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. Join in-person or via Zoom.

Location: Avenidas@450 Bryant or Zoom
Wednesdays, January 4 to March 29, 1:30 to 3pm, $30/$45
In-person #9221, Zoom only #9222

In-Person= ⓦ  Zoom= 🖥️  Hybrid= ⓧ+💻

General Interest
RETURNING FAVORITE!

Art Appreciation 🎨
Instructor: Na Omi Judy Shintani
This class focuses on building a deeper understanding and appreciation for the visual arts. Students will learn about a different artist each week and gain an understanding of what influenced each artist as well as the artistic process of each. Shintani specializes in presenting a multitude of artists from different cultural backgrounds who work in different media, including textile, glass, painting, sculptural, environmental, and kinetic. The artists are traditional to contemporary in nature.

This is a free, non-credit Foothill College class at Avenidas. Registration is required. Register at register@avenidas.org or with Jackie Lauese at lauesejackie@fhda.edu.

Location: Zoom
Wednesdays, January 11 to March 29, 3 to 4:30pm, free #9258
Wine Appreciation  
Instructor: Jim Wu
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, January 6 #9210
February 3 #9211
March 10 #9212

Breathing Exercises for Healing and Recovery  
Instructor: Jido Lee Ferguson, RYT
Who could believe that the simple act of breathing deeply could improve well-being so radically?
This 3-session Zoom class introduces Yogic and Taoist breathing exercises for strengthening the breathing apparatus. Placing friction on both the inhale and exhale can help develop strength in the muscles that acuate breathing. For people with challenges such as chronic pain, learning to breath more deeply and rhythmically is an economical way to feel better without take more meds. You’ll end the class refreshed and strengthened. Jido Lee Ferguson developed this class for people rebuilding their breathing strength.
Location: Zoom
Mondays, February 27 to March 13, 10:45 to 11:45am, $30/$40 #9282

Wellness

Qi Gong: The Six Healing Sounds  
Instructor: Jido Lee Ferguson, RYT
Research shows that blood pressure can be lowered by strengthening the breathing musculature. Qi Gong is the ancient Chinese medicinal and martial practice designed to do just that. You’ll build up your life force by repeating vigorous, unvoiced breath sounds, exerting friction on the exhale. This practice also concentrates your mind and opens internal organs, preparing you for deep meditation. As you connect with Zoom leader Jido Lee Ferguson, who has led this class in a variety of settings since 2016, your mind will be nurtured, and you’ll end the class refreshed and strengthened.
Location: Zoom
Mondays, January 23 to February 6, 10:45 to 11:45am, $30/$40 #9281

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: Zoom
Wednesdays, January 4 to March 22 (one date no class TBA), 10 to 11am, $110/$132
In-person #9216, Zoom only #9280
Mindfulness Meditation at Avenidas
Instructor: Susan Ezequelle
We will practice together to meet the stress and challenges of life with awareness and compassion. Mindfulness meditation deepens our hearts and minds as we bring non-judgmental awareness to whatever arises in our human experience. Peace of mind can be just a breath away. Each class will begin with some instruction and then move to guided meditation.
Location: Avenidas@450 Bryant
Tuesdays, January 3 to March 28, 2 to 3pm, free #9214

Mindfulness Meditation on Zoom
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 online registration site or by emailing register@avenidas.org.
Location: Zoom
Wednesdays, January 4 to March 29, 2 to 3pm, free #9215

Music
Beginning Ukulele
Instructor: P.A. Moore
A New Year, a New Hobby! Join the Mighty Ukulele Movement and exercise your brain and fingers. Music provided, some loaner ukes available. Contact the instructor to reserve a loaner uke: pamooe99@hotmail.com.
Location: Avenidas@450 Bryant
Tuesdays, February 7 to 21, $90/$100 #9234

Drama
A Wise Owl Play: “Into the Woods with the Wise Owl Players”
Instructor: Enid Davis
Creative people all over the world dip into the well of traditional fairytales, folktales, and fables for inspiration and ideas. William Shakespeare, himself, was a deep diver. The Wise Owl Players will perform a dramatic reading of a variety of these old stories that will stretch the actors in many ways. For example, you will learn to read in a larger-than-life fashion. Folk yarns do not study the unique personalities of the characters involved. Rather, they study the archetypes they portray: the witch, the ogre, the king, the princess, the fox, the turtle, etc. The plot goes zooming along and you must, too. Also, there must be joyfulness involved, as you take the audience on a magic carpet ride.
Rehearsals: The cast is open to anyone who has participated in a Wise Owl drama class. There will be no auditions to join the cast. Perfect attendance at rehearsals is expected. One unavoidable absence is allowed, except for the first and last rehearsals.
Performance dates: Sundays, March 19 and March 26, 2 to 4pm. Call time 1pm.
Sign-ups: No internet registration. Email Director Enid Davis at eahdavis@yahoo.com starting Monday, December 5. Both Avenidas members and non-members can apply on this date. Enid will send your name to Avenidas and they will call you to take your registration information and payment. Class size limited to 12 people. A few partial scholarships are available for this class.
Location: Avenidas@450 Bryant
Tuesdays, January 24 to March 14, $150/$160 #9204

