SUMMER 2023
Registration opens Monday, June 5 for members and Thursday, June 15 for non-members. Summer classes are a mix of in-person, Zoom only, or hybrid. Each class is labeled with an icon to help you see the format at-a-glance.

Log on information for Zoom classes and hybrid classes will be emailed to registered participants. Space is limited in some classes. Please register early.

Avenidas is closed Tuesday, July 4 and Monday, September 4. Classes are not scheduled to meet.

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, July 10 to August 7, 1 to 3pm, $100/$125 #9606
Session 2: Mondays, August 14 to September 18, 1 to 3pm, $100/$125 #9607

Dot Mandala Workshops
Instructor: Katherine Shariq
Dot Mandalas are beautiful works of art created by using specialized tools. This is a very peaceful and 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 a different project each month. She’ll teach you how to use the tools and build the pattern. At the end of each 3-week course, you’ll have a beautiful completed project. Each participant will receive a kit containing everything they need for each project. (The class fee includes the price of the kit). *If you have a kit from a previous class with Katherine, please let her know at the first class.

Location: Avenidas@450 Bryant
July project: Flowerpot
Wednesdays, July 5 to 19, 2:30 to 4pm, $80/$95 #9631

August project: Mug or teacup & saucer
Wednesdays, August 9 to 23, 2:30 to 4pm, $80/$95 #9632

September project: Coasters
Wednesdays, September 6 to 20, 2:30 to 4pm, $80/$95 #9633
**Creative Arts**

**A Wise Owls Drama Class—Stretch Those Acting Muscles**  
*Instructor: Enid Davis*  

Here’s your chance to toss the script and unchain yourself from the music stand. Now that we’ve performed those folk and fairytales, we are going to use this genre to become even more uninhibited in expression and freer physically while telling a story with others. You will do this by hearing the stories orally. Each actor becomes an individual character and narrator. Folktales are plot driven and actors tell their part of the story in their own words. Audio files of each story will be e-mailed to you during the course.  

**NOTE:** This class requires small teams to work together in order to gain desired skills and, as such, students count on each other’s presence and at-home preparation. Therefore, steady attendance is required.  

This class is open to everyone. There is no performance; so, have no worries about trying something new. The Owls are friendly, and we welcome newcomers!  

*Location: Avenidas@450 Bryant*  
**Tuesdays, August 1 to September 5, 1:30 to 3:30pm, $135/$150 #9617***

**Improv Funshop**  
*Instructor: Elizabeth Whalley with Carolyn Kwiatek*  

You have what it takes to do improv! Come to class for proof. In class, you’ll learn skills to foster your personal strengths and build your creativity, playfulness, and spontaneity. We’ll play games, do improv exercises, and make up short scenes. It’s fun and very good for your brain! *No experience needed or expected.* Everyone is welcome and encouraged. Laughter guaranteed! Call to schedule your free trial class, or just drop-in!  

*Location: Avenidas@450 Bryant*  
**Thursdays, July 6 to September 21, 1 to 2:30pm $96/$120 #9609***

**Fitness**

**NOW HYBRID!**

**Bingocize**  
*Instructors: Erinna Poon, OTR/L and Raheema Hemraj, OTR/L, Stanford Health Care*  

Looking for a way to be more active?  

*Bingo + Exercise = Bingocize!*  

Bingocize is a 10-week fall prevention program that combines the game of bingo and exercise. Play bingo, exercise together, and learn about techniques to reduce falls.  

*Location: Avenidas@450 Bryant and Zoom*  
**Mondays and Wednesdays, July 10 to September 18, 11am to noon, free In-person #9599, Zoom only #9600***

**From Sketching to Painting**  
*Instructor: Juliet Lundy 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 18 to September 5, 1 to 3pm, $160/$200 #9616***
**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. Bring a non-slip yoga mat and a towel to put under your head while we’re on the floor. We have props to share including yoga blocks, straps, and small massage balls, or you can bring your own.

