Avenidas Programs

Avenidas Village
Living Better – At Home!
- Pre-screened Vendors
- Transportation Support
- Members-Only Website
- Handyman & Tech Support Help
- Social Events & Interest Groups
- Check-in Phone Call (if desired)

Avenidas Rose Kleiner Center
Caring for participants in a safe, nurturing day program!
- Daily Nursing & Health Monitoring
- Stimulating Activities & Group Exercise
- Social Work Services & Caregiver Support
- OT, PT & Speech Therapy Interventions
- Nutritious Lunches & Snacks
- Door to Door Transportation

Avenidas Door to Door
Keeping seniors connected to outside services!
- Rides to Medical & Dental Appointments
- Delivery of Groceries & Medications
- Referrals to House Cleaning, Handyman, Laundry & other In-Home Services
- Calls from Friendly Voices (Avenidas Partner)
- Trips to Shopping Excursions & Social Outings

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 Health & Wellness
Keeping adults informed and active!
- Fitness Classes
- Health Lectures & Screenings
- Therapeutic Nail Care
- Medical Equipment Loan Closet
- Qi Gong, Feldenkrais & Yoga Therapy
- Meditation

Avenidas Learning & Leisure
Offering opportunities for personal growth & development!
- Medicare, Legal & Tax Counseling Services
- Art, Drama & Writing
- Current Events & Lectures
- Games & Clubs
- Improv & Wine Tasting
- Offerings Online & In-Person
Avenidas Programs

Avenidas Chinese Community Center

Exploring cultures, customs and languages!

• Activities in both English & Mandarin
• Tai Chi & Dance Classes
• Mahjong, Ping Pong & Karaoke
• Calligraphy & Brush Painting
• Cultural & Diversity Celebrations
• Offerings Online & In-Person

Avenidas Volunteer Corps

Putting your time and talent to work!

• Tutor with Early Literacy Program (ELP)
• Provide Rides
• Help with Office Projects
• Do Blood Pressure Screens
• Assist at Conferences & Events
• Lead a Class or Activity

Avenidas Rainbow Collective

LGBTQ Seniors Initiative

Delivering resources and services needed by LGBTQ Seniors!

• Socialization
• Case Management
• Health & Wellness
• Cultural Competency Workshops
• Information & Assistance
• Caregiving Support & Resources

Avenidas @450 Bryant

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

Avenidas Chinese Community Center @Cubberley

(650) 289-5409
4000 Middlefield Rd, Bldg. H5
Palo Alto, CA 94303

Avenidas Rose Kleiner Center

(650) 289-5499
270 Escuela Ave
Mountain View, CA 94040-1813

Avenidas @450 Bryant

Innovative and award-winning technology programming!

• Virtual Tech Lectures & Workshops for Seniors
• Virtual Discussion Groups
• (NEW!) Virtual Programming Offered in Mandarin
• One-on-One Technology Support & Training
• Daily Virtual Fitness & Wellness Classes
• Free National Tech Hotline

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