Fall Abundance

Avenidas Classes

FALL 2023

Registration opens Tuesday, September 5 for members and Thursday, September 14 for non-members. Fall classes 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.

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 November 23/24 and December 25 through January 1. Most classes and clubs are not scheduled to meet.

Writing

NEW AT AVENIDAS!

Creative Writing
Instructor: Patty Mayall

Explore writing and share your stories in a relaxed and supportive environment. Join us for weekly optional writing exercises, feedback and inspiring discussion! Memoir, poetry, fiction writers and all levels of experience are welcome. Masks are recommended.

This is a free, non-credit Foothill College class at Avenidas. Special registration is required. Email register@avenidas.org for forms and info.

Location: Avenidas@450 Bryant

Wednesdays, September 27 to December 13, 2 to 3:30 pm, free #9894

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, November 7 to 28, 10 am to noon, $200/$235 #9836

In-Person=  Zoom=  Hybrid=  

Creative Arts

Art From the Heart krä" 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, October 2 to November 6, 1 to 3 pm, $120/$150 #9824
Session 2: Mondays, November 13 to December 18, 1 to 3 pm, $120/$150 #9825

Dot Mandala Workshops krä" Instructor: Katherine Shariq
Dot mandala painting is a fun way to share time with friends or newfound classmates while playing with paint and learning a new art form! Dot mandalas are made using specialized tools to create a lovely artwork, starting in the middle of the canvas and building outward in a symmetrical pattern. This is a very peaceful and almost meditative art form that reduces stress, quiets the body, and lets the inner artist blossom. Each participant will create and take home their own beautiful, unique artwork. 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
Thursdays, 11 am to 12:30 pm, $45/$55
October 5 #9854
November 2 #9855
December 7 #9856

From Sketching to Painting krä" 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, October 17 to December 12 (no class 10/24), 1 to 3 pm, $160/$200 #9833

Drama
A Wise Owls Class: The Chinese-American Experience in Drama Discussion krä" Instructor: Enid Davis
Discussion: We will study two thought-provoking contemporary plays that explore the historic facts, personal stories, and political ramifications of both the authors and their characters. The two plays are “The Chinese Lady” (2018) by Lloyd Suh and “Yellow Face” (2007) by the beloved playwright of “M. Butterfly” (1988), David Henry Hwang.

“The Chinese Lady” features the dark story of Afong May, who is brought to America at the age of 14 in 1834, to be displayed before the public as the first Chinese woman in the United States. It is based on a true story. David Henry Hwang calls his play “an unreliable memoir.” His humorous docudrama is part fact and fiction. Hwang is the main character who questions what racial identity means both to him and other hyphenated Americans. It explores political correctness and artistic freedom and reveals lots of theatre culture.

Together, the two plays will keep us engaged and entertained. Texts will be available to borrow at the first class.

Location: Avenidas@450 Bryant
Tuesdays, October 10 to November 14, 2 to 4 pm, $135/$150 #9857
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, October 5 to December 21, 1 to 2:30 pm, $99/$143 #9835

Fitness
NEW AT AVENIDAS!

Yoga Plus
Instructor: P.A. Moore, CYT
Our traditional Hatha yoga will be supplemented with core Pilates-type exercises as well as resistance training and balance exercises. Must be able to get down to the floor and up again.
Location: Avenidas@450 Bryant
Mondays, November 6 to December 18, 10:30 to 11:30 am, $70/$84 #9936

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:
Mondays, October 2 to December 18, 1 to 2 pm $120/$144 #9837
Wednesdays, October 4 to December 20, 1:30 to 2:30 pm, $120/$144 #9839
Zoom only classes:
Mondays, October 2 to December 18, 1 to 2 pm $120/$144 #9838
Wednesdays, October 4 to December 20, 1:30 to 2:30 pm, $120/$144 #9840

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 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.
Location: Zoom
Very Beginners:
Tuesdays, September 14 to November 16, 1 to 2:15 pm, $80/$100 #9846
Advanced:
Tuesdays, September 14 to November 16, 2:30 to 3:45 pm, $80/$100 #9847
SAIL Fall Prevention Program  
**Instructor: Ron Lambert**

