

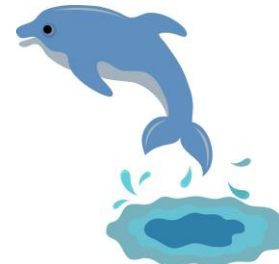
Programs in italics require an appointment and have a fee unless indicated.
Programs in bold require registration and may have a fee.
 Programs are subject to change and we are adding new programs all the time!

Every MONDAY
9:00 <i>Acupuncture</i>
9:05 Sit-Fit-Fun
9:30 Strong for Life
10:00 William Shakespeare
10:10 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
2:30 Art form the Heart
3:00 Lip-reading Challenge
3:20 Art Appreciation

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

2 nd MONDAY
2:00 UNAFF Screening - free

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 Avenidas Walkers (off-site)
10:15 Total Body Conditioning
11:30 Rosen Movement (until June 20)
1:00 From Sketching to Painting
1:30 The US Constitution
2:00 iPad Art for Beginners
2:30 Dancing from the Inside Out
3:30 Art with the Whole Brain
5:00 Pilates



*Do you have hand weights you no longer use and would like to donate?
 Call Tracy 650-289-5436*

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

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

2 nd WEDNESDAY
2:00 Parkinson's Support Group

Every Day Happenings!
<ul style="list-style-type: none"> • <i>One-one-one computer tutoring</i> • Chess games by arrangement
1:00 Trivia for Fun!

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 Strong for Life
10:30 Blood Pressure Screening
11:30 Dayan Qigong
1:00 Improv Workshop
1:30 Gentle Hatha Yoga
1:30 Movies on Thursday – 0/\$2
3:00 Feldenkrais Class



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

4 th THURSDAY
2:00 Book Club - free

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
2:30 Club Avenedles
2:30 Lotus Dance Fitness

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



	<h2 style="margin: 0;">Special Events...</h2> <p style="margin: 0;">new series, events, lectures, and more!</p>	<p style="font-size: small;">Check our website or at the Center as we add more programs, and events!</p>
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<h2 style="margin: 0;">Avenidas Village Coffee Chats!</h2> <p style="margin: 0;">Tuesday, June 13th, 2pm RSVP required: 650-289-5405</p>	<p style="margin: 0;"><i>Learn more about Aging-in-Place!</i></p>
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JUNE			June 15 – Living Well Conference (OSH JCC) June 29 – Ukulele Workshops	June 9 – Long Term Care Policy Review June 9 – Armchair Travel: Argentina
JULY	July 4 – Avenidas closed July 11 – Asset Protection/Involve Kids July 18 – Pole-walking workshop	July 19 – Long T erm Care Policy Review		Saturday, July 8 – Freedom from Fractures
AUG				Aug 11 – Last day at Bryant Street Center