



Winter 2018-19

WINTER 2018-19

Registration opens Monday, December 3. 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. All classes will be held at Avenidas @ Cubberley Community Center unless otherwise indicated.

WORKSHOPS

POLE Walking for Exercise, Mobility & Independence

Instructor: Jayah Faye Paley

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.

Location: 450 Bryant Street, Palo Alto

Thursday, Mar. 28, 9am to 12pm, \$35.....#6202

Stepping On

**Instructor: Deb Bolding, OTR,
Stanford Health Care**

STEPPING ON is a well-researched evidence-based program for older adults at risk for falls. Participants will learn balance and strength exercises, the role of vision in balance, how medications can contribute to falls, how to stay safe when out in the community, what to look for in footwear, and how to check your home for safety. Guest speakers will include a physical therapist, a pharmacist, and a vision specialist. At the end of the seven weeks, the occupational therapist will offer a home visit to each participant. This program was developed in Australia and has shown to decrease falls by 31%. Participation criteria: 65 year or older, had a fall in the past year or are fearful of falling, living in a home or apartment, and able walk inside without assistance.

Thursdays, Jan. 24 to Mar. 7,

9:30 to 11:30am, Free.....#6260



CHP Age Well, Drive Smart

Half-day seminar presented by the California Highway Patrol covering topics related to driver safety for seniors. Including: myths about older drivers, rules of the road, safe driving tips, mobility options in the public transportation system, confidential self-assessments, and compensating for age-related changes. The roles of nutrition, fitness and medication will also be discussed. Certificate may be given to insurer for a POSSIBLE discount.

Pre-registration required.

Wednesday, Jan. 9, 9am to 1:30pm,

Free.....#6219

How Mind-Body Practice Supports Wellness

Instructor: Jido Lee Ferguson, C-IAYT, Certified Yoga Therapist

Join Jido Lee Ferguson, Certified Yoga Therapist, to learn how you can feel better without taking more meds, using yoga therapy and how mind-body practices can improve well-being. Therapeutic yoga classes can support any aspect of your wellness, including stronger bones, less inflammation, and better sleep. Learn about the in-person evaluation process for this new class, how Jido will help develop a personalized yoga sequence for you, and why practicing together in a small class is beneficial. Learn how to use your own life's challenges and your current capabilities to go beyond your medical conditions.

Wednesday, Jan. 9, 3:30 to 4:45pm,

Free.....#6261

Wine Appreciation

Instructor: Jim Wu

Interested in learning about 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! Bring your own glass. Space is limited.

Pre-registration required.

NO CLASS IN JANUARY

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

Feb. 1.....#6226

Mar. 1.....#6227

CREATIVE ARTS

Art From the Heart

Instructor: Joyce Leopardo

Enhance creativity, healing, and brain fitness while having fun with various watercolor techniques. In this class, you are encouraged to paint what you feel. Joyce encourages painting both traditional and abstracts, playing with design, color and value, and some collage. Joyce has been a juror at the Academy of Arts and Modern Museum of Art and at various local and regional professional art shows. She has her signature awards from the Society of Western Arts and the California Watercolor Association. All levels of experience welcome.

Mondays, Jan. 7 to Feb. 11,

2:30 to 5pm, \$100/\$115.....#6207

Mondays, Feb. 25 to Mar. 25,

2:30pm to 5pm, \$100/\$115.....#6208



Intermediate Watercolor Painting

Instructor: Linda Logan

Innovative techniques and practice for intermediate level. Previous watercolor experience required.

**Wednesdays, Jan. 16 to Mar. 20,
10am to 12:30pm, \$120/\$160.....#6217**

DRAMA

Having Fun with Monologues: A Wise Owl Players Drama Class

Instructor: Enid Davis

Using monologues as our texts, students learn how to fashion a dramatic character. By creating back stories, using your imagination, author research, and conferring with the teacher/director, your monologues will be effective and satisfying. Even if you never step on stage, you will enhance communication skills and the appreciation of theatrical works. Enid Davis has directed Avenidas' first two staged readings: *Animal Farm* (2017) and *Deleted*. (2018). She also teaches Creative Writing at Avenidas.

**Mondays, Feb. 25 to Mar. 25, 2 to 4pm,
\$100/\$125.....#6210**

Improv Workshop

**Instructor: Elizabeth Whalley with
Carolyn Kwiatek**

Think you don't have the personality, the wit, or the quickness to do improv? Actually, you do! In class, you'll learn skills to help you become more playful, spontaneous and creative. You can be someone you've never been! We'll do improvised games, skill-building exercises, and short scenes. It's fun and very good for your brain! No experience needed. All are welcome and encouraged. Laughter guaranteed! Drop-in any time for one free class.

