SUMMER 2019

Registration opens Monday, June 3rd for Avenidas members and Monday, June 10th for non-members. Please register early for your classes. Space is limited in many classes. Also, if we do not reach a minimum number of students, classes may be cancelled.

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

Avenidas@450 Bryant—450 Bryant Street, Palo Alto
Avenidas@Cubberley—Cubberley Community Center, 4000 Middlefield Road, Building I-2, Palo Alto

Avenidas will be closed Thursday, July 4th and Monday, September 2nd.

Workshops

TOP-RATED CLASS!

POLE Walking for Exercise, Mobility & Independence
Instructor: Jayah Faye Paley, CPT, Educator and Mobility Coach

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, September 19, 8:30am to 12pm, $35/$45.....#6587

How Mind-Body Practice Supports Wellness
Instructor: Jido Lee Ferguson, C-IYT, 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 the class series, 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.

Location: Avenidas@450 Bryant
Wednesday, July 24, 3:30 to 4:45pm, free.....#6584
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.
Location: Avenidas@450 Bryant
First Fridays, 3 to 4:30pm, $12/$15
July 5.....#6549
Aug. 2.....#6550
Sept. 6.....#6551

iPad Basics
In this 10-week course, you’ll learn the basics of how to operate the Apple iPad and navigate the internet in ways that can enrich your life. During the course, you’ll learn how to take pictures, use email, search the internet for information, download apps, and connect to people, organizations and interests that matter to you. iPads will be provided for use in class.
Prerequisites: None. This course is designed for people who have never used an iPad or who have very little experience and want a solid introduction.
Call for dates and times, $50

Senior Planet@Avenidas
Check out the new technology classes being offer by Senior Planet@Avenidas! Class dates and times are available by calling 650-289-5400 on or after June 3rd. Classes meet twice each week.
All classes are limited to 12 students.
Location: Avenidas@450 Bryant

Beyond the Basics
This 10-week PC-based course expands on basic computer skills and covers the use of the internet as an everyday resource for practical and enriching activities for socialization, entertainment and life-management. You’ll learn about social networking, online shopping, health management, entertainment and how to use the internet for different types of research. You’ll also learn the basics of social networking, how to protect your personal information, and ways to explore and cultivate your interests online. This course is a good way to raise your comfort level and expand your ability to use computers to improve and enrich your daily life.
Computer experience prerequisite: Some comfort with using email, navigating websites and searching for information on the internet.
Call for dates and times, $50

Connecting in the Digital Age
This 10-week course will explore how technology impacts society and how we interact with one another. You’ll learn to use popular social networking sites like Facebook and learn how technology is changing the way we read news, manage our health information and connect with the world around us. This course is best suited for those who have basic knowledge of the iPad and an email address.
Computer experience prerequisite: Participants should have an email address and basic familiarity with the iPad or other notebook (meaning you are comfortable using a touchscreen and virtual keyboard to do searches and operate an email account).
Call for dates and times, $50

Money Matters
In this 10-week course, you’ll learn about smart financial habits, develop skills to manage your money, use online resources to find benefits, and save money online. This course is much more than budgeting! By the end of this course, you will also know how to shop online for the best deals, search for flights and hotels on the internet, access movies and music, and earn extra income.
Prerequisites: You must have an email address that you use. You should also be comfortable using a computer to navigate websites and search for information on the internet.
Call for dates and times, $50
Creative Arts

NEW AT AVENIDAS!

Drawing/Beginning Watercolor Painting
Instructor: Linda Logan
The first three weeks of classes will be dedicated to improving drawing skills with a focus on techniques from Drawing from the Right Side of the Brain. Blind drawing, contour drawing, perspective, and transferring drawings to watercolor paper will all be discussed and demonstrated. The second three weeks of instruction will focus on basic watercolor techniques including washes, wet into wet techniques, dry brush, masking techniques, and special effects. Students will complete a simple watercolor using the demonstrated techniques.

Each session is 90 minutes. Extensive handouts will be provided. Materials are not provided. A materials list is available at the front desk. Artist grade materials are strongly recommended.

