SUMMER 2022

Registration opens Monday, June 6 for members and Thursday, June 16 for non-members. Classes for the summer session are a mix of in-person, on Zoom only, or hybrid. Each class is labeled with an icon to help you see the format at-a-glance. There are more details for the hybrid classes in the "location" information for each class. Log on information for Zoom classes and hybrid classes will be emailed to registered participants. Avenidas reserves the right to require COVID-19 vaccinations for students registering for in-person classes. Space is limited in some classes. Please register early.

Avenidas is closed Mondays, July 4 and September 5. No in person or hybrid classes will meet. Please contact your instructor for Zoom only classes.

Creative Arts

Art From the Heart 🎨
Instructor: Joyce 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: Mondays, July 11 to August 8, 1 to 3:30pm, $100/$125 #8813
Session 2: Mondays, August 15 to September 9, 1 to 3:30 pm, $100/$125 #8814

From Sketching to Painting 🎨
Instructor: Juliet Johnson
Beginners welcome! In this 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.

Bring a sketch pad and some colored pencils and you’re ready to go! Sketching is a fun thing to do anywhere: in a cafe, airport lobby, or waiting for an appointment. Acrylic painters will see how easy it is to create beautiful art. Painters: please check at the front desk for a materials list.

Location: Avenidas@450 Bryant
Tuesdays, July 5 to August 23, 1 to 3:30pm, $160/$200 #8804

Intermediate Watercolor Painting 🎨
Instructor: Linda Logan
Innovative techniques and practice for intermediate level. Previous watercolor experience required.

Location: Avenidas@450 Bryant
Wednesdays, July 13 to August 17, 9:30am to noon, $120/$150 #8791
Languages

NEW AT AVENIDAS!

Beginning Conversational Spanish  
Facilitator: P.A. Moore
Join us as we practice basic beginner Spanish using common conversational topics. Knowing a few basic, polite expressions goes a long way towards building relationships.

Facilitator P.A. Moore isn’t a native Spanish speaker but wants to practice with others who are keen to learn.
Location: Avenidas@450 Bryant
Mondays, August 1 to 29, 2 to 3:30pm, $60/$75, #8815

Drama

Improv Funshop  
Instructor: Elizabeth Whalley with Carolyn Kwiatek
You have the personality, the wit, or the quickness to do improv. Come to class for proof! In class, you’ll learn skills to foster your playfulness, spontaneity, and creativity. 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! Call to schedule your free trial class!
Location: Zoom
Thursdays, July 7 to September 15, 1 to 2:45pm, $88/$110 #8794

General Interest

Current Events Discussion Group  
Join one of the liveliest discussion groups on the peninsula! Each week members get together to discuss and debate the hottest news topics. Rotating group facilitators prepare summaries of critical issues as well as thought-provoking questions for discussion. All ideas, opinions, and preferences are welcome and regarded with respect.
Location: This class is via Zoom except the for the 1st Wednesday of the month which meets in person at 450 Bryant Street.
Wednesdays, July 6 to September 21, 1:30 to 3pm, $30/$45 #8803

Wine Appreciation  
Instructor: Jim Wu
Interested in learning 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
Fridays, 3 to 4:30pm, $14/$18
July 1, #8795
August 5, #8796
September 2, #8797

Wellness

BACK BY POPULAR DEMAND!
Qi Gong: The Six Healing Sounds  
Instructor: Jido Lee Ferguson
Receive a fresh energy charge using ancient Chinese Qi Gong practice. You’ll build up your life force by repeating vigorous unvoiced breath sounds. This practice concentrates the mind and clears key internal organs, preparing you for deep meditation. Six-sounds-healing eliminates stale energies and bolsters fresh capacity for health and strength.

