

# Senior Focus

**HIKE WITH FRIENDS ...** The senior-services center **Avenidas** has a hiking club offering two kinds of hikes for its members. The Avenidas OG (original) **Hike Club** offers easy to moderate weekly hikes at local parks, preserves and beyond. There are two options available for every hike: the "short hike" is 2 to 4 miles long and up to 450 feet cumulative elevation gain; the "long hike" is 3.5 to 5 miles long and up to 850 feet cumulative elevation gain. No dogs are allowed. Group lunch options are suggested with each hike. Also, the new Avenidas **Fitness Hike Club** offers hikes for small groups (12 people maximum, including leaders) twice a month for those interested in moderate to moderately challenging hikes. Excursions will be 5 to 8 miles long with a cumulative elevation gain of up to 1,200 feet. Hikers should honestly evaluate their abilities before registering. Poles are recommended. No

dogs are allowed. Lunch is on your own. Go to [avenidas.org](http://avenidas.org) to become a member and get more information about the hikes.

**DUST OFF YOUR BOOTS ... Peninsula Volunteers Little House** in Menlo Park will hold its inaugural fundraiser, "Bourbon, Boots and a Barn," on Saturday, Sept. 30, at 4:30 p.m. in Woodside. The event will raise awareness of and fund services that enable seniors to age in place. This western-themed celebration will consist of beer and bourbon tastings, silent and live auctions, food by McCalls, cover band the MPulse Band. The party will be capped with a live performance by singer-songwriter Luke Grimes, also known as Kayce Dutton on the show Yellowstone. This year's event will be held at Runnymede Farm, a private, family-owned estate in Woodside that is home to an open-air collection of 140 contemporary three-dimensional art pieces. For more information go to [1pvi.org/bbb2023/](http://1pvi.org/bbb2023/). ■

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If you know a remarkable 65+ Peninsula resident who has made significant contributions to our community, please nominate them for the **Avenidas Lifetimes of Achievement Award**.

This special someone should have a history of achievement in nonprofits, community activism, the arts and education, and/or with those that need special services. Scan the QR code below for the nomination form. Please nominate by September 30.



SCAN ME

For more information,  
call **650-289-5445**  
or email Monica Davis at  
[mdavis@avenidas.org](mailto:mdavis@avenidas.org).

For complete schedule or info about Avenidas events,  
call 650-289-5400

### Living Well

## SEPTEMBER 2023

### Calendar of Events

#### Sep 1

**Casual Bridge every Friday,**  
1:30-4:00 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
RSVP required. Call 650-289-5400.  
Free for members or \$5.

#### Sep 4

**Labor Day.**  
Avenidas closed.

#### Sep 5

**Mindfulness Meditation,**  
every Tuesday, 2-3 pm,  
[Avenidas@450 Bryant](mailto:Avenidas@450.Bryant). Drop-in, free.

#### Sep 6

**Book Club: "The New Jim Crow:  
Mass Incarceration in the Age  
of Colorblindness" by Michelle  
Alexander,**  
2:30-4 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
Space is limited. Call 650-289-5400.  
Free/\$5

#### Sep 7

**Ukulele Jam Session,**  
2-3:30pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
Free.

#### Sep 8

**FREE blood pressure screening  
by Avenidas Rose Kleiner RN,**  
12:30-1 pm, Mountain View Senior  
Center, 266 Escuela, MV. Drop-in,  
free.

#### Photo Journeys with Judy:

**"More Birds Have Stories" with  
Judy Kramer,**  
2-3 pm via Zoom. Email [register@avenidas.org](mailto:register@avenidas.org) for log on info. Free.

#### Sep 9

**Avenidas Rainbow Collective  
Walking Group: Gamble Gardens  
"Harvest Time in the Garden,"**  
10 am. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) to  
RSVP. Free.

#### Sep 11

**Avenidas Rainbow Collective:  
POZitive Living discussion  
group,**  
11 am-noon, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) for more  
info and to register. Free.

#### Sound Bath Immersion with

**Sabrina Huang,**  
3-4 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
RSVP required. Call 650-289-5400.  
\$35/\$45

#### Sep 12

**Tuesday Trekkers,**  
every Tuesday, meet at 9:50 am.  
Call 650-289-5400 for September  
meeting place. Drop-in, free.

