AVENIDAS PROGRAMS HELP YOU RE-CONNECT, RE-INVIGORATE, AND RE-DISCOVER YOURSELF!

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

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

**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 Rose Kleiner Center**
Caring for participants in a safe, nurturing day program!
- Daily Nursing & Health Monitoring
- Music & Art
- Group Exercise
- Social Work Services & Caregiver Support
- OT, PT & Speech Therapy Interventions
- Nutritious Lunches
- Holiday Celebrations
- Transportation

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

**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 Celebrations
- Offerings Online & In-Person

**Avenidas Volunteer Corps**
Sharing Your Time and Talents!
- Tutor with Early Literacy Program (ELP)
- Provide Rides
- Help with Office Projects
- Do Blood Pressure Screens
- Assist at Conferences
- Lead a Class or Activity

**Avenidas Door to Door**
Keeping seniors connected to outside services!
- Rides to Medical & Dental Visits
- Grocery Deliveries
- Medication Pickups
- Referrals to In-Home Services
- Calls from Friendly Voices (Avenidas Partner)
- Trips to Social Outings

**Avenidas Rainbow Collective**
Delivering resources and services needed by LGBTQ Seniors!
- Socialization
- Case Management
- Health & Wellness
- Cultural Competency Workshops
- Information & Assistance
- Caregiving Support & Resources

**Senior Planet from AARP @ Avenidas**
Innovative and award-winning technology programming!
- Virtual Tech Lectures & Workshops for Seniors
- Virtual Discussion Groups
- Virtual Programming Offered in Mandarin
- One-on-One Technology Support & Training
- Daily Virtual Fitness/Wellness Classes
- Free National Tech Hotline

avenidas.org (650) 289-5400