

*All events and activities are held at Avenidas, unless otherwise indicated:*

*Cubberley Community Center,  
4000 Middlefield Road,  
Building I, 2<sup>nd</sup> floor  
Palo Alto, CA 94303  
650-289-5400  
www.avenidas.org*

## 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 they love.

There are 12 seats available at each chat. **Reserved seating only.** We look forward to meeting you!

Please email [rmccaughan@avenidas.org](mailto:rmccaughan@avenidas.org) or call 650-289-5405.

**RSVP today!**  
**Tuesday, April 17, 10am**

## NEW CLASS JUST ADDED!

### Pilates

**Instructor: Nancy Chan, PT**

Interested in looking and feeling younger? Want to do Pilates safely to avoid injuries? Physical Therapist Nancy Chan will teach you select Pilates exercises customized for you, and share tips to improve posture, flexibility, and to strengthen your core. This class is great for both men and women!

*Instructor Nancy Chan is a physical therapist and graduate of Stanford University. She has helped thousands of clients at her Palo Alto clinic "Back to Fitness" over two decades where she specialized in treating sports and orthopedic patients with manual therapy and Pilates apparatuses. She was a certified Pilates instructor through PhysicalMind Institute and is a Golf Fitness instructor as well. Nancy has an undergraduate degree in Nutritional Sciences and has worked as a Registered Dietician.*

**Tuesdays, April 3 to April 24, 5 to 6pm, \$28/\$36 #5805**

## WHAT DO YOU THINK ABOUT MID-PEN OPEN SPACE PRESERVES?

### YOU ARE INVITED!

### We want to hear your voice!

The Midpeninsula Regional Open Space District (MidPen) is working with Dr. Patrick Tierney at SF State University to learn about your interest and experiences in their reserves and other parks in the Santa Clara County area: what you like most and least, what keeps you from visiting, and what you think could improve visitor experiences in MidPen open space preserves. Join us for a Focus Group. The session is by invitation only and space is limited. Food will be provided. Receive a \$25 gift card for your time and active input. Non-visitors to MidPen are welcome.

*We want to hear from YOU! Learn more about MidPen while helping them to better assist your senior community!*

[Pre-registration required.](#)

**Wednesday, April 11, 10:15am to 12pm, free #5818**

## SUPPORT GROUPS

**Caregiver Support Group**  
**Facilitated by: Paula Wolfson,**  
**LCSW**

Drop-in support groups held every Monday and Wednesday. Questions? Call Paula at 650-289-5438.

**11:30am to 1pm, free**  
**Location: Sunrise Palo Alto,**  
**2701 El Camino Real, Palo Alto**

# HEALTH SCREENINGS

## Drop-in Blood Pressure Screenings

Provided by: Registered Nurses

*Please note new schedule and locations!*

Stevenson House (455 East Charleston):

**Thursday, April 12, 10 to 11:30am, free.**

Senior Friendship Day, Bldg M-3:

**Wednesday, April 25, 9:30 to 10:30am, free.**

## Monthly Skin Cancer Screening

**PAMF Dermatologist: Dr. Kate Kramer**

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. By appointment.

**Friday, April 6, 9 to 10am, free.**

# GAMES & RECREATION

## Monthly Book Group

**April title:** *A Gentleman in Moscow*

**Author:** Amor Towles

**Thursday, April 26, 2:30 to 4pm, free.**

*New members – men and women – welcome!*

## Chess Games and Challenges

**By Appointment** - Monday through Friday.

All levels welcome. Lessons available for beginners, free. Contact Bill at

williamylee@sbcglobal.net or 650-325-7744.

**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 ten players in a simultaneous game, **Monday, April 2, 1pm.**

*RSVP required.* Simultaneous games are played at Little House, 800 Middle Ave, Menlo Park.

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 4:30pm, free.**

## Bridge Game

Drop-in games for intermediate players, no lessons.

**Fridays, 1:30 to 4pm, free.**

# LECTURES & WORKSHOPS

**Wine Appreciation** – *waitlist available*

**Instructor:** Jim Wu

**April: “California Wines from Outside of the Northern California Coastal Regions”**

Not every Californian wine comes from one of the great coastal regions. There are many good wines from the Central Valley, the Sierra Foothills, and Southern California. These wines also tend to be a little less expensive than their coastal counterparts. Join us to taste a selection of highly rated wines from the “other” parts of California. All wines are locally available. Refreshments provided. **Bring your own glass.**

**Space is limited. Pre-registration required.**

**Friday, April 6, 3 to 4:30pm,**

**\$12/\$15, #5746**

## **An Introduction to iPad Art**

**Instructor: Caroline Mustard, Mobile Art Academy**

Calling artists, techies, and the curious! Join us for this hands-on workshop and demonstration of iPad art. Using your iPad to create art gives you a portable canvas and sketch book, plus there's no clean-up! Bring your iPad and download a free app called Paper 53 and you can work along with Caroline.