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

**In-person classes:**
Monday, July 10 to September 18, 1 to 2pm, $80/$96 #9610
Wednesday, July 5 to September 20, 1:30 to 2:30pm, $120/$144 #9612

**Zoom only classes:**
Monday, July 10 to September 18, 1 to 2pm, $80/$96 #9611
Wednesday, July 5 to September 20, 1:30 to 2:30pm, $120/$144 #9613

**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 tmccloud@avenidas.org to register.* Participants must complete the required Stanford paperwork prior to the first class.

**Location:** Avenidas@450 Bryant

**Mondays, July 10 to September 23 (no class 8/21), 9:30 to 10:30am, #9601**

**Mondays, July 10 to September 23 (no class 8/21), 10:45 to 11:45am, #9602**

**Zumba Gold**
*Instructor: Carla Kenworthy*

Come join this happy group! The hour flies by as we have fun dancing to 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 a 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 5 to September 13, 9:30 to 10:30am, $100/$120 #9598**
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, resistance bands, and hand weights will be a part of the class format.

*The instructor teaches via Zoom Thursdays. In-person students are welcome at Avenidas.

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

**July classes, July 6 to 27, 9 to 10am**
- Tuesdays and Thursdays, $70/$84
- In-person #9634, Zoom only #9635
- Tuesdays ONLY, $36/$45
- In-person #9636, Zoom only #9637
- Thursdays ONLY, $48/$60
- In-person #9638, Zoom only #9639

**August classes, August 1 to 31, 9 to 10am**
- Tuesdays and Thursdays, $100/$120
- In-person #9640, Zoom only #9641
- Tuesdays ONLY, $60/$75
- In-person #9642, Zoom only #9643
- Thursdays ONLY, $60/$75
- In-person #9644, Zoom only #9645

**September classes, September 5 to 28, 9 to 10am**
- Tuesdays and Thursdays, $80/$96
- In-person #9646, Zoom only #9647
- Tuesdays ONLY, $48/$60
- In-person #9648, Zoom only #9649
- Thursdays ONLY, $48/$60
- In-person #9650, Zoom only #9651

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.

*The instructor teaches via Zoom Thursdays. In-person students are welcome at Avenidas.

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

**July classes, July 6 to 27, 10:15 to 11:15am**
- Tuesdays and Thursdays, $70/$84
- In-person #9652, Zoom only #9653
- Tuesdays ONLY, $36/$45
- In-person #9654, Zoom only #9655
- Thursdays ONLY, $48/$60
- In-person #9656, Zoom only #9657

**August classes, August 1 to 31, 10:15 to 11:15am**
- Tuesdays and Thursdays, $100/$120
- In-person #9658, Zoom only #9659
- Tuesdays ONLY, $60/$75
- In-person #9660, Zoom only #9661
- Thursdays ONLY, $60/$75
- In-person #9662, Zoom only #9663

**September classes, September 5 to 28, 10:15 to 11:15am**
- Tuesdays and Thursdays, $80/$96
- In-person #9664, Zoom only #9665
- Tuesdays ONLY, $48/$60
- In-person #9666, Zoom only #9667
- Thursdays ONLY, $48/$60
- In-person #9668, Zoom only #9669
Games & Recreation

Intermediate Bridge Instruction
Instructor: Prue Saunders
Topic: Two over One refresher
Masks are required for all participants.
Location: Avenidas@450 Bryant
Wednesdays, July 5 to August 9, 10 to 11:30am, $120/$150 #9628

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: Avenidas@450 Bryant and Zoom
Wednesdays, July 5 to September 27, 1:30 to 3pm, $30/$45
In-person #9621, Zoom only #9622

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, $15/$20
July 7 #9603
August 4 #9604
September 1 #9605

Music

First Thursday Ukulele Jam Sessions
Facilitator: P.A. Moore
Come jam to music from the 30’s to 70’s with other uke players! Music is provided. Other acoustic instruments welcome, but the music provided is chords only.
Location: Avenidas@450 Bryant
Thursdays, 2 to 3:30pm, free
July 6 #9623
August 3 #9624
September 7 #9625