Jido Lee Ferguson is a senior yoga teacher, registered yoga therapist, and energy teacher who knows how to help you lower your stress levels. Over the past 8 years, Jido Lee has led dozens of people to apply energy practices to their everyday lives, transforming stress into strength.
Location: Zoom
Tuesdays, July 12 to August 30, 10:30 to 11:30am, $80/$96 #8812
Breathing Exercises for Healing and Recovery

Instructor: Jido Lee Ferguson

Who could believe that the simple act of breathing deeply could improve well-being so radically? This three-session Zoom class introduces Yogic and Taoist breathing exercises for use in daily practice. As you follow these practices, deepening your breath has many benefits: calming the nerves, reducing soreness in muscles, removing toxins from the bloodstream. The resulting improvement in your sense of well-being is well worth the effort. Shallow breathing has many negative side effects, depressing the emotional system and lowering available energy. For people with physical challenges such as chronic pain, learning to breathe more deeply and rhythmically is an economical way to feel better without taking more medication.

Location: Zoom

Mondays, July 11 to 25, 11am to noon, $45/$60

Feldenkrais®: Awareness Through Movement

Instructor: Judy Windt

Feldenkrais® uses slow, mindful movements to achieve powerful effects in terms of strength, flexibility, and holistic integration of body and mind. Unique to the Feldenkrais Method® is that these lessons tie directly into functional movements of daily life, such as walking efficiently, safely lifting objects, and improving one’s posture in sitting or standing. Judy will guide you through a sequence of movements, encouraging you to move with gentle attention within a comfortable range. As you attend to the improving quality of movement, unnecessary muscular tensions throughout yourself can reorganize and release. Students are often amazed at the quick and clear changes that occur in an Awareness Through Movement lesson!

Location: Avenidas@450 Bryant and Zoom

Wednesdays, July 6 to September 14, 10 to 11am, $100/$120

In-person class: #8792
Zoom only class: #8793

Mindfulness Meditation

Instructor: Julie Forbes

Live fully in the moment with simple awareness practices for stress management, wellness, and insight. Log on information is available on our registration site or email register@aveniads.org.

Location: Zoom

Wednesdays, July 6 to September 21, 2 to 3pm, free #8798

Fitness

Lotus Dance Fitness

Instructor: Kim Lopez

Add the “spice of culture” to your virtual fitness program with VivAsia Lotus, an aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes include different dance styles (fan dance, taiko drumming, Bollywood, bandari and more) with cultural props for a fun experience. Participants can sit or stand while dancing.

Location: Avenidas@450 Bryant and Zoom

Mondays, July 11 to September 16, 10:30 to 11:15am, free

In-person class: #8805
Zoom only class: #8806
**Zumba Gold**  🕺

**Instructor: Carla Kenworthy**

Are you ready? It’s time to try out those moves you’ve been working on the past two years and bring them to the studio! With upbeat music, we’ll have fun dancing to Latin and world rhythms—salsa, Bollywood, cumbia, cha cha—and work our bodies and brains. No dance experience necessary, modifications and progressions given so you decide how and when to pick it up or turn it down. This is a low-impact hour of fun, spirited movement, followed by an extended cool-down and stretch, so you’ll feel extra fine when you’re done. Wear comfortable workout clothing and sneakers, but please NO sandals/hiking (heavily-treaded) or leather-soled shoes. Bring a towel and water.

**Location:** Avenidas@450 Bryant

**Wednesdays, July 6 to September 7, 9:15 to 10:25am, $90/$108 #8808**

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**Gentle Hatha Yoga**  🕺 + 📞

**Instructor: Terry Lesser**

You don’t have to be flexible to do yoga or have a particular body type. We start where you are and combine traditional yoga postures and other movements to improve body awareness, balance, agility, range of motion, strength, and flexibility—all while focused on calming the heart and mind. Along with the powerful tool of our breath, we will move with mindfulness through standing, seated, and reclining positions. The intention is that at the end of class you will feel energized, stronger, longer, looser, and relaxed. We will also practice how to use what we learn in our daily lives. **Required:** You will need to be able to get up and down from the floor and a non-slip yoga mat. A list of additional props will be emailed to enrolled participants.