Caroline is a working artist who was traditionally trained, but has adopted the iPad as her canvas of choice. In the past few years, she has become Silicon Valley's leading iPad art instructor and educator, offering classes in many locations. *For iPad users only. Please bring your own iPad.*

**Thursday, April 19, 10 to 11am, free, #5782**

## **What is Sourcewise? How Can They Help Me?**

**Presenter: Rene Ramsay, Community Resource Specialist**

Sourcewise is a nonprofit organization based in Santa Clara County since 1973. Their mission aims to provide adults and their caregivers the tools and services they need to effectively navigate their health and life options. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within the County. Learn about programs and services such as: Meals on Wheels, Health Insurance Counseling & Advocacy Program (HICAP), Senior Employment, Care Management, and other programs.

**Thursday, April 26, 1:30 to 2:30pm, #5814**

## **Poles for Hiking and Outdoor Exercise** **Instructor: Jayah Faye Paley, Educator, Mobility Coach, and Certified Personal Trainer**

Learning how to use poles enables you to engage your whole body while hiking and significantly improves performance and confidence on varied terrain. On the uphill, improve power and endurance. Downhill - save your knees! *Optimal use* of poles significantly improves your posture, balance, and upper body/core strength and prevents stress or strain in the hands, wrists, elbows, shoulders, and neck. Learn individualized, anatomically-optimal skills that will reduce stress, improve back health, prolong agility, and enable you to look at nature instead of down at your feet. "Test drive" a variety of top quality poles so you can explore which poles fit you best and can help you to achieve your goals. Practice new skills on a lovely short nature pole-practice hike. Explore varied terrain, including stairs without rails and uneven ground. Easy, relaxed pace. Class size is limited, so register early to reserve your space. HIKERS welcome whether novice or advanced. If you are not a hiker, Avenidas offers a pole walking class to help you achieve, maintain, and even regain mobility. [The class will take place at Foothill Park in Palo Alto, meeting location TBA](#)  
**Thursday, May 3, 8:30am to 1pm, \$48 #5792**

## **Freedom from Fractures**

**Presented by: Teresa Marchok, American Bone Health**

Join American Bone Health to learn about:

- Medical factors that increase fracture risk
- How to calculate fracture risk
- How to reduce the risk of fractures
- Next steps for better bone health and fracture prevention

The session will include a presentation and free fracture risk screenings.

**Friday, May 4, 1 to 2:30pm, free #5808**

## Meet the “New” Healthcare Providers

**Panelists:** **Dr. Elizabeth Arias, Hospitalist Physician, Palo Alto Medical Foundation;**  
**Dr. Maureen Dudgeon, Hospice/Palliative Care Specialist; Medical Director, Mission Hospice and Health Care;**  
**Christine Ritzo, RN, BSN, Clinical Outreach Nurse, Mission Hospice and Health Care**

Join us for a panel discussion that will help clarify the services and functions provided by each of these three specialists: a hospitalist, a palliative care provider, and a hospice provider. Although these medical specialties have existed for more than a decade, most patients are unfamiliar with exactly what they do or when and why they should be consulted. Come, learn, and ask your questions!

*Organized by: The Expanding Choices Task Force of Avenidas Village*

**Thursday, May 3, 3 to 4:30pm #5815**

## STILL AVAILABLE!

***Discounted day passes to the Palo Alto YMCA are still available for Avenidas and Avenidas Village members!***

The usual price for a day pass is \$20, but you can purchase them for \$10 each. They can be used to access all activities at the Y on the day of purchase, including fitness classes, gym equipment, and the pool. In addition, the joining fee (\$90) will be waived for members who would like to join the Y. You must purchase your pass on the day of use. They are only for Avenidas and Avenidas Village members.

Please contact the Avenidas Front Desk (650-289-5400) or Robbi McCaughan (Village Members) prior to going to the Y for your first day pass. We will give you a letter verifying your Avenidas or Avenidas Village membership to present for your pass purchase.

*Please feel free to contact Tracy (650) 289-5436 or Robbi (Avenidas Village Members).*

## FILM SCREENINGS

**United Nations Association Film Festival –**  
***Please note location below.***

*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.*

**April Screening: Saudi Solutions**

In Saudi Arabia, one of the most religiously conservative societies in the Middle East, women are not allowed to vote or to drive a car. Men and women are segregated in most public spaces and work environments. A strict dress code enforced by religious police mandates that women cover their heads and bodies in public, where they must always be accompanied by a husband or other male guardian. In *Saudi Solutions*, filmmaker, Bregtje van der Haak, is the first Western filmmaker ever granted permission to film the lives of Saudi women. She profiles several women with professional careers—including a journalist, a doctor, a photographer, a television newsreader, a university professor, and the nation's first female airplane pilot—and asks them to explain what it means to be a modern woman in a fundamentalist Islamic society. In offering Western audiences a fascinating and often shocking look at the social status of women in Saudi Arabia, *Saudi Solutions* also reveals that while Saudi society may be one in transition, involving a delicate balance between religious tradition and modernizing influences, the pace of change will be dictated by the Saudis themselves.