The "Stay Active and Independent for Life" (SAIL) program is an evidence-based fall prevention program that focuses on exercise to improve strength, balance, and fitness. Exercises can be done standing or seated. Participants must be 60 years or older. This class is offered in partnership with the Silicon Valley Healthy Aging Partnership.  
*Location: Avenidas@450 Bryant and Zoom*

**Tuesdays and Thursdays, October 3 to December 12, 10 to 11:30 am, free**  
In-person #9850, Zoom only #9851

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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, resistance bands, and hand weights will be a part of the class format.  
*Location: Avenidas@450 Bryant and Zoom*

**October classes, October 3 to 31, 9 to 10 am**  
Tuesdays and Thursdays, $90/$108  
In-person #9895, Zoom only #9896  
Tuesdays ONLY, $60/$75  
In-person #9897, Zoom only #9898  
Thursdays ONLY, $48/$60  
In-person #9899, Zoom only #9900

**November classes, November 2 to 30, 9 to 10 am**  
Tuesdays and Thursdays, $80/$96  
In-person #9901, Zoom only #9902  
Tuesdays ONLY, $48/$60  
In-person #9903, Zoom only #9904  
Thursdays ONLY, $48/$60  
In-person #9905, Zoom only #9906

**December classes, December 5 to 21, 9 to 10 am**  
Tuesdays and Thursdays, $60/$72  
In-person #9907, Zoom only #9908  
Tuesdays ONLY, $36/$45  
In-person #9909, Zoom only #9910  
Thursdays ONLY, $36/$45  
In-person #9911, Zoom only #9912

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**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 tmccoud@avenidas.org to register. *Participants must complete the required Stanford paperwork prior to the first class.*  
*Location: Avenidas@450 Bryant*

**Mondays, October 2 to December 18 (no class 11/20), 9:30 to 10:30 am, free**  
In-person #9930

**Mondays, October 2 to December 18 (no class 11/20), 10:45 to 11:45 am, free**  
In-person #9931
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*  
**October classes, October 3 to 31, 10:15 to 11:15 am**  
Tuesdays and Thursdays, $90/$108  
In-person #9913, Zoom only #9914  
Tuesdays ONLY, $60/$75  
In-person #9915, Zoom only #9916  
Thursdays ONLY, $48/$60  
In-person #9917, Zoom only #9918  

November classes, November 2 to 30, 10:15 to 11:15 am  
Tuesdays and Thursdays, $80/$96  
In-person #9919, Zoom only #9920  
Tuesdays ONLY, $48/$60  
In-person #9921, Zoom only #9922  
Thursdays ONLY, $48/$60  
In-person #9923, Zoom only #9924  

December classes, December 5 to 21, 10:15 to 11:15 am  
Tuesdays and Thursdays, $60/$72  
In-person #9925, Zoom only #9926  
Tuesdays ONLY, $36/$45  
In-person #9927, Zoom only #9928  
Thursdays ONLY, $36/$45  
In-person #9929, Zoom only #9930

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 while we work our bodies and brains. No dance experience necessary. Modifications and progressions are 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, October 4 to December 13, 9:30 to 10:30 am, $100/$120 #9832**

Games & Recreation  
**Intermediate Bridge Instruction**  
**Instructor:** Prue Saunders  
**Weeks 1 to 3: Doubles**  
We will cover different kinds of doubles such as take out, negative and penalty doubles.  
**Weeks 4 to 6: Slam Bidding**  
We will cover slam bidding using 2 over 1, Jacobi 2NT, and control cue bids.  
Masks are required for all participants.  
*Location: Avenidas@450 Bryant*  
**Wednesdays, October 4 to November 8, 10 to 11:30 am, $120/$150 #9893**
**General Interest**

**Art Appreciation**
**Instructor:** 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. Special registration is required. Email register@avenidas.org for forms and info.

