WINTER 2024

Registration opens Monday, December 4, for members and Thursday, December 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 January 1 and 15, and February 19. Most classes and clubs are not scheduled to meet.

Creative Arts

NEW AT AVENIDAS

Exploring Watercolors  🎨
Instructor: Carmen Lax
Students will have fun learning different techniques of painting with watercolors. The instructor will share guidelines, and each session will focus on a specific technique of watercolor painting that builds each week. This class is open to students at all experience levels of drawing and painting. Join the fun exploring watercolors!

Location: Avenidas@450 Bryant

Wednesdays, January 10 to February 14, 10 am to noon, $120/$150 #10178

Art From the Heart  🎨
Instructor: Joyce Baron 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 abstract, 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 are welcome.

Location: Avenidas@450 Bryant

Session 1: Mondays, January 8 to February 12 (no class 1/15), 1 to 3 pm, $100/$125 #10103

Session 2: Mondays, February 26 to March 25, 1 to 3 pm, $100/$125 #10104
Drama

Another Opening of Another Show: Fun with 500 Years of Dramatic Literature
Instructor: Enid Davis

From “Medea” by Euripides (431 B.C.E.) to Tom Stoppard’s “Leopoldstadt” (2020), we will read aloud the opening pages of plays from Ancient Greece, the Renaissance, and the 18th through the 21st centuries. Beginners and experienced Wise Owl Players will delight in their love of reading aloud and the joy of sharing the works of great playwrights with other like-minded people. In addition, as we hear these scenes, we will discuss the ways in which a dramatic reader might approach their character.

LINDA: Willy!
WILLY: It’s all right. I came back.
LINDA: Why? What happened? [Slight pause.] Did something happen, Willy?
WILLY: No. Nothing happened.
LINDA: You didn’t smash the car, did you?
(“Death of a Salesman” by Arthur Miller, 1949)

Location: Avenidas@450 Bryant
Thursdays, January 18 to February 22, 2 to 4 pm, $135/$150 #10099

Improv Funshop
Instructor: Elizabeth Whalley

You have what it takes to do improvisation! 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, January 4 to March 21 (no class 2/15), 1 to 2:30 pm, $100/$143 #10098

Games & Recreation

Intermediate Bridge Instruction
Instructor: Prue Saunders

Topics: 2nd bids by opener and responder
If you will be absent from a class, please notify the instructor by email (address given on the first day of class). If you have a substitute, please let the instructor know.

Location: Avenidas@450 Bryant
Wednesdays, January 17 to February 21, 10 to 11:30 am, $120/$150 #10111

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 genre.

Please note this class is offered in partnership with Foothill College and requires a special registration process. Please email registration@avenidas.org or contact Yvette Nava Perla at navaperlayvette@fhda.edu for registration assistance.

Location: Zoom
Wednesdays, January 10 to March 27, 3 to 4:30 pm, free #10131
**Music**

**NEW AT AVENIDAS**

**Beyond Strumming**
Instructor: Mike Bechler

Take your basic guitar skills to the next level! This course will teach you four specific techniques that will make you a more interesting and accomplished guitar player. These techniques can be applied to almost any song in any key, whether you are leading it or accompanying somebody else.

Techniques include (please see our online schedule for more details):
- Fingerboard Literacy
- Three-Finger Voiced Chords
- Beginning Lead Guitar
- Fingerpicking 101

In the end, you will learn how to merge these techniques to create varied and interesting arrangements on even the simplest songs. Join us for the final, optional class “Follow-up: Putting it into practice.” This will be an opportunity to fill in any gaps and to put what you learned into practice while playing with other musicians.

Prerequisites: This is NOT a beginner class. You should know how to play basic chords and use them to strum songs. Bring your own guitar.

**Location:** Avenidas@450 Bryant

**Wednesdays, January 11 to February 8, 10:30 to 11:30 am,** $60/$75 #10177

**First Thursday Ukulele Jam Sessions**
Facilitator: P.A. Moore

Come jam to music from the ’30s to ’70s with other uke players! Music is provided. Other acoustic instruments are welcome, but the music provided is chords only.

**Location:** Avenidas@450 Bryant

**Thursdays, 2 to 3:30 pm, free**

**January 4 #10108**

**February 1 #10109**

**March 7 #10110**
Technology Plus

Subscribe to our weekly email newsletter for information on upcoming technology workshops.

