Summer 2018

WORKSHOPS

**POLE Walking for Balance, Exercise and Mobility**
Instructor: Jayah Faye Paley, Educator, Mobility Coach and Certified Personal Trainer

Learn skills and practice movements that will keep you on your feet and help you maintain your independence. Optimal use of poles helps you improve balance, endurance, confidence, agility, and posture - you’ll feel taller and stronger! Easy-to-learn techniques in this fun and entertaining session enable people with mobility challenges to experience profound freedom of movement and a smoother, more fluid walking gait. Practice pole walking on gentle paths near the center. A variety of top quality poles provided (including special balance tips and more active walking tips) so you can discover which poles fit you best and will help you achieve your goals.

Thursday, Sept. 20, 9am to 12pm, $35....................................

**Wine Appreciation**
Instructor: James Wu

Interested in learning more about wine? Join our discussions and tastings of affordable, locally available varietals and blends. Learn about their history, characteristics and the geography of the region from which they originate. Bonus wine trivia and facts in each session! Light refreshment provided. Bring your own glass. Space is limited. Pre-registration required.

First Fridays, 3 to 4:30pm, $12/$15

**Registration opens Monday, June 4th. Please register early for your classes. Space is limited in many classes. Also, if we do not reach a minimum number of students, the class may be cancelled.**

**SUMMER 2018**

Visit our website at www.avenidas.org

Our innovative programs and compassionate staff enrich the lives of more than 8,500 mature adults and their families each year.

**Adding Years to Life and Life to Years**

This is what home care from Care Indeed is all about.

- Personal care and hygiene
- Support with mobility
- Medication reminders
- Help with household chores
- Meal planning and preparation
- Transportation and errands
- Assistance with physical activity

We offer you the kind of care that you deserve because you’re worth it.

For a free in-home assessment, call (650) 328-1001

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**HCO #414700023**

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HEALTH & FITNESS

Dancing from the Inside Out
Instructor: Fran Bell
An improvisational dance class with no steps to learn and no dance experience necessary. Using compelling rhythmical music, including ethnic, classical, folk and rock, students learn to let go to the spontaneous movement that naturally emerges. This class meets at a private studio. Students will receive the address at registration.

Wednesdays, July 3 to Sept. 11,
(No class July 31 or Aug. 14),
2:30 to 4pm, $72/$90................
#5897

Feldenkrais: Awareness Through Movement
Instructor: Judy Windt
Find ease and power again! Through subtle movements─some easy, some challenging─you learn to radiate strength from your core. Chronic pain drops away as old muscle contractions release into length. These delightful lessons engage brain, body, and the environment to help you move as Nature meant. "Awareness Through Movement classes help remove the extra starch I seem to walk around with. After class, I walk taller and feel both relaxed and invigorated." - student M.C.

Wednesdays, July 11 to Sept. 12,
(There will be 9 classes in 10 weeks, with one week off TBA by the instructor),
10 to 11am, $72/$90................
#5899

Gentle Hatha Yoga
Instructor: Terry Lesser
Integrating body, breath and mind, we will stretch, strengthen, and address balance, agility, range of motion, and posture. We will move, breathe and relax with mindfulness through standing, seated, and reclining yoga poses. Please bring a yoga “sticky” mat and a large towel. Space is limited. Please register early.

Mondays, July 9 to Sept. 10,
(There will be 8 classes in 9 weeks, with one week off TBA by the instructor),
1 to 2pm, $64/$80................
#5895

Lotus Dance Fitness
Instructor: Corinna Shi
Add the “spice of culture” to your personal fitness program. Lotus Dance is an aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes will combine different dance styles, music, and cultural props for a fun experience. Enjoy Bollywood, bandari, k-pop, taiko drumming, fan dance, and more!

