



Avenidas Classes

SPRING 2020

Registration opens Monday, March 2nd, for Avenidas members and Thursday, March 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 May 25 in observance of Memorial Day.

Workshops

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

Friday, June 5, 9am to 11:30am, \$35/\$45 #7290

AARP Smart Driver—FULL COURSE

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills. You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Students who complete the course may be eligible for a discount on auto insurance. Discounts may vary. Check with your insurance agent before completing the course.

Space is limited. Pre-registration required

Location: Avenidas@450 Bryant

\$15 AARP Members/ \$20 Non-members payable to the instructor on the day of the class.

Saturday, June 6, 8:30am to 5pm, #7200

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, April 6 to June 22, 10 to 11:50am,
#7214**

Beginning Lip-reading 'B'

Mondays, April 6 to June 22, 1 to 3pm, #7213

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

April 3 #7244

May 1 #7245

June 5 #7246



ACTivate!

Instructor: Ilze Duarte

This 10-week course aims to empower older adults as change makers by teaching key leadership skills and strengthening analytical abilities. You will improve your online research skills, collaborate through Google docs and calendar, and use Twitter and other civic tech to reach elected representatives. At the same time, you'll explore conflict management, increase your self-awareness, and improve your communication skills. By the end of the course, you'll be able to combine your technology and advocacy skills to develop a campaign for social change. Prerequisites: Participants should have an email address that they use. They should also be comfortable navigating websites and searching for information on the Internet.

Location: Senior Planet @Avenidas

**Tuesdays and Thursdays, April 7 to June 11,
10am to 11:15am, \$50 #7271**

Creating Your Own Website

Instructor: Genie Njolito

This 10-week course goes over the basics of web design and reviews important terminology. You will sign up for a Wix account and be guided through the step-by-step process for building your website. You'll also learn how to effectively promote your website. This is a PC-based course. Prerequisites: You must have an email address that you use. You should also be comfortable navigating websites, searching for information on the Internet, and uploading and downloading files. Most importantly, you should have a great idea for a website!

Location: Senior Planet @Avenidas

**Tuesdays and Thursdays, April 7 to June 11,
2pm to 3:15pm, \$50 #7268**



iPad Essentials

Instructor: Ilze Duarte

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, April 6 to May 6,
10am to 11:15am, \$25 #7266**

Smartphone Photography

Instructor: BJ Wishinsky

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 Android OS 6 or later to participate.

Location: Senior Planet @Avenidas

**Wednesdays and Fridays, April 8 to May 8,
2pm to 3:15pm, \$25 #7269**

Free Your Photos

Instructor: BJ Wishinsky

Come to this 5-week course with the digital photos you want to back-up, share, and print! You'll learn to use Google Photos, a Cloud-based platform that allows you to organize and access your pictures across devices. You'll also explore websites for printing and making the most of your pictures by turning them into scrapbooks, calendars, and more! This course is ideal for anyone who has already taken Smartphone Photography.

Prerequisites: You must have an email address that you use and be comfortable navigating the internet. To get the most out of this course, you should be willing to open a Gmail account if you don't already have one.

Location: Senior Planet @Avenidas

**Wednesdays and Fridays, May 13 to June 12,
2pm to 3:15pm, \$25 #7270**

Introduction to Digital Culture for iPads

Instructor: Ilze Duarte

This 5-week course explores the growing role of the internet in everyday life. By the end of this course, you'll know how to connect more easily, avoid scams and fraud, identify reliable health resources, and virtually attend cultural events and museum exhibits. In other words, you will have a better understanding of digital culture! This course will also give you the chance to meaningfully practice skills that you learned in a Basics or Essentials course. Prerequisites: This course is taught on the iPad, which is Apple's table. You should have already taken iPad Basics or iPad Essentials or be somewhat comfortable using a touchscreen or a tablet or smartphone. You must also have an email address.

Location: Senior Planet @Avenidas

**Mondays and Wednesdays, May 11 to June 15,
10am to 11:15am, \$25 #7267**

Creative Arts

Art from the Heart

Instructor: Joyce Barron Leopardo

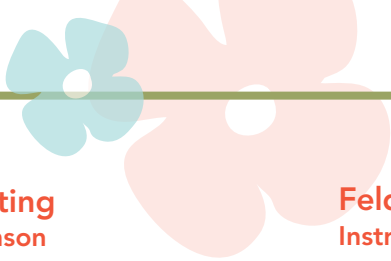
Enhance creativity, healing, and brain fitness while having fun with various watercolor techniques. In this class, you are encouraged to paint what you feel. Joyce encourages painting both traditional and abstracts, playing with design, color and value, and some collage. Joyce has been a juror at the 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: April 6 to May 4, 1:30pm to 4pm,
\$100/\$120 #7288**

**Session 2: May 11 to June 22, 1:30pm to 4pm,
\$120/\$140 #7289**





From Sketching to Painting

Instructor: Juliet Lundy 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, April 21 to June 16 (no class 5/19),
1pm to 3:30pm, \$104/\$120 #7215**

Intermediate Watercolor Painting

Instructor: Linda Logan

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

Location: Avenidas@450 Bryant

**Wednesdays, April 8 to May 27, 9:30am to 12pm,
\$104/\$120 #7216**

Wellness



NEW AT AVENIDAS!