Introduction to Digital Culture for iPads
Instructor: Bobbie Saunders
From communicating with others to staying healthy, digital tools and technologies affect much of our lives. By the end of this five-week course, you’ll use the internet to contact your lawmakers, learn about health-related topics, connect with others offline and online, and explore your interests and passions. You’ll also learn best practices for staying safe online and using social media. This course is a great opportunity to meaningfully practice skills that you learned in a Basics or Essentials course.

Prerequisites: You should have taken a Basics or Essentials course for your device or be familiar enough with your device to use it independently in class. You must also have an email address.

Location: Avenidas@450 Bryant

Session 1: Tuesdays and Thursdays, January 2 to February 1, 10:30 to 11:45 am, $25/$40 #10133
Session 2: Tuesdays and Thursdays, February 13 to March 19 (no class 2/15), 10:30 to 11:45 am, $25/$40 #10134

WITH AVENIDAS RAINBOW COLLECTIVE

Intermediate Cell Phone Photography Workshop
Instructor: Luis Castillo
Are you ready to move beyond the basics of taking photos with your cell phone?

In this workshop, we’ll learn practical tips and techniques for candid photography, portraits, and urban photography. We’ll practice together and share images to continue our pursuit of improving our cell phone photography. And we’ll even learn about editing our photos with the software included in the cell phone. This workshop is for all cellphone users and cellphone brands/models; however, some tips and exercises are designed with iPhone devices in mind.

Prerequisites: Students must be proficient in taking photos using their cell phones and/or have taken “Intro to Cell Phone Photography Workshop” in the past at Avenidas.

Location: Avenidas@450 Bryant

2nd and 4th Thursdays, January 11 to March 28, 10 am to noon, free #10130

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, January 3 to March 20 (one date no class TBA), 10 to 11 am, $110/$132
In-person #10105 | Zoom only #10106

Healing Sound Bath Meditation
Facilitator: Sabrina Huang
Certain frequencies resonate with us, inducing a deep state of relaxation. Accelerate your inward journey with a Sound Bath, an unforgettable experience that can help rebalance your mind and body. In this meditative session, immerse yourself in relaxing sounds produced by handmade Himalayan singing bowls, and find yourself in a dreamlike trance. Take this time to check in with yourself about life’s biggest questions. Or, simply let life’s troubles melt away in mesmerizing overtones, echoes, and other resonant sounds. Ahh, rejuvenation!

Location: Avenidas@450 Bryant

Mondays, 3 to 4 pm, $35/$40
January 8 #10112
February 12 #10113
March 11 #10114

WITH AVENIDAS RAINBOW COLLECTIVE

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 email newsletter for upcoming topics.

Location: Avenidas@450 Bryant and Zoom

3rd Wednesdays, 3 to 4 pm, free
Mindfulness Meditation at Avenidas  
Facilitator: 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 2 to March 26, 2 to 3 pm, free #10132

Mindfulness Meditation on Zoom  
Facilitator: 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 3 to March 27, 2 to 3 pm, free #10107

Writing  
Creative Writing  
Instructor: TBA  
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.  
Please note this class is offered in partnership with Foothill College and requires a special registration process. Please email registration@avenidas.org or contact Yvette Nava Perla at navaperlayvette@fhda.edu for registration assistance.  
Location: Avenidas@450 Bryant  
Wednesdays, January 10 to March 27, 1:30 to 3 pm, free #10095

Guided Autobiography  
Instructor: Francine Toder, Ph.D.  
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, February 6 to 27, 10 am to noon, $200/$235 #10093

Fitness  
Gentle Hatha Yoga  
Instructor: Terry Lesser  
You do not have to be flexible to do yoga. 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. At the end of class, you will feel energized, stronger, longer, and relaxed. We will 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. We have props to share or you can bring your own.  
Location: Avenidas@450 Bryant and Zoom  
In-person classes: Mondays, January 8 to March 18 (no class 1/15 and 2/19), 1 to 2 pm, $90/$108 #10119  
Wednesdays, January 3 to March 20, 1:30 to 2:30 pm, $120/$144 #10121  
Zoom only classes: Mondays, January 8 to March 18 (no class 1/15 and 2/19), 1 to 2 pm, $90/$108 #10120  
Wednesdays, January 3 to March 20, 1:30 to 2:30 pm, $120/$144 #10122
WITH AVENIDAS RAINBOW COLLECTIVE

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.