Location: Avenidas@450 Bryant
Wednesdays, July 10 to Aug. 14, 9:30 to 11am, $60/$75.....#6554

Intermediate Watercolor Painting
Instructor: Linda Logan
Innovative techniques and practice for intermediate level. Previous watercolor experience required.
Location: Avenidas@450 Bryant
Wednesdays, Aug. 21 to Sept 11, 9:30 to 12pm, $50/$60.....#6553

Art from the Heart
Instructor: Joyce Leopardo
This class is for Advanced Beginners to Advanced.

In this class you will enhance your creativity, healing and brain fitness, while having fun with various techniques. You will learn a variety of techniques, such as, working wet into wet, layering, design, colors, values, strong focal points, textures & painting what you feel. Joyce has painted in all mediums over the years, but watercolor remains her favorite. Joyce has been a juror at the Academy of Arts and Modern Museum of Art and various Local and Regional Professional Shows. She has also been a volunteer for the in the arts winning the County Diamond Award. She has her signature awards from the Society of Western Art and the California Watercolor Association.

Location: Avenidas@450 Bryant
Session 1: Mondays, July 1 to July 29, 1:30 to 4pm, $125/$140.....#6585
Session 2: Mondays, Aug. 5 to Sept. 9, 1:30 to 4pm, $125/$140.....#6586

RETURNING TO AVENIDAS!

From Sketching to Painting
Instructor: Juliet Johnson
Take your pick! In this mixed level class, you have the choice of learning to sketch or to paint with acrylics—or both! The instructor will give you plenty of individual attention while guiding you into learning about composition and technique in your preferred medium. Sketching is a fun thing to do while waiting for an appointment or when something grabs your attention. Acrylic painters will see how easy it is to create beautiful art. Sketchers: bring a pocket-size or 8 x 11 sketch pad and your choice of drawing tool—pens, pencils, markers, charcoal! Painters: please check at the front desk for a materials list. Beginners welcome!

Tuesdays, July 9 to Aug. 6, 1 to 3:30pm, $65/$75.....#6595
Music

Beginner Ukulele
Instructor: P.A. Moore
Put the brain and the fingers into gear and get started on a musical hobby. Learning the ukulele can bring new friends and fun. Music is provided and some loaner ukes are available.
Location: Avenidas@450 Bryant
Friday, July 12, 2 to 3:30pm, $20.....#6548

More Ukulele Fun
Instructor: Edward Moore
Learn new ways to expand your ukulele experience. This workshop will focus on fun strums, picks, and riffs. Guaranteed to bring more fun than cleaning out your sock drawer.
Location: Avenidas@450 Bryant
Thursday, Aug. 29, 2 to 3:30pm, $10.....#6547

Musical Jam Sessions
Instructors: Edward and P.A. Moore
Bring out your inner musician with your harmonica, ukulele, or any other acoustical instrument and join in the fun at our jam session! Singers are especially welcome! First and third Thursdays, 2 to 4pm. $3 is payable at the front desk before each session.
Location: Avenidas@450 Bryant
July 18.....#6536  Aug. 1.....#6537
Aug. 15.....#6538  Sept. 5.....#6539
Sept. 19.....#6540

Humanities

Current Events Discussion Group
If you enjoy keeping up with the latest news stories, you’ll probably enjoy participating in the Current Events Discussion Group at Avenidas. Approximately 30 people gather every Wednesday afternoon for lively discussions and debates that focus on the hottest topics in the week’s news. Several members of the group take turns leading each session’s conversations that explore international, national, and local news topics. An important benefit of belonging to this group is making new friends who share many interests. If you avidly follow the news, and you’d like to experience the Current Events Discussion Group, please attend any session—just drop in. If you like what you see, you can sign up to participate regularly. There are four sessions each calendar year—with a few days off for holidays, of course!
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Sept. 18, 1:30 to 3pm, $24/$36..... #6557
Culture Club

*Culture Club activities are bilingual in English and Mandarin.

Space is limited. Pre-registration is required by phone or in-person.

Call 650-289-5428. No online registration.

Chinese Brush Painting—
Lingnan Painting Style
Instructor: Teacher Andrew Siu
Andrew Siu is an internationally recognized master of ink-brush painting who has exhibited in Hong Kong, China, and San Francisco. The painting style in this class will be mixing Eastern and Western techniques with color. Beginners welcome.