Yoga for Balance, Vitality, and Health (The Bha-Van-aH Class)

Instructor: Jido Lee Ferguson, C-IAYT

In Sanskrit, Bhavana means “development.” Start where you need to be, in a chair or on a mat, to build and restore your physical, energetic, and intellectual self. Experience new strength, energy, and willpower. In this easy-to-follow class, you will experience warm-ups to get your blood flowing and your energy recharged safely and simply. Your yoga practice will be enhanced with uplifting affirmations leaving you feeling more grounded and centered. The class always ends with a healing relaxation.

Location: Avenidas@450 Bryant

**Fridays, April 10 to June 26, 10:15am to 11:15am,
\$78/\$96 #7308**

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, April 8 to June 24, 10am to 11am,
\$88/\$110 #7212**

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, April 8 to July 1, 2pm to 3pm,
free #7224**

ADDITIONAL CLASSES ADDED!

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

2nd and 4th Mondays, 3pm to 4pm, \$25/\$30

April 13 #7293

April 27 #7294

May 11 #7295

June 8 #7296

June 22 #7297



Avenidas Chinese Community Center

Chinese Community Center activities are bilingual in English and Mandarin.

Space is limited. Pre-registration is required.

Questions please call 650-289-5428.

NEW AT AVENIDAS!

Basic Ballroom Dancing

Instructor: Sharon Shang

No partner needed. Ballroom dancing will make you stronger, happier, healthier and smarter! Dancing is fun and it will bring you joy. Beginners welcome.

Register early. Space is limited.

Location: Avenidas@Cubberley

**Mondays, April 6 to May 11, 12:30pm to 2pm,
\$20/\$40 #7283**

Cantonese for Beginners

Instructor: Ingrid Lai

Join an hour-long interactive fun learning environment with other friends. By the end of the class, you will be able to carry basic conversation with other Cantonese.

Space is limited. Pre-registration is required.

Location: Avenidas@Cubberley

**Mondays, April 27 to June 8, (no class 5/25)
11am to 12pm, free/\$35 #7261**

Chinese Brush Painting—Black and White Style

Instructor: Tony West Ho

Chinese painting Master Tony Ho will guide students in learning the techniques of traditional Chinese painting. From the time he was young, Tony studied ink-brush painting with teachers who were disciples of the renowned master Lu Zishu. Learn about brush handling, black and white color mixing and matching, and different flower painting techniques (plum blossom, orchid, bamboo, and chrysanthemum) you can use to create your own beautiful works of art. Plus, landscape basic will be included. Art supplies will not be provided. Please bring or purchase your own supplies. Materials may also be purchased from the teacher for \$80.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

**Thursdays, May 14 to June 18, 1pm to 2:30pm,
\$50/\$72 #7255**

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.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

**Mondays, April 20 to June 1, 1 to 2:30pm, \$50/\$72
#7256**

NEW AT AVENIDAS!

East meets West Healthy Cooking Demo with Instant Pot

Instructor: Samson Ou

Would you like to learn some tips and tricks on how to master the Instant Pot? This hands-on class will teach you how to use this instant pot using easy and delicious recipes. This class is great for everyone and anyone looking to expand their culinary skills. *Cooking demo co-sponsored by Community for Christ Church of Palo Alto.

Sign up for each class individually.

Location: Avenidas@Cubberley

Wednesdays, 1:30pm to 3pm, \$10/\$15 each class

April 8: Yogurt #7276 April 15: Pasta #7278

May 13: Pork Ribs #7280 May 20: Lamb #7279

June 3: Beef Noodle #7281

June 10: Dessert #7282

Exploring Chinese Culture through Mandarin

Instructor: Corinna Shi, VivAsia Fitness

Join this interactive, fun, learning environment and make new friends! By the end of the class, you will be able to hold a basic conversation in Mandarin.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

**Tuesdays, April 7 to May 12, 2:30 to 3:30pm,
\$30/\$35 #7284**



NEW AT AVENIDAS!