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 games, skill-building exercises, and short scenes, all improvised. It’s fun and very good for your brain! No experience needed or expected. All are welcome and encouraged. Laughter guaranteed! Call to schedule your free trial class, or just drop-in!
Location: Zoom
Thursdays, January 5 to March 23, 1 to 2:30pm, $96/$120 #9205
Languages

Spanish for Beginners  
Instructor: P.A. Moore
These courses are a continuation of part 1 from November. Each class is one month and focuses on specific topics. Join all the sessions or just those which meet your level. Textbook required (not included): *Easy Spanish Step-by-Step*—1st edition by Barbara Bregstein (pub. 12/21/2005). A future session will be scheduled in May 2023.

*Location: Avenidas@450 Bryant*

**SESSION 2 TOPICS:** numbers and dates; regular verbs; irregular verbs (Chapter 4, 5, and 6).
Tuesdays, January 3 to 31, 2 to 3:30pm, $100/$120 #9236

**SESSION 3 TOPICS:** future tense using "ir"; adjectives and adverbs; negatives and prepositions (Chapter 7, 8, and 9).
Tuesdays, March 7 to 28, 2 to 3:30pm, $80/$100 #9237

Creative Arts

Art From the Heart  
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.

*Location: Avenidas@450 Bryant*

**Session 1:** Mondays. January 9 to February 13, 1 to 3pm, $100/$120 #9185

**Session 2:** Mondays, February 27 to March 27, 1 to 3pm, $100/$120 #9186

Games & Recreation

Intermediate Bridge Instruction  
Instructor: Prue Saunders
Class for intermediate players. Topics TBA.
*Location: Avenidas@450 Bryant*

Wednesdays, February 1 to March 8, 11am to 12:30pm, $120/$150 #9235

Dot Mandala Workshop: From How to Wow!  
Instructor: Katherine Sharqi
Dot Mandalas are beautiful, unique works of art created by using specialized tools. This is a very peaceful and almost meditative art form that reduces stress, quiets the body, and lets the inner artist blossom. Step-by-step, dot-by-dot, Katherine will guide you in creating your own mini-masterpiece. She’ll teach you how to use the tools and build the pattern outward from the center, as well as more advanced techniques such as top-dotting. At the end of this 3-week course, you’ll be amazed and proud of the work you created! Each participant will receive a kit containing everything they need to create their own dot mandala, including tools, paint, techniques, and instruction. The class fee includes the price of the kit.

*Location: Avenidas@450 Bryant and Zoom*

Thursdays, January 12 to 26, 10 to 11:30am, $65/$80 #9277
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 café, 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, January 17 to March 7, 1 to 3pm, $160/$200 #9213

Intermediate Watercolor Painting
Instructor: Linda Logan
Innovative techniques and practice for intermediate level. Previous watercolor experience required. Registered students are welcome to come and work in the studio in weeks the class doesn’t meet.
Location: Avenidas@450 Bryant
This class is offered in single sessions. Students are welcome to register for one or more classes in advance or at the front desk the day of class.
Wednesdays, January 4 and 18; February 1 and 15; March 1, 15, and 29, 10am to 12:30pm, $25/$35 per class #9227–#9233

Fitness
Zumba Gold
Instructor: Carla Kenworthy
Are you ready? It’s time to try out those moves you’ve been working on 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, January 11 to March 15, 9:30 to 10:40am, $80/$96 #9206

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, January 9 to March 20, 10:30 to 11:15am, free
In-person #9256, Zoom only #9257
Gentle Hatha Yoga  ⛩️ + 📀
Instructor: Terry Lesser
You do not 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. January 9 to March 20, 1 to 2pm, $90/$108 #9217

Wednesdays, January 4 to March 22, 1:30 to 2:30pm, $120/$144 #9219

Zoom only classes:
Mondays, January 9 to March 20, 1 to 2pm, $90/$108 #9218

Wednesdays, January 4 to March 22, 1:30 to 2:30pm, $120/$144 #9220

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 a free, non-credit Foothill College class at Avenidas. Call or email Jackie Lauese to register (650) 949-7103 or lauesejackie@fhda.edu. You may also contact register@avenidas.org to register.