(77 minutes) Saudi Arabia/USA

Director/Producer: Bregtje van der Haak

**Location: Channing House, 850 Webster Street, Palo Alto, Auditorium**

**Monday, April 9, 3 to 4:30pm, free #5811**

# MOVIES

## Movies on Thursdays

Includes popcorn and drinks.

*Space is limited.*

**April 5:** *The Zookeeper's Wife* (2017) Jessica Chastain, Johan, Heldenbergh, Daniel Brühl (PG-13) Biography/Drama

**April 12:** *I, Tonya* (2017) Margot Robbie, Sebastian Stan, Allison Janney (PG-13) Biography/Comedy

**April 19:** *Jumanji: Welcome to the Jungle* (2017) Dwayne Johnson, Karen, Gillan, Kevin Hart (PG-13) Action

**April 26:** *Darkest Hour* (2017) Gary Oldman, Lily James, Kristen Scott Thomas (PG-13)

Biography/Drama

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

## Social Media Tutoring

You asked for it and we now have it! We have tutors available to help you set-up a new account and 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 and are available Monday through Thursday. Call 650-289-5400 to schedule. **Free.**

## BYOD - Bring Your Own Device

Do you have a device that's giving you a problem? Not sure how to do something that might be really quick and easy? Want to spend a few minutes with people that can help you find your answer? Come to our "Bring Your Own Device" session and we will provide you with experts that can help.

[Pre-registration required.](#)

**Monday, April 23, 10am to 12pm, free #5790**

# TECHNOLOGY



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 Cubberley cover all platforms while 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 appointment! 650-289-5400.

## Introduction to Cloud Computing with Google Drive

**Instructor: Ken Durso**

Cloud computing via Google Drive is convenient and free. Create documents "in the cloud" and access them anywhere in the world with an internet connection. Access any of your documents from anywhere in the world on any platform/device, i.e. Android, Windows or IOS.

Google Drive includes Google Docs (Word Processing) Google Sheets (spreadsheet) and Google Slides (slide show presentation).

**Friday, April 27, 10:30 to 11:30am, \$45 #5816**

## **Introduction to Google Photo**

**Instructor: Ken Durso**

In this hands-on two-part class we will demonstrate, discuss and explore Google Photos which provides free cloud storage for all photos with automatic uploading from your phone (whether Android or iPhone) and the ability to upload any digitized images from your computer. In addition, Google Photo has the ability to organize your memories, create libraries, albums, photo books and collages, make movies and animations, add special effects and allows you to share your images online or to print them.

**Fridays, April 27 and May 4 (2 sessions),  
1 to 2pm, \$70, n**

## **FITNESS**

### **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 10am. These walks are around 2.5 flat miles and typically get back to the start by 11:30am.

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 10am. A lunch option often follows the hike. For info and schedules contact Mark Alguard at mark.alguard@gmail.com or (650) 575-6291.

**Tuesdays, 10am, free**

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

## **“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 at gschuttinger@hotmail.com

**Mondays, 10am. Free for members.**

## **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**

Assistance at Avenidas for low-to-moderate income taxpayers with special emphasis on those over the age of 60. Bring information for 2017 (income, cost basis information for taxable sales, deductible expenses, and any estimated tax payment amounts and dates of payments). If you were not on Medicare or a company-sponsored medical plan throughout 2017, bring your medical insurance information including any received Forms 1095-A, 1095-B, and/or 1095-C. Please bring a photo ID and documents showing all Social Security numbers. Please also bring your 2016 tax return and supporting information. AARP requirement is all returns must be filed electronically.

**Free. Fridays through April 13**

**BY APPOINTMENT ONLY**

Call (650) 289-5400 for appointments.

### **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.

**Thursday, April 5, 9am to 12pm, 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 appointments.

**Mondays, April 2, 9, and 16, 10am to 12pm, free.**

### **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.

**Thursdays, April 12 and 19, 9 to 11am, 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 pm's only).

**Call for dates and times.**

### **Massage & Reflexology**

#### **Ania Rapacz**

Massage is a great way to relax or soothe sore muscles. Massage can help stimulate the healing process. Reflexology is a healing art based on the idea that reflexes in feet/hands correspond to each body part.