Art supplies will not be provided. Please bring or purchase your own supplies for each class. Materials can also be purchased from the instructor for $80.

Location: Avenidas@Cubberley
Mondays, July 15 to Aug. 26 (no class 7/29), 12:30 to 2:30pm, $50/$72.....#6604

Beginner Jewelry-Making
Instructor: Susan Man
Why Make Your Own Jewelry?
• Accentuate your outfits
• Save time and money
• Express your personality
• Look great!

In this 4-week class you will: use basic techniques to make simple earrings; make earrings and a pendant; use bead caps, spacer beads and link beads; make a cord necklace with slider knots and matching earrings.

A materials fee of $15 is payable to the instructor at the first class. A set of tools will be included in the material fee for the beginner classes as well as the materials to make 3-4 pieces of jewelry during each class.

Space is limited. Pre-registration required.
Location: Avenidas@Cubberley
Mondays, July 22 to Aug. 12, 10:45am to 12pm, free.....#6588

Lotus Dance Fitness
Instructor: Corinna Shi, VivAsia Fitness
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!

Location: Avenidas@Cubberley
Tuesdays, July 2 to Sept. 24, 3:30 to 4:30pm, free.....#6560

Culture Club Tai Chi
Instructor: Ching Lee
Learn basic concepts of Tai Chi, breathing exercises, standing pole postures, muscle strength, balance, and the Thirteen Movement Routine. The classes will begin with fundamentals to understand Qi, feel Qi, and use Tai Chi to attain and maintain good health.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley
Thursdays, July 11 to Sept. 12, 9 to 10:30am, Free/$35.....#6590

Location: Avenida @450 Bryant
Tuesdays, July 9 to Sept. 10, 7 to 9am, Free/$35.....#6593

Location: Avenidas@450 Bryant
Wednesdays, July 10 to Sept. 11, 5:30 to 7pm, Free/$35.....#6594
Line Dancing
Instructors: Sandy Hsu and Kent You
Not your usual line-dancing class! Exercise your brain and body while enhancing balance as you learn new steps. Dance to a wide variety of music—including pop music from around the world, classics, and seasonal songs. No partner needed. Beginners welcome. Dance is fun!
Location: Avenidas@Cubberley
Tuesdays, July 9 to Sept. 10, 1 to 2:30pm, free.....#6592

Yuanji Dance
Instructor: Ming Chu Chen
Yuanji Dance, a low impact dance, is one of China’s most popular forms of exercise. Historically, it was only practiced by kings and emperors. During the Yuan Dynasty in the 1300’s, Zhixiang Zhang helped so it became accessible to everyone. Yuanji Dance is a combination of Tai Chi, Qi Gong, medicine, martial arts, and the rhythm of yuanji music. The movements are simple and elegant as well as easy to learn. The class is considered a Qi practice and benefits could include improved balance, flexibility, coordination, concentration, and memory.
Location: Avenidas@Cubberley
Mondays, July 1 to Sept. 9, 9:30 to 10:30am, free.....#6530

Vocal Training Camp
Instructor: David Chou
Learn how to project your voice and maximize your lung capacity in this 8-week class.
Space is limited. Pre-registration required.
Location: Avenidas@Cubberley
Thursdays, July 11 to Sept. 12, 10:30 to 11:30am, free/$20.....#6589

Classes Returning This Fall

- A Class on the Classics
- Art Appreciation
- Creative Writing
  - iPad Art
  - Lip Reading
  - Stepping On
- Tai Chi (Monday AMs at Avenidas@450 Bryant)

* Stay tuned for new fitness, music, art and more classes this Fall!
**Drama**

**Improv Workshop**  
Instructors: Elizabeth Walley 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.  
Location: Avenidas@450 Bryant  
Thursdays, July 11 to Sept. 12, 1:15 to 3pm, $60/$70.....#6556

