

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>	
9:05 Sit-Fit-Fun	
9:30 Strong for Life	
10:00 William Shakespeare	
10:30 Strong for Life	
10:30 Tai Chi (summer break)	
11:30 Spouse-Partner Caregiver Support Grp.	
1:00 Gentle Hatha Yoga	
1:00 Mah Jong	
1:30 French Conversation (Level 4)	
2:30 Art from the Heart	
3:20 Art Appreciation	
* Lip-Reading and Speech Reading classes will resume in September	

Every TUESDAY
9:00 <i>Nail Care</i> (select Tuesdays)
9:05 Standing Tall Back Fitness
9:30 <i>Massage</i>
9:30 Collage Art-making (summer break)
10:00 Life Stories (summer break)
10:00 Avenidas Walkers (off-site)
10:15 Total Body Conditioning
1:00 From Sketching to Painting
1:00 Life Stories (summer break)
1:30 The US Constitution
1:30 Art with the Whole Brain
2:00 iPad Art for Beginners
2:30 Dancing from the Inside Out (summer break)
5:00 Tuesday Evening Yoga

Every WEDNESDAY
9:00 <i>Nail Care or Podiatry</i>
9:30 Intermediate Bridge (begins July 12)
10:00 Feldenkrais Class
10:30 Creative Writing
11:30 Dayan Qigong summer break)
12:30 French for Francophiles & Logophiles
12:45 Current Events
1:00 Open Chess Day
1:30 Intermediate Bridge (begins July 12)
2:00 Lotus Dance Fitness
2:30 Mindfulness Meditation
3:30 Zumba Gold

Every THURSDAY
9:00 <i>Nail Care</i> (select Thursdays)
9:05 Standing Tall Back Fitness
10:00 Avenidas Walkers (off-site) – 0/\$5
10:15 Total Body Conditioning
10:30 Blood Pressure Screening
12:30 Spanish 4/5
1:00 Improv Workshop
1:30 Gentle Hatha Yoga
1:30 Movies on Thursday – 0/\$2
3:00 Feldenkrais Class

Every FRIDAY
9:05 Sit-Fit-Fun
9:30 <i>Massage</i>
1:00 Duplicate Bridge - \$3
1:30 Drop-in Bridge
2:30 Club Avenedles

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

2 nd MONDAY
2:00 UNAFF Screening - free

NEW! Social Media Tutoring! Learn Facebook, Twitter or Instagram! Call 650-289-5400 for appt.

Select WEDNESDAYS
9:00 <i>Reiki appointments</i>

2 nd WEDNESDAY
2:00 Parkinson's Support Group

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

2 nd THURSDAY
2:00 Simultaneous Chess Game - free

1 st FRIDAY
9:00 <i>AARP tax Counseling</i> - by appt. - free
3:00 Wine Appreciation



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 - free



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

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

Avenidas Village Coffee Chats! Learn more about Aging-in-Place!
 Thursday, July 13th, 10am RSVP required: 650-289-5405

JULY	July 4 – Avenidas closed July 11 – Asset Protection/Involve Kids July 18 – Pole-walking workshop			Saturday, July 8 – Freedom from Fractures
AUG				Aug 11 – Last day at Bryant Street Center
SEPT	Sept 4 – Labor Day	Sept 5 – Start of fall session @ Cubberley Community Center		Sept 8 – AARP Driver Safety Refresher Course Sept 22 – Medicare Fraud/Open Enrollment