Technology Plus

Beyond the Basics—App-Based
Instructor: Bobbie Saunders
This Senior Planet from AARP class is being offered through the Senior Planet licensing program. This 10-week, app-based course expands on the concepts and skills taught in Basics and Essentials courses and explores the internet and applications as everyday resources. You’ll learn how these tools can help you accomplish everyday tasks, stay organized, find entertainment, and be creative. You’ll improve your research skills; explore more Gmail app features; use Google Drive and Docs; make playlists on YouTube; and more! This course is a good opportunity to expand your internet savvy and make the most out of tech.
Prerequisite: You must have an email address that you use and be comfortable downloading apps and navigating the internet. To get the most out of this course, you should also be willing to open a Gmail account if you don’t already have one.
Location: Avenidas@450 Bryant
Tuesdays and Thursdays, July 11 to September 14, 10:30 to 11:45am $50/$80 #9683
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.
Susan has been practicing Insight Meditation since 1997. She is one of the founders of the Insight Meditation Center in Redwood City where she served as board president and teacher. She has also trained and served as a hospital chaplain.
Location: Avenidas@450 Bryant
Tuesdays, July 11 to September 26, 2 to 3pm, free #9614

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, July 5 to September 27, 2 to 2:40pm, free #9615

Wellness
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 5 to September 20, 10 to 11am, $110/$132
In-person #9626, Zoom only #9627
Sound Bath Immersion
Facilitator: Sabrina Huang

Imagine your body is a musical instrument that has not been tuned for years. A sound bath is a deeply immersive, full body listening experience that intentionally uses sound to invite gentle yet powerful therapeutic and restorative processes to nurture the body and mind. It’s great especially for anyone who has not yet learned how to meditate. You might find yourself feeling more creative, less stressed, and more self-aware. Experience it yourself and see where it takes you!
Please register early. If you don’t sign up, we can’t count you.
For more information: SixSensesHealing.com
Location: Avenidas@450 Bryant
Mondays, 3 to 4pm, $35/$45
July 10 #9618
August 14 #9619
September 11 #9620

Writing

Guided Autobiography
Instructor: Francine Toder, PhD

Guided Autobiography (GAB) is a powerful, research validated shared experience that’s unique, fun, upbeat, and supportive. Write about several important life themes.
• Written prompts will be provided to evoke memories
• Receive positive, nurturing feedback
• Small group setting at Avenidas
• Enhance your well-being
• Participate in a new community
• Take the first, or later steps, in writing your memoir
• Experience a therapeutic process, in a confidential setting, that is not therapy
• Facilitated by a licensed psychologist, professional writer, and Certified GAB Instructor
Location: Avenidas@450 Bryant
Tuesdays, September 5 to 26, 10:30am to 12:30pm,
$200/$235 #9630

Avenidas Clubs

Clubs are free for Avenidas members. Non-member fee: $5/meeting. Clubs with * are free for everyone. Materials are not provided. For more information email register@avenidas.org.

* Jane Austen 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
* Lunch Bunch Trivia, Wednesdays, 12 to 2pm
* Wednesday 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
* Art and Classics Club, Thursdays, 10:30 to noon
* Flashback Friday Literature Reading Club, Fridays, 10:30am to noon
Social Bridge, Fridays, 1:30 to 3:30pm
Club Avene Needles, Fridays, 2 to 4pm
Chess Club, by arrangement
Avenidas Chinese Community Center activities are bilingual in English and Mandarin. All ACCC classes are offered on Zoom or as a hybrid. 
Space is limited for all in-person classes. Pre-registration is required. Email accc@avenidas.org to register. Registration opens June 5 for members and June 15 for non-members. ACCC will be closed July 3, July 4, and September 4.

Avenidas 華人社區中心活動是以英文及國語進行。
所有 ACCC 課程將以 Zoom 及混合模式呈現。
名額有限，各項活動必須預先報名登記。登記程序: accc@avenidas.org
逢一，6月5日開放會員登記報名，非會員登記報名將於週四，6月15日開始。
ACCC 將於7月3日，7月4日及9月4日休息。

ACCC 雙語小組
ACCC 雙語小組僅適用於 Avenidas 會員至
ACCC@Cubberley, H5 現場參與，除非另有說明，不提供課程材料，不提供麻將玩家或兵乓球配對。需更多信息或提前預訂，請發送電子郵件至 accc@avenidas.org。
上課地點: ACCC@Cubberley