*Location:* Zoom
*Wednesdays, September 27 to December 13, 3 to 4:30 pm, free #9834

**Current Events Discussion Group**
Join one of the liveliest discussion groups on the mid-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, October 4 to December 20, 1:30 to 3 pm, $30/$45 In-person #9848, Zoom only #9849

**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
*Friday, October 6, 3 to 4:30 pm, $15/$20 #9828
Holiday class:
*Friday, December 8, 3 to 4:30 pm, $20/$25 #9829

**Music**

**Beginning Ukulele**
**Instructor:** P.A. Moore
Keep your brain active with a new hobby! We don’t need to read music to play the uke—we use chords. Song sheets are provided and some loaner ukes available. Contact the instructor, P.A. Moore, to reserve a loaner uke: pamoore99@hotmail.com

*Location:* Avenidas@450 Bryant
*Thursdays, October 12 to 26, 2 to 3:30 pm, $90/$100 #9841

**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 3:30 pm, free
*October 5 #9842
*November 2 #9843
*December 7 #9844

**Technology Plus**

**iPad Essentials**
**Instructor:** Bobbie Saunders
This 5-week course will cover the essentials on how to use the Apple iPad, how to navigate the internet, and how to send and receive email. By the end of the course, you’ll have a foundation for using an iPad and the internet to enrich your life. We highly recommend that you follow iPad Essentials with Introduction to Digital Culture for iPads, which will offer additional practice. Prerequisites: A Gmail address. This course is best suited for people who have had some experience using the internet on any device.

*Location:* Avenidas@450 Bryant
*Session 1: Tuesdays and Thursdays, October 3 to November 2, 10:30 to 11:45 am, $25/$40 #9852
*Session 2: Tuesdays and Thursdays, November 14 to December 19, 10:30 to 11:45 am, $25/$40 #9853
**AsKevin Technology Workshops 🎓**
Instructor: Angela Cearns
Join us for Technology Workshops in collaboration with the digital coaching company AsKevin. Workshops are offered as a two-week mini-series. Part A is information and Part B is a hand-on lab, where AsKevin staff and volunteers will be available to help students, using their own devices, delve deeper into what they learned the previous week. You must attend Part A to participate in Part B. Space is limited.
*Location: Avenidas@450 Bryant*

- **Digital Wallet and Payments**
  - Wednesdays, September 13 and 20, 10:30 am to noon, $30/$40 #9703

- **eBooks, Podcasts, and Streaming**
  - Wednesdays, October 11 and 18, 10:30 am to noon, $30/$40 #9704

- **Digital Photo Vacation Stories**
  - Wednesdays, November 8 and 15, 10:30 am to noon, $30/$40 #9705

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**WITH AVENIDAS RAINBOW COLLECTIVE**

**Mobile Photography Workshop 🎨**
Instructor: Luis Castillo
Want to up your cell phone photography game? Join professional photographer Luis Castillo in this class. Bring your Apple or Android phone to class and Luis will share tips and techniques for taking good cell phone photos.

This class meets every 2nd and 4th Thursday. Students are welcome to join the class at any point during the three months.
*Location: Avenidas@450 Bryant*

- **2nd and 4th Thursdays, October 12 to December 14, 10 am to noon, free #9892**

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**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, October 4 to December 20 (one date no class TBA), 10 to 11 am, $110/$132**
  - In-person #9822, Zoom only #9823

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**Tech with Tony 🎓**
Instructor: Anthony Hand
Join us for a presentation on the hottest topics in technology including Q & A each month. Check our weekly newsletter for upcoming topics.
*Location: Avenidas@450 Bryant and Zoom*

- **3rd Wednesdays, 3 to 4 pm, free**
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, October 10 to December 19, 2 to 3 pm, free #9826

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, October 4 to December 27, 2 to 3 pm, free #9827

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

Collage Club, Tuesdays, 9:30 to 11:30 am
*Wednesday Trivia Time, Wednesdays, Noon to 2 pm
Book Club, 1st Wednesdays and 4th Thursdays, 2:30 to 4 pm
Casual Bridge, Fridays, 1:30 to 3:30 pm
Club Aveneedles, Fridays, 2 to 4 pm
Chess Club, by arrangement