**Thursdays, Jan. 3 to Mar. 21,
1:15 to 3pm, \$72/\$84.....#6211**

GAMES & RECREATION

Intermediate Bridge Instruction

Instructor: Prudence Saunders

TOPIC: Play of the Hand and Defense.

The textbook will be *Planning the Play of a Bridge Hand* by Barbara Seagram and David Bird.

Space is limited. Register early.

**Wednesdays, Jan. 9 to Feb. 27,
9:30 to 11:30am, \$100/\$110.....#6214
1:15 to 3:15pm, \$100/\$110.....#6215**

Beginning Chess Lessons

Instructor: Bill Lee

One-on-one lessons for anyone interested in learning how to play chess. Free, by arrangement.

**Contact Bill at williamylee@sbcglobal.net or
(650) 325-7444.**

GENERATIONS LAB

Using your iPhone as a Phone

Instructors: Kathy Kirtley and Dave Creek

With all the amazing things that an iPhone can do, we sometimes forget that it can be used as a phone. In this introductory workshop, we'll talk about making and receiving calls. In addition, we'll look at voicemail, volume control, Airplane mode, and avoiding spam calls. Students should already own an iPhone and bring it to class. (No Android phones or iPads).

Location: Channing House, 850 Webster St, Palo Alto

Thursday, Jan. 10, 2 to 4pm, \$15/\$25.....#6244



Taking Photos with your Phone

Instructors: Kathy Kirtley and Dave Creek

Do you use your iPhone to take photos? In this workshop, we'll explore the Camera app. You'll learn how to easily focus and set the light level for your photos. We'll talk about some of the more advanced features including taking bursts and panoramas. Students should already own an iPhone and bring it to class. (No Android phones or iPads).

Location: Channing House, 850 Webster St, Palo Alto

Thursday, Feb. 7, 2 to 4pm, \$15/\$25.....#6245

The iPhone Photos App - Part 1

Instructors: Kathy Kirtley and Dave Creek

In this introduction to the Photos app, we'll explore the Photos and Albums tabs. You'll learn to organize and modify your photos. Note that your iPhone/iPad must be running iOS 12 (released 9/2018) to take both this workshop and Part 2. Students should already own an iPhone or iPad and bring it to class. (No Android phones).

Location: Channing House, 850 Webster St, Palo Alto

Thursday, Mar. 14, 2 to 4pm, \$15/\$25.....#6246

The iPhone Photos App - Part 2

Instructors: Kathy Kirtley and Dave Creek

This workshop is a continuation of Part 1 and will focus on the creation of Memories and the sharing of photos via email, text, AirDrop, and iCloud shared albums. It is recommended that you complete the "The iPhone Photos App - Part 1" workshop or have prior knowledge. You'll learn to organize and modify your photos. Students should already own an iPhone or iPad and bring it to class. (No Android phones).

Location: Channing House, 850 Webster St, Palo Alto

Thursday, Mar. 21, 2 to 4pm, \$15/\$25.....#6247

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 will be held a private studio. Students will receive address at registration.

**Tuesdays, Jan. 8 to Mar. 19, 2:30 to 4pm,
\$88/\$110.....#6212**

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. "I've learned to move as a fluid whole without straining one part - like my neck or shoulder." - student J.S.

**Wednesdays, Jan. 2 to Mar. 20, 10 to 11am,
\$96/\$120.....#6216**



I-Wellness with Yoga Therapy

**Instructor: Jido Lee Ferguson, C-IAYT,
Certified Yoga Therapist**

*Open to those who've completed the Intake Appointment and qualify. Call (650) 289-5400 for fees and appointments.

Feel better without taking more meds, using yoga therapy. Join Jido Lee Ferguson, Certified Yoga Therapist, for ongoing classes. Once you've qualified at intake, begin to apply yoga to support your well-being. Come practice together and fit your yoga practice to your unique situation. Apply yoga to support any aspect of your wellness, including strengthening bones, lowering physical inflammation, and deepening restful sleep. We'll take the unique life challenge of each person into consideration, take stock of your current capabilities, and go beyond your medical conditions.

**Wednesdays, Jan. 30 to Mar. 20, 3:30 to 4:45pm,
\$68/\$78.....#6264**

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, Jan. 8 to Mar. 26,
3:30 to 4:30pm, Free/\$10.....#6229**

Magic in Motion

**Dance-based, seated core fitness
Instructor: Terry Sand, M.A.**

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 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, Jan. 4 to Mar. 22,
10 to 11am, \$96/\$120.....#6267**

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, Jan. 2 to Mar. 27,
2 to 3pm, Free.....#6235**



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.

