday mornings until Dec. Tax appointments are to help taxpayers with late or amended returns, responses to IRS or FTB inquiries, etc. Call 650-289-5400 or stop by the front desk to make an appointment

### **BY APPOINTMENT ONLY.**

**Friday, July 7, 9 to 10:30 am, free**

## Advance Health Care Directives (AHCD)

### Frieda Haidt, AHCD Counselor

Communicate your health care preferences to your physician and loved ones. Bring a list of your agents and leave with your AHCD filled out, signed, and witnessed.

**Appointment required.** Call 650-289-5400.

**Thursday, July 20, 10 am to 12 pm, \$5**

## Health Insurance Counseling and Advocacy Program (HICAP)

Counseling to Santa Clara County residents 60+ about Medicare benefits, rights, and options, plus other health insurance-related questions.

**Appointment required.** Funded by CA Department of Aging & Sourcewise. San Mateo County residents, call 650-627-9350.

**Thursday, July 6 and 20, 9 to 11 am, free**

## Senior Adults Legal Assistance (SALA)

For Santa Clara residents 60+ to support efforts to live safely, independently, and with dignity.

San Mateo County residents, call 1-800-381-8898. 30 minute appts.

**Mondays, July 10, 17 and 24,**

**10 am to 12 pm, free**

# WELLNESS SERVICES

- *For ages 50 and over.*
- *24-hour Cancellation Policy: If you do not call and cancel your appointment for paid services 24 hours in advance, we require payment.*

## Foot and Hand Nail Care with A+ Pedicure Anny Beideler-Pfister

Stop suffering the pain and embarrassment of unsightly nails (deformity due to fungal infection, thickness, calluses...). Let's get clean, trimmed, and smooth-edged nails. Service includes moisturizing and massage. No polish. Medical diagnoses and prescriptions are referred to a specialist. \$45/\$50 manicure or pedicure (30 minute appts.) or \$55/\$60 for both manicure and pedicure (45 minute appts – available Tuesday and Wednesday PMs only).

**Call for dates and times.**

## Acupuncture

### Koichi Miyashita, PhD, L.Ac.

Ultra-fine, sterile needles are used to stimulate meridian points on the body and restore balance. Acupuncture has therapeutic benefits including pain relief. Approximately 45 minute appointments.

**Mondays, 9:15 to 11:30 am, \$30.**

## Massage & Reflexology

### Ania Rapacz

Massage is a great way to relax or soothe sore muscles. Reflexology is a healing art based on the idea that reflexes in feet/hands correspond to each body part. Massage can help stimulate the healing process. No disrobing. Extended appointments available.

**Tuesdays and Fridays, 9:30 am to 12 pm, \$35/\$45.**

## Reiki

### Sara Chong Von Guggenberg

An ancient method of hands-on healing focusing life force energy to stimulate your own natural healing process. Reiki is a form of natural healing that is often used to alleviate stress, chronic pain, or to boost energy. Half hour appointments. Extended appointments available.

**Wednesday, July 5 and 19, 9 am to 12 pm, \$30/\$35**

## Podiatry

### Robert Osheroff, DPM

Services provided by a medical professional licensed for over 20 years include: trimming of normal, thickened, or fungal toenails, professional pedicure with removal of corns and calluses, medical cure for nail fungus, treatment for plantar fasciitis, second opinions for surgery, and diabetic exams. 30 minute appointments.

**Wednesday, July 12, 9 am to 4:30 pm, \$45/\$50**

## Durable Medical Equipment Loan Closet

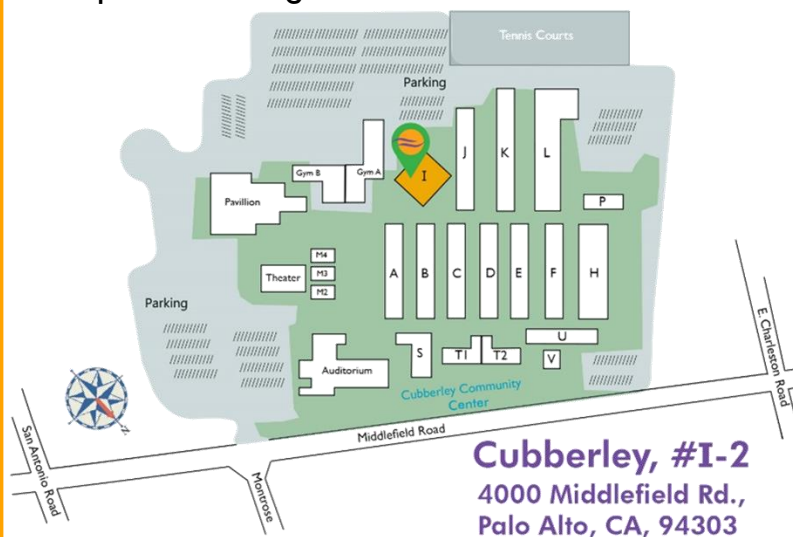
Short-term loans of walkers, canes, shower chairs, portable commodes, etc. Returned equipment must be clean and in good condition. Wheelchair loans require \$25 deposit. Other items are free to borrow.



At the end of August, Avenidas will pack up its 450 Bryant Street facility and temporarily move to Cubberley Community Center (4000 Middlefield Road, Palo Alto). We've worked very hard to configure the space so that all of our current activities (with few exceptions) will move with us and (again, few exceptions) will meet on their usual day and at their usual time. You'll find our programs on the 2<sup>nd</sup> floor of Building I at Cubberley. Parking is ample – especially during our daytime hours of operation – and there will also be limited number of parking spaces reserved for Avenidas members.

Our last day for classes and activities at our Bryant Street location will be Friday, August 11. We will reopen at Cubberley for the start of the Fall session on Tuesday, September 5, the day after Labor Day. We expect to be there for approximately 18 months until the Bryant Street Expansion Project is completed.

Stay tuned for information on using public transportation to get there.



**Cubberley, #I-2**  
4000 Middlefield Rd.,  
Palo Alto, CA, 94303



450 Bryant Street,  
Palo Alto, CA, 94301



Is your mailing label correct? If not, call 650-289-5400.

*Avenidas provides support, information, and community to enrich the lives of older adults and their families.*



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### **Check Out This Cool Device! Help Design a New and Better Version!**

At Mobilix ([www.mobilixinc.com](http://www.mobilixinc.com)) we are passionate about health and mobility. Our first product, Upstå, enables everyone to get down to the ground and up again in an independent, safe and elegant manner. Whether you want to participate in floor exercises, garden or reach that book that fell on the ground, Upstå is there to provide a stable structure. In the case of a fall with no injury, Upstå may be used in conjunction with a caregiver, partner or friend instead of another lift call to 911.

We are currently seeking people over 55 with or without physical impairment to provide feedback on Upstå. What works and what doesn't? We really need your help to develop something that truly meets people's needs. Please come and take a look at Upstå.

We will be in the Avenidas lobby during the following times:

- **Friday, July 7, 10 am to 1 pm**
- **Monday, July 17, 10 am to 1 pm**
- **Wednesday, July 19, 10 am to 12 pm**

Please drop-in to try Upstå and give your feedback!

Also, we are hosting two collaborative design sessions on **Monday, July 17 (one at 3pm and one at 4pm)** at Avenidas with refreshments where we will be gathering your input and generating ideas to improve the product. Space is limited in these 45-minute sessions. Please call 650-289-5400 to reserve your place!