Our mission is to help older adults in our community be as active, engaged, and healthy as possible throughout their lives by providing relevant services and programs.
Since 1969, the non-profit organization Avenidas has been a trusted provider of helpful information and engaging programs to older adults and their families on the mid-Peninsula. Avenidas runs two Enrichment Centers, **Avenidas@450 Bryant** in downtown Palo Alto and **Avenidas@Cubberley** in South Palo Alto.

Additionally, Avenidas is licensed by the State of California to run an adult day health care center in Mountain View called the **Avenidas Rose Kleiner Center**.

In 1978, a public-private partnership was formed between Avenidas and the City of Palo Alto, which has outsourced senior services to Avenidas under contract ever since.

We serve the communities of Palo Alto, East Palo Alto, Stanford, Menlo Park, Los Altos, Los Altos Hills, Atherton, Portola Valley, Woodside and Mountain View.
Providing Something for Everybody

Whether you want to exercise your body or keep your brain fit, try your hand at watercolors or creative writing, learn a foreign language or play a game of chess, the Avenidas Learning & Leisure program offers you all that and more.

If you need a massage or a free blood pressure screening, you’ll appreciate the Avenidas Health & Wellness program. When you discover a leaky faucet or you need grab bars installed, the Avenidas Handyman Services program can take care of that for you, reliably and affordably.

When you need transportation assistance, the Avenidas Door to Door program can get you a ride to wherever you need to go, safely and on time. Caregivers can even ride with you at no charge.

“I’m so glad I can call the Avenidas Handyman program every so often and get someone to come out and tackle my list of items that need to be fixed. It’s fast, easy and affordable.” —L.S.
Building Strong Communities

“Most of all, there is contentment in being a member – knowing that I don’t have to worry about my home and lifestyle. Avenidas Village knows me and is there for me—it’s a great feeling!” —E.G.

For folks interested in Asian culture and for Chinese speakers, the Avenidas Chinese Community Center offers activities such as Tai Chi, calligraphy, karaoke, and special festivals, in both Chinese and English.

If you hit a tough patch and want to attend a support group, or receive private counseling, our Avenidas Care Partners program is here for you to rely on.

What if you love your home and want to age-in-place there? The 24/7 support provided by Avenidas Village will keep you independent and serves as an invaluable safety net.

When a loved one needs more activities, socializing and monitoring in the day than you can provide, and you need a break, you can enroll them in the Avenidas Rose Kleiner Center adult day health program, located in Mountain View.
If you find yourself with free time and the urge to give back, you can join our Avenidas Volunteer Corps program and help out in a variety of capacities, such as by tutoring for the Early Literacy Program (ELP) that connects volunteers with school children to help them learn to read.

Or participate in arranging donated flowers into beautiful bouquets that are delivered to veterans and seniors with Avenidas Blooms. We also have the Avenidas Friendly Visitors program where you can meet and talk with older people in their homes to provide support and companionship.

Whatever your interests are, we can match you to the right program.
Avenidas also has several new strategic partnerships that provide programming onsite for our participants to enjoy.

One is with Older Adults Technology Services (OATS), which offers their innovative, award-winning **Senior Planet** technology programming to interested adults who want to learn and explore. Together, we are working to bridge this digital divide.

The other partnership is with CateredToo, a well-respected local catering company that is running **The Redwood @450 Bryant Street**, making tasty and healthy meals and beverages at affordable prices for Avenidas participants and the community.
Where should you head those days you just want to soak up the sun, or try your hand at completing a puzzle, or read a book somewhere quiet? You’ll want to check out our newly renovated building @450 Bryant Street. It provides lots of private nooks for you to relax, play, or chat with others.

If you are looking for a place to help you keep your brain sharp, meet new people, and get energized, you should check out Avenidas at our various locations.

Our professional staff, warm volunteers and talented teachers are all waiting to support and encourage you. So check out our Facebook page, website or sign up for our weekly “Activities” newsletter.

You can also call or simply stop in to take a quick tour of our facility or meet with staff. We invite you to come discover how we are re-inventing aging at Avenidas!
Programs at a Glance

Avenidas Door to Door

Helping you with all your transportation needs!
- Rides to Medical Appointments
- Weekly Grocery Shopping Trips
- Run Errands or Meet Friends
- Caregivers Ride for Free
- Reliable Service at a Low Cost
- Arrive Safe and On-Time

Avenidas Village

Supporting people as they age-in-place!
- 24/7 Phone Support
- Pre-screened Vendors & Discounts
- Transportation Assistance
- Optional Daily Social Phone Call
- Legal 411 & Medi-Pal Programs
- Members-Only Outings & Events

Avenidas Handyman Services

Making homes safe and accessible!
- Painting
- Security
- Plumbing
- Electrical
- Carpentry
- Accessibility

Avenidas Rose Kleiner Center

Caring for clients in safe, nurturing day program!
- Daily Nursing & Health Monitoring
- Group Exercise
- Nutritious Lunches & Snacks
- OT, PT & Speech Therapy
- Transportation
- Stimulating & Fun Activities

Avenidas Chinese Community Center

Exploring cultures, customs and languages!
- Activities in English & Chinese
- Tai Chi & Dance Classes
- Mah Jong, Ping Pong & Karaoke
- Calligraphy & Brush Painting
- Cultural & Diversity Celebrations

Avenidas Volunteer Corps

Putting your time and talent to work!
- Early Literacy Tutors (ELP)
- Provide Rides
- Help with Office Projects
- Do Blood Pressure Screens
- Arrange & Deliver Flowers
- Lead a Class or Activity

Avenidas Health & Wellness

Keeping adults informed and active!
- Fitness Classes
- Health Lectures & Screenings
- Therapeutic Nail Care
- Medical Equipment Loan Closet
- Massage & Acupuncture
- Meditation & Reiki

Avenidas Care Partners

Guiding people through life’s transitions!
- Elder Care Consultations
- Case Management
- Individual & Family Counseling
- Family Caregiver Support Groups
- Information & Referral Services
- Community Presentations

Avenidas Learning & Leisure

Offering opportunities for personal growth & development!
- Brain Fitness
- Art, Music & Writing
- Current Events & Lectures
- Foreign Languages & Drama
- Games & Clubs
- Improv & Wine Tasting
# Membership Options

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

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

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

*includes membership in Avenidas Connects Gold

All prices and offerings are subject to change without notice. Prices effective October 1, 2019.
Our Locations

Avenidas @450 Bryant

450 Bryant St.,
Palo Alto, CA 94301
(650) 289-5400

Avenidas @Cubberley

4000 Middlefield Rd. Bld. B
Palo Alto, CA 94303
(650) 289-5409

Avenidas Rose Kleiner Center

270 Escuela Avenue
Mountain View, CA 94040
(650) 289-5499