**Location:** Avenidas@450 Bryant and Zoom

**In-person classes:**

- **Mondays, July 11 to September 12, 1 to 2pm, $90/$108 #8799**
- **Wednesdays, July 13 to September 12, 1:30 to 2:30pm, $100/$120, #8801**

**Zoom only classes:**

- **Mondays, July 11 to September 14, 1 to 2pm, $90/$108 #8800**
- **Wednesdays, July 13 to September 14, 1:30 to 2:30pm, $100/$120, #8802**

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**Standing STRONG**  🕺 + 📞

**Instructor: Jenni Castaldo, CPT**

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 and Zoom

**July classes, July 5 to 28, 9 to 10am**

- **Tuesdays and Thursdays, $80/$96:**
  - in-person #8817, zoom only #8820
  - Tuesdays ONLY, $48/$60: in-person #8818, zoom only #8821
  - Thursdays ONLY, $48/$60: in-person #8819, zoom only #8822

**August classes, August 3 to 25, 9 to 10am**

- **Tuesdays and Thursdays, $90/$108:**
  - in-person #8823, zoom only #8826
  - Tuesdays ONLY, $60/$75: in-person #8824, zoom only #8827
  - Thursdays ONLY, $48/$60: in-person #8825, zoom only #8829

**September classes, September 1 to 29, 9 to 10am**

- **Tuesdays and Thursdays, $70/$84:**
  - in-person #8829, zoom only #8832
  - Tuesdays ONLY, $36/$45: in-person, #8830, zoom only #8833
  - Thursdays ONLY, $48/$60: in-person #8831, zoom only #8834
**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 the intermediate advanced class for experienced dancers. 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 contact register@avenidas.org to register.

**Very Beginners:**

**Location:** Zoom

**July classes,** July 5 to 28, 10:15 to 11:15am

- Tuesdays and Thursdays, $80/$96: in-person #8835, zoom only #8838
- Tuesdays ONLY, $48/$60: in-person #8836, zoom only #8836
- Thursdays ONLY, $48/$60: in-person #8837, zoom only #8840

**August classes,** August 3 to 25, 10:15 to 11:15am

- Tuesdays and Thursdays, $90/$108: in-person #8841, zoom only #8844
- Tuesdays ONLY, $60/$75: in-person #8842, zoom only #8845
- Thursdays ONLY, $48/$60: in-person #8843, zoom only #8846

**September classes,** September 1 to 29, 10:15 to 11:15am

- Tuesdays and Thursdays, $70/$84: in-person #8847, zoom only #8850
- Tuesdays ONLY, $36/$45: in-person, #8848, zoom only #8851
- Thursdays ONLY, $48/$60: in-person #8849, zoom only #8852

**Total Body Conditioning**

**Instructor:** Jenni Castaldo, CPT

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 and Zoom

**July classes,** July 5 to 28, 10:15 to 11:15am

- Tuesdays and Thursdays, $80/$96: in-person #8835, zoom only #8838
- Tuesdays ONLY, $48/$60: in-person #8836, zoom only #8836
- Thursdays ONLY, $48/$60: in-person #8837, zoom only #8840

**August classes,** August 3 to 25, 10:15 to 11:15am

- Tuesdays and Thursdays, $90/$108: in-person #8841, zoom only #8844
- Tuesdays ONLY, $60/$75: in-person #8842, zoom only #8845
- Thursdays ONLY, $48/$60: in-person #8843, zoom only #8846

**September classes,** September 1 to 29, 10:15 to 11:15am

- Tuesdays and Thursdays, $70/$84: in-person #8847, zoom only #8850
- Tuesdays ONLY, $36/$45: in-person, #8848, zoom only #8851
- Thursdays ONLY, $48/$60: in-person #8849, zoom only #8852

**Strong for Life**

**Instructor:** Cristina Weigert, CPT, Stanford Health Care

This national model program is designed specifically for older adults with physical limitations to improve strength and functional movement.

