



Events!

Sponsored by Home Instead
June 2017

450 Bryant Street, Palo Alto
650-289-5400
www.avenidas.org

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

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
or call 650-289-5405.

Tuesday, June 13, 2 PM | 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.**



Avenidas Subscription Newsletter

We are going paperless (or as close as we can get!) beginning with our July Edition, the monthly Events will be available one of three ways:

- By email (free)
- Hardcopy-pickup at the center (free)
- Yearly subscription by mail (\$12 for members/\$15 for non-members)

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____ Phone: _____

Total Amount Due: \$ _____ Check enclosed (payable to Avenidas)

Card Number: _____

Exp Date: _____ Signature: _____

Please detach this form and mail to Avenidas at 450 Bryant Street, Palo Alto, CA 94301

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, June 28, 9:30 to 10:30 am

Monthly Skin Cancer Screening

Provided by PAMF Dermatologist,

Dr. Scott Herron

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

GAMES & RECREATION

Monthly Book Group

June title: *Hillbilly Elegy*

Author: J.D.Vance

Thursday, June 22, 2 to 3:30 pm, free

English Chat Club

Facilitator: Marian Sanders

Open to anyone who struggles with English as their second language and wants to improve in a relaxed, comfortable, and fun atmosphere.

Drop in.

Tuesdays, 12:30 to 1:30 pm, 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

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, June 8,**

2 pm. Open only to seniors 50+.

RSVP required. Contact Bill at

williamylee@sbcglobal.net or

650-325-7744, free

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

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

MOVIES & FILM SCREENINGS

Movies on Thursdays

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

June 1: *Belle* (2014)

Gugu Mbatha-Raw, Penelope Wilton, Miranda Richardson (PG) Drama

June 8: *Collateral Beauty* (2016)

Will Smith, Edward Norton, Keira Knightley (PG-13) Romantic Drama

June 15: *20th Century Women* (2016)

Annette Bening, Elle Fanning, Greta Gerwig (R) Comedy

June 22: *A Monster Calls* (2016)

Sigourney Weaver, Felicity Jones, Lewis MacDougall (PG-13) Drama

June 29: *Lion* (2016)

Dev Patel, Rooney Mara, David Wenham (PG-13) Drama

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

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

June Screening: *A Minority Report*

A Minority Report is the result of the more than two years of research and filming in the UN administered province of Kosovo. The film analyzes the human rights situation of Kosovo minorities after eight years of international administration through interviews with IDPs (internally displaced persons), refugees, and returnees as well as with the international civil servants that have ruled the province for the last seven years. Those who have returned have found their properties destroyed or occupied. They live in ghettos dispersed throughout Kosovo, often without access to basic services. Threats, harassment, and isolation are part of the daily life of returnees.

Director/Producer:

Stefano Giantin

(54 minutes) Italy/Serbia

Monday, June 12, 2 to 3:30 pm, free, #5041

ONE-TO-ONE TECHNOLOGY TUTORING

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 rriddle@stanford.edu for further information

Speaker: Ellen Corman, Manager

Farewell to Falls Program, Stanford Health Care

Topic: Fall Prevention in Parkinson's

Wednesday, June 14, 2 to 3:30 pm, free



You can be a daughter again. Let us help.

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.

- Companionship
- Meal Preparation
- Light Housekeeping
- Medication Reminders
- Incidental Transportation
- Shopping and Errands

Call for a free,
no-obligation appointment

650.691.9671

1006 Stewart Drive
Sunnyvale, CA 94085

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LECTURES & WORKSHOPS

Wine Appreciation

Instructor: Jim Wu

June topic: A Wine Journey through Spain and Portugal – No Sangria!

Spain is one of the top three wine regions in the world. Join us to learn about the wine-making history of this region and to taste some of the unique varietals and blends.

All wines are locally available.

Refreshments provided. Bring your own glass.

Space is limited. Pre-registration required.