Location: Avenidas@450 Bryant and Zoom
Tuesdays and Thursdays, January 9 to March 14, 11:30 am to 1 pm, free
In-person #10117 | Zoom only #10118

Strong for Life
Instructor: Cristina Weigert, Stanford Health Care
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 Tracy McCloud at tmcccloud@avenidas.org to register. *Participants must complete the required Stanford paperwork prior to the first class.

Location: Avenidas@450 Bryant
Mondays, January 8 to March 25 (no class 1/15 and 2/19), 9:30 to 10:30 am, free #10096
Mondays, January 8 to March 25 (no class 1/15 and 2/19) 10:45 to 11:45 am, free #10097

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 working our bodies and brains. *No 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, January 10 to March 13, 9:30 to 10:30 am, $100/$120 #10095

Standing STRONG
Instructor: Jennie 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 that focus on muscular strength, flexibility, balance, and stretching, you’ll increase your core strength, as well as improve your posture, and enhance your appearance. Floorwork, resistance bands, and hand weights will be a part of the class format.

Location: Avenidas@450 Bryant and Zoom
January classes, January 2 to 30, 9 to 10 am
Tuesdays and Thursdays, $90/$108
In-person #10179 | Zoom only #10180
Tuesdays ONLY, $60/$75
In-person #10181 | Zoom only #10182
Thursdays ONLY, $48/$60
In-person #10183 | Zoom only #10184

February classes, February 1 to 29, 9 to 10 am
Tuesdays and Thursdays, $90/$108
In-person #10187 | Zoom only #10189
Tuesdays ONLY, $48/$60
In-person #10190 | Zoom only #10191
Thursdays ONLY, $60/$75
In-person #10192 | Zoom only #10193

March classes, March 5 to 28, 9 to 10 am
Tuesdays and Thursdays, $80/$96
In-person #10194 | Zoom only #10195
Tuesdays ONLY, $48/$60
In-person #10196 | Zoom only #10197
Thursdays ONLY, $48/$60
In-person #10198 | Zoom only #10199
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 used: Hand weights, resistance bands, and an exercise mat.
*Location: Avenidas@450 Bryant and Zoom*

**January classes, January 2 to 30, 10:15 to 11:15 am**
- Tuesdays and Thursdays, $90/$108
  - In-person #10200 | Zoom only #10201
- Tuesdays **ONLY**, $60/$75
  - In-person #10202 | Zoom only #10203
- Thursdays **ONLY**, $48/$60
  - In-person #10204 | Zoom only #10205

**February classes, February 1 to 29, 10:15 to 11:15 am**
- Tuesdays and Thursdays, $90/$108
  - In-person #10206 | Zoom only #10207
- Tuesdays **ONLY**, $48/$60
  - In-person #10208 | Zoom only #10209
- Thursdays **ONLY**, $60/$75
  - In-person #10210 | Zoom only #10211

**March classes, March 5 to 28, 10:15 to 11:15 am**
- Tuesdays and Thursdays, $80/$96
  - In-person #10212 | Zoom only #10213
- Tuesdays **ONLY**, $48/$60
  - In-person #10214 | Zoom only #10215
- Thursdays **ONLY**, $48/$60
  - In-person #10216 | Zoom only #10217

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
group

* **Wednesday Trivia**, Wednesdays, 1 to 2 pm

**Book Club**, 1st Wednesdays and 4th Thursdays, 2:30 to 4 pm

**Movie Club**, 2nd Thursdays, 1:30 to 3:30 pm, free/$2

**Casual Bridge**, Fridays, 1:30 to 4 pm

**Club Aveneedles**, Fridays, 2 to 4 pm

**Chess Club**, by arrangement

**Hiking and Walking Clubs**
* **Tuesday Trekkers**, Tuesdays, 10 am

**Avenidas Hike Club**, members only, Thursdays, 10:00 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. ACCC classes are offered in-person, 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 December 4 for members and December 14 for non-members. ACCC will be closed January 1 and 15, and February 19.

Creative Arts & Music

ACCