

Avenidas *Classes*

WINTER 2020

Registration opens Monday, December 2nd for Avenidas members and Thursday, December 12th 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 and one Adult Day Care. 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 B, Palo Alto

Avenidas Rose Kleiner Center—270 Escuela, Mountain View

Avenidas will be closed January 20, 21, and February 17.

Workshops

Memory Café

Facilitator: Emily Farber, MSW

Memory Café is a social gathering for individuals with mild to moderate cognitive impairment and their family caregiver to come together in a safe and comfortable space. You will enjoy the company of those with similar things in common. The group will socialize, play games, enjoy music and reminisce.

Note: This is not respite care. We ask that the person with dementia has a family care provider with them.

Please choose only one date per month, not both.
Fee is \$20 per 2 people. Register only the caregiver.

Location: Avenidas@450 Bryant

Tuesday, January 14, 11am to 12:30pm #7082

Tuesday, February 11, 11am, to 12:30pm #7083

Tuesday, March 10, 11am to 12:30pm #7084

Location: Avenidas Rose Kleiner Center

Thursday, January 30, 3 to 4:30pm #7085

Thursday, February 27, 3 to 4:30pm #7086

Thursday, March 26, 3 to 4:30pm #7087

Fall Prevention Class!

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.

Pre-registration REQUIRED by Thursday, January 23.

Location: Avenidas@450 Bryant

Thursdays, January 30 to March 12, 10am to noon, free #7088



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.

Location: Avenidas@450 Bryant

Wednesday, January 8, 9am to 1:30pm, free #7081

Savvy Caregiver Training

Instructor: Alex Morris, Alzheimer's Association

An education program presented by the Alzheimer's Association

This program goes beyond introductory education offerings. Based on research by experts in caregiving techniques, this course provides clinical-level training for family caregivers. Participants will graduate with:

- Enhanced knowledge and caregiving outlook
- Skills to assess the abilities of your loved one with dementia
- Confidence to set and alter caregiving goals
- Strategies to manage the activities of daily living

Savvy Caregiver Trainings are designed for family caregivers only.

All offerings require pre-screening and pre-registration prior to participation.

Registration is through the Alzheimer's Association only.

Visit tinyurl.com/SavvysNorCaNV or call 800.272.3900

Location: Avenidas Rose Kleiner Center

**Mondays, February 24 to March 30,
1:30 to 3:30pm, free**

Lipreading

Instructor: Ellen Mastman, MA

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.

****You are welcome to join Beginning Lipreading 'B' at any time. You do NOT need to have taken Beginning Lipreading 'A.'**

Location: Avenidas@450 Bryant

Literary Lip Reading

**Mondays, January 6 to March 23, 10 to 11:50am,
free #7038**

Beginning Lipreading 'B'

**Mondays, January 6 to March 23, 1 to 3pm, free
#7037**

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

January 3 #7055

February 7 #7056

March 6 #7057



Fitness Essentials

During this 5-week course, you'll learn to use an iPad to explore health apps, websites, and other online resources. You'll also have access to exercise videos you can use at home to practice what you've learned in class. By the end of the course, you'll have a basic understanding of using the iPad and knowledge of how lifestyle choices affect your health. Prerequisites: This course is best suited for those who are new to exercising. You must have an email address that you use. You should also be somewhat comfortable navigating websites and searching for information on the internet.

Location: Senior Planet @Avenidas

Mondays and Wednesdays, February 24 to March 25, 2 to 3:15 pm, \$25 #7092

iPad Basics 1

In this 10-week course, you'll learn the basics of how to operate the iPad, a touchscreen device that combines the capabilities of a regular computer and the portability of a cell phone. You will learn to use gestures to operate your device: tap, press, double-press, and swipe your screen; identify and use the various parts of the iPad; identify icons on the screen and understand their functions; open, use, and close various apps such as camera, email, notes, internet browser, etc.; use the iPad keyboard to type on the screen; iPads will be provided for use in the class. No prior experience with the iPad is needed to register.

Location: Senior Planet @Avenidas

Tuesdays and Thursdays, January 14 to March 24 (no class 1/21), 10 to 11:15 am, \$50 #7005

iPad Basics 2

Advanced Beginners Class

In this 10-week course, you'll learn more basics of how to operate the iPad, a touchscreen device that combines the capabilities of a regular computer and the portability of a cell phone. You will learn to use gestures to operate your device: tap, press, double-press, and swipe your screen; identify and use the various parts of the iPad; identify icons on the screen and understand their functions; open, use, and close various apps such as camera, email, notes, internet browser, etc.; use the iPad keyboard to type on the screen; iPads will be provided for use in the class.

Location: Senior Planet @Avenidas

Mondays and Wednesdays, January 13 to March 25, 10 to 11:15 am, \$50 #7004

iPad Essentials

This 5-week course will cover the essentials on how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you'll have a foundation for using an iPad and the internet to enrich your life. iPads will be provided for use in the class. No prior experience with the iPad is needed to register.

Location: Senior Planet @Avenidas

Mondays and Wednesdays, January 13 to February 19, 2 to 3:15 pm, \$25 #7003

Smartphone Photography

This 5-week course explores the basics of using your smartphone's digital camera. You'll learn how to take pictures, where they're stored on your device, and how to delete them. You'll also go over tips for taking selfies, recording videos, and sharing your photos! This course also introduces some fundamental photography principles about composition and lighting. Please note: this course will focus only on the smartphone's camera and will not cover other uses for your smartphone. Prerequisites: You will need to bring your own smartphone for this course, so you should be somewhat comfortable using it. You must bring an iPhone running iOS 10 or later or an Android running OS 6 or later to participate.

Location: Senior Planet @Avenidas

Tuesdays and Thursdays, January 14 to February 18 (no class 1/21), 2 to 3:15 pm, \$25 #7091

Social Media

This 5-week course will take you through many of the most popular social media tools used worldwide by internet users of all ages, including Facebook, Twitter, Instagram, and more. It gives an introduction to the platforms so that you can learn more about the way they are changing the way we communicate with each other. Prerequisites: You must have an email address that you use. You should also be comfortable using an iPad to navigate websites and search for information on the internet.

Location: Senior Planet @Avenidas

Tuesdays and Thursdays, February 20 to March 24, 2 to 3:15pm, \$25 #7007

Creative Arts



Art from the Heart

Instructor: Joyce Barron 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.

Location: Avenidas@450 Bryant

Session 1: Mondays, January 6 to February 10, 1:30 to 4pm, \$100/\$120 #7034

Session 2: Mondays, February 24 to March 23, 1:30 to 4pm, \$100/\$120 #7035

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!

Location: Avenidas@450 Bryant

Tuesdays, January 27 to March 3 (no class 1/21), 1 to 3:30pm, \$104/\$120 #7036

Intermediate Watercolor Painting

Instructor: Linda Logan

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

Location: Avenidas@450 Bryant

Wednesdays, January 15 to March 4, 9:30am to noon, \$100/\$120 #7043

Wellness

Sound Bath

Facilitator: Sabrina Huang, Six Senses Healing

Come unwind with a Sound Bath session! What is a Sound Bath? Tibetan singing bowls are used to immerse us in sound frequency. Vibrations from the sound pass through our bodies to release blockages, quiet the mind, and balance energy. You might find yourself feeling more creative, less stressed, or even a little more self-aware. Experience it for yourself and see where you go!

Location: Avenidas@450 Bryant

Monday, January 13, 3 to 4pm, \$25/\$30 #7017

Monday, February 10, 3 to 4pm, \$25/\$30 #7018

Monday, March 9, 3 to 4pm, \$25/\$30 #7019

Spine, Shoulders, Hips, and Knees (Sleep and Calm)

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

Find your pain reduced, your well-being uplifted, and your nerves calmed. Jido Lee focuses on each area with which yoga can help. The first class will provide an overview on why yoga works. Each of the following eight classes brings yogic insight into one part of your well-being: spinal stability, shoulder flexibility, hip strength, knee openness, sleeping soundly, dropping stress levels, boosting bone health, and breathing away pain. Each class ends with deep relaxation, recharging, and refreshing. In addition, students are welcome to a free one-on-one consultation towards the end of the class series.

Location: Avenidas@450 Bryant

Wednesdays, January 15 to March 18 (no class 1/22), 3:30 to 4:45pm, \$99/\$100 #7096

The Art and Science of Moving Meditation

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

Practicing Sadhana Together

Based on the practices of Kriyananda (J. David Walters), a foremost disciple of Paramhansa Yogananda, this class aims to bring a smile to the start of your day. Using yoga poses to integrate movement and meditation, you'll recharge your energy, move mindfully, then relax and absorb the goodness of living. You'll leave class with that "ahhhh" feeling!

Location: Avenidas@450 Bryant

Tuesdays, January 28 to March 24, 8:45 to 9:45am, \$90/\$100 #7097

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.* "Each hour in class with Judy is a small gem."—*student D.C.W.*

Location: Avenidas@450 Bryant

**Wednesdays, January 8 to March 25, 10 to 11am,
\$96/\$120 #7024**

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, January 8 to April 1, 2 to 3pm, free
#7098**



Music

Avenidas Choir

**Instructor: Michael Strelo-Smith, MA,
Community School of Music and Arts**

Do you miss singing with a group? Or have you always wanted to sing in a choir but have never had the time? Avenidas has joined with the Community School of Music and Arts to create a choir program just for Older Adults. Michael Strelo-Smith, instructor and singer (and quarter-finalist on Season 2 and semi-finalist on Season 3 of America's Got Talent), will lead you in connecting to your voice, the music, and the lyrics to help you grow as a singer. And best of all, you'll have fun while learning! No previous choir experience is necessary.

Location: Avenidas@450 Bryant

**Mondays, January 6 to March 23, 10 to 11:30am,
\$25 #7095**

NEW AT AVENIDAS!

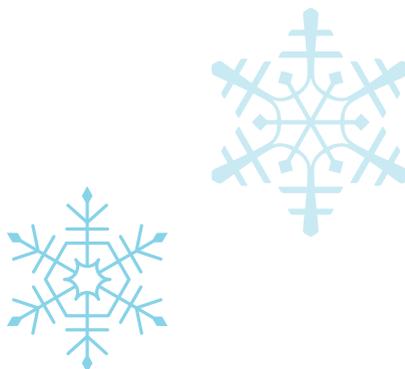
Women's Chamber Choir

**Instructor: Michael Strelo-Smith, MA,
Community School of Music and Arts**

Women who are currently enrolled in the Avenidas Choir, and who are looking for an extra challenge, have the opportunity to join the Women's Chamber Choir. This women's group will work on advanced repertoire specifically for multiple female voices and allow participants to further explore their musicianship and expand their musical community!

Location: Avenidas@450 Bryant

**Mondays, January 6 to March 23,
11:40am to 12:30pm, \$25 #7094**



Avenidas String Orchestra

Instructor: Be'eri Moalem

If you are over 50, play a stringed instrument or percussion, have some musical experience, and wish you could make music while playing with others—here's your chance! Bonus: playing a musical instrument is very beneficial for the brain, according to neurological research on cognitive functioning. The Avenidas String Orchestra meets weekly to play music from the Baroque and Classical eras as well as arrangements of popular music and folk songs from around the world. Some instrumental proficiency (at least one year of lessons and some ensemble experience) is recommended.

Be'eri Moalem, a local conservatory trained violinist, violist, composer, and conductor will teach the class. Players must bring their own instruments. Music and music stands will be provided. One piano will be available. There is no audition, but if you have questions about your ability or the focus of the ensemble, please contact the teacher: Be'eri Moalem, email: beerimoalem@gmail.com or cello player, Francine Todor, email: Francine@doctoder.com

Location: Avenidas@450 Bryant

**Thursdays, January 16 to March 5,
11:30am to 12:30pm, \$150/\$160 #7093**

Ukulele Fun for Beginners

Instructor: P.A. Moore

Research shows that learning a musical instrument is helpful in keeping the mind and body active. This 3-part ukulele course will cover the basic chords and fingering. Sing along to old favorites and make new friends. Loaners ukes available and song sheets provided. No need to read music, just as long as you know the alphabet.

Location: Avenidas@450 Bryant

**Fridays, January 17 to January 31, 2 to 3:30pm,
\$50/\$60 #7033**

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 (except in January), 2 to 4pm. \$3 is payable at the front desk before each session.

Location: Avenidas@450 Bryant

January 9 #7027

February 6 #7029

March 5 #7031

January 23 #7028

February 20 #7030

March 19 #7032



Avenidas Chinese Community Center 華人社區中心

Avenidas Chinese Community Center activities are bilingual in English and Mandarin.

華人社區中心活動是以英文及國語進行。

Space is limited. Pre-registration is required.

課程名額有限, 各活動必須預先登記。

歡迎致電 Call 650-289-5428.

Chinese Brush Painting—Lingnan Painting Style

Instructor: 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 mix Eastern and Western techniques with color. Beginners welcome. Art supplies will not be provided. Please bring or purchase your own supplies. Materials may also be purchased from the teacher for \$80.

Location: Avenidas@Cubberley

Mondays, February 3 to March 16 (no class 2/17), 1:00 to 2:30pm, \$50/\$72 #7001

中國國畫班-嶺南畫派

導師: 蕭日明

蕭日明先生為國際級嶺南派國畫大師, 他曾經於中國、香港及三藩市等地舉辦個人畫展。本課程為國畫基礎, 針對顏色配搭運用, 配合富有現代感色彩的中國畫風, 結合中西合璧混合西方技巧。歡迎初學者! 畫具及材料80元可向老師訂購或自備。

地點: Avenidas@Cubberley

週一, 2月3日至3月16日(2月17日沒課), 1:00 to 2:30pm, \$50/\$72 #7001

NEW AT AVENIDAS!

Culture Activities-Lunar New Year

Instructors: Andrew Chang, Dr. Hung, and Mandy Au

It's time to say goodbye to the Pig and say hello to the Year of the Rat. This year's Lunar New Year, which marks the beginning of the 15-day spring festival celebration in China, begins on January 25th, 2020. This is the longest and most important holiday in the Chinese calendar. In this this 3-week pre-celebration, you'll learn about traditions and superstitions, listen to stories as well as make Chinese origami and learn about the Ming Dynasty Imperial food menu to help ensure the year ahead is lucky and prosperous. A materials fee of \$10 is payable on the first day of class.

Location: Avenidas@Cubberley

Thursdays, January 9 to 23, free #7016

January 9: 11am to 12:30pm; January 16 and 23: 1 to 2:30pm

全新課程在AVENIDAS!

文化活動系列之-農曆新年

指導老師: 張健, 熊國祥醫生及區貞雯

快要跟豬年說再見, 而我們快要跟鼠年打招呼了。農曆新年標誌著連接的15天為新春節慶活動的開始, 今年的年年初一將會是在2020年1月25日, 這特別的節慶是中國曆法中最長而且最重要的節日。我們特意安排為期3週的農曆新年慶祝活動, 如果你了解而且感受更濃厚的農曆的新年傳統, 聽聽新春民間故事並製作賀年摺紙和認識明朝宮廷新年新春食品等, 讓我們一起迎春接福, 共同分享新春佳節的喜悅。首天課程每學員須繳交\$10 課程材料費。

Location: Avenidas@Cubberley

週四, 1月9日至1月23日, 免費 #7016

1月9日, 上午11至 下午12時30分;

1月16日及 1月23日, 下午1時至 2時30分

Basic Tai Chi

Instructor: Master Ching (Andrew) 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.

Location: Avenidas@Cubberley

Thursdays, January 9 to March 26 (no class: 2/13 and 2/20), 9 to 10:30am, free/\$35, #7010

文化小組俱樂部-太極基本功

導師: 李靖大師

你常常閃到腰?常常站不穩摔跤嗎?常常虛弱喘不過氣嗎?你希望更年輕健康嗎?現代科學已證明, 炁是每個人身上都具有的生命能量, 而中國醫書黃帝內經早就記載經脈能決死生、處百病、調虛實, 不可不通。太極養生的概念, 簡言之就是善用炁這個與生俱來能量, 打通阻塞的經絡, 讓身體愈來愈健康。李靖大師累積數十年研習太極與氣功之心得, 課程將講解太極基本觀念、訓練吐納、站樁、肌肉強度、平衡感、13式套路等; 深入淺出地引導認識炁、感受炁、運用太極功法打通經絡, 達到養生保健、祛病強身、延年益壽的功效。

地點: Avenidas@Cubberley

週四, 1月9日 to 至 3月26日, (2月13及2月20日沒課) 上午9時至10:30, 免費/\$35, #7010

Tai Chi Principles & Concepts

Instructor: Master Ching (Andrew) Lee

Tai Chi Chuan nourishes health.

This class will teach you how to utilize your body in daily life in order to promote a sense of balance and harmony. Instead of just imitating the teacher's moves, theory will be explained and immediately put into practice in order to understand how to integrate Tai Chi into our lives.

Location: Avenidas@Cubberley

Tuesdays, January 7 to March 24 (no class 1/21, 2/11 and 2/18), 9 to 11am, free/\$35 #7011

太極原理與概念

導師: 李靖大師

你知道名揚中外的太極拳是如何養生的?太極拳又是如何增進我們的平衡感與協調性?你知道日常生活中我們使用自己身體的方法是正確的嗎?又該如何使用?這些答案讓我們在 李靖太極課中告訴你。使我們不再只是模仿老師的招式打太極拳。在課堂上講解之後馬上練習, 真正的認識太極拳如何和我們的生活結合。

地點: Avenidas@ Cubberley

週二, 1月7日 至 3月24日, (1月21日, 2月11日及2月18日沒課沒課), 上午9時至 11時, 免費/\$35 #7011

NEW AT AVENIDAS!

Exploring Chinese Culture through Mandarin

Instructor: Sandra Tung, VivAsia

Learn about the traditional Chinese festivals and holidays and much more in Mandarin. This class provides a friendly and fun environment to learn and practice your Mandarin-speaking skills. The class focuses on basic vocabulary used in daily conversations, social activities, and while traveling. Meet new friends from different cultures and enjoy exploring together.

Location: Avenidas@Cubberley

Mondays, January 6 to February 24 (no class 1/20 and 2/17), 10:30 to 11:15am, \$30/\$35 #7015

全新課程在AVENIDAS

普通話探索中國文化

導師: 董珊元, VivAsia

課程於友好溫馨的學習環境裡進行, 學習如何用普通話打招呼、問好及簡單日用對話; 並瞭解中國傳統節日和習俗。課程包括簡單生字、普通對話、社交語句、及旅遊用詞等。誠邀你來交新朋友及體驗不同文化交流。

地點: Avenidas@ Cubberley

週一, 1月6日至2月24日 (1月20日及2月17日沒課), 10時30分 至 11時15分, \$30/\$35 #7015

Karaoke Mingle Hour

Sing your heart out to your favorite songs! Send your favorite songs in any language to us in advance and we will add them to the playlist. Grab the mic and be a star! Karaoke songs collection will be available in English, Cantonese and Mandarin.

Location: Avenidas@Cubberley

Thursdays, January 9 to March 26 (No session 1/30), Noon to 3pm, free/\$35 #7008

卡拉OK 歡聚時光

讓我們一起歡天喜地歌出好心情! 歡迎提前遞交您喜歡的歌曲給我們, 添加至我們播放列表中。任何語言...歡迎! 拿起麥克風成為明日之星! 歡迎啦啦隊, 粉絲及愛舞愛動的你出席參與! 歌曲播放列表將暫以英語、廣東話及國語進行。

地點: Avenidas@ Cubberley

週四, 1月9日 to 3月26日 (1/30暫停), 中午12時至下午3時,, 免費/\$35, #7008

Line Dancing

Instructors: Kent You & Sandy Hsu

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 international music—including pop music, classics, and seasonal songs. No partner needed. Beginners welcome. Dance is fun!

Location: Avenidas@Cubberley

Tuesdays, January 7 to March 24 (no class 1/21), 1 to 2:30pm, free/\$35 #7012

排舞班

導師:游光騰及許秋英

這不是一般的舞蹈課! 在學習新步驟的同時更能鍛煉大腦和身體, 增強平衡力。與國際流行音樂共舞 - 包括流行音樂, 經典和節慶歌曲。不需要合作夥伴, 初學者歡迎。舞蹈健美流行又好玩!

地點: Avenidas@Cubberley

週二, 1月7日至3月24日, (1月21日沒課), 下午1時至2時30分, 免費/\$35 #7012

Lotus Dance

Instructor: Corinna Shi, VivAsia

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

Wednesdays, January 8 to March 25, 9 to 9:45am, free #7013

文化小組俱樂部-蓮花舞

導師: 陳曉茜, VivAsia

蓮花舞為有☐舞蹈運動, 舞蹈充滿活力的文化。課程將結合不同的舞蹈風格, 音樂和文化潮流, 帶來有趣的運動體驗。享受寶萊塢, 班納里, 韓國k-pop, 打鼓, 扇舞等。

地點: Avenidas@Cubberley

週三, 1月8日至3月25日, 上午9時至9:45分, 免費 #7013

Vocal Training Camp

Instructor: David Chou

Learn how to project your voice and maximize your lung capacity.

Location: Avenidas@Cubberley

Thursdays, January 9, 2020 to March 26 (no class 1/30), 10:30 to 11:45am, free/\$35 #7002

發聲秘訣班

導師: 周老師

開揚發聲新領域, 倍增潛力肺能量!

地點: Avenidas@Cubberley

週四, 1月9日至3月26日 (1月30日沒課), 上午10時30分至11時45分, 免費/\$35 #7002

Yuan Ji Dance

Instructor: Ming Chi 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, January 6 to March 23, (no class 1/20 and 2/17) 10 to 11am, free #7009

元極舞

導師: 陳明珠

元極舞是一種持久收益的修煉舞蹈。這套功法修煉式的舞蹈源於元朝年代, 貴族方可修煉。張志祥為元極舞功法掌門人, 他將家藏功法公諸於世, 元極舞因而誕生。元極舞是太極拳, 氣功, 醫學及武術配合輕快元極音樂節奏結合而成。動作簡單優雅, 易於學習, 行之有效持久收益的修煉舞蹈。課程混合氣功, 其益處包括改善平衡, 提升身體靈活性, 身心協調性, 增強敏銳力和記憶力能力。

地點: Avenidas@Cubberley

週一, 1月6日至3月23日 (1月20日及2月17日沒課), 上午10時至11時, 免費 #7009

Games & Recreation

Intermediate Bridge Instruction

Instructor: Prue Saunders

TOPIC: Defense

The textbook will be *25 Ways to be a Better Defender* by Barbara Seagram and David Bird. Recommended, but not required.

Space is limited. Register early.

Location: Avenidas@450 Bryant

Wednesdays, January 8 to March 11 (no classes 2/19 or 2/26), 9:30 to 11:30am, \$120/\$140 #7041

Wednesdays, January 8 to March 11 (no classes 2/19 or 2/26), 1 to 3pm, \$120/\$140 #7042

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

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) 325-7744.

Free, by arrangement.



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, January 8 to February 26, 12:30 to 2pm, \$68/\$80 #7089

Spanish 3/4

Instructor: Leo McCord, Jr.

Spanish for intermediate speakers or those with some experience.

Location: Avenidas@450 Bryant

Thursdays, January 9 to February 27, 12:30 to 2pm, \$68/\$80 #7090

Drama

Improv Funshop

Instructors: 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.

Location: Avenidas@450 Bryant

Thursdays, January 9 to March 26, 1 to 2:45pm, \$72/\$84 #7040

Let's Perform a Staged Reading of Short Plays!

Instructor: Enid Davis

A Wise Owl Players Drama Class

In this 8-week drama course, participants will learn how to act while reading aloud. (No memorization is required). On March 24th, we will perform—for a live audience—a low-key production in a small venue. We welcome all levels of performers and offer a lively and warm environment. Don't be fooled by instructor Enid Davis' New York accent. This is not Broadway. We are Avenidas' Wise Owl Players.

Location: Avenidas@450 Bryant

Tuesdays, January 28 to March 24, 2 to 4pm, \$150/\$160 #7079

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. Join us and enjoy the great literature of the world!

Location: Avenidas@450 Bryant

Thursdays, January 16 to March 5, 10 to 11:30am, \$32/\$42 #7020

Classic Play Readings

Instructor: Phil Lumish

Join us for readings of classic plays with a commentary on performances through history including style, acting, and directing.

Location: Avenidas@450 Bryant

Tuesdays, January 14 to March 10, 10 to 11:30am, \$32/\$42 #7021

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. Call or email Jackie Brown to register 650-949-7103 or brownjackie@fhda.edu.

You may also register with the instructor in class.

Location: Avenidas@450 Bryant

Mondays, January 6 to March 23, 3 to 5pm, free #7058



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, January 8 to April 1, 1:30 to 3pm, \$24/\$36 #7059

Writing

Memoir-Writing Workshop

Instructor: Barbara Nachman

Everyone has them...Stories.

Stories you want to pass along to your children and grandchildren.

Stories you want to share with friends.

Stories you don't want to forget.

This 10-week *Memoir-Writing Workshop* is for everyone who has a story to tell. You don't need writing experience, only the desire to share your past or simply remember it. Members of the workshop will learn how to mine their past for stories and what distinguishes memoirs from other forms of writing. They will write at home and read their memoirs in class. Expect to be inspired by the stories of others.

Location: Avenidas@450 Bryant

Mondays, January 6 to March 23, 1:15 to 2:30pm, \$30/\$40 #7050

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.

Location: Avenidas@450 Bryant

**Tuesdays, January 7 to March 24 (no class 1/21),
2:30 to 4pm, \$88/\$110 #7026**

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, January 6 to March 23, 1 to 2pm,
\$80/\$100 #7022**

**Wednesdays, January 15 to March 25,
1:30 to 2:30pm, \$88/\$110 #7023**

NEW SCHEDULE AND CLASSES!

Line Dancing with Donna

Instructor: Donna Frankel

Did you know that dancing is one of the best things you can do for both your brain and body? Studies have shown that the physical activity combined with learning and remembering the steps improve balance, endurance AND cognitive flexibility. The social connections and just plain fun of dancing lead to reduced stress and better mood. This is a free, non-credit Foothill College class at Avenidas. Call or email Jackie Brown to register (650) 949-7103 or brownjackie@fhda.edu. You may also register with the instructor in class.

Location: Avenidas@450 Bryant

Beginner class for students new to line dancing or with limited experience. Learn popular line dances such as Elvira, NY-NY and Waltz Across Texas.

**Thursdays, January 9 to March 26,
12:45 to 2:35pm, free #7044**

Advanced/Intermediate class for experienced students. More advanced dances such as Tush Push and others will be taught at this level.

**Thursdays, January 9 to March 26, 2:35 to 4:25pm,
free #7045**

Sit Down and Shape Up

Instructor: Terry Sand, MA

If you have not exercised in days, or your entire life, this class is for you. If you are an avid athlete, professional dancer, Olympic ice skater, or none of the above, you deserve a seat in this fun and funny class. (Note: your instructor is also a professional comedian). No matter what level of fitness you bring to the class, seated exercise is an extremely safe way to improve your core strength, cardio fitness, balance, and range of motion. If you can "Sit Down," you can "Shape Up." Come join the fun!

Location: Avenidas@450 Bryant

**Wednesdays, January 8 to March 18, 10 to 11am,
\$88/\$110 #7047**

**Fridays, January 10 to March 20, 10 to 11am,
\$88/\$110 #7048**



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, January 7 to February 13 (no class 1/21), 9:05 to 10:05am, \$88/\$110 #7060

Tuesdays ONLY, January 7 to February 11 (no class 1/21), 9:05 to 10:05am, \$50/\$60 #7061

Thursdays ONLY, January 9 to February 13, 9:05 to 10:05am, \$60/\$72 #7062

Tuesdays and Thursdays, February 18 to March 26, 9:05 to 10:05am, \$96/\$120 #7063

Tuesdays ONLY, February 18 to March 24, 9:05 to 10:05am, \$60/\$72 #7064

Thursdays ONLY, February 20 to March 26, 9:05 to 10:05am, \$60/\$72 #7065

Stretch and Mobility

Instructor: Jenni Castaldo, CPT

Increase joint mobility and flexibility while improving core and back strength in our newest fitness class. The goal of a mobility class is to improve your functional movement, that is, your ability to do what you do every day without pain and with more ease of motion. Through stretching exercises using a variety of equipment, you can expect to improve your range of motion and posture, decrease muscle tension, and possibly alleviate some of your aches and pains. A good portion of this class will be down on the floor. All students must be able to get up and down from the floor with ease.

