

Avenidas operates two Enrichment Centers. The location of each class or activity is indicated in the description.

Avenidas@450 Bryant – 450 Bryant Street, Palo Alto

Avenidas@Cubberley – Cubberley Community Center, 4000 Middlefield Road, Building I, Palo Alto

The phone number to register for activities at either location is 650-289-5400, unless otherwise indicated.

CHECK US OUT!

Avenidas@450 Bryant Open House

It's finally ready! Stop by to explore our newly remodeled Bryant Street Enrichment Center as well as to learn all about the classes, activities, and programs we offer and meet our instructors.

Saturday, March 9, free

9am to 11am – Members only

12 to 2pm – Open to the public

Avenidas@Cubberley Open House and Cubberley Day

Avenidas will offer two programs out of our Cubberley Enrichment Center: Avenidas Blooms and Culture Club. Join us to celebrate and learn about our newest programs with Lion Dancers, performances, and flowers for everyone! Don't forget to check out everything else at Cubberley while you're here!

Saturday, March 23, 11am to 1pm, free

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 dgreenblat@avenidas.org or call 650-289-5405.

RSVP today!

Tuesday, March 19 @ 2pm

Avenidas Care Partners Care Forum

Avenidas is collaborating with Dr. Ellen Brown, former Director of Pathways Hospice, and Dr. Rita Ghatak, Director of Aging 1.0 and former Director of Aging Adult Services at Stanford, to bring empowering information and resources to families struggling with caregiving. Along with Avenidas Care Partners Manager Paula Wolfson, they developed a "Care Forum," which is a series of monthly lectures on critical topics. Following each lecture, attendees may join in a Caregiver Café – small group discussions to problem-solve using design-thinking strategies – and a "Caregiver Shower," which will celebrate the positive side of caregiving with gifts and wellness services to several lucky participants donated by events sponsors. Coffee and lunch will be provided.

April 6: "Pro-Active Planning for Adult Children and Concerned Loved Ones"

Presenters: Dr. Ellen Brown; Rita Ghatak, Ph.D.; Paula Wolfson, LCSW
Location: Avenidas Rose Kleiner Center, 270 Escuela Ave., Mountain View

** Visit us online to view topics for future sessions.*

Select First Saturdays, 11am to 2pm, free

Space is limited. Pre-registration is required for each session.

HEALTH SCREENINGS

Drop-in Blood Pressure Screenings

Provided by: Registered Nurses

Stevenson House (455 East Charleston):

Thursday, March 14, 10 to 11am, free.

Senior Friendship Day, Bldg M-3:

Wednesday, March 27, 9:30 to 10:30am, free



Senior Fitness Assessment

Provided by: VivAsia Fitness

Do you wonder if the exercises you're doing are the right ones for you or if you're doing enough? Trained evaluators will be on-site to perform six functional fitness tests that will evaluate upper and lower body strength and flexibility, balance and agility, and aerobic endurance. Use your evaluation results to create a fitness program that best meets your personal needs. Ages 60+ only. Assessments take approximately 30 minutes. Call to reserve your time slot!

Reservations are required. (No online booking).

Location: Avenidas@450 Bryant

Tuesday, April 9, 2 to 4pm, free

Location: Avenidas@Cubberley

Tuesday, May 21, 12:30 to 2:30pm, free

GAMES & RECREATION

Shakespeare Club

Start your week off right by joining our Shakespeare Club and listening to The Bard's classic plays being read out loud. Bring your own copy of the play to follow along.

Current reading: *Othello*

Location: Avenidas@Cubberley

Mondays, 10 to 11:30am, free

Avenidas Book Groups

Facilitator: Linda White

Location: Avenidas@Cubberley

Title: *The Queen's Gambit*:

A Novel by Walter Tevis

Author: Walter Tevis

Engaging and fast paced, this is a gripping coming-of-age novel of chess, feminism, and addiction. Something to Consider: Do you think chess is boring? Well, think again!!!

Wednesday, March 13, 2:30 to 4pm, free

Title: *The Feather Thief: Beauty, Obsession, and the Natural History Heist of the Century*

Author: Kirk Wallace Johnson

Something to consider: Does the human obsession and desire of collecting items from nature pose a threat to that of which we love so much? In other words, are we loving Mother Nature to death?