藝術活動研習小組，逢五，上午10:30至中午 (7/7, 7/21, 7/28, 8/4 及 9/29 除外) 中心不提供美術用品。
名額有限。

^ 智力麻將，週五，7月10日至9月18日 (9/4 除外)。
上午10時至下午1時; 週四，7月13日至8月3日, 上午11:30至下午2:30時。
必須每桌滿四人方可完成訂桌。

^ 兵乓球，週三，7月19日至9月6日 (8/9 暫停)。
上午10時30至下午12時30，必須至少二人或四人方可完成訂桌，預訂及活動前必須完成填寫自負責任申。
中心不提供兵乓拍以及兵乓球用品。

創意“我們搖滾！”石雕畫美術，第2個星期三，
上午11點至12:30，名額有限。

廣東話自備午餐聯誼小組，第2個星期三，12:30至下午2時，名額有限。

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/ Ping Pong player matching is not available. For more information or advance booking, email accc@avenidas.org.

Location: ACCC@Cubberley

Chinese Lingnan Style Brush Painting, Fridays, 10:30am to noon (except 7/7, 7/21, 7/28, 8/4 & 9/29). Art supplies are not provided. Space is limited.

Mahjong Club, Mondays, July 10 to September 18 (except 9/4), 10am to 1pm; Thursdays, July 13 to August 3, 11:30am to 2:30pm. Four players per table upon booking. By arrangement. No gambling.

Ping Pong Club, Wednesdays, July 19 to September 6, (except 8/9) 10:30am to 12:30pm. At least two or four players per table upon booking. By arrangement. Each participant must complete a waiver prior to booking. Ping Pong balls and paddles are not provided.

Creative “We Rock!” Painting, 2nd Wednesdays, 11am to 12:30pm. Space is limited.

Cantonese Brown Bag Social, 2nd Wednesdays, 12:30pm to 2pm. Space is limited.
Music

**ACCC Karaoke Happy Hour**
Sing your heart out to your favorite songs! It's time to practice your favorite songs with 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 very limited for in-person. Avenidas members have priority for registration. Pre-registration is required.

*Location: ACCC@Cubberley*
*Fridays, July 14 to September 15, 1 to 3pm, free/$35 #9571*

**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 3-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. We will learn to sing and play one to two Chinese songs. Music supplies will not be provided. Space is limited.

*Location: ACCC@Cubberley and Zoom*
*Fridays, July 21 to August 4, 11am to noon, free/$35 ACCC@Cubberley (space is limited) #9570, Zoom only #9569*
NEW AT ACCC!

ACCC Remember this Song? 🎵+ 🎙️
Let’s get together and listen to some fun, classic pop music in Cantonese and English. We’ll chat about the music, lyrics, and our memories about the songs. Space is very limited for in-person. Avenidas members have priority for registration.
Tuesdays, July 25 to August 22, 1 to 2pm, free/$35
ACCC@Cubberley (space is limited) #9580
Zoom only #9581

Fitness

ACCC Virtual BaDuanJin Exercise 🏋️‍♂️+ 🎉
Instructor: Andrew Chang
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.
Location: ACCC@Cubberley, ACCC@450 Bryant, and Zoom

Zoom Intermediate Level: Mondays, July 24 to September 11, 2:20 to 3pm, (no class: 9/4) free #9558
*Intermediate students must have completed at least ONE quarter of BaDuanJin class with us.
Beginners welcome! Teacher will join in-person classes via Zoom. Students are encouraged to exercise together.
Wednesdays, July 19 to September 13, 9:20 to 10:15am, free
In-person at ACCC@Cubberley (space is limited) #9559, in-person at ACCC@450 Bryant (space is limited) #9560, Zoom only #9561
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! Space is very limited.
*Participants must complete a waiver prior to class.
Location: ACCC@Cubberley and Zoom
Tuesdays, July 18 to September 5, 11am to noon,
free/$35
In-person #9562, Zoom only #9563

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). Participants can sit or stand while dancing and use household items such as fruit, chopsticks, towels and more! Space is very limited.
*Participants must complete a waiver prior to class.
Location: ACCC@Cubberley and Zoom
Fridays, July 21 to September 15, 9:20 to 10:05am,
free,
In-person #9564, Zoom only #9565

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 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.
Location: ACCC@450 Bryant Street
Thursdays, July 6 to September 28, 1:15 to 2:45pm,
free #9566
General Interest

BACK BY POPULAR DEMAND!