No disrobing. Extended appointments available.

**Tuesdays and Fridays, 9:30am to 12pm, \$35/\$45**

### **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 11:30am, \$30**

### **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.

**Wednesdays, April 4 and 18,  
9am to 12pm, \$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, April 11, 9am to 4:30pm, \$45/\$50**

### **\*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.

## Community to Community: *Making Each Other Stronger*

We would like to make Avenidas classes, workshops and memberships available to all older adults, regardless of their ability to pay.

Members and guests registering for classes and renewing memberships will have the opportunity to contribute at checkout to a special fund which will be used to create scholarships.

*Ask for details the next time you register for a class or renew your membership.*



## DROP-IN WELLNESS CLASSES

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

**Mindfulness Meditation** – Wednesdays, 2 to 3 pm, free.

**Lotus Dance Fitness** – Tuesdays, 3:30 to 4:30 pm, free.

**Tuina** – Fridays, 10 to 11 am, free.

## Emergency Preparedness Tip for April:

In an emergency like a chemical spill, you may be told to “shelter in place”. This means to make the place where you are a safe place to stay until the danger has passed. Shelter in place orders are given when it would be dangerous for you to go outside.

**Notification** – You may receive notifications via text, email or phone call. Some jurisdictions use warning sirens to let people know that it is not safe to be outside. Emergency responders and/or emergency services volunteers may go door to door in the affected area. They may also use loudspeakers from police or fire vehicles to give instructions. Information will also be given over television and radio using the Emergency Alert System and on social media such as Nextdoor, Facebook, Twitter, Nixle, Instagram, etc.

**What to do in a hazardous materials incident** - The first thing to do when a chemical spill or similar event occurs is to get information. Turn on the television or radio to find out if your area is affected and what steps to take. **Never call 911 to get information about an emergency.** Only call 911 if you are injured or need assistance.

**If you are told to shelter in place** you should close all doors and windows and shut off fans and air conditioners. Take your family to a room with as few doors and windows as possible. You may be told to put towels or tape around the cracks of the windows and doors. Follow emergency instructions carefully. Make sure you take a battery-powered radio with you so that you will know when the danger has passed. Power in your area may be shut off during the incident. *[Source: Palo Alto Emergency Services Volunteers]*



# TOOLS FOR POSITIVE AGING



## AVENIDAS LIFELONG LEARNING & LEISURE PROGRAM

helps you strive for a higher level of personal growth

- Brain Fitness & Lectures
- Creative Arts & Writing
- Current Events
- Exercise Classes
- Foreign Languages
- Pilates, T'ai Chi & Yoga
- Games & Clubs
- Computer Classes
- Improv
- Wine Tasting



## AVENIDAS HEALTH & WELLNESS PROGRAM

provides the nuts and bolts for living well

- Free Health Screenings
- Podiatry & Nail Care
- Health Insurance Counseling
- Annual Flu Shot
- Meditation
- Advance Health Care Directives
- Reiki
- Acupuncture
- Massage
- Free Loan Closet



## AVENIDAS ROSE KLEINER CENTER

gives families a blueprint to follow for aging loved ones

- Daily Nursing
- Speech Therapy
- Physical & Occupational Therapy
- Nutritious Lunches
- Caregiver Support
- Group Exercise
- Transportation
- Foothill College Courses
- Music, Art & Crafts



## AVENIDAS CARE PARTNERS

help families cut through conflict and confusion

- Geriatric Care Management
- Caregiver Conference
- Information & Assistance
- Counseling
- Assessments
- Support Groups
- Housing Guide



## AVENIDAS DOOR TO DOOR PROGRAM

helps you nail down your transportation needs

- Door to Door Rides to Appointments & Errands
- Low-Cost, Reliable Service
- Weekly Grocery Shopping Trips



## AVENIDAS HANDYMAN SERVICES

hammer out efficient home repairs

- Enhance Security
- Computer Troubleshooting
- Increase Accessibility
- House Painting
- Plumbing
- Carpentry
- Yard Service
- Electrical



## AVENIDAS VILLAGE

helps you get a grip on aging-in-place

- Stay in Your Own Home
- Remain Connected
- Enjoy Peace of Mind
- Maintain Your Independence
- Make New Friends
- Keep Your Mobility
- Ease Your Family's Worries



## AVENIDAS VOLUNTEER OPPORTUNITIES

fit you like a glove

- Teach Kids to Read
- Help with Office Projects
- Provide Rides
- Tutor Computer Classes
- Be an Activity Leader
- Administer Blood Pressure Screenings

Call (650) 289-5400 to join or visit [www.avenidas.org](http://www.avenidas.org)



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.*



The greatest breakthrough in senior care?

Mom's cozy cottage.



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*To us, it's personal.*

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