Very Beginners
Location: Zoom

Thursdays, January 12 to March 30, 12:40 to 2:30pm, free #9223

Intermediate Advanced
Location: Avenidas@450 Bryant and Zoom

Tuesdays, January 10 to March 28, 1:45 to 3:35pm, free

In-person #9224, Zoom only #9225

Advanced
Location: Zoom

Thursdays, January 12 to March 30, 2:35 to 4:25pm, free #9226

Strong for Life  ⛩️
Instructor: Cristina Weigert, CPT
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 and Zoom

Mondays, January 9 to March 20, 9:30 to 10:30am, free #9207

Mondays, January 9 to March 20, 10:45 to 11:45am, free #9208
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.
The instructor will teach in person on Tuesdays and via Zoom on Thursdays. Students are welcome to join in person one or both days.
Location: Avenidas@450 Bryant and Zoom
January classes, January 3 to 31, 9 to 10am
Tuesdays and Thursdays, $90/$108
In-person #9238, Zoom only #9238
Tuesdays ONLY, $60/$75
In-person #9240, Zoom only #9241
Thursdays ONLY, $48/$60
In-person #9242, Zoom only #9243
February classes, February 2 to 28, 9 to 10am
Tuesdays and Thursday, $80/$96
In-person #9244, Zoom only #9245
Tuesdays ONLY, $48/$60
In-person #9246, Zoom only #9247
Thursdays ONLY, $48/$60
In-person #9248, Zoom only #9249
March classes, March 2 to 30, 9 to 10am
Tuesdays and Thursdays, $90/$108
In-person #9250, Zoom only #9251
Tuesdays ONLY, $48/$60
In-person #9252, Zoom only #9253
Thursdays ONLY, $60/$75
In-person #9254, Zoom only #9255

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, resistance bands, and an exercise mat.
Location: Avenidas@450 Bryant and Zoom
January classes, January 3 to 31, 10:15 to 11:15am
Tuesdays and Thursdays, $90/$108
In-person #9259, Zoom only #9260
Tuesdays ONLY, $60/$75
In-person #9261, Zoom only #9262
Thursdays ONLY, $48/$60
In-person #9263, Zoom only #9264
February classes, February 2 to 28, 10:15 to 11:15am
Tuesdays and Thursday, $80/$96
In-person #9265, Zoom only #9266
Tuesdays ONLY, $48/$60
In-person #9267, Zoom only #9268
Thursdays ONLY, $48/$60
In-person #9269, Zoom only #9270
March classes, March 2 to 30, 10:15 to 11:15am
Tuesdays and Thursdays, $90/$108
In-person #9271, Zoom only #9272
Tuesdays ONLY, $48/$60
In-person #9273, Zoom only #9274
Thursdays ONLY, $60/$75
In-person #9275, Zoom only #9276
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 and Zoom
Mondays, January 9 to March 20, 2 to 3:15pm, $50/$60 #9209

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
* Novella Reading Club Wednesdays, 10:30am to noon
Book Club, 1st Wednesdays and 4th Thursdays, 2:30 to 4pm
Avenidas Hiking Club, Members only Thursdays, 10am
* Arts Discussion Club, Thursdays, 10:30 to noon
* The Eccentric Readers 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 Aveneekles, Fridays, 2 to 4pm
Chess Club, by arrangement
* These clubs are free for everyone.
ACCC Bilingual Clubs

ACCC Clubs are available for Avenidas members only and meet in-person at ACCC®@Cubberley, Room H5. All clubs are free, unless otherwise noted. Materials are not provided. Mahjong player matching is not available. For more information or advance booking, email accc@avenidas.org.

Chinese Lingnan Style Brush Painting, Fridays, 10:30am to noon
Mahjong Club, four players per table upon booking. By arrangement.
Shutterbug: Photography Walking Club, 1st Wednesdays, 10:30 to 11:30am
Creative “We Rock!” Painting, 2nd Wednesdays, 11am to 12:30pm
Cantonese Brown Bag Social, 2nd Wednesdays, 12:30pm to 2pm
**Fitness**

**ACCC Virtual BaDuanJin Exercise**

BaDuanJin exercise helps to improve your mind and body. Join us for this 30-minutes virtual group exercise practice. A volunteer facilitator will guide you through Eight Pieces of BaDuanJin session.