Thursday, March 28, 2:30 to 4pm, free

For more information, please contact Linda at rlkwhite2@gmail.com

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.

Simultaneous Game – Avenidas expert available to challenge up to ten players in a simultaneous game, **Monday, February 4, 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

Open Chess Games – Tuesday 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. Temporary location: Veterans Memorial Senior Center (VMSC) 1455 Madison Avenue, Redwood City in the lobby.

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.

Location: Avenidas@Cubberley
Tuesdays, 9:30 to 11:30am, free

Social Bridge

Drop-in games for intermediate players, no lessons.

Location: Avenidas@Cubberley
Fridays, 1:30 to 4pm, 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.

Location: Avenidas@Cubberley
Fridays, 2 to 4pm, free

LECTURES & WORKSHOPS

Wine Appreciation

Instructor: Jim Wu

March: “Rated Wines from France”

France produces some of the most famous wines in the world, but how do you know what’s good AND affordable? Unravel the mysteries of wine from France! Join us to taste highly rated, affordable, and locally available wines. Bring your own glass.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley
Friday, March 1, 3 to 4:30pm, \$12/\$15 #6227

Bringing the Art to You

Palo Alto Art Center Teen Leadership

Join the Palo Alto Art Center Teen Leadership group for our very first *Bringing the Art to You* Program and Reception. The teen volunteers will bring slides and discuss the current exhibit “The Sheltering Sky,” which explores the concept of “sky” and our relationship with it. An informal reception and optional art project will conclude the get-together.

Pre-registration required by 12 noon, Tuesday, March 5.

Location: Avenidas@Cubberley
Thursday, March 7, 5:30 to 7pm, free, #6448

Pole-Walking for Exercise, Mobility & Independence

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.

Location: Avenidas@450 Bryant
Thursday, March 28, 9am to 12pm, \$35 #6202

Raising Backyard Chickens

Presenter: P.A. Moore

Did you know that Palo Alto and many other Peninsula towns allow residents to raise chickens? Spring is the time to start your flock. Hens (no noisy roosters, please) can provide fresh eggs every day. Plus, hens eat our kitchen scraps as well as bugs and weeds from the garden. Speaking of gardens, what could be better than chicken manure! This truly is an all-purpose pet.

The workshop will delve into buying, raising, feeding and housing your feathered friends. P.A. Moore has had chickens for the past 8 years and has lots of stories to tell.

Location: Avenidas@Cubberley

Tuesday, March 12, 1:30 to 3:30pm, \$20
#6437

Counterpace: Make Your Walking Count

Presenter: Dr. Jeffrey Bleich

Experience the new automated coaching platform that provides the most heart and brain healthy exercise ever. Learn how to get the greatest health benefits from fitness walking. Attendees will have an opportunity to participate in a validation study with free personal coaching.

Counterpace is a system that combines a training app with a dual heart and movement sensor to help you reach maximum exercise efficiency.

Everyone knows that walking is cost effective and good for you. But when your limbs pump blood as your heart relaxes and your heart pumps between steps, it becomes easier and the benefits can be achieved more quickly, providing the healthiest heart and brain exercise available.

Learn more about Counterpace at
www.counterpace.org

Location: Avenidas@450 Bryant

Monday, April 8, 3 to 4pm, free #6470

SUPPORT GROUPS

Caregiver Support Group

Facilitated by: Paula Wolfson, LCSW

Our Monday support group has reached capacity. If you need caregiver support and would like to be added to the waitlist, please contact Paula directly at 650-289-5438.

Parkinson's Support Group

Sponsored by: Stanford's Parkinson's Outreach and Caregiver Support Program

The group provides a supportive environment in which people with Parkinson's Disease and their caregivers, family, and friends can share issues involved in living with Parkinson's. The group provides information about Parkinson's through guest speakers, demonstrations and round table discussions. Topics include: new research, medications, coping strategies, and more.

Contact Robin Riddle: 724-6090 or
riddle@stanford.edu for further information

Speaker: Brent Bluett, DO, Movement Disorder Specialist, Stanford

Topic: Freezing of gait and fall prevention in Parkinson's and other movement disorders

Location: Avenidas@450 Bryant

Wednesday, March 13, 2:30 to 4pm, free.