**A Wise Owl Players Drama Class: Putting on Deleted.**  
Director: Enid Davis  
This acting/rehearsal class is open to people who auditioned (in May) for the cast and have been notified of their selection by director Enid Davis. If you are interested in helping with this production as an understudy, stage-hand, costume assistant, etc., we’d love to hear from you. Please email Enid: eahdavis@yahoo.com  
Thanks to a financial gift, “The Wise Owl Players” will give its 2019 performances of Deleted. at the Mountain View Center for the Performing Arts (Second Stage) on September 14th and 15th. Rehearsals will begin on Tuesday, July 23rd and continue until the performance. This comic play is a full-length dramatic reading (no memorizing) literary romp and mystery about a group of fictional characters who form a support group after their authors delete them from their manuscripts. A commitment to these dates and times is required for all actors:  
**Tuesdays, July 23 to Sept. 10, 2 to 4pm**  
**Wednesdays, July 24 and 31, 2 to 4pm**  
**Friday, Sept. 13, 1 to 5pm (tech/dress rehearsal)**  
**Saturday, Sept. 14, 6 to 10pm**  
(7:30pm performance)  
**Sunday, Sept. 15, 1:30 to 5:30pm**  
(3pm performance)  
Locations: Avenidas@450 Bryant; dress rehearsal and performances will be at the Mountain View Center for the Performing Arts  
Class fee: $150/$160.....#6555

**Games & Recreation**

**Intermediate Bridge Instruction**  
Instructor: Prue Saunders  
TOpIC: Take out doubles and negative doubles. The textbook will be 25 Bridge Conventions You Should Know by Barbara Seagram.  
Space is limited. Register early.  
Location: Avenidas@450 Bryant  
Wednesdays, June 26 to July 17, 9:30 to 11:30am, $60/$70....#6543  
Location: Avenidas@Cubberley  
Wednesdays, June 26 to July 17, 1:15 to 3:15pm, $60/$70....#6544

**Beginning Chess Lessons**  
Instructor: Bill Lee  
One-on-one lessons for anyone interested in learning how to play chess.  
Contact Bill at williamylee@sbcglobal.net or (650) 325-7444.

**Mah Jong Lessons**  
Instructor: Sylvia Jeans  
Learn how to play Classical Chinese Mah Jong then join our Monday afternoon games. Two free lessons.  
Location: Avenidas@450 Bryant  
Contact Sylvia at (650) 327-6216 or hansjeans@sbcglobal.net.
Health & Fitness

NEW AT AVENIDAS!

**Hula Dancing for Fun and Health**
Instructor: P.A. Moore
Did you know that dancing the Hula for an hour is about the same as walking 2000 steps? The Hula is a low impact exercise that can help improve posture, coordination, and memory. The “spirit of aloha” can also relieve stress with its beautiful music. This series will concentrate on learning the arm and hip movements for one song. Participants should be comfortable dancing in bare feet.

Location: Avenidas@450 Bryant
Fridays, July 19 to Aug. 9, 2 to 3pm, $20/$25..... #6576

NEW AT AVENIDAS!

**Zumba**
Instructor: Carla Kenworthy
Zumba! Let’s move it up a notch! Join us for a fast-paced, mid to high-intensity class meant to get you moving and sweating and smiling. Modifications and progressions are always an option, so you’ll be able to enjoy your hour of fitness with dance-inspired movements to upbeat, world rhythm music. You’ll wonder where the hour went! No dance experience needed.

Note: This class is geared for a higher intensity workout than Zumba Gold. Wear comfortable clothing and studio/training shoes (no ballroom, jazz shoes, hiking shoes, or sandals). Bring a water bottle and towel—and be ready to have a blast!