ACCC Fun with Sign Language
Instructor: Eleanor Sue
Offering a special five-week session. Let’s learn about American sign language—what it is and what it isn’t. In each class you will learn signs including signs for family, food, and travel. You will learn simple signs you can use with your friends and family. Let’s have some fun during this five-week class! Class will be taught in English, translated in Mandarin.

Location: ACCC@Cubberley and Zoom
Thursdays, August 10 to September 7, 1 to 2pm, free/$35
ACCC@Cubberley (space is limited) #9568, Zoom only #9567

Cultural

ACCC Incredible World Cultural Food Tour
Guide: Ingrid Lai
On this five-week virtual cultural tour of the world, you will 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! Space is very limited for in-person class. Available to Avenidas members only. Proof of COVID-19 vaccine required and masks are recommended for in-person format.

Location: ACCC@Cubberley and Zoom
Wednesdays, August 30 to September 27, 2 to 3pm, free/$35
ACCC@Cubberley (space is limited) #9573, Zoom only #9572
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.
Teacher will join in-person classes via Zoom. Students are encouraged to learn together.
Location: ACCC@Cubberley and Zoom
Thursdays, August 10 to September 21, 10 to 11am, free/$35
ACCC@Cubberley (space is limited) #9575, Zoom only #9576

ACCC Moon Festival Cultural Learning Event @450 Bryant Street
Thursday, September 28, 11am to 12:30am, free
In-person #9577, RSVP by September 7 | limited supplies—small gift for in-person participants
Welcome ages 50 plus
Zoom only #9388, RSVP by September 18 | All ages welcome.

ACCC Everyday Cantonese
Instructor: Ingrid Lai
Join a 60-minute interactive, fun learning environment with other friends. By the end of the class, you will be able to hold basic conversation with other Cantonese speakers.
*Pre-registration required.
Space is very limited for in-person class. Available to Avenidas members only. Proof of COVID-19 vaccine required and masks are recommended for in-person format.
Location: ACCC@Cubberley and Zoom
Tuesdays, September 5 to 19, 1 to 2pm, free/$35
ACCC @Cubberley (space is limited) #9579, Zoom only #9578
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.

**Tech with Tony  📱**
Instructor: Anthony “Tony” Hand
One hour presentation on the hottest topics in technology.
*Location: Avenidas@450 Bryant and Zoom*
*3rd Wednesdays, 3 to 4pm, free*

**Poetry Potluck for Singles 📚**
Facilitator: Jane Stone
Singles exploring classic to contemporary poetry together. Find and share a poem that pleases or puzzles you. We will read them aloud and share our thoughts and feelings. Prior poetry experience not required. Submit your poems in advance to LGBTQ@Avenidas.org #poem.
*Location: Zoom*
*3rd Mondays, 3pm, 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 on the Thursday before the meet-up so that new members can familiarize themselves with the group, discuss and vote on upcoming meetup locales, and to touch base and connect. *Registration required.*
*Location: Zoom and TBD*
*Planning meeting: 2nd Thursday of the month, 3pm, free*
*Meetup: 2nd Saturday of the month, time varies*
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

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 group that is open to all people of all identities.
Location: Avenidas@450 Bryant
4th Wednesdays, 4 to 6pm, free

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, 4:30 to 6pm, free

LGBTQ+ Movie Night
Facilitator: Thomas Kingery
LGBTQ+ Movie Night is your opportunity to enjoy an LGBTQ+ friendly movie for free. Each month we screen a movie, serve popcorn, and offer an opportunity to chat about the movie before heading home.
Location: Varies, see below
1st Thursdays, 7 to 9:00pm—Billy DeFrank Center @ 938 The Alameda, San Jose
3rd Fridays, 4:30 to 6:30pm—Milpitas Library Auditorium @ 160 N Main St, Milpitas
4th Wednesdays, 6 to 8:00pm—Avenidas @450 Bryant
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