Tuesday and Thursdays, Jan. 3 to Feb. 7,

9:05 to 10:05am, \$88/\$110.....#6248

Tuesdays ONLY, Jan. 8 to Feb. 5,

9:05 to 10:05am, \$50/\$60.....#6249

Thursdays ONLY, Jan. 3 to Feb. 7,

9:05 to 10:05am, \$60/\$72.....#6250

Tuesday and Thursdays, Feb. 12 to Mar. 21,

9:05 to 10:05am, \$96/\$120.....#6251

Tuesdays ONLY, Feb. 12 to Mar. 19,

9:05 to 10:05am, \$60/\$72.....#6252

Thursdays ONLY, Feb. 14 to Mar. 21,

9:05 to 10:05am, \$60/\$72.....#6253

Strong For Life

Instructor: Cristina Weigert

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, Jan. 7 to Mar. 25,

9:15 to 10:15am, Free.....#6230

10:30 to 11:30am, Free.....#6231

Tai Chi

Instructor: Dona Marriott

T'ai Chi promotes well-being, relaxation, and flexibility in a series of non-strenuous movements. This is a free, non-credit Foothill College call at Avenidas. Call or email Jackie Brown to register 650-949-7103 or brownjackie@fhda.edu or register with instructor on first day of class.

Mondays, Jan. 7 to Mar. 25,

10:30 to 12pm, Free.....#6234

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.

Tuesdays and Thursdays, Jan. 3 to Feb. 7,

10:15 to 11:15am, \$88/\$110.....#6254

Tuesdays ONLY, Jan. 8 to Feb. 5,

10:15 to 11:15am, \$50/\$60.....#6255

Thursdays ONLY, Jan. 3 to Feb. 7,

10:15 to 11:15am, \$60/\$72.....#6256

Tuesdays and Thursdays,

Feb. 12 to Mar. 21, 10:15 to 11:15am,

\$96/\$120.....#6257

Tuesdays ONLY, Feb. 12 to Mar. 19,

10:15 to 11:15am, \$60/\$72.....#6258

Thursdays ONLY, Feb. 14 to Mar. 21,

10:15 to 11:15am, \$60/\$72.....#6259

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, Jan. 18 to Mar. 29,

10 to 11:30am, Free.....#6225

HUMANITIES

A Class on the Classics

Instructor: Phil Lumish

Each week we will overview of one of the great plays, poems, novels ever written. We'll look at what makes them CLASSIC and why they have importance centuries after being written. Probable winter session works: Ovid's *Metamorphoses*, *Remembrance of Things Past* by Proust, *Pride and Prejudice* by Jane Austen, *The Wasteland* by T.S. Eliot, other works TBA. Join us and enjoy the great literature of the world!

**Thursdays, Jan. 10 to Feb. 28,
10 to 11:30am, \$32/\$44.....#6265**

Art Appreciation

Instructor: Shirley Hollis

Art Appreciation encompasses much more than just looking at a piece of art or learning about the artist. This fun and lively lecture-based class will help you "Up your Art Smarts" – that is, increase your knowledge, understanding, and appreciation of visual arts. Discover different styles and movements; talk about meaning within the context of culture and the society of the time; learn how to engage with art. A wide, eclectic mix of artists and styles will be presented for discussion. This is a free, non-credit Foothill College class at Avenidas. Register with instructor in class or call/email Jackie Brown to register 650-949-7103 or brownjackie@foothill.edu.

**Mondays, Jan. 7 to Mar. 25,
3:20 to 4:50pm, Free.....#6266**

Current Events Discussion Group

Join one of the liveliest discussion groups on the peninsula! Each week members get together to discuss and debate the hottest news topics. Rotating group facilitators prepare summaries of critical issues as well as thought-provoking questions for discussion. All ideas, opinions, and preferences are welcome and regarded with respect. Try your first meeting free!

**Wednesdays, Jan. 2 to Mar. 27,
1 to 2:30pm, \$26/\$38.....#6228**



LANGUAGES

French Conversation (Level 4/5)

Instructor: Leo McCord, Jr.

Conversational French.

Mondays, Jan. 7 to Mar. 11,

12:30 to 2pm, \$60/\$72.....#6221

French for Francophiles and Logophiles

Instructor: Leo McCord, Jr.

Converse as if you're living in France. Some French experience is recommended.

Wednesdays, Jan. 9 to Feb. 27,

12:30 to 2pm, \$60/\$72.....#6220

Spanish 4/5

Instructor: Leo McCord, Jr.

Spanish 4/5 for advanced speakers.

Thursdays, Jan. 10 to Feb. 28,

12:30 to 2pm, \$60/\$72.....#6222

Lipreading

Instructor: Ellen Mastman, M.A., AAA

Whether or not you wear hearing aids, you can learn and practice techniques like lip-reading to ease communication and improve word understanding. Discuss new technology and other topics related to hearing loss. Foothill College class at Avenidas. Call or email Jackie Brown to register 650-949-7103 or brownjackie@fhda.edu. You are welcome to visit a class as a guest and register in class.