Open Studio Art—Avenidas art students only. Thursdays, 9:30 am to noon, except the first Thursday of each month

Hiking and Walking Clubs
*Tuesday Trekkers, Tuesdays, 10 am
Avenidas Hike Club—members only, Thursdays, 9:30 am
Fitness Hike Club—members only, 1st and 2nd Thursdays, 9:30 am

*Clubs with Phil
Facilitator: Phil Lumish
Shakespeare Reading Club, Mondays, 10:30 am to noon
History as Biography, Tuesdays, 10:30 am to noon
Russian Novel Reading Club, Tuesdays, 1:30 to 3 pm
Wednesday Reading Club, Wednesdays, 10:30 am to noon
Art and Classics Club, Thursdays, 10:30 am to noon
Flashback Friday Literature Reading Club, Fridays, 10:30 am to noon
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 September 5 for members and September 15 for non-members. ACCC will be closed November 23 and 24, and December 25 through January 1.

Creative Arts & Music

NEW AT ACCC!

ACCC The Art of Plant and Flower Photography
Instructor: Chris Shum

Photography is an excellent activity to keep the brain active, boost memory, and self-confidence. In photographing flowers and plants, you can also appreciate the beauty of nature. In a small class setting, Chris will teach you how to photograph flowers and plants in creative and artistic ways and to make this a fun activity, as well as a great opportunity to meet new friends to share a passion. There will be one field trip to put the theories into practice. Participants will complete simple assignments with guidance and will share their work in class. Participants are required to have their own photography device. Smartphones are OK.

Location: ACCC@Cubberley and Zoom

Thursdays, October 19 to November 16, 1:30 to 2:30 pm, $80/$110
In person #9874, Zoom only #9875

Field Trip Workshop: Thursday, November 9, 1:30 to 2:30 pm
Location: Elizabeth Gamble Garden, Palo Alto
(address will be provided later)
NEW AT ACCC!

ACCC Capture the Moment with Susan Man

Instructor: Susan Man

We have a lot of experiences and wisdom to share with our families and others. In this class, we will encourage students in capturing life’s meaningful moments in writing, photos, and videos. Stories will be shared in class and enjoyed by all. Help in producing lasting digital versions of their stories will be provided to students. Please come to class with your stories, photos, and videos and ready to support each other!

Location: ACCC@Cubberley and Zoom

Fridays, October 6 to November 10, 10:30 am to noon, free/$40
In-person #9884, Zoom only #9886

BACK BY POPULAR DEMAND!

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.

Location: ACCC@Cubberley and Zoom Mondays, November 6 to December 11, 10:30 am to noon, $40/$65 In-person #9440, Zoom only #9893

ACCC Karaoke Happy Hour

Sing your heart out to your favorite songs! Our live KJ will add them to the playlist. 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, October 6 to December 1, 1 to 3 pm, free/$35 #9876
ACCC Holiday Karaoke Party @ 450 Bryant
Pre-registration is required by December 4th.
Location: ACCC @ 450 Bryant
Friday, December 8, 1:30 to 3:30 pm, free #9877

ACCC Holiday Songs in Chinese 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 Winter Holiday songs. Music supplies will not be provided. Space is limited.
Location: ACCC @ Cubberley, 450 Bryant, and Zoom
Fridays, *December 1 to 15, 11 am to noon, free/$35 ACCC @ Cubberley (space is limited)
*12/8 in-person class will be held at 450 Bryant Street.

