

*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!  
Thursday, August 23 @ 10am**

## SUPPORT GROUP

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

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

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

## NEW WORKSHOP!

**Paint like Monet**

**Instructor: Caroline Mustard**

Learn how to paint like a Master! Local artist and educator, Caroline Mustard, will give you new insight into the Impressionist Master, Monet. Why is he considered the forerunner of 20th century abstract art? What makes his work so unique? These are some of the things you will learn in Caroline's short lecture followed by an exploratory workshop where you will have a chance to paint using a palette similar to the one used by Monet...with surprising results. No prior painting experience is necessary.

If you are an artist, please bring your favorite paints and brushes. We will otherwise provide materials, including canvas, for an additional \$5 per student.

**Thursday, August 16, 9:30am to 12:30pm,  
\$60 + \$5 materials fee #5968**

## OPEN AUDITIONS!

*Deleted.* – a new play about rejected fictional characters and their struggles to thrive in the zany literary world in which they live written by Enid Davis.

Auditions for "The Wise Owl Players" Dramatized Staged Reading of *Deleted.* will be held at Avenidas:

**Tuesday, September 4, 2 to 4pm**

**Wednesday, September 5, 2 to 4pm**

Ages 50+. No preparation is needed. Tech people and understudies will also be selected at the auditions.

Rehearsals: Mondays, Sept. 17 to Oct. 29, 2 to 4pm.

Tuition: \$150.00. Actors should plan to attend all rehearsals and both performances.

Performances: Friday, November 2 @ 7:30pm and  
Saturday, November 3 @ 2pm

**Call 650-289-5400 to schedule your audition!**

## HEALTH SCREENINGS

### Drop-in Blood Pressure Screenings

Provided by: Registered Nurses

*Please note new schedule and locations!*

Stevenson House (455 East Charleston):

**Thursday, August 9, 10 to 11:30am, free.**

Senior Friendship Day, Bldg M-3:

**Wednesday, August 22, 9:30 to 10:30am, free.**

### Monthly Skin Cancer Screening

Provided by PAMF Dermatologists

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.

**Call for day and time.**

## GAMES & RECREATION

### Monthly Book Group

Facilitator: Linda White

August Title: *Killers of the Flower Moon*

August Author: David Grann

A true-life murder mystery about one of the most monstrous crimes in American history. Read how the young J. Edgar Hoover turned to a former Texas Ranger named Tom White to try to unravel the mystery. White put together an undercover team, including one of the only Native American agents in the FBI, and together with the Osage, they begin to expose one of the most sinister conspiracies in American history.

**To Consider:** Grann ends the book with a quote from the bible about Cain and Abel: "The blood cries out from the ground." Why do you think he chose to close the book this way?

**Thursday, August 23, 2:30 to 4pm, free**

*New members – men and women – welcome!*

## NEW AT AVENIDAS!

### Drop-in Collage Club

Unleash your creative side and join our new Collage Club! All levels of artists are welcome, from beginners to advanced. No instruction is provided, although there are plenty of opportunities to share ideas. Please bring your own project, scissors, glue, brushes, and other supplies. We have plenty of magazines, cards, and other printed images for you to use.

**Tuesdays, 9:30 to 11:30am, 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 to 4pm, free – *please note new time***

### Chess Games and Challenges

**By Appointment** - Monday through Friday.

All levels welcome. Lessons available for beginners, free. Contact Bill at [williamylee@sbcglobal.net](mailto:williamylee@sbcglobal.net) or 650-325-7744.

**Simultaneous Game** – Avenidas expert available to challenge up to ten players in a simultaneous game, **Monday, August 6, 1pm.**

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

Contact Bill at [williamylee@sbcglobal.net](mailto:williamylee@sbcglobal.net) or (650) 325-7744, free

### Social Bridge

Drop-in games for intermediate players, no lessons.

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

# LECTURES & WORKSHOPS

## Wine Appreciation

**Instructor: Jim Wu**

**August: “Wines from South America”**

South American wines – they’re all the rage, but how do you know what to choose? Join us to learn about the different varietals used in South American wines and to taste highly rated, affordable, and locally available wines.

Bring your own glass.

*Space is limited. Pre-registration required.*

**Friday, August 3, 3 to 4:30pm, \$12/\$15,**

**#5916**

## Early Visions of Democracy

**Instructor: Phil Lumish**

This class will examine versions of democratic thought in America from Jefferson through Jackson, with in-depth discussions of important years.

**Tuesday, August 14, 1:30 to 3pm, \$5/\$10**

**#6012**

## A Class on the Classics

**Instructor: Phil Lumish**

Look at what makes some of the great literature of the world CLASSIC and why the works still have importance centuries after being written.

**Thursday, August 23, 10 to 11:30am, \$5/\$10**

**#6010**

## Armchair Travel

**Destination: South Africa - Entebeni**

Conservancy, Zimbabwe & Botswana

**Tour Guide: Gale Fullerton**

Check out some of the coolest animals in the world (elephants, zebra, rhinos, cheetahs, lions, giraffes and more) without leaving your chair! You’ll also visit the world famous Victoria Falls and one of the best “River Safaris” in the world on the Zambezi. Finally, experience magnificent sunsets, visit a native village, and stay at Sandton City – the “Beverly Hills of South Africa.”

**Wednesday, August 29, 1:30 to 2:30pm, free**

**#6019**

## Trump Tax Reform: Your Tax and Estate Planning

**Presenters: Michael Gilfix and Mark R. Gilfix, Gilfix and La Poll Associates**

Uncertain about what the new tax law means for you and your family? Wondering how to proceed with your estate planning in light of President Trump's tax reform?

Join attorneys **Michael Gilfix and Mark R. Gilfix** for this seminar, in which they will

discuss the implications of the new tax law and provide practical tips. They will present valuable information that will allow you to take charge, plan and capture benefits. Michael and Mark will talk about both irrevocable trusts and revocable trusts, estate tax, as well as income tax punishments and opportunities. They will also cover what the new tax law means for real estate and buying or selling a home.

This seminar will offer guidance on new income tax credits for caregivers and the planning implications for the cost of long-term care. It will also answer questions like should you move your assets to Nevada? Will a "pass through" entity save you a small fortune in income tax? Michael and Mark aim to address all your concerns and ensure the tax reform plan does not leave you feeling helpless.

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

**Tuesday, August 28, 2 to 4pm, free #6018**

## 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, August 30, 2018, 2:30 to 4:30pm, \$20 #5912**

# MOVIE & 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.*

### **August Screening: *Undocumented***

Born and raised in what was the drug and murder capital of the world, Medellin, Colombia, Harold's parents fled the violence with the same dream that all immigrants hold – to make a better life in a new land. Harold faced years of separation from his parents as a young boy, grave danger on the open seas, and hardship, fear, bullying and bigotry in America. As he and his family lived “in the shadows” as undocumented immigrants, Harold was determined to achieve The American Dream. Through hard work, perseverance and the support of compassionate people, Harold Fernandez and his family became legal citizens of the US, with Harold graduating from Princeton University and Harvard Medical School. He is now one of the top cardiac surgeons in New York. He saves countless lives, literally holding the hearts and the lives of his patients and their families in his hands. His story is not a typical one, yet it holds out hope for millions of immigrants who have come – and have yet to come – to the land of their dreams. (72 minutes) Colombia/USA

**Director/Producer:** Patricia Shih

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

**Monday, August 13, 3 to 4:30pm, free**

**#5972**

## **Movies on Thursdays**

Includes popcorn and drinks.

**August 2:** *Breathe* (2017) Andrew Garfield, Claire Foy, Tom Hollander (PG-13) Drama

**August 9:** *Downsizing* (2017) Matt Damon, Kristen Wiig, Christoph Waltz (R) Comedy

**August 16:** *12 Strong* (2018) Chris Hemsworth, Michael Shannon, Michael Peña (R) Action/Adventure

**August 23:** *Overboard* (2018) Anna Faris, Eugenio Derbez, Eva Longoria (PG-13) Comedy

**August 30:** *The Post* (2017) Tom Hanks, Meryl Streep, Alison Brie (PG-13) Drama

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

## 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 afternoons only).

**Call for dates and times.**



# FITNESS

## 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, August 8 and 22, 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, August 8, 9am to 4:30pm, \$45/\$50**

## Avenidas Walkers

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 9:30am. A lunch option often follows the hike.

For the most updated information contact Mark

Alguard at [mark.alguard@gmail.com](mailto:mark.alguard@gmail.com) or to be added to the Walker's Google Group.

**Tuesdays, 9:30am, free**

**Thursdays, 9:30am, 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](mailto:gschuttinger@hotmail.com)

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

## **STILL AVAILABLE!**

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

Purchase Y day passes for \$10 (regularly \$20) to use for fitness classes, gym equipment, and the pool.

Call Tracy at 650-289-5436 for more info, including eligibility, rules, and additional benefits for Avenidas and Avenidas Village members.



## ASSISTANCE & COUNSELING

**Avenidas Care Partners Counseling and Consults:** 650-289-5438  
**Information and Assistance:** 650-289-5433

### 1:1 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 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.

### 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.**

### AARP Tax Assistance and Electronic Filing Sponsor: AARP Tax-Aide

The AARP tax assistance program continues on a reduced schedule of occasional Friday mornings from May-Dec. Tax appointments are to help taxpayers with late or amended returns, responses to IRS or FTB inquiries, etc. Call (650) 289-5400 or stop by the front desk to make an appointment

#### **BY APPOINTMENT ONLY**

**Friday, August 10, call for appointment, free**

### 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.

**Wednesday, August 29, 2 to 5pm, 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, August 6, 13, and 20, 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, August 2 and 16, 9 to 11am, free.**

#### **\*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 a \$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 11:30 am, free - *please note new time*

## **Emergency Preparedness Tip for AUGUST:**

In recent days, some parts of Palo Alto have suffered power outages. Since power outages can last for several hours or several days, and according to Ted Koppel's book "Lights Out" after a cyberattack, even weeks or months, it's important to plan ahead. The *Ready* Campaign offers the following tips to prepare.

**BEFORE** a power outage:

- Charge devices that use battery power and ensure you have extra batteries for these devices;
- Identify local sources where dry or block ice can be purchased. These can help keep food and medications cold in case of an extended outage.
- Keep your car tank at least half full because gas stations rely on electricity to fuel their pumps;
- Create a disaster supply kit that includes alternative cell phone chargers, a flashlight, water & nonperishable food, a non-electric can opener, cash, and a battery or hand-crank radio.

**If you require power for medical or assistive devices, it's important to get battery back-up for the devices,** know how long the batteries will last, plan a location you can move to that has power, ask local Emergency Management for information about registering to be identified as someone that has power dependent medical devices, and learn what services may be available.

Provided by *(Palo Alto Emergency Services Volunteers)*



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.*



# NEED HOME CARE?

**Our seniors deserve the best home care**  
— the kind of care that only experts can provide.



**Dee Bustos**, LVN  
CEO

**Vanessa Valerio**, RN, CMC  
COO and VP for Patient Care

Care Indeed is owned and managed by nurses who've been caregivers too. We understand what our clients need and what our caregivers want: the best care that can only come from competent training.



**CALL US ANYTIME AT (650) 328-1001  
FOR A FREE IN-HOME CONSULTATION.**  
*INCLUDES HOME SAFETY EVALUATION*

SAN FRANCISCO • SAN MATEO • MENLO PARK • CAMPBELL • SEATTLE, WA