*Participants must complete a waiver prior to class.

*Zoom Intermediate Level:

Mondays, January 23 to March 13, 2:30 to 3pm, free #9187

*Students must have completed at least ONE quarter of BaDuanJin with us.

Welcome Beginners!

Wednesdays, January 18 to March 15, 9:30 to 10am, free

In-person (space is limited) #9189

Zoom only #9188

**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 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.

Space is limited.

Tuesdays, January 17 to March 7, 11am to noon, free/$35

In-person #9190, Zoom only #9191

**ACCC Lotus Dance Fitness**

Instructor, Corrina 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, February 3 to March 17, 9:30 to 10:15am, free

In-person #9193, Zoom only #9192
ACCC Tai Chi with Master Li
Instructor: Master Li
Learn basic concepts of Tai Chi, breathing exercises, standing pole postures, muscle strength, balance, and the Thirteen Movement routine. The class will begin with fundamentals to understand Qi, feel Qi and use Tai Chi to attain and maintain good health. This class is offered bilingually in English and Mandarin. Space is very limited. Available to Avenidas members only.
Location: Avenidas@450 Bryant
Thursdays, January 5 to March 23, 1 to 2:30pm, free #9197

Creative Arts & Music
ACCC Karaoke Happy Hour
Sing your heart out to your favorite songs! It’s time to practice your favorite songs in any language. Live KJ will add them to the live playlist. Hurry up! Grab your microphone and become a super star in no time! We welcome cheerleaders, followers, and anyone who loves dancing along with music to join. Space is limited. Pre-registration required.
In-person
Fridays, January 13 to March 17, 1 to 2:30pm, free/$35, #9194
ACCC The Art of Plant and Flower Photography + Workshop  
Instructor: Chris Shum
Learning new things can keep one’s mind sharp and help prevent dementia. Photography is an excellent activity to keep the brain active and boost memory. This class teaches you how to photograph flowers and plants in a creative and artistic way and make this a fun and engaging activity. The third week is an outdoor workshop which provides a perfect practice opportunity for the material you have learned, and you can share your work in class.

Chris is 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!

[Note: 1. Participants are required to have their own photography device. Smartphones are okay. 2. The third class is an outdoor workshop in Palo Alto. The details will be announced later. Participants are required to provide their own transportation.]

Location: Avenidas@H5 Cubberley, Palo Alto
Wednesdays, March 8 to March 29, 10:30 to 11:30am, $120/$180, #9195
* March 15 (offsite workshop day)

ACCC Incredible World Culture Tour  
Guide: Ingrid Lai
On this six-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, February 15 to March 22, 2 to 3pm, free/$35 #9198

ACCC 春日花卉攝影藝術+工作坊
導師: 沈茂林老師
學習新事物可保持頭腦靈活，有助預防腦退化。攝影可以保持大腦活躍和增強記憶力，在拍攝花卉和植物的同時，您可以欣賞大自然的美麗。這課程教您如何把花卉和植物拍攝得有創意和有藝術性，並使之成為有意趣的活動。第三課的戶外工作坊可以實踐在課堂上學到的技巧和知識，並可在課堂上分享作品。Chris 是一位資深專業攝影師，有十五多年經驗，獲得多個國際獎項，大家一起來學習培養拍照這個愛好！

週三, 3 月 8 日至 3 月 29 日, 工作坊日: 3 月 15 日
上午 10 時 30 分至 11 時 30 分, $120/$180 #9195

探索文化

ACCC 世界文化旅行團  
隊長導師: 勳穎老師
在這個為期六週的世界網上文化之旅中，您可在家中舒適的沙發上欣賞世界上最著名的文化景點。這每週一次的線上旅遊將帶您探索當地文化食品、街頭美食和國際著名且具代表性地標名勝及其他更好玩的趣味歷險。請倒杯熱茶一起來參與！你可不能錯過這互動繽紛旅行喔！這個每週一次的在線旅遊將帶您探索當地美食、街頭美食和國際著名景點，以及其他更獨特的冒險。

週三, 2 月 15 至 3 月 22 日下午 2 時至 3 時, 免費/$35 #9198
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 discuss origins and customs of various festivals that falls within the current quarter.
Thursdays, January 19 to March 9, 10 to 11am, free/$35
In-person #9026; Zoom only #9199

