



day-caring

Friendly, compassionate daytime care and health support provided by Avenidas Rose Kleiner Center staff members to frail older adults

- Enrichment activities & socializing
- Nursing care & health monitoring
- Nutritious, tasty lunches & snacks
- Onsite therapies & group exercise
- Transportation to/from center

Re-Opening Soon!
Contact Us about Enrolling Today!

FREE GIFT UPON VISIT
 Must mention Promo Code PAW

 **Avenidas Rose Kleiner Center**
 (650) 289-5499 • www.avenidas.org/care
Quality day-caring for Your Aging Loved One!

For complete schedule or info about Avenidas events, call 650-289-5400

June 1
Techie Tuesdays Explore Tech Lectures
 2-3:15pm via Zoom. For information or to register email rspv@seniorplanetavenidas.org. Free.

June 2
Mindfulness Meditation, every Wednesday
 2-3pm via Zoom. Visit www.Avenidas.org for log on information. Free.

June 3
Wonder Women Lesbian Social Group
 Every 1st & 3rd Thursday, 3-4pm via Zoom. Email jenn@seniorshowerproject.com for info and to register. Free.

June 4
National Donut Day
 Sprinkles or glazed?

June 7
LGBTQ+ Empowerment and Connections
 2:30 -3:30pm via Zoom. RSVP for log on info to LGBTQ@avenidas.org. Free

June 8
Avenidas Village Coffee Chat
 10am via Zoom. Email dgreenblat@avenidas.org to register. Free.

June 9
Book Club: Carnegie's Maid by Marie Benedict
 2:30-4pm via Zoom. RSVP for log on info to register@avenidas.org. Free

Bilingual Event: Dragon Boat Festival Virtual Food Tour
 2-3pm via Zoom Presented in English and Mandarin. RSVP by 6/7 to ACCC@avenidas.org. Free.

June 10
Bilingual Event: Dragon Boat Festival Cultural Learning Event
 10-11am via Zoom. Presented in English and Mandarin. RSVP by 6/7 to ACCC@avenidas.org. Free.

Info Session: ClearCaptions Advanced Telephone Captioning,
 11am-12pm via Zoom. RSVP for log on info to register@avenidas.org. Free

LGBTQ Song Appreciation Group "Favorite Song About an SF Bay Area City"
 4-5pm via Zoom. Email tkingery@avenidas.org for more info and to register. Free

June 11
Webinar: Oral Health Concerns of Older Adults
 1:30-2:30pm via Zoom. RSVP for log on info register@avenidas.org. Free.

June 14
Webinar: Introduction to Nonfinancial Retirement Planning with Lyn Christenson
 1:30-2:30pm via Zoom. RSVP for log on info register@avenidas.org. Free.

Bilingual Workshop: Impacts of COVID-19 on Asian Americans with Janice Tsoh, PhD
 1-2pm via Zoom. Presented in English and Cantonese. RSVP for log on info ACCC@avenidas.org. Free.

June 15
FREE CLASS DEMO! From the Ground Up: I-Wellness Yoga Therapy – Toes to Crown
 11am-12pm with Jido Lee Ferguson via Zoom
 RSVP for log on info register@avenidas.org. Free.

June 16
Hosting A Zoom Meeting
 10-11am on Wednesdays, Senior Planet @ Avenidas. RSVP to rspv@seniorplanetavenidas.org for log on information. Free

June 17
Avenidas Village Coffee Chat
 10am via Zoom. Email dgreenblat@avenidas.org to register. Free.

Tinnitus Support Group with guest speaker Dr. Ben Thompson
 5:30-7:30pm via Zoom. RSVP for log on info to register@avenidas.org. Free.

June 18
National Go Fishing Day, and interestingly, International Sushi Day.

June 21
LGBTQ+ Empowerment and Connections: discussion of the film "In the Heights"
 2:30 -3:30pm via Zoom. RSVP for log on info to LGBTQ@avenidas.org. Free

June 22
Apple Tech Tutoring
 1:15-3:30pm via Zoom, on Tuesdays. RSVP required. Email rspv@seniorplanetavenidas.org. Free.

June 23
Care Forum: Caring for Someone with Dementia and Preserving Brain Health - How best to take care of yourself and your loved one with dementia.
 Speakers: Dr. Rita Ghatak and Dr. Ellen Brown
 11am-12:30pm via Zoom. RSVP for log on info register@avenidas.org. Free

June 24
Book Club: Conundrum by Jan Morris
 2:30-4pm via Zoom. RSVP for log on info to register@avenidas.org. Free

Mandarin Workshop: Mindfulness Self-care with Guest speaker: Teresa Cheng
 1-2pm via Zoom. Presented in Mandarin. RSVP for log on info ACCC@avenidas.org. Free.

Gay Men's Walking Group Planning Meeting
 3-3:30pm, 2nd & 4th Thursdays via Zoom. Email tkingery@avenidas.org for more info and to register. Free.

LGBTQ Song Appreciation Group "Your Personal Soundtrack"
 4-5pm via Zoom. Email tkingery@avenidas.org for more info and to register. Free

June 25
 National Food Truck Day. Mmmmmmm.....

June 28
Paul Bunyan Day
 Take time to learn more about local folklore

June 29
Hug Holiday
 Give a hug to someone who needs one!

June 30
Avenidas Village Coffee Chat
 10am via Zoom. Email dgreenblat@avenidas.org to register. Free.