ACCC Holiday Crochet Bilingual Mingle Club
Instructor: Desmond Lee
Join us at our weekly Holiday Crochet Mingle Club, where we celebrate the beauty of fall through the art of crochet! Every week, we gather to share our love for yarn, hooks, and the joy of creating cozy creations. Whether you’re a seasoned crochet enthusiast or a beginner eager to learn, our welcoming community is the perfect place to connect with fellow crafters and exchange tips, patterns, and inspiration. Get ready to immerse yourself in the delightful world of crochet while enjoying the warm camaraderie of the Holiday Crochet Mingle Group.
Let’s stitch, chat, and create memories together this fall! Sign up before October 5 to receive a basic entry-level crochet kit. Space is limited.
Location: ACCC @ Cubberley
Thursdays, October 12 to November 16, 11:30 am to 12:30 pm, $15/$30
In-person #9887, Zoom only #9888
Fitness

**ACCC Virtual BaDuanJin Exercise**

*Instructor: Andrew Chang*

BaDuanJin exercise helps to improve your mind and body. Join us for this 40-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 and Zoom**

**Zoom Intermediate Level:** Mondays, October 16 to December 11, 2:20 to 3 pm, (no class: 11/27) free #9863

*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, October 4 to December 13 (no class 11/22), 9:20 to 10:15 am, free**

In-person #9864, Zoom only #9866

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**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, October 17 to December 12 (no class: 10/31), 11 am to noon, free/$35**

In-person #9868, Zoom only #9867

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**ACCC Halloween Line Dance Event @Cubberley**

Small gift for in-person best costume participants.

*Participants must complete a waiver prior to event.

**RSVP by October 20**

**Tuesday, October 31, 11 am to 12:30 pm, free/$20 #9869**
ACCC Happy Feet Meet Happy Hearts
with Corinna (formerly Lotus Dance)
Instructor: Corinna Shi
Add the "spice of culture" to your personal fitness program! Happy Feet Meet Happy Hearts 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, October 13 to December 1, 9:20 to 10:05 am, free
In-person #9870, Zoom only #9871

ACCC Tai Chi for Health & Longevity
Instructor: Teacher Andrew Chang
Learn the basic concepts of Tai Chi. The exercise applies gentle movements to relax the body and mind, increase the sense of balance, prevent falls, reduce stress, and relieve depression. With consistent practice, we can attain better health and longevity. Space is very limited. Available to Avenidas members only.
Location: ACCC@450 Bryant Street
Thursdays, October 5 to December 14, 1:15 to 2:45 pm, free #9872

Cultural
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.
Location: ACCC@Cubberley and Zoom
Tuesdays, October 17 to November 21, 1 to 2 pm, free/$35
In-person #9883, Zoom only #9889
ACCC Incredible World Cultural Food Tour
Guide: Ingrid Lai

On this five-week hybrid 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.

Location: ACCC@450 Bryant and Zoom
Wednesdays, November 1 to December 13, 2 to 3 pm, (no class 11/22) free/$35
In-person #9881, Zoom only #9880

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 classes via Zoom. Students are encouraged to learn together.

Location: ACCC@Cubberley and Zoom
Thursdays, October 19 to December 7 (no class: 11/23), 10 to 11 am, free/$35
In-person #9882, Zoom only #9890
ACCC Bilingual Clubs

ACCC Bilingual Clubs are available for Avenidas members only and meet in-person at ACCC@Cubberley, Room H5 or at 450 Bryant Street. 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.

* These clubs have advance booking available.

ACCC Chinese Lingnan Style Brush Painting, Fridays, October 13 to December 1, 10:30 am to noon. Art supplies are not provided. Space is limited. Location: ACCC@Cubberley

ACCC Mahjong Club, Mondays, October 16 to December 11 (except 9/4), 10 am to 2 pm; Thursday October 12 to December 14, 11:30 am to 2:30 pm.

ACCC Mahjong Club @450 Bryant, Fridays, October 13 to December 1, 10 am to noon. Four players per table upon booking. By arrangement. No gambling.

ACCC Ping Pong Club, Wednesdays, October 18 to December 13 (no ping pong 10/11, 10/25, 11/8), 10:30 am to 12:30 pm

ACCC Ping Pong Club @450 Bryant, Fridays, October 13 to December 1 (except 12/8 and 12/22), 10 am to noon. At least two or four players per table upon booking. By arrangement. Ping Pong balls and paddles are not provided.