Location: Avenidas@450 Bryant
Wednesdays, July 3 to Aug. 21, 4:30 to 5:25pm, $64/$80.....#6546

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

Location: Avenidas@450 Bryant
Wednesdays, July 3 to Aug. 21, 3:30 to 4:25pm, $64/$80.....#6545

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

Space is limited. Please register early.
Location: Avenidas@450 Bryant
Mondays, July 1 to Sept. 9 (no class 7/29 or 8/5), 1 to 2pm, $56/$70.....#6580
Wednesdays, July 3 to Sept. 11 (no class 7/31 or 8/7), 1:30 to 2:30pm, $56/$70.....#6581

**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.

Location: Avenidas@450 Bryant
Tuesdays, July 2 to Sept. 10 (no class 7/30 or 8/13), 2:30 to 4pm, $72/$90.....#6579

**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.

Location: Avenidas@450 Bryant
Wednesdays, July 3 to Sept. 11, 10 to 11am, $88/$110.....#6552

**NEW AT AVENIDAS!**

**Zumba**
Instructor: Carla Kenworthy
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Aug. 21, 3:30 to 4:25pm, $64/$80.....#6545

**NEW AT AVENIDAS!**

Zumba
Instructor: Carla Kenworthy
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Aug. 21, 4:30 to 5:25pm, $64/$80.....#6546

**Zumba Gold**
Instructor: Carla Kenworthy
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Aug. 21, 3:30 to 4:25pm, $64/$80.....#6545
I-Wellness with Yoga Therapy
Instructor: Lee Ferguson, C-IAYT, Certified Yoga Therapist
*Open to those who’ve completed the Intake Appointment and qualify.
Feel better without taking more meds, using yoga therapy. Meet Jido Lee Ferguson, Certified Yoga Therapist, for an in-person evaluation using simple tests that resemble a yoga sequence. Then, as we assess your strength, balance, flexibility, and overall wellness, we'll build a yoga sequence to support you. Attend the applied yoga working sessions to evolve your sequence and apply yoga to reduce chronic pain and inflammation, build stronger bones, and find more restful sleep. We’ll address the unique life challenges you face, take stock of your current capabilities, and go beyond physical and medical conditions.
Location: Avenidas@450 Bryant
Wednesdays, July 31 to Sept. 11 (no class 9/4), 3:30 to 4:45pm, $89/$99.....#6583

Sit Down and Shape Up
Instructor: Terry Sand, MA
*Magic in Motion: Dance-based, seated core fitness
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 over 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.
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Sept. 11 (no class 8/21), 10 to 11am, $80/$100.....#6542
Fridays, July 5 to Sept. 13 (no class 8/23), 10 to 11am, $80/$100.....#6541

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.
Location: Avenidas@450 Bryant
Wednesdays, July 3 to Sept. 18, 2 to 3pm, free.....#6559

The Art and Science of Moving Meditation: Mind-Body Practice Together
Instructor: Jido Lee Ferguson, C-IYT
Bring a smile to start your day. Start energizing, then mindfully move. Spend some time absorbing the goodness of living. After an hour, leave feeling delighted and peaceful—dancing into your morning with more energy and ease. Practicing together, the art and science of moving and meditation will stoke your energy, calm your nerves, and focus your mind! The class is divided into sections: energization, movement, and meditation. Twenty minutes of warmups energize the body, then a few easy poses with affirmations integrate movement and meditation, breathing and intention. The last of each class is spent in stillness and silence.
Jido Lee Ferguson believes the contemplative state heals those who practice it regularly. He was introduced to yoga and meditation during his graduate work in divinity. He practiced yoga and meditation throughout his 40-year writing career. He has been teaching at yoga at Avenidas since 2014. In 2013, Jido earned a Doctorate in East West Studies and Buddhist Philosophy. He deepened and expanded his yoga practice in studies at Niroga Institute and Ananda Sangha.
Location: Avenidas@450 Bryant
Tuesdays, July 23 to Sept. 10 (no class 9/3), 8:45 to 9:45am,  $70/$80.....#6582
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.
Location: Avenidas@450 Bryant
Tuesdays and Thursdays, July 2 to Aug. 1, 9:05 to 10:05am, $72/$90.....#6564
Tuesdays ONLY, July 2 to July 30, 9:05 to 10:05am, $50/$60.....#6565
Thursdays ONLY, July 11 to Aug. 1, 9:05 to 10:05am, $40/$48.....#6566
Tuesdays and Thursdays, Aug. 6 to Sept. 12, 9:05 to 10:05am, $96/$120.....#6567
Tuesdays ONLY, Aug. 6 to Sept. 10, 9:05 to 10:05am, $60/$72.....#6568
Thursdays ONLY, Aug. 8 to Sept. 12, 9:05 to 10:05am, $60/$72.....#6569