#### Sep 13

**Technology Workshop: "Digital  
Wallets and Payments" with  
AsKevin,**  
10:30 am-noon, [Avenidas@450  
Bryant](mailto:Avenidas@450.Bryant). This is a 2-part workshop  
continuing 8/16. Call 650-289-5400  
to register. \$30/\$40

#### Caregiver Support Group,

1-2 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant). Santa  
Clara County residents only. RSVP  
required. Call 650-289-5400. Free.  
**Bilingual Workshop:  
"Know the 10 Signs" with the  
Alzheimer's Association,**  
12:30-1:30 pm,  
[Avenidas@450 Bryant](mailto:Avenidas@450.Bryant) & Zoom.  
Presented in English and Mandarin.  
Email [ACCC@avenidas.org](mailto:ACCC@avenidas.org) to  
register. Free.

#### Sep 14

**Movie: "Glass Onion: A Knives  
Out Mystery,"**  
1:30-4 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
Registration & ticket required. Call  
650-289-5400. Free/\$2

#### Sep 15

**Pole-Walking Workshop for  
veterans & their families,**  
9 am-noon, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
RSVP required. Email [Jayah  
jayah@adventurebuddies.net](mailto:Jayah.jayah@adventurebuddies.net). Free.

#### Sep 18

**Shakespeare Club,**  
every Monday, 10:30 am-noon via  
Zoom. Email [Phil phillum2000@  
yahoo.com](mailto:Phil.phillum2000@yahoo.com) for title and log on info.  
Free.

#### Sep 19

**Wonder Women Lesbian Social  
Group,**  
7 pm via Zoom.  
Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) for log on  
info. Free.

#### Sep 20

**Avenidas Rainbow Collective  
presents: "Embracing Mobile  
Convenience for Shopping and  
Entertainment" with Anthony  
Hand,**  
3-4 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant) &  
Zoom. RSVP required.  
Email [register@avenidas.org](mailto:register@avenidas.org). Free.  
**Mindfulness Meditation,**  
every Wednesday, 2-3 pm, via Zoom.  
Email [register@avenidas.org](mailto:register@avenidas.org) for log  
on info. Free.

#### Sep 21

**Avenidas Village Wine & Cheese  
Prospect Meet & Greet,**  
3-5 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
RSVP required.  
Email [ethomas@avenidas.org](mailto:ethomas@avenidas.org). Free.  
**Tinnitus Support Group,**  
5:30-7:30 pm via Zoom. RSVP for  
log on info to [register@avenidas.org](mailto:register@avenidas.org).  
Free.

#### Sep 22

**Avenidas Village Vistas:  
"Housewife Assassin:  
The Woman Who Tried to Kill  
President Ford" with author  
Geri Spieler,**  
11 am-noon via Zoom. Email  
[ethomas@avenidas.org](mailto:ethomas@avenidas.org) for log on  
info.

#### Sep 25

**National Quesadilla Day.**  
Yum!

#### Sep 26

**History as Biography Club,**  
every Tuesday 10:30 am-noon via  
Zoom. Email [Phil phillum2000@  
yahoo.com](mailto:Phil.phillum2000@yahoo.com) for details and log on  
info. Free.

#### Sep 27

**Rainbow Game Night: Karaoke,**  
4-6 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant).  
Free food. All are welcome. RSVP  
required. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org). Free

#### LGBTQ Movie Lounge:

**"Port Authority",**  
6-8 pm, [Avenidas@450 Bryant](mailto:Avenidas@450.Bryant). All  
are welcome. RSVP required. Email  
[lgbtq@avenidas.org](mailto:lgbtq@avenidas.org). Free.

#### Sep 28

**Moon Festival Learning Event,  
presented bilingually in English  
and Mandarin,**  
11 am-12:30 pm, [Avenidas@450  
Bryant](mailto:Avenidas@450.Bryant) & Zoom. RSVP required by  
9/7 to [ACCC@avenidas.org](mailto:ACCC@avenidas.org). Free.  
**Book Club: "West with Giraffes"  
by Lynda Rutledge,**  
2:30-4 pm via Zoom.  
Call 650-289-5400. Free/\$5

#### Sep 29

**Club Avenidas meeting,**  
every Friday, 2-4 pm,  
[Avenidas@450 Bryant](mailto:Avenidas@450.Bryant). Bring your  
own supplies. No instruction. Call  
650-289-5400 for more info. Free/\$5