Tinnitus Support Group

The American Tinnitus Association recognized Tinnitus Support Group at Avenidas will provide those challenged with head/ear noise with emotional and social support, updates on the evolving technology of sound therapy, and recommendations for those in need of professional services from empathic medical/professional providers. For more information, email Ken at karmtac@aol.com

Location: Avenidas@Cubberley

Thursday, February 21, 6:45 to 8:15pm, free, drop-in.

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.

March Screening: *La Americana*

La Americana is an intimate documentary following Carmen, an undocumented immigrant, on a journey from Bolivia to New York City and back, as she struggles to save the life of her ailing daughter. Her unforgettable story is woven into the current immigration crisis in the United States, putting a human face on this timely and controversial issue, through interviews and a sweeping cinema-vérité narrative, *La Americana* takes its viewers on an international journey following the personal and political tragedy faced by one undocumented immigrant in New York City.

(Bolivia/USA, 65 minutes)

Director/Producer: Nicholas Bruckman

Location: Channing House, 850 Webster St.

March 11, 3 to 4:30pm, free #6301

Movies on Thursdays

Includes popcorn and drinks.

March 7: *Shock and Awe* (2018) Woody Harrelson, James Marsden, Rob Reiner (R) Biography/History

March 14: *I Feel Pretty* (2018) Amy Schumer, Michelle Williams, Emily Ratajkowski (PG-13) Comedy

March 21: *The Bookshop* (2018) Emily Mortimer, Bill Nighy, Hunter Tremayne (PG) Drama

March 28: *The Death of Stalin* (2018) Steve Buscemi, Simon Russell Beale, Jeffrey Tambor (R) Comedy/Drama/History

Location: Avenidas@Cubberley

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).

Location: Avenidas@Cubberley

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.

Location: Avenidas@Cubberley

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.

Location: Avenidas@Cubberley

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.

Location: Avenidas@Cubberley

Wednesdays, March 6 and 20, 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.

Location: Avenidas@Cubberley

Wednesday, March 13, 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 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

Mondays, 10am. Free for members.

FINANCIAL CONFERENCE

“Knowledge Pays Dividends”

Making smart financial decisions can help you have a more prosperous retirement. Come join us at this educational event – Your future self will thank you.

The conference schedule includes a keynote address by Alan Zafran, Senior Managing Director and Wealth Manager, First Republic as well as a variety of sessions to choose from on assessing your financial readiness for retirement; managing finances, cash flow, and taxes in retirement; social security and Medicare; as well as long-term care planning and your legacy.

Registration includes morning coffee and orange juice, conference materials and giveaways, your choice of three workshops, access to sponsors, a delicious boxed lunch and afternoon treats.

Advance registration is \$45 for Avenidas members, \$55 for non-members. Registration at the door is \$60.

Saturday, March 30, 8:30am-3:45pm

**Location: Mitchell Park Community Center,
3700 Middlefield Rd, Palo Alto.
Call 650-289-5445 to register.**

TECHNOLOGY

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.

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

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 2018 (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 2018, 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 2017 tax return and supporting information.

**Location: Avenidas@Cubberley
Fridays, February 1 through April 12**

BY APPOINTMENT ONLY

Call 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.

**Location: Avenidas@Cubberley
Tuesday, March 12, 2 to 5pm, \$5**

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.

**Location: Avenidas@Cubberley
Mondays, March 4, 11, and 18, 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.

**Location: Avenidas@Cubberley
Thursdays, March 7 and 21,
9am to 12pm, 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

Location: Avenidas@Cubberley

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 10:50 am, free.

Emergency Preparedness Tip for MARCH:

If you or someone you know has a medical condition, disability, or access or functional needs, here are some additional steps to take to stay safe, healthy, mobile, and independent during a disaster.

- Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk with your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.
- Have back-up batteries for medical devices that require power.
- Coordinate with friends, family or specialty transportation service providers in the event of a mandatory evacuation.

Don't get caught unprepared. Find more information on creating an emergency plan, building an emergency kit, or planning for a specific disaster at Ready.gov or Ready.gov/Seniors

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

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