

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 (returns in April)
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 (returns in April)
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 (returns in April)
2:15 iPad Art for Beginners
2:30 Beginning Spanish (returns in April)
2:30 Dancing from the Inside Out
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
10:30 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
6:30 Retirement Discussion Group

*returns in April

Every THURSDAY
9:00 <i>Nail Care</i> (select Thursdays)
9:05 Standing Tall Back Fitness
10:00 A Class on the Classics (returns in April)
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 (returns in April)
1:00 Improv Workshop
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
9:00 AARP Tax Counseling – by appt.
9:05 Sit-Fit-Fun
9:30 <i>Massage</i>
9:45 Tuina
10:30 Caregiver Support Group
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
3:00 Wine Appreciation

2 nd MONDAY
2:00 UNAFF Screening

Open House – Saturday, March 4th, 10am to 1pm

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



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



 Special Events... new series, events, lectures, and more!	Check our website or at the Center as we add more programs, and events!
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Avenidas Village Coffee Chats! Tuesday, March 14 th , 10am	Learn more about Aging-in-Place! RSVP required: 650-289-5405
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MAR	Mar 20 – Meet Sourcewise
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Mar 21 – Pole-Walking Workshop Mar 21 – Skype Workshop Mar 21 – The Intelligent Internet
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Mar 15 – CHP Age Well, Drive Smart Mar 29 – Traveling Alone and Loving It!

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Mar 10 – Doing Good and Doing it Right Mar 17 – Family Dog/Maintain Independence Mar 31 – Doing Good and Doing it Right Mar 4 – Avenidas Open House Mar 25 – Tech Conference
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Apr 14 – Armchair Travel: Brazil Apr 14 – Goal Setting for Seniors

MAY	
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May 9 – Long term Care Planning

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