



450 Bryant Street, Palo Alto, CA 94301 (650) 289-5400

Visitor's Calendar of Events for January 2012

Are you new to the area or have older adult relatives visiting? Want your guests to remain active while they're in town? Avenidas welcomes visitors and offers an array of free drop-in classes and activities. No Avenidas membership is required. At Avenidas, the La Comida lunch room serves hot, nutritious meals between 11:15 am and 12:15 pm for only a \$2.50 donation (\$5.00 if under age 60). Your guests can come for a morning class, stay for lunch, and attend one of our free afternoon events or just drop by to chat, have coffee or read in the Friendship Room. Whatever you or your guests choose, we hope their enjoyable stay in the area includes any one of the many physically and mentally stimulating activities Avenidas has to offer. Call us at (650) 289-5400 for more information or just stop by. We'd love to give you a tour of our historic building and brag about our programs and services.

Free and Low Cost Drop-In Classes and Activities

Exercise class - Tuina

Chinese style exercise and self massage. Tuesdays, 10:00 am to 11:00 am

Drop in Chess

Contact Bill (650) 325-7744

Wednesdays, 1:00 pm to 4:00 pm or by prior arrangement

Social Dancing

Fridays, 3:00 pm to 4:30 pm

Mindful Meditation

Wednesdays, 2:00 pm to 3:00 pm

Walking Group

Contact Hal Makin (650) 796-7316

Thursdays, 9:00 am to 11:30 am – Schedule below.

Duplicate Bridge

Individuals or partners. Fridays, 1:00 pm to 4:00 pm

\$2.00/members

\$5.00/non-members

Chinese Classical Mah Jong

Contact Sylvia (650) 327-6216

Mondays, 1:00 pm to 4:00 pm

Drop In Bridge

For those who can't get enough!

Mondays, 1:00 pm to 3:30 pm

Drop In Musical Jam Session: Thursdays, January 12th, 19th, 26th, 3:30 pm-5:00 pm. This is your chance to bring your ukulele, harmonica, any acoustical instrument, your beautiful singing voice, and join in the fun and creativity lead by Edward Moore. \$2 for everyone. Please stop by Front Desk before joining in!

Movie Club –Have a Reel Good Time!

Join us for movies. Popcorn, drinks and fun included! Thursdays, at 1:30 pm. **Free** for Avenidas Members, \$2.00 for Non-members. Please register by calling (650) 289-5400 or stopping by the Front Desk when you arrive.

Jan 5 – Pygmalion

Jan 12 – The Queen

Jan 19 – Chariots of Fire

Jan 26 – The Help

Celebrate the Grape! - Friday, January 6 from 3:00-4:30pm

Calling all oenophiles and wannabees! Join our monthly discussions and tastings on affordable varietals and blends, their characteristics and the geography of the region from which they originate. We will explore Pinot Noirs from around the world! \$10 supply fee includes tasting and light refreshments. Bring a glass. Registration is required by calling (650) 289-5400 or stopping by the Front Desk.

CHP Senior Driver Safety Program – Brush up on your driving techniques by attending this class sponsored by the California Highway Patrol – **Wednesday, January 25, 9am-1pm. – Free!**

Walking Club – 9:00 – 11:30 am - Free!

For participation details, contact Hal Makin at (650) 796-7316. – Meet at Avenidas unless noted.

1/05: Sand Hill Road: 4.25 miles, level, with a rest stop at 2.75 miles. The rally point is the parking lot behind P.F. Chang's Chinese Bistro.

1/07: The Dish: A 3.6 mile loop with 400 feet total elevation gain.

1/12: Foothill Park: 3.7 miles, 400+ feet elevation gain in 3 segments on 6 different trails.

1/19: Tour de Palo Alto: 3.5 miles, level. Meet in front of The Marc, 501 Forest Avenue at the intersection of Forest Avenue and Cowper Street.

1/26: Arastradero Park: 2 walks (A) Big loop tour of all the different biotopes in the park, 4 miles with 250 feet elevation gain. (B) Design-your-own-distance, out and back on the rising road, which gains about 125 feet in 1.5 miles.

Free! United National Association Film Festival – Monday, January 9th, 2 – 3:30 pm. Three inspirational short films by Dorothy Fadiman, who will be here in person: “Shattering the Myths of Aging”, “Breath Easy” and “Radiance”.

Free! Lecture – “Do Women Do Leadership Differently?” – Thursday, January 26th, 2 – 3:30 pm – Free for Avenidas members and \$2 for non-members.

Lecture – “Diabetes, Pre-Diabetes and Your Part in Prevention” – Thursday, January 19th, 2 – 3 pm – Free for Avenidas members and \$2 for non-members.

Free Lecture – “Compassion & Choices” – Monday, January 23rd, 2 -3 pm – Dr. Liner will discuss the three goals of Compassion and Choices.

Meet the Author – “The Lapp King’s Daughter” Stina Katchadourian. Monday, January 30th, 2 – 3 pm – Free for Avenidas members and \$2 for non-members. A memoir of the little known struggle of Finland, caught in the middle of a power struggle between Nazi Germany and the Soviet Union during WWII.

Health and Wellness Information

Weekly Blood Pressure Screening – Drop In! Donations appreciated!

Thursdays, 10:00 to 11:30 am

Parkinson’s Group – Drop In! - Wednesday, January 11th, 2 - 3:30 pm - Free!

Facilitated by Robin Riddle

Sponsored by APDA

Parkinson’s patients and their caregivers, family and friends share issues involved in living with the disease.

Topic/Presenter: “What is the pink form everyone is talking about?”/Steve Lai, MD, Geriatrician, Palo Alto Medical Foundation and Ellen Stirling, MSN.

The Better Breathers Group - Monday, January 9th, 1:30-3:00 pm – Free!

Facilitated by Estelle Coleman

Sponsored by Breathe California

The meetings are a resource and support group for family members and those suffering from lung disease. At these meetings, guests from various health disciplines speak to the group about ways to breathe easier and more effectively manage their disease, with the goal of improving an overall quality of life.

Topic/Presenter: “The role of the pharmacist, asthma, COPD and emphysema, understanding your medications; Q & A. David J. Han, Certified Pharmacy Technician.

FREE! Loan Closet: Based upon availability, short term loans of durable medical equipment, such as canes, walkers, wheelchairs and bath benches. By appointment, please call (650) 289-5400.