Tuesdays, July 3 to Sept. 11,
3:30 to 4:30pm, Free................
#5894
Magic In Motion  
**Instructor: Terry Sand**

Sit Down and Shape UP with Magic in Motion, a seated exercise program that relieves stiff joints, improves balance, builds cardiac health, and stimulates core strength. The class combines fluid movements with beautiful music to help strengthen core muscles and increase flexibility. Magic in Motion will exercise your mind, body, and funny bone. Terry Sand has ten years of experience teaching Magic in Motion to Older Adults of all fitness levels. In addition, she is an experienced motivational speaker, comedian, improv teacher, and Active Living Director. She has BA and MA degrees in Modern Dance from UCLA, where she also studied choreography and dance education.

**Fridays, July 6 to Sept. 14, 10 to 11am, $88/$110**

#5932

Mindfulness Meditation  
**Instructor: Julie Forbes**

Live fully in the moment with simple awareness practices for stress management, wellness and insight. Register at the front desk before attending your first class.

**Wednesdays, July 11 to Sept. 19, 2 to 3pm, Free**

#5902

Standing STRONG  
**Instructor: Jenni Castaldo, CPT, Mobility Workshop**

A strong core - back, abdominal, and oblique muscles – will help improve balance and posture. Everyday movements, such as walking upstairs, carrying groceries, bending, and reaching, can be performed more easily and safely, preventing injuries. Through exercises which focus on muscular strength, flexibility, balance, and stretching, you’ll increase your core strength, as well as improve your posture and enhance your appearance. Floor work and hand weights will be a part of the class format.

**Session 1:**
- Tuesdays and Thursdays, July 3 to Aug. 9, 9:05 to 10:05am, $96/$120........#5926
- Tuesdays ONLY, July 3 to Aug. 7, 9:05 to 10:05am, $60/$72........#5927
- Thursdays ONLY, July 5 to Aug. 9, 9:05 to 10:05am, $60/$72........#5928

**Session 2:**
- Tuesdays and Thursdays, Aug. 14 to Sept. 13, 9:05 to 10:05am, $80/$100........#5929
- Tuesdays ONLY, Aug. 14 to Sept. 11, 9:05 to 10:05am, $50/$60........#5930
- Thursdays ONLY, Aug. 16 to Sept. 13, 9:05 to 10:05am, $50/$60........#5931

#5926

Strong for Life  
**Instructor: Barbara Goeckler**

This national model program is designed specifically for older adults with physical limitations to improve strength and functional movement. You may register by calling 650-725-4137 or with the instructor at any time until class is filled.

**Mondays, July 2 to Sept. 17, 10:15 to 11:15am, Free**

#5891

**Tuesdays and Thursdays, July 3 to Aug. 9, 10:15 to 11:15am, Free**

#5892

Total Body Conditioning  
**Instructor: Jenni Castaldo, CPT, Mobility Workshop**

This workout includes a variety of cardio, strength, and toning exercises in 60 minutes. Strengthen and tone your whole body, while also working on balance and building muscle. Learn how to use and lift hand weights to prevent injury.

**Equipment:** Hand weights and an exercise mat

**Session 1:**
- Tuesdays and Thursdays, July 3 to Aug. 9, 10:15 to 11:15am, $96/$120........#5918
- Tuesdays ONLY, July 3 to Aug. 7, 10:15 to 11:15am, $60/$72........#5919
- Thursdays ONLY, July 5 to Aug. 9, 10:15 to 11:15am, $60/$72........#5920

**Session 2:**
- Tuesdays and Thursdays, Aug. 14 to Sept. 13, 10:15 to 11:15am, $80/$100........#5921
- Tuesdays ONLY, Aug. 14 to Sept. 11, 10:15 to 11:15am, $50/$60........#5922
- Thursdays ONLY, Aug. 16 to Sept. 13, 10:15 to 11:15am, $50/$60........#5923

#5918

Don’t forget to check out our Monthly Events Listing for newly added presentations and workshops each month!  
www.avenidas.org

Tuina  
**Instructor: Sunny Chen**

Chinese-style exercise and self massage that is shown to have similar benefits as aerobics and strength training. Please register at Front Desk before attending first class.