Strong for Life
Instructor: Cristine Weigert, Stanford Health Care
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.
Location: Avenidas@450 Bryant
Mondays, 9:15 to 10:15am, free.....#6561
Mondays, 10:30 to 11:30am, free.....#6562

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.
Location: Avenidas@450 Bryant
Fridays, July 5 to Sept. 20, 10 to 10:50am, free.....#6558

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.
Location: Avenidas@450 Bryant
Tuesdays and Thursdays, July 2 to Aug. 1, 10:15 to 11:15am, $72/$90.....#6570
Tuesdays ONLY, July 2 to July 30, 10:15 to 11:15am, $50/$60.....#6571
Thursdays ONLY, July 11 to Aug. 1, 10:15 to 11:15am, $40/$48.....#6572
Tuesdays and Thursdays, Aug. 6 to Sept. 12, 10:15 to 11:15am, $96/$120.....#6573
Tuesdays ONLY, Aug. 6 to Sept. 10, 10:15 to 11:15am, $60/$72.....#6574
Thursdays ONLY, Aug. 8 to Sept. 12, 10:15 to 11:15am, $60/$72.....#6575

Languages

French for Francophiles and Logophiles
Instructor: Leo McCord, Jr.
Converse as if you’re living in France. Some French experience is recommended.
Location: Avenidas@450 Bryant
Wednesdays, July 10 to Aug. 28, 12:30 to 2pm, $60/$72.....#6577

Spanish 4/5
Instructor: Leo McCord, Jr.
Spanish 4/5 for advanced speakers.
Location: Avenidas@450 Bryant
Thursdays, July 11 to Aug. 29, 12:30 to 2pm, $60/$72.....#6578
### Avenidas Connects
#### Membership Options

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<td>Monthly events listing mailed free on request</td>
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<td>One free Avenidas Care Partners consultation</td>
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<td>One free 30-minute wellness service</td>
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<td>Café discounts</td>
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<tr>
<td>One free ticket per member for Avenidas conference of your choice</td>
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<td>Access to premium events</td>
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<td>Discount on handyman services</td>
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#### CAREGIVER MEMBERSHIP ADD-ON $75/ $120

- Free 30-minute consultation
- Free “Where to Live” guide
- Two complimentary tickets to Caregiver Conference
- Free wellness service for caregiver
- Free BRONZE membership for care recipient
- Preferred access to free caregiver support groups
- One week free at Avenidas Rose Kleiner Center for your loved one

#### AVENIDAS VILLAGE MEMBERSHIP for aging-in-place support

*includes membership in Avenidas Connects Gold*

- $970 (single) $1390 (dual/ household)
- 24/7 concierge assistance
- Prescreened vendors offering discounted services
- Daily telephone social call
- Med-Pals (volunteers take notes at your medical appointments)
- Emergency preparedness review
- Transportation
- Legal 411 (guidance for legal matters)
- Social connections – neighborhood groups, interest groups, outings and more
- Members-only website and email groups
- Members-only lectures, presentations and workshops
- Volunteer opportunities
- Call (650) 289-5405 for more information or to schedule a private consultation

All prices and offerings are subject to change without notice. Prices effective March 1, 2019.
Our innovative programs and compassionate staff enrich the lives of more than 8,500 mature adults and their families each year.

Schedule a free in-home assessment. Includes home safety evaluation

(650) 328-1001

Avenidas @450 Bryant
450 Bryant Street
Palo Alto, CA 94301
(650) 289-5400

Avenidas @Cubberley
4000 Middlefield Rd., Bldg. #1-2
Palo Alto, CA 94303
(650) 289-5400

Serving these areas:
Palo Alto • Mountain View • Stanford • Woodside • Los Altos
• Menlo Park • Atherton • East Palo Alto • Portola Valley • Los Altos Hills

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.

“Reliable and caring staff you can trust your loved one with!”

Suzanne P.

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*Trustpilot is the leading choice for reviews. With over 200,000 businesses reviewed and 11 trillion ratings and reviews displayed in Google annually, companies use Trustpilot to establish credibility and improve their reputation.