Introduction to Chinese Culture in America

Instructor: Andrew Chang

Learn about and explore Chinese Culture through stories, folklore, songs, literature, and beliefs influenced by religion, superstitions and philosophies. Discussions of seasonal festivals will be included. A materials fee of \$10 is payable to the instructor.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

Thursdays, May 21 to June 25, 10:30am to 12pm, free #7274

Karaoke Mingle

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.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

Thursdays, April 2 to June 18, 12pm to 3pm, free/\$35 #7285

Line Dancing@Cubberley

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!

Register early. Space limited.

Location: Avenidas@Cubberley

Tuesdays, April 14 to June 16, 1pm to 2:30pm, free/\$35 #7257

TGIFriday class!

Fridays, April 24 to June 12, 12:30pm to 2pm, free/\$35 #7258

Lotus Dance Fitness

Instructor: Corinna Shi, VivAsia Fitness

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, April 8 to May 13, 9pm to 9:45am, free #7265

Tai Chi & Health Awareness

Instructor: Master Ching (Andrew) Lee

Learn basic concepts of Tai Chi, meditation, 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. Meditation will be a part of this class.

Location: Avenidas@450 Bryant

Mondays, April 6 to May 18, 8am to 9:30am, free/\$35 #7260

Tai Chi Basic

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, April 9 to May 2, (no class 5/25 & June) 9am to 10:30am, free/\$35 #7263

Tai Chi Principles & Concepts

Instructor: Master Ching (Andrew) Lee

Do you know how the world-renowned Tai Chi Chuan nourishes health? How does Tai Chi Chuan promote our senses of balance and harmony? Do you know whether the ways we utilize our body in our daily life are correct, or how they should be utilized? Let us provide you with these answers in Master Lee Ching's Tai Chi class starting in this October. We will no longer just imitate the teacher's moves to practice Tai Chi. After explaining the theory in class, we will immediately practice in order to really understand how to integrate Tai Chi into our life.

Space is limited. Pre-registration required.

Location: Avenidas@Cubberley

Tuesdays, April 7 to May 19, (no class in June) 9am to 11am, free/\$35 #7262



Yuan Ji 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, April 6 to June 22, (no class 5/25)
10am to 11am, free #7264**

Drama

NEW AT AVENIDAS!

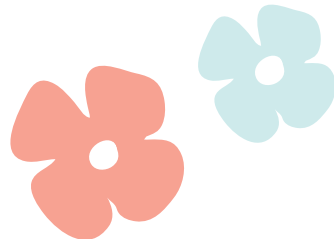
Story Theatre: An adventure in ensemble storytelling

Instructor: Enid Davis

Story Theatre is The Wise Owl Players spring offering. In this 8-week class, we will learn to tell traditional tales about the wisdom of elders around the world. You'll see how the traditional art of storytelling (relating the tale in your own words) is applied when used by two or more tellers to create an ensemble of actors/storytellers for each tale. This will free actors from the printed page without needing to memorize a script. Instructor, Enid Davis, is a professional storyteller who has lectured extensively on the meaning and joys of folk and fairy tales from the oral tradition. There will be two performances of this art during the week of June 21st at a venue, date, and time to be announced. Sign up for the class ONLY if you can make a commitment NOW to be available during class sessions and the days/evening between June 23rd and 28th.

Location: Avenidas@450 Bryant

**Tuesdays, May 5 to June 23, 2pm to 4:30pm,
\$150/\$160 #7225**



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, April 16 to June 25, 1 to 2:45pm,
\$66/\$77 #7303**

Games & Recreation

Intermediate Bridge Instruction

Instructor: Prue Saunders

TOPIC: Play of the hand

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

Recommended, but not required.

Space is limited. Register early.

Location: Avenidas@450 Bryant

**Wednesdays, April 1 to May 20,
9:30am to 11:30am, \$120/\$140 #7226**

**Wednesdays, April 1 to May 20,
1:30am to 3:30pm, \$120/\$140 #7227**

Mah Jong Lessons

Instructor: Sylvia Jeans

Learn how to play classical Chinese Mah Jong then join our Monday afternoon games. Two free lessons.

Space is limited. Register early.

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)325-7444.

Location: Avenidas@450 Bryant

Free, by arrangement.

Humanities

RETURNING TO AVENIDAS!

History as Biography

Instructor: Phil Lumish

A discussion of key individuals, renowned and not, that have influenced their eras.

Location: Avenidas@450 Bryant

**Tuesdays, April 7 to May 26, 10am to 11:30am,
\$32/\$42 #7254**

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, April 9 to May 28, 10am to 11:30am,
\$32/\$42 #7253**

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, April 6 to June 22, 3pm to 5pm,
free #7250**

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, April 8 to July 1, 1:30 to 3pm,
\$27/\$39 #7251**

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, April 8 to May 27, 12:30pm to 2pm,
\$68/\$80 #7304**

Spanish 3/4

Instructor: Leo McCord, Jr.

Spanish for intermediate speakers or those with some experience.