Space is limited. No online registration. Email tmcloud@avenidas.org to register.

*Participants must complete the required Stanford paperwork prior to the first class.

**Location:** Avenidas@450 Bryant or Zoom

**Mondays, July 11 to September 19,**

- 9:30 to 10:30am, free #8809
- 10:45 to 11:45am, free #8810
Writing

Memoir-Writing Workshop —waitlist available
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 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, July 11 to September 12, 2 to 3:15pm, $50/$60 #8807

Avenidas Clubs
Clubs are free for Avenidas members.
Non-member fee: $5/meeting or $45/quarter, unless otherwise noted.
Materials are not provided. For more information email register@avenidas.org.

* Play Reading Club, Mondays, 10:30am to noon
* Collage Club, Tuesdays, 9:30 to 11:30am
* Tuesday Trekkers, Tuesdays, 10am
* History as Biography, Tuesdays, 10:30am to noon
* Poetry, Myths, Fairy Tales and More Reading Club, Wednesdays, 10:30am to noon
* Book Club, 1st Wednesdays and 4th Thursdays, 2:30 to 4pm
* Avenidas Hiking Club, Thursdays, 10am
* Arts Discussion Club, Thursdays, 10:30 to noon
* Musical Jam Sessions, 1st & 3rd Thursdays, 2 to 3:30pm
* Flashback Friday Literature Reading Club, Fridays, 10:30am to noon
* Social Bridge, Fridays, 1:30 to 3:30pm
* Club Aveneedles, Fridays, 2 to 4pm
* Chess Club, by arrangement
* These clubs are free for everyone.
Now that Senior Planet at Avenidas has reopened, we are excited to provide some new offerings or offerings that you might already be familiar with but with some updates! Please note that we will be closed on Monday, September 5, 2022, in observance of Labor Day.

Please note that all days and times are subject to change, so for programming updates, please subscribe to the Senior Planet @Avenidas weekly e-newsletter at www.seniorplanet.org/get-involved/newsletters/. Also please feel free to visit www.seniorplanet.com for further information on any of the offerings below.

**Tech and Innovation Discussion Group 🗣️**
No registration required and please visit www.seniorplanet.org/locations/palo-alto/events/ for login information.
**Mondays, April 11 to June 13, 12 to 1 pm, free**

**Short Story Discussion Group for New Participants 📚**
To register, please email rsvp@seniorplanetavenidas.org and mention that you would like to join the Short Story Discussion Group. You will receive an email response with the login information to join us.
**Tuesdays, July 12 to September 13, 11am to 12pm, free**

**Wellness Wednesday Explore Tech Lectures 🗣️**
No registration required. Every Wednesday, we’ll offer a lecture or workshop addressing a wellness topic as it relates to technology—from meditation apps to wearables.
**Wednesdays, August 3 to September 14, 10 to 11am, free**

**Mandarin-speaking Technology Programming 📚**
Thursdays, July 14th to September 15th, 9 to 10 am, free

**Silicon Valley Speaker Series: Information Technology Business Processes 🗣️**
No registration required and please visit www.seniorplanet.org/locations/palo-alto/events/ for login information.
**Fridays, July 15 to September 16, 9 to 10am, free**
Creative Arts & Music

NEW AT AVENIDAS!

ACCC Singing Chinese Songs with Ukulele

Instructor: AJ Jew

Learn Chinese language, sing songs, and play the ukulele at the same time. This may seem like a daunting task but you will learn all this in our 4-session Zoom class. This beginner class will go through some basic chords on the ukulele to accompany singing some popular Chinese songs. No need to read music, have a good singing voice, or have nimble fingers. You also have the option to just sing-along and not play the ukulele. After the sessions, you will learn enough to perform, or you may get the opportunity to perform at ACCC’s Annual Virtual Moon Festival Celebration in September.

Music supplies will not be provided. Space is limited.