**Fridays, July 6 to Sept. 21, 10 to 11am, Free**

#5898

Zumba Gold  
**Instructors: Carla Kenworthy and Marla Yonamine**

Come feel the music! Great for your body – great for your brain! A fusion of Latin and World rhythms and easy to follow moves, this dynamic fitness program will get you moving and keep you hooked! Just relax and move to the beat! Please wear comfortable clothing and work-out shoes. (Please, no sandals or leather-soles).

**Wednesdays, July 11 to Sept. 5, 3:30 to 4:30pm, $72/$90**

#5893

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GENERATIONS LAB

One-to-One 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, or anything you would like to learn! The 50-minute sessions take place at Avenidas (Cubberley Community Center) or at Channing House (Webster St, Palo Alto). Note that the sessions at Channing House are limited to Apple products (iPhone, iPad, and Mac). Appointments are required. Payment is required at the time of scheduling. $10/$15. Call the Avenidas Front Desk to make your appointment!

650-289-5400

Social Media Tutoring
You asked for it and we have it! We now have tutors available to help you set-up a new account or learn more advanced features on Facebook, Twitter, YouTube, Instagram or any other social media app. Your 50-minute one-on-one session will be with a specially trained social media expert. Appointments are required. Call 650-289-5400 to schedule. Free.

HUMANITIES

A Class on the Classics
Instructor: Phil Lumish
Each week we will overview one of the great plays, poems, or novels ever written. We’ll look at what makes them CLASSIC and why they have importance centuries after being written. Join us and enjoy the great literature of the world!
Thursdays, July 12 to Aug. 16, 10 to 11:30am, $30/$36..............#5937

Current Events Discussion Group
If you enjoy keeping up with the latest news stories, you’d probably enjoy participating in the Current Events Discussion Group at Avenidas. Approximately 30 people gather every Wednesday afternoon for lively discussions and debates that focus on the hottest topics in the week’s news. Several members of the group take turns leading each session’s conversations that explore international, national, and local news topics. An important benefit of belonging to this group is making new friends who share many interests. If you avidly follow the news, and you’d like to experience the Current Events Discussion Group, please attend any session - just drop in. If you like what you see, you can sign up to participate regularly. There are four sessions each calendar year – with a few days off for holidays, of course!
Wednesdays, July 11 to Sept. 19, 1 to 2:30pm, $30/$40..............#5903

Economics
Instructor: Phil Lumish
This class will examine versions of democratic thought in America from Jefferson through Jackson, with in-depth discussions of important years up to 1924.
Tuesdays, July 10 to Aug. 14, 1:30 to 3pm, $30/$36..............#5936

LITERATURE

William Shakespeare
Instructor: Phil Lumish
Discover the works, impact, life, and times of William Shakespeare and other playwrights. Comparisons of style, language, dramatic impact, and characterization will be discussed while reading through specific plays.
Mondays, July 9 to Aug. 27, 10 to 11:30am, $40/$48...............#5938

Languages

French for Francophiles and Logophiles
Instructor: Leo McCord, Jr.
Converse as if you’re living in France. Some French experience is recommended.
Wednesdays, July 11 to Aug. 15, 12:30 to 2pm, $45/$54..............#5940

Spanish 4/5
Instructor: Leo McCord, Jr.
Spanish 4/5 for advanced speakers.
Thursdays, July 12 to Aug. 16, 12:30 to 2pm, $45/$54..............#5941

MUSIC

Musical Jam Sessions
Instructors: Edward and P.A. Moore
Bring out your inner musician with your harmonica, ukulele, or any other acoustical instrument and join in the fun at our jam session! Singers are especially welcome! First and third Thursdays, 2 to 4pm. $3 is payable at the door before each session
July 5 #5906 July 19 #5907 Aug. 2 #5908 Aug. 16 #5909 Sept. 6 #5910 Sept. 20 #5911

Ukulele for Beginners
Instructor: P.A. 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 to practice on your own and to join our twice monthly jam sessions. Loaner  ukes and music provided.
Pre-registration required by August 24.
Thursday, Aug. 30, 2:30 to 4:30pm, $20...............#5912