Location: Avenidas@450 Bryant

**Thursdays, April 9 to May 28, 12:30pm to 2pm,
\$68/\$80 #7305**



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, April 6 to June 22, 10:30am to 11pm,
\$25 #7301 Note: new start time**

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

April 16 #7217 May 7 #7218

May 21 #7219 June 4 #7220

June 18 #7221

Avenidas String Orchestra

Instructor: Be'eri Moalem

If you are over 50, play a stringed instrument or percussion and have some musical experience your chance! Playing a musical instrument is very beneficial for the brain, according to neurological research on cognitive functioning. The 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. 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, April 16 to June 4, 11:30am to
12:30pm, \$150/\$160 #7302**

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, April 6 to June 29 (two dates no class
TBA), 1:15pm to 2:30pm, \$30/\$40 #7306**

Creative Writing

Instructor: Dee Ellman, MLS

In this class you will have the opportunity to improve your creative writing skills through discussions on the elements of the craft including setting, imagery, sensory language, dialogue, characterization, and plot. Each week, Dee will present a short talk on one or more of these elements, as we learn together to sharpen these tools to enhance your writing. We will also read and discuss each other's writing in a workshop setting and offer valuable feedback and suggestions. Whether you write fiction, nonfiction, poetry, or memoir, you will find effective assistance and eager listeners. Dee Ellman is a lifelong reader and writer. She has a BA in English Literature and a Master's in Library Science. She has worked as a Public Librarian, School Librarian, Advertising Copywriter, Marketing Copywriter, and a Bookstore Events Manager.

Location: Avenidas@450 Bryant

**Wednesdays, April 1 to June 24 (no class: 4/15,
5/13, 5/20, 5/27, 6/3, 6/10), 10am to 12pm,
\$130, #7307**

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 rhythmic music, including ethnic, classical, folk, and rock, students learn to let go to the spontaneous movement that naturally emerges.

Location: Avenidas@450 Bryant

**Tuesdays, April 7 to June 23, 2:30pm to 4pm,
\$96/\$120 #7287**

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, April 6 to June 22, 1pm to 2pm,
\$88/\$110 #7228**

**Wednesdays, April 8 to June 24,
1:30pm to 2:30pm, \$96/\$120 #7229**

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, April 9 to June 18,
12:45pm to 2:30pm, free #7222**

Note: Cool down for beginners/warm-up for intermediate students are from 2pm to 2:30pm.

Advanced/Intermediate class for experienced students.

**Thursdays, April 9 to June 18, 2pm to 3:40pm,
free #7223**

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, April 15 to May 6, 10am to 11am,
\$32/\$40 #7291**

**Fridays, April 17 to May 8, 10am to 11am,
\$32/\$40 #7292**

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, April 7 to May 14,
9:05am to 10:05am, \$96/\$120 #7230**

**Tuesdays ONLY, April 7 to May 12,
9:05am to 10:05am, \$60/\$72 #7231**

**Thursdays ONLY, April 9 to May 14,
9:05am to 10:05am, \$60/\$72, #7232**

**Tuesdays and Thursdays May 19 to June 25,
9:05am to 10:05am, \$96/\$120 #7233**

**Tuesdays ONLY, May 19 to June 23,
9:05am to 10:05am, \$60/\$72 #7234**

**Thursdays ONLY, May 21 to June 25,
9:05am to 10:05am, \$60/\$72 #7235**

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

**Session 1: Thursdays, April 9 to May 14,
8am to 8:45am \$48/\$60 #7242**

**Session 2: Thursdays, May 21 to June 25,
8am to 8:45am, \$48/\$60 #7243**

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, April 6 to June 29, 9:15am to 10:15am,
free #7247**

**Mondays, April 6 to June 29, 10:30am to 11:30am,
free #7248**

Tai Chi

Instructor: Dona Marriott

Tai 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, April 6 to June 22, 10:30am to 12pm,
free #7249**

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, April 7 to May 14,
10:15am to 11:15am, \$96/\$120 #7236**

**Tuesdays ONLY, April 7 to May 12,
10:15am to 11:15am, \$60/\$72 #7237**

**Thursdays ONLY, April 9 to May 14,
10:15am to 11:15am, \$60/\$72, #7238**

**Tuesdays and Thursdays May 19 to June 25,
10:15am to 11:15am, \$96/\$120 #7239**

**Tuesdays ONLY, May 19 to June 23,
10:15am to 11:15am, \$60/\$72 #7240**

**Thursdays ONLY, May 21 to June 25,
10:15am to 11:15am, \$60/\$72 #7241**

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, April 8 to June 17,
3:30pm to 4:30pm, \$80/\$100 #7252**





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Our innovative programs and compassionate staff enrich the lives of more than 8,500 mature adults and their families each year.