Friday, June 2, 3 to 4:30 pm, \$12/\$15 #5097

SALA: Who We Are and What We Do

Presenter: Teresa Wilkinson, SALA Staff Attorney

SALA is a non-profit law firm that provides free legal assistance to Santa Clara County residents aged 60 and older.

This presentation will highlight services in the areas of Public Benefits (Social Security, Medicare, Medi-Cal), Basic Legal Planning (Power of Attorney, Advanced Health Care Directives, simple wills), Elder Abuse and more. *RSVP requested.*

Monday, June 5, 1:30 to 2:30 pm, free #5264

Armchair Travel

Destination: Argentina – Buenos Aires and an Estancia

Tour Guide: Gale Fullerton

On this trip we will visit Argentina's Capital, Buenos Aires, and an impressive estancia (ranch). Our stop in Buenos Aires will include visits to the Plaza de Mayo, Metropolitan Cathedral, many parks, a famous cemetery, and the colorful La Boca neighborhood. At the Estancia, we will experience the culture of Argentina's gauchos and their amazing horses. Door prizes and refreshments. *RSVP requested.*

Friday, June 9, 1:30 to 2:30 pm, free #5263

Ukulele for Beginners

Instructor: Patricia Moore

Learn to play this fun little instrument and enhance brain fitness and mind-hand coordination. We'll learn some basic chords and strumming. You will leave with the fundamental skills needed to practice on your own or to join our twice monthly jam sessions. Loaner ukes and music provided.

Pre-registration required by June 22.

Thursday, June 29, 2 to 4 pm, \$10 #5042

Intermediate Ukulele Workshop

Instructor: Edward Moore

This workshop is for advanced beginners or intermediate players who want to have more fun by adding some flourishes to their uke playing. Participants will practice new runs, riffs and alternate strums.

Pre-registration required by June 22.

Thursday, June 29, 2 to 4 pm, \$10 #5027

DROP-IN WELLNESS CLASSES

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

Rosen Movement → Last class June 20

Tuesdays, 11:30am to 12:30pm, free

Mindfulness Meditation

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

Tuina

Fridays, 9:45 to 10:45am, free

Lotus Dance Fitness

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

FITNESS

“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.

Contact: gschuttinger@hotmail.com

Mondays, 10 am, free for members.

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 am. A lunch option often follows the hike.

For info and schedules, contact Mark Alguard at mark.alguard@gmail.com or 650-575-6291. Schedules are also available at the Front Desk.

Tuesdays, 10 am, free

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

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 from May-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, June 2, 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.

Call for date and time, \$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, June 1, 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, June 5, 12, and 19,
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, June 7 and 21, 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, June 14, 9 am to 4:30 pm, \$45/\$50

Rosen Method Bodywork

Heidi Vandermolen

Rosen Method Bodywork is a gentle form of therapeutic healing touch that accesses the unresolved feelings and emotions that get held within the body through muscle tension. This bodywork addresses the unconscious muscular holdings in the body allowing the release of muscular tension and creating the opportunity to heal. *First session free!*

Wednesdays, June 7 and 14, 1 to 5 pm; \$40/\$50 after the first session.

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.



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.



Emergency Preparedness Tip for June:

Disasters can happen any time. Even when we're on vacation. Here are some tips from USA Today for being prepared when traveling:

- Make copies of your passport and travel documents, carry them with you, and make an electronic backup of them as well. If you're going to another country, note the hotline for the U.S. Embassy or consulate.
- Look into travel insurance, and read carefully to make sure that the policy covers natural disasters before you buy. Bring copies of medical prescriptions, in case you're stuck in a country for a few days
- Read up on your destination before you go to familiarize yourself with worst case scenarios. Ask your hotel about their disaster plan and if you're renting a condo or villa, ask the property management if emergency procedures and evacuation routes are outlined in your information packet.
- If a disaster strikes, follow directions from local authorities. If you need to evacuate and it's possible, try to be self-sufficient in the moment by bringing water, snacks, any medication, and a sweater. It could be hours before you are allowed back to your room/property.
- Above all, stay positive and happy travels!

epvolunteers@paneighborhoods.org