SUMMER 2020

As we offer you our Summer 2020 class catalogue, we realize we do so with uncertainty.

But first, we would like to thank all of our instructors and class coordinators who so willingly immediately switched gears and moved their classes to an online format. Especially in the early stages, we had instructors trying different ways of connecting with their classes and helping each other learn how to host Zoom classes. It has been very inspiring to all of us, seeing our community connect in new ways with all of you leading the way.

Cheers, too, to all the students who have so enthusiastically jumped on the Zoom bandwagon, learning new skills, and transforming their homes into their new classrooms. We appreciate your patience as we work out all the kinks in these new ways of offering our classes and workshops.

We have planned our Summer 2020 with the assumption that it will not be “business as usual” in any of our centers for the time being. The majority of classes are being offered as “Zoom only.” Log on information will be emailed to registered students. The log on information for each class will remain the same for the duration of the summer session.

Registration for “in-person” classes will be limited to ensure social distancing can be maintained. Please check the class description for class size limits. Be sure to register early to secure your place.

We are offering one “hybrid class,” a zoom/in-person combination for Musical Jam Sessions, and have changed the registration process for Wine Appreciation.

We are hoping to reopen our centers with reduced capacity in July, but we will follow the orders of the state and the county as well as the recommendations of our Board of Directors in this matter. All classes, especially those scheduled to be in-person, are subject to changes, delays in the start date, or cancellation.

We apologize for the inconvenience, appreciate your patience, and are extremely grateful for your continued support during these unprecedented times.

Please note Avenidas will be closed Monday, May 25th, in observance of Memorial Day. Check with your instructor to see if your Zoom class will continue to meet.

We hope to see you soon!
Creative Arts

Art from the Heart—In person
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.
Limited to 8 registrations to ensure physical distancing.
Location: Avenidas@450 Bryant
Session 1: Mondays, July 6 to August 3, 1:30 to 4pm, $100/$120 #7565
Session 2: Mondays, August 10 to September 14, 1:30 to 4pm, $100/$120 #7566

From Sketching to Painting—In person
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! Learning aids and individual time is provided to beginners.
Limited to 8 registrations to ensure physical distancing.
Location: Avenidas@450 Bryant
Session 1: Tuesdays, July 7 to August 25, 1 to 3:30pm, $104/$120 #7567

Intermediate Watercolor Painting—In person
Instructor: Linda Logan
Innovative techniques and practice for intermediate level. Previous watercolor experience required.
Limited to 8 registrations to ensure physical distancing.
Location: Avenidas@450 Bryant
Wednesdays, July 8 to August 12, 9:30am to 12pm, $78/$90 #7564

Drama

Improv Funshop—Zoom
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!
Thursdays, July 9 to September 10, 1 to 2:45pm, $60/$70 #7563
The Senior Storybook—A Performance on Zoom—Zoom
Instructor: Enid Davis
You know many fairytales about princesses, but have you ever heard any world-wide folktales on the wisdom of elders? In this class, each participant will receive one story to practice reading aloud; find a head and neck costume online; create a background for; and perform on Zoom under the umbrella of the Avenidas Wise Owl Players. Instructor Enid Davis will teach best reading aloud techniques and will brainstorm with you ideas for a costume and a background. You’ll rehearse in class and practice at home. Ms. Davis is discounting the tuition so that new students will feel easier about taking a chance learning new skills and having fun with our more experienced students. All classes and the performance will happen in the safety of your home. We will dedicate the show to Avenidas for their love of seniors.
Tuesdays, July 14 to August 25, 2 to 3:15pm, $85 #7572

Fitness
Dancing from the Inside Out—In person
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.
Limited to 6 registrations to ensure physical distancing.
Location: Avenidas@450 Bryant
Tuesdays, July 7 to September 8 (no class 7/28), 2:30 to 4pm, $72/$90 #7562

Gentle Hatha Yoga—Zoom
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 have a yoga mat (not a cushioned exercise mat), a yoga belt or tie, and a yoga block if you have one.
Note: An older computer that doesn’t have a camera and audio is ok, as long as you can see and hear the instructor.
Mondays, July 6 to August 31, 1 to 2pm, $72/$90 #7569
Wednesdays, July 8 to September 9, $80/$100 #7570