Thursdays, July 28 to August 18, 1 to 2pm, free/$35 #8783
NEW AT AVENIDAS!

ACCC Stories Behind Songs
Instructor: Andrew Chang
This is an interactive class where participants will listen and/or sing some common songs and learn about the song writers and singers and the stories, myths, folklores behind some popular and common Western and Chinese songs. Class participants are also encouraged to share their favorite songs and stories.
Thursdays, August 25 to September 15, 10 to 11am, free/$35 #8784

ACCC Online Karaoke
Sing your heart out to your favorite songs! Send your favorite songs with YouTube links in any language to us in advance and our virtual DJ will add them to the playlist. Hurry up! Grab your headset (with microphone) and become a virtual super star in no time! We welcome cheerleaders, followers, and anyone who loves dancing along with music to join.
Space is limited. Pre-registration is required.
Fridays, July 22 to September 9, 1 to 2pm, free/$35 #8779

NEW AT AVENIDAS!

ACCC The Art of Plant and Flower Photography
Instructor: Chris Shum
Photography is an excellent activity to keep the brain active and boost memory as well as help prevent dementia and boost self-confidence. In photographing flowers and plants, you can also appreciate the beauty of nature. In this class, Chris teaches you how to photograph flowers and plants in a creative and artistic way and make this a fun activity. Participants will complete simple assignment with guidance and will share their work in class.
Participants are required to have their own photography device. Smartphones are okay.
Chris has been a professional photographer for over 15 years. He has been awarded in many international photography contests. Join this class and learn to develop this wonderful hobby!
Wednesdays, July 27 to August 10, 10:30 to11:30am, $40/$65, #8781
NEW AT AVENIDAS!

ACCC Plant and Flower Photography In-person Workshop 📸
Instructor: Chris Shum

There is nothing compared to a real hands-on, in-person training to try out techniques with the instructor right by you to answer any questions you might have. You will have tons of fun learning in practical situation while you shoot. In this workshop, we will meet at a local garden to practice photographing flowers/plants together followed by a separate critique session via Zoom to share our work!

Participants are required to bring their own photography device. Smartphones are okay.

Chris has been a professional photographer for over 15 years. He has been awarded in many international photography contests. Join this workshop to get insights into flower and plant photography while enjoying the beautiful nature!

**Wednesdays, August 24 to August 31 $65/$90 #8782**

**Workshop:** Wednesday, August 24, 9:30 to 11:30am  
Location: Elizabeth Gamble Garden, Palo Alto  
**Critique Session:** on Zoom, Wednesday, August 31, 10:30 to 11:30am

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**ACCC Chinese Brush Painting—Lingnan Painting Style 🎨**

Instructor: Andrew Siu

Andrew Siu is an internationally recognized teacher 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. Space is limited.

**Pre-registration required.**

**Mondays and Fridays, 10:30am to noon**  
**Session 1:** July 11 to August 5, $40/$65 #8777  
**Session 2:** August 22 to September 16 (no class 9/5) $40/$65 #8778

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**ACCC 花卉攝影實踐工作坊 📸**

**導師:** 沈茂林

實踐工作坊為您提供一個很好的機會來練習你在課堂上學到的技巧和知識，還有老師在您身邊，隨時回答您可能遇到的任何問題。拍攝時會獲得很多樂趣，學到很多在實際情況下使用技巧，不僅可以提高自己的技能，還可以結識新朋友！在這個工作坊中，我們將在指定花園見面，一起練習花卉攝影技巧和概念，並通過 Zoom 來分享我們的作品，並加以分析討論！

Chris 是一位資深專業攝影師，有十五多年經驗，亦獲得無數國際獎項。大家一起來學習培養拍照這個愛好！

週三, 8 月 24 日至 8 月 31 日, $65/$90 #8782

**實踐工作坊:** 週三, 8 月 24 日, 上午 9 時 30 分 至 11 時 30 分  
**地點:** Elizabeth Gamble Garden, Palo Alto  
**網上分析討論:** 週三, 8 月 31 日, 上午 10 時 30 分 至 11 時 30 分

**ACCC 中國國畫班—嶺南畫派 🎨**

**導師:** 蕭日明

蕭日明先生為國際級嶺南派國畫老師，他曾經於中國、香港及三藩市等地舉辦個人畫展。本課程為國畫基礎，針對顏色配搭運用，配合富有現代感色彩的中國畫風，結合中西合壁混合西方技巧。歡迎初學者！

名額有限，請從速預先報名。  
週一及週五，上午10時30分至12時，  
課程 1: 7 月 11 日至 8 月 5 日，$40/$65 #8777  
課程 2: 8 月 22 日至 9 月 16 日，(9/5 沒課)，$40/$65 #8778
Fitness

BACK AT AVENIDAS!

ACCC Tai Chi with Master 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.
Space is very limited.
Available to Avenidas members only.
Proof of COVID-19 vaccine and masks are required.
Location: Avenidas@450 Bryant
Thursdays, July 7 to September 15, 1 to 2:30pm, free #8772

ACCC Virtual BaDuanJin Exercise
BaDuanJin exercise helps to improve your mind and body. Join us for this 30-minute virtual group exercise practice. A volunteer facilitator will guide you through Eight Pieces of BaDuanJin session.
*Participants must complete a waiver prior to class.
Intermediate Level: Mondays,
July 11 to September 12, 2:30 to 3pm,
(no class 9/5), free #8776
*Intermediate students must have completed at least ONE quarter of BaDuanJin class with us.

Welcome Beginners: Wednesdays,
July 13 to September 14, 9:30 to 10am, free #8775

ACCC Virtual Line Dancing
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!
*Participants must complete a waiver prior to class.
Tuesdays, July 12 to September 13, 11am to noon, free/$35 #8774
ACCC Lotus Dance Fitness  
Instructor: Corinna Shi, VivAsia
Add the “spice of culture” to your personal fitness program! Lotus Dance is an aerobic dance-fitness program that showcases many of the vibrant cultures of the continent of Asia. Classes include different styles of dance (fan dance, taiko drumming, Bollywood, bandari and more) with cultural props for a fun experience. Participants can sit or stand while dancing and use household items such as fruit, chopsticks, towels and more!
*Participants must complete a waiver prior to class.
Fridays, July 15 to September 16, 9:30 to 10:15am, free #8773

Cultural

ACCC Incredible World Cultural Tour  
Guide: Ingrid Lai
On this 8-week virtual cultural tour of the World, you’ll get to see the most famous attractions around the world from the comfort of your couch. This weekly online tour will take you to explore local cuisine, street foods, and international famous attractions, plus other more exclusive adventures. Please bring your own beverages and join us! You don’t want to miss this interactive fun trip!
Wednesdays, July 20 to September 14, 2 to 3pm, (no class 8/17 and 9/7), free/$35 #8785

Special event, RSVP required by 8/24:
ACCC Incredible World Cultural Tour: Moon Festival Food Tour  🌖+枵
Wednesday, September 7, 2 to 3:15pm, free #8786
ACCC Cantonese Class—Intermediate Level
Instructor: Ingrid Lai
Join a 60-minute interactive, fun learning environment with other friends. Intermediate level—for members who have some basic understanding of Cantonese. Pre-registration required. Space is very limited for in-person class and is available to Avenidas members only. Proof of COVID-19 vaccine and masks are required. Location: Avenidas@Cubberley and Zoom
In-person class: Tuesdays, July 12 to September 6, 1 to 2pm, free/$35 #8787
Zoom only class: Tuesdays, July 12 to September 6, 1 to 2pm, free/$35 #8788

ACCC Learning Chinese Culture in America
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 14 to August 4, 10 to 11am, free/$35 #8789

ACCC 廣東話 - 中級班
導師: 勵老師
誠意邀請您參加這有趣又好玩的60分鐘互動學習, 課程適合對粵語有一些基本了解的學員。
必要預先註冊登記。
現場課程名額有限，目前現場活動僅限 Avenidas 會員。
網上課程同步進行。
學員需要提供 COVID-19 疫苗證明和配戴口罩。
上課地點: Avenidas@Cubberley 及網上
現場:
週二, 7月12日至9月6日下午1時至2時, 免費/$35 #8787
網上:
週二, 7月12日至9月6日下午1時至2時, 免費/$35, #8788

ACCC 中華文化風俗介紹
導師: 張健
學習有趣的中華文化, 鄉土風俗, 迷信與哲學影響的文化故事, 課程互動有趣, 突破歌曲民謠、文學和中西文化背景學習, 探索中華文化·課程內容設計以時令節為主, 趣味討論各種傳統節日之起源和習俗。
週四, 7月14日至8月4日, 上午10時至11時, 免費/$35 #878
Avenidas Programs

Avenidas Village
Living Better – At Home!

Avenidas Rose Kleiner Center
Caring for participants in a safe, nurturing day program!

Avenidas Door to Door
Keeping seniors connected to outside services!

Avenidas Care Partners
Guiding people through life’s transitions!

Avenidas Health & Wellness
Keeping adults informed and active!

Avenidas Learning & Leisure
Offering opportunities for personal growth & development!

Avenidas Chinese Community Center
Exploring cultures, customs and languages!

Avenidas Volunteer Corps
Putting your time and talent to work!

Avenidas Rainbow Collective LGBTQ Seniors Initiative
Delivering resources and services needed by LGBTQ Seniors!

Avenidas.org
(650) 289-5400

Senior Planet
From AARP

Innovative and award-winning technology programming!
# Avenidas Connects Membership Options

![Avenidas Logo](https://www.avenidas.org)

**Website:** [www.avenidas.org](http://www.avenidas.org) | **Phone:** (650) 289-5400 | **Email:** info@avenidas.org

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<thead>
<tr>
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<th>BRONZE</th>
<th>SILVER</th>
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<td>Discounts on classes</td>
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<tr>
<td>Discounts on wellness services</td>
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<td>Early registration for classes</td>
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<td>Quarterly newsletter mailed to home</td>
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<td>Free entrance to Avenidas Chinese Community Center events</td>
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<td>Exclusive access to Avenidas Hiking Club</td>
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<tr>
<td>Free participation in Avenidas Clubs</td>
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<td>Access to Star One Credit Union</td>
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<td>Credit for Revel paid events</td>
<td>$25</td>
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<td>Free parking pass(es)</td>
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<td>One free Avenidas Care Partners consultation</td>
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<td>Discount on one round trip Door to Door ride</td>
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<td>One free wellness service</td>
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## CAREGIVER MEMBERSHIP ADD-ON $75/$120
- Two, free 45-minute consultations
- Free BRONZE membership for care recipient
- One week free at Avenidas Rose Kleiner Center for your loved one

## AVENIDAS VILLAGE MEMBERSHIP for aging-in-place support
- $1040 (single) | $1490 (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

We have a few options for renewing your membership:
- Renew online, using your email address as your log in ID.
- Call us at (650) 289-5400 and one of us will call you back to process your renewal over the phone.

Please email info@avenidas.org for assistance.

All prices and offerings are subject to change without notice. Prices effective May 1, 2022.
Peace of Mind at BridgePoint at Los Altos

At BridgePoint at Los Altos, serving our residents is a badge of honor we proudly wear every day. Our goal is to create a safe haven of comfort, wellbeing, and best-in-class hospitality and health care. Safety and security have always been an integral part of our wellness philosophy - it’s in our DNA as associates who have been trained to treat your family members as part of our extended family. We are here to take the worry out of your decision to make the move now.

We are so confident you’ll love living with us, we guarantee it. That’s the true meaning of peace of mind.

Call 650.948.7337 to schedule your community experience today. We can’t wait to meet you!