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

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

Bilingual Movie Club @Cubberley, 2nd Wednesdays, 11:30 am to 1:30 pm. Space is limited.

Bilingual Movie Club @450 Bryant, Space is limited. Wednesday, October 25, 1 to 3 pm #9933

These clubs have advance booking available.
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.

NEW AT AVENIDAS!

**POZitive Living 🎬**
Facilitated by Robin Barber and Ed Green
POZitive Living is an informal discussion group for people living with HIV who want to live a more positive and healthy life. Group activities may include speakers, daily topics of discussion, or just open discussion about whatever is important to you. The group goal is to build community and friendships in order to support members living with positivity. All are welcome. This fun and uplifting group meets monthly on the first Monday of the month at Avenidas. Registration required.
Location: Avenidas@450 Bryant
1st Mondays, 11 am to noon, free

**SAIL Fall Prevention Program 🎬+💻**
Instructor: Ron Lambert
The “Stay Active and Independent for Life” (SAIL) program is an evidenced-based fall prevention program that focuses on exercise to improve strength, balance, and fitness. Exercises can be done standing or seated. Participants must be 60 years or older. This class is offered in partnership with the Silicon Valley healthy Aging Partnership. Registration required.
Location: Avenidas@450 Bryant and Zoom
Tuesdays and Thursdays, October 3 to December 12, 10 to 11:30 am, free
In-person #9850, Zoom only #9851

**Tech with Tony 🎬+💻**
Instructor: Anthony Hand
Join us for a presentation on the hottest topics in technology including Q & A each month. Check our weekly newsletter for upcoming topics. Registration required.
Location: Avenidas@450 Bryant and Zoom
3rd Wednesdays, 3 to 4 pm, 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: Avenidas@450 Bryant
2nd and 4th Thursdays, October 12 to December 14 (no class 11/23), 10 am to noon, free #9892
Poetry Potluck Facilitated by Jane Stone
Explore classical to contemporary poetry with a friendly group. 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. Registration required.
Location: Zoom
3rd Mondays, 3 pm, 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 the community. Meetups include visits to city, county, and state parks, historic landmarks, festivals, museums, and other places 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 this 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, 3 pm
Meetup: 2nd Saturday of the month, time varies

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 4 pm, free
3rd Tuesdays, 7 to 8 pm, free

Rainbow Song Appreciation Group Facilitated by 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 5 pm, free

LGBTQ+ Community GayME Night Facilitated by 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. Registration required.
Location: Avenidas@450 Bryant
4th Wednesdays, 4 to 6 pm, free

LGBTQ+ Movie Night Facilitated by 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. Registration required.
Location: Avenidas @450 Bryant
1st Thursdays, 7 to 9 pm, free—Billy DeFrank Center @ 938 The Alameda, San Jose
3rd Fridays, 4:30 to 6:30 pm, free—Milpitas Library Auditorium @ 160 N Main St, Milpitas
4th Wednesdays, 6 to 8 pm, free—Avenidas @450 Bryant
We have a few options for joining or renewing your membership:

- Renew online* using your email address as your login ID. You might have a login ID even if you aren’t a member but have participated in a class or workshop. Click “forgot my password” if this is your first time logging in.
- Call us at (650) 289-5400 and one of our staff will call you back to process your renewal over the phone.
- Stop by the front desk 9am to 5pm, Monday through Friday
- Please email info@avenidas.org for assistance.

*Avenidas Village memberships cannot be purchased or processed online

All prices and offerings are subject to change without notice. Prices effective July 1, 2023.
We are prepared to help you with everything from the every day to the extreme.

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…BY TRULY TAILORING TO YOUR NEEDS.

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- Home Care Services includes but are not limited to medication reminder, meal preparation, companionship, specialty care such as Alzheimer’s and Dementia and Parkinson Disease.

- You are passionate about staying healthier and being active, we are passionate about your independence where you feel safe and supported.

- In addition to Home Care, we also provide Home Medical Product Services to streamline our services.

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