Line Dancing with Donna—Zoom
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. New students must complete Foothill College registration forms. Email info@avenidas.org for more information. You may also register by emailing Jackie Lauese lauesejackie@fhda.edu.
Beginner class for students new to line dancing or with limited experience.
Thursdays, July 2 to September 10, 12:45 to 2pm, free #7582
Advanced/Intermediate class for experienced students.
Thursdays, July 2 to September 10, 2 to 3:40pm, free #7583
Standing STRONG—Zoom
Instructor: Jenni Castaldo, 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. Please wear appropriate foot wear and ensure your exercise space is free from obstacles and area rugs.
Tuesdays and Thursdays, July 7 to August 6, 9:05 to 10:05am, $80/$100 #7599
Tuesdays ONLY, July 7 to August 4, 9:05 to 10:05am, $50/$60 #7600
Thursdays ONLY, July 9 to August 6, 9:05 to 10:05am $50/$60 #7601
Tuesdays and Thursdays, August 11 to September 17, 9:05 to 10:05am, $96/$120 #7602
Tuesdays ONLY, August 11 to September 15, 9:05 to 10:05am, $60/$72 #7603
Thursdays ONLY, August 13 to September 17, 9:05 to 10:05am, $60/$72 #7604

Total Body Conditioning—Zoom
Instructor: Jenni Castaldo, 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. Please wear appropriate foot wear and ensure your exercise space is free from obstacles and area rugs.
Tuesdays and Thursdays, July 7 to August 6, 10:15 to 11:15am, $80/$100 #7605
Tuesdays ONLY, July 7 to August 4, 10:15 to 11:15am, $50/$60 #7606
Thursdays ONLY, July 9 to August 6, 10:15 to 11:15am $50/$60 #7607
Tuesdays and Thursdays, August 11 to September 17, 10:15 to 11:15am, $96/$120 #7608
Tuesdays ONLY, August 11 to September 15, 10:15 to 11:15am, $60/$72 #7609
Thursdays ONLY, August 13 to September 17, 10:15 to 11:15am, $60/$72 #7610

Strong for Life—In person
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.
Class size will be limited to ensure physical distancing.
Location: Avenidas@450 Bryant
Mondays, July 6 to September 14, 9:15 to 10:15am, free #7577
Mondays, July 6 to September 14, 10:30 to 11:30am, free #7578
Zumba Gold—In person
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).
Limited to 6 registrations to ensure physical distancing.
Wednesdays, July 8 to September 9, 3:30 to 4:30pm, $80/$100 #7571

General Interest

Wine Appreciation—In person
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.
Location: Avenidas@450 Bryant
Limited to 8 registrations to start to ensure physical distancing.
• The number of registrations permitted may increase if members from the same household register.
• If the class is full, please add your name to the waitlist.
• Priority for the August class will be given to those on the July waitlist.
• Priority for the September class will be given to those on the August waitlist.
• Registration for each month will be open approximately one month prior to the class.
First Fridays, 3 to 4:30pm, $12/$15
July 10 #7611
August 7 #7612
September 4 #7613

Games & Recreation

Intermediate Bridge Instruction—Online
Instructor: Prue Saunders
Summer topics TBA.
We need 3 to 4 people (depending on how many tables we have) to act as table hosts. Table hosts will get exact instructions on how to host a table and will also receive a discount on the class fee. Please contact Prue directly at prue@pruesaunders.com if you are interested in helping.
Space is limited.
Wednesdays, July 1 to July 22, 10:30am to 12:30pm, $50/$60 #7619

Humanities

A Class on the Classics—Zoom
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!
Thursdays, July 9 to September 10, 10:30am to 12pm, $30/$40 #7596
Wellness

Feldenkrais: Awareness Through Movement — Zoom
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.

Wednesdays, July 8 to September 9 (two dates no class TBA), 10 to 11am, $64/$80 #7573

History as Biography — Zoom
Instructor: Phil Lumish
A discussion of key individuals, renowned and not, that have influenced their eras.

Tuesdays, July 7 to September 8, 10:30am to 12pm, $30/$40 #7597

Music

Musical Jam Sessions — Hybrid
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. $2 is payable at the time of pre-registration.
Location: Avenidas@450 Bryant and via Zoom
Space is limited to 10 people in-person. Pre-registration is required by 12pm the Wednesday PRIOR to the class date. Pre-registration for Zoom participation is required by 10am the day of the class.

July 2 #7584 (in-person) #7590 (Zoom)
July 16 #7585 (in-person) #7591 (Zoom)
August 6 #7586 (in-person) #7592 (Zoom)
August 20 #7587 (in-person) #7593 (Zoom)
September 3 #7588 (in-person) #7594 (Zoom)

Mindfulness Meditation — Zoom
Instructor: Julie Forbes
Live fully in the moment with simple awareness practices for stress management, wellness and insight.

Wednesdays, July 8 to September 16, 2 to 3pm, free/donation, #7580

Sound Bath — In person
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

Limited to 7 registrations to ensure physical distancing.
2nd and 4th Mondays, 3 to 4pm, $25/$30
July 13 #7614 July 27 #7615
August 10 #7616 August 24 #7617
September 14 #7618
Writing

Creative Writing—Zoom
Instructor: Dee Ellmann, 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. Writers of all levels are welcome and encouraged in this workshop centered class.

Dee Ellmann 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.

Wednesdays, July 8 to August 26, 10am to 12pm, $150 #7581

Memoir-Writing Workshop—Zoom
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.

Mondays, July 6 to August 31, 1:15 to 2:30pm, $30/$40 #7579
Avenidas Chinese Community Center activities are bilingual in English and Mandarin.

Space is limited. Pre-registration is required.

Registration process:
Email Rosie Chow rchow@avenidas.org and Pinki Fung pfung@avenidas.org
Please include your name, email address and phone number. Please put the name of the class and # in the subject line. Once you complete registration for your class, you will receive an email confirmation with the new Zoom link information and instructions for joining the class. Please note: class schedule may change or be cancelled due to the shelter-in-place order or restrictions.

Question please call: 650-289-5409.

NEW AT AVENIDAS!

Healthy Cooking, Healthy Aging—Zoom
Instructor: Samson Ou
This course focuses on sharing simple cooking techniques, healthy ingredients, and establishing quality eating habits for ages 50+. Interactive and fun!
*Co-sponsored by Community for Christ Church of Palo Alto.

Session 1:
July 9: Steamed Eggs
July 16: Braised Beef
July 23: Oxtail Soup
July 30: Steamed Fish
Thursdays, July 9 to July 30, 2 to 3pm, free/$35 #7545

Session 2:
August 13: Rack of Lamb
August 20: Grilled Pork Ribs
August 27: Chicken Soup
September 3: Dessert
Thursdays, August 13 to September 3, 2 to 3pm, free/$35 #7560
**PinkRose Online Office Hours—Zoom**

Grab a coffee or a cup of tea and chat with Pinki and Rosie. See you every Monday and Wednesday on Zoom.

Join Zoom Meeting: [https://avenidas.zoom.us/j/94567722395](https://avenidas.zoom.us/j/94567722395)

Mondays and Wednesdays, July 1 to September 18, 1 to 1:30pm, free #7561

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**Educational Online Field Trips—Zoom**

**Tour Guides: Pinki Fung & Rosie Chow**

Let’s go on a field trip together! This 40-minute weekly online field trip will take you to international concerts, museums, and zoo plus more exclusive adventures. Please bring your own beverages and join us! You don’t want to miss the fun!

**Thursdays, July 9 to September 17, 1 to 1:40pm, free/$35 #7558**

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**Cantonese for Beginners—Zoom**

**Instructor: Ingrid Lai**

Join a 60-minute interactive, fun, online learning environment with other friends. By the end of summer, you will be able to carry on a basic conversation in Cantonese.

**Tuesdays, July 7 to September 15, 1 to 2pm, free/$35 #7546**

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**ACCC Line Dancing—Zoom**

**Instructors: Kent you & Sandy Hsu**

Not your usual line-dancing Zoom 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!

**Tuesdays, July 14 to September 22, 11am to 12pm, free/$35 #7556**

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**Incredible English—Zoom**

**Instructor: Ingrid Lai**

Refresh your English vocabulary and learn new idioms. Fun time for both English and non-English speakers!

**Wednesdays, July 8 to 29, 2 to 3pm, free/$35 #7557**
Learning Chinese Culture in America—Zoom
Instructor: Andrew Chang
Learn and explore Chinese Culture through stories, folklore, songs, literature, and belief influenced by religion, superstitions and philosophies. Whenever possible discussions of origins and customs of various festivals will coincide with events occurring in the current quarter.
Thursdays, July 9 to September 17, 10 to 11am, free/$35 #7547

Online Bilingual Health Education Workshops—Zoom
Speaker: Peining Chang, ACSW | Community Outreach Manager | Alzheimer’s Association | Northern California and Northern Nevada Chapter

10 Warning Signs of Alzheimer’s—Early Detection Matters
If you or someone you now is experiencing memory loss or behavioral changes. It’s time to learn the facts. Early detection of Alzheimer’s disease gives you a chance to begin drug therapy enroll in clinical studies and plan for the future. This interactive workshop features video clips of people with Alzheimer’s disease.
Wednesday, July 15, 11am to Noon, free #7574

Understanding Alzheimer’s and Dementia
Alzheimer’s is not normal aging. It’s a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about: the impact of Alzheimer’s, the difference between Alzheimer’s and dementia, Alzheimer’s disease stages and risk factors, current research and treatments available to address some symptoms, and Alzheimer’s Association resources.
Wednesday, August 5, 11am to Noon, free #7575

Effective Communication Strategies
Teaches caregivers to decode verbal and behavioral communication by someone with Alzheimer’s and other dementias. Participants leave with strategies for meaningful connection with people in early, middle and late stage dementia.
Wednesday, September 23, 11am to Noon, free #7576
Senior Planet @Avenidas is excited to offer the following Lecture + Workshop Series.

Please stay tuned and be on the look out for further information in the Avenidas email blasts and by visiting www.seniorplanet.org/locations/palo-alto/.

**Tech Tips for Saving Money (Lecture + Workshop Series)**
Curious about how tech can save you money? Sign up for this series that meets twice per week over five weeks. You will explore money saving tips for entertainment, prescription medication, and free video calling services. Lectures and hands-on workshops will also cover important tips for shopping online and keeping your personal information secure.

- Protecting your Personal Information Online (lecture) + Staying Safe Online (workshop)
- P2P Payment Services (lecture) + Getting Started with Venmo (workshop) Streaming and Smart TVs (lecture) + Free Streaming with Tubi (workshop)
- Messaging Apps (lecture) + WhatsApp (workshop)
- Online RX Drug Resources (lecture) + Online RX Drug Resources (workshop)

**IoT Lecture series**
The Internet of Things (IoT) is rapidly changing the way we live. From Smart Cities to fitness trackers and smartphones, we increasingly rely on IoT. Come learn more about IoT technology, how it’s already being used in our everyday lives, and what it holds for the future.

- Smart Cities
- Smart Homes
- Wearables
- IoT and Healthcare
- IoT & Entertainment
- Drones
- Voice Assistants
- Wearables

**Entertainment Lecture / Workshop Series**

- IoT Entertainment (lecture)
- Pinterest (lecture + workshop)
- Podcasts (lecture + workshop)
- Spotify (lecture + workshop)
- Streaming and Smart TVs (lecture)
- Free Streaming with Tubi (workshop)
- Video Chat (lecture)
- Youtube (workshop)
Lean on Us CARE INDEED IS READY TO HELP!

We hope that you are doing okay navigating this rapidly changing environment.

We have a large team of caregivers ready to assist you with:

- Prescription and grocery pick-ups
- Transitional Care Services: Hospital Discharge Assistance
- Incidental transportation, and support after medical procedures or hospitalizations

We’re available to help and can travel throughout the Greater Bay Area.

ASK US ABOUT OUR NEW REBATE PROGRAM & HOW TO EARN UP TO $1K BACK EVERY THREE MONTHS!

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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.