Mondays, Jan. 7 to Mar. 25,

Literary Lipreading

10am to 12pm, Free.....#6233

Beginning Lipreading "B"

1 to 3pm, Free.....#6232

You are welcome to join Beginning Lipreading "B" at anytime. You do NOT need to have taken Beginning Lipreading "A".

MUSIC

Intermediate Ukulele Workshop

Instructor: Edward Moore

This workshop is for advanced beginners or intermediate players who want to have more fun by adding some flourishes to their uke playing. Participants will practice new runs, riffs, and alternate strums.

Pre-registration required by January 25.

Thursday, Jan. 31, 2 to 4pm, \$10.....#6242

Ukulele Fun

Instructor: P.A. Moore

Designed for absolute beginners, this series of 3 classes will give you the basic chords you need to play the uke. This cute little instrument only has four strings and there is no need to read music. Even more fun is bringing back memories as we sing along to oldies and goodies! If you don't have access to a uke, a loaner can be checked out and taken home with a deposit of \$20 payable to the instructor.

Pre-registration required by January 8.

**Fridays, Jan. 11 to 25, 11:30am to 12:30pm,
\$40/\$50.....#6243**

Musical Jam Sessions

Instructor: Edward Moore 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.

Thursdays, 2 to 4pm, \$3

Jan. 3.....#6236 Jan. 17.....#6237

Feb. 7.....#6238 Feb. 21.....#6239

Mar. 7.....#6240 Mar. 21.....#6241

WRITING

Creative Writing

Instructor: Enid Davis, B.A., MLS

Enhance your creative writing skills by discussing such tools as setting, imagery, characterization, plot, dialogue, and use of language. We do this by sharing each other's work and commenting on the literary components of the presented piece. In addition, Enid presents a brief talk each week on writing creatively. Whether you write fiction, nonfiction, poetry, or memoir, you will find effective assistance and eager listeners. Students will record one of their stories (fiction or nonfiction) that will be accessible on the Avenidas website. Enid Davis is a published author and holds a B.A. in English Literature and a master's degree in librarianship. She was the director of *Animal Farm* (12/17) and *Deleted*. (11/18). She also teaches drama at Avenidas. Website: www.storyfriends.org

**Wednesdays, Jan. 2 to Feb. 20,
10 to 12pm, \$150.....#6213**

Life Stories with Sheila Dunec

Instructor: Sheila Dunec

Life Stories is more than just writing about your memories. Using specific time periods and life themes as our starting points, you will have the opportunity to chronicle your family history, memorable experiences, and lessons learned. Connect to your heritage and how you became who you are. Explore choices and consequences, triumphs and challenges, and the different moments that make up your life. Enjoy the support of a friendly group during your journey. Sheila has over 35 years of teaching and counseling experience and has guided several thousand people in Life Stories classes over the years. New students must call Sheila at 650-565-8087 before registering for either class. You are also welcome to call if you would like to schedule a visit or for more information.

Tuesdays, Jan. 8 to Mar. 12, \$150

10 to 12pm.....#6223

1 to 3pm.....#6224



AVENIDAS CLOSED

JAN. 1 - New Year's Day

JAN. 21 - Martin Luther King, Jr. Day

FEB. 18 - President's Day

Concerned about your aging parent or spouse during the day?

Enroll them in our adult day health care program and receive the first week **FREE!**



They will benefit from:

- Group exercise
- Hourly enrichment offerings
- Nutritious lunches
- Physical, speech, and occupational therapies
- Support groups for families
- Transportation
- Socializing and more!

For details and to schedule, call (650) 289-5499.

We accept Long Term Care Insurance, VA, Medi-Cal and offer a sliding scale for private pay



Visit us at www.avenidas.org/care | (650) 289-5499

Avenidas Generations Lab Now Offering In-Home Support

The Avenidas Generations Lab is now offering assistance with all your home technology, at a drastically lower rate than some of the currently available services.

For example, Best Buy's Geek Squad will charge you \$110 an hour, Computer Courage charges \$150 an hour, and Geeks On Site charges \$180 for a two hour training. As a non-profit, Avenidas will only charge you \$65 for an hour, with a \$15 travel fee.

The service area covered is Palo Alto, Stanford, Los Altos, Los Altos Hills Menlo Park, Redwood City, Woodside and Mountain View. Appointments are available starting Sept. 4. Please call **(650) 289-5409** to schedule!



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HOME CARE

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Life and
Life to
Years



Dee Bustos, LVN
CEO

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assessment!
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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.