Location: Avenidas@450 Bryant

Tuesdays and Thursdays, January 7 to February 13 (no class 1/21), 8 to 8:45am, \$88/\$110 #7072

Tuesdays ONLY, January 7 to February 11 (no class 1/21), 8 to 8:45am, \$50/\$60 #7073

Thursdays ONLY, January 9 to February 13, 8 to 8:45am, \$60/\$72 #7074

Tuesdays and Thursdays, February 18 to March 26, 8 to 8:45am, \$96/\$120 #7075

Tuesdays ONLY, February 18 to March 24, 8 to 8:45am, \$60/\$72, #7076

Thursdays ONLY, February 20, to March 26, 8 to 8:45am, \$60/\$72 #7077

Strong for Life

Instructor: Cristina 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 650-723-1303 or with the instructor at any time until class is filled.

Location: Avenidas@450 Bryant

Mondays, January 6 to March 30, 9:15 to 10:15am, free #7051

Mondays, January 6 to March 30, 10:30 to 11:30am, free #7052



Tai Chi

Instructor: Dona Marriot

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.

Location: Avenidas@450 Bryant

**Mondays, January 6 to March 23,
10:30am to noon, free #7053**

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, January 7 to February 13
(no class 1/21), 10:15 to 11:15am, \$88/\$110
#7066**

**Tuesdays ONLY, January 7 to February 11 (no class
1/21), 10:15 to 11:15am, \$50/\$60 #7067**

**Thursdays ONLY, January 9 to February 13,
10:15 to 11:15am, \$60/\$72 #7068**

**Tuesdays and Thursdays, February 18 to March 26,
10:15 to 11:15am, \$96/\$120 #7069**

**Tuesdays ONLY, February 18 to March 24,
10:15 to 11:15am, \$60/\$72 #7070**

**Thursdays ONLY, February 20 to March 26,
10:15 to 11:15am, \$60/\$72 #7071**

Zumba Gold

Instructor: Carla Kenworthy, CMK Fitness

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, January 8 to March 18 (no class
2/19), 3:30 to 4:30pm, \$80/\$100 #7049**



Avenidas Connects Membership Options

www.avenidas.org | (650) 289-5400 | info@avenidas.org

	BRONZE \$50/\$80	SILVER \$75/\$120	GOLD \$150/\$250
Discounts on classes	✓	✓	✓
Quarterly newsletter mailed to home	✓	✓	✓
Free movies	✓	✓	✓
Free seminars and workshops	✓	✓	✓
Palo Alto YMCA discounts	✓	✓	✓
Free entrance to Avenidas Chinese Community Center events	✓	✓	✓
Access to Star One Credit Union	✓	✓	✓
Early registration for classes	✓	✓	✓
Discount on wellness services	✓	✓	✓
Café discounts	10%	15%	20%
Free parking pass(es)		✓	✓
Monthly events listing mailed free on request		✓	✓
One free Avenidas Care Partners consultation		✓	✓
One free 30-minute wellness service		✓	✓
One free ticket per member for Avenidas conference of your choice			✓
Access to premium events			✓
Discount on handyman services			✓

CAREGIVER MEMBERSHIP ADD-ON \$75/\$120

- Free 30-minute consultation
- Free wellness service for caregiver
- Two complimentary tickets to Caregiver Conference
- 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

\$970 (single) \$1390 (dual/household)

*includes membership in Avenidas Connects Gold

- 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 assistance
- 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 October 1, 2019.



Schedule a free
in-home
assessment.
Includes home safety evaluation
(650) 328-1001

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

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Palo Alto, CA 94303
(650) 289-5409

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.