Special Cultural Event: Lunar New Year Celebration: The year of the Rabbit
Welcome ages 50 plus | RSVP by Jan 9 | Space is limited,
Thursday, January 26, 11am to 12:30pm, free
In-person #9200, Zoom only #9023

ACCC Everyday Cantonese
Instructor: Ingrid Lai
Come join a 60-minute interactive, fun learning environment with other friends. By the end of the class, you will be able to carry basic conversation with other Cantonese speakers.
Pre-registration required. Space is very limited to Avenidas members only. Proof of COVID-19 vaccine and masks are required.
Location: Avenidas@Cubberley and Zoom
Tuesdays, February 7 to March 7, 1 to 2pm, free/$35
In-person #9202, Zoom only #9025
Rainbow Song Appreciation Group  🎵
Facilitator: Thomas Kingery
Songs hold meaning in our hearts and minds. Come join us on Zoom and share those songs that have touched your life. Each group meeting has a predetermined theme for song submissions. We will play your song for the group during the Zoom meeting and allow you to share the meaning that your song holds for you with the group. Registration required.
Location: Zoom
2nd and 4th Thursdays, 4 to 5pm, free

Wonder Women Social Group  💪
Facilitator: Jenn Chan
Socialize with our lesbian community. We meet virtually twice a month on the first Thursday and the third Tuesday of each month and host open conversations on news, trends, festivals, relationships, home projects, and what matters to you. Share your unique flair with this group. Registration required.
Location: Zoom
1st Thursdays, 3 to 4pm, free
3rd Tuesdays, 7 to 8pm, free

Rainbow Walking Group  👤+🚶‍♂️
Facilitator: Thomas Kingery
This LGBTQ+ Inclusive walking group meets monthly on the second Saturday of the month at various locations throughout the SF Bay Area. Our members are all older adults who enjoy socializing and getting outside in community. Our meetups include visits to city, county, and state parks, historic landmarks, festivals, museums, and other points of interest in our region. After each meetup we enjoy a meal together at a local eatery. Join us and have some fun while making new friends.
The group hosts a Zoom meeting the Thursday before the meet-up so that new members can familiarize themselves with the group, discuss and vote on upcoming meetup locales, as well as touch base and connect. Registration required.
Location: Zoom and TBD
Planning meeting: 2nd Thursday of the month, 3 to 3:30pm, free
Meetup: 2nd Saturday of the month, time varies

Avenidas Rainbow Collective is a program that focuses on improving the health and well-being of LGBTQ Older Adults through socially engaging groups and activities, community building opportunities, and supportive services.
The Avenidas Rainbow Collective is proud to offer our LGBTQ+ inclusive programming online and in person to participants. Dates and times are subject to change. Sign up for our newsletter to get up to date information on these and other upcoming groups, workshops, and events.
Please email LGBTQ@Avenidas.org to register for or to get more information on any of our listed groups or workshops.
**Cell Phone Photography Workshop**  
*Instructor: Luis Castillo*

In this workshop led by a professional photographer, Luis Pedro Castillo you will learn how to use your phone and how to take amazing photos. Participants take what they have learned and apply it to their monthly photo assignment. You may join the workshop anytime. *Registration required.*

*Location: Zoom*

2nd and 4th Fridays, January 13 to March 24, 4:30 to 6pm, free

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**LGBTQ+ Community GayME Night**  
*Facilitator: Thomas Kingery*

Join the Avenidas Rainbow Collective for our monthly LGBTQ Older Adult Social Group. Enjoy free coffee, snacks, and fun as we socialize and make new friends. Join us for Ping Pong, Bingo, board games and great conversations. Learn about the LGBTQ older adult community and other resources that are available to them via the Santa Clara County sponsored Avenidas Rainbow Collective program. This is an intergenerational activity that is open to all people of all identities.

*Locations:*

- **Mt View Senior Center**  
  266 Escuela Ave, Mountain View, CA  
  3rd Tuesdays, 4 to 6pm, drop-in, free

- **Avenidas Senior Center**  
  450 Bryant St., Palo Alto, CA  
  4th Wednesdays, 4 to 6pm, drop-in, free

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**LGBTQ+ Movie Night**  
*Facilitator: Thomas Kingery*

LGBTQ+ Movie Night is your opportunity to enjoy an LGBTQ+ friendly movie for free at Avenidas in Palo Alto. Each month we screen a movie, serve popcorn, and offer an opportunity to chat about the movie before heading home.

*Location: Avenidas @450 Bryant*

4th Wednesdays, 6 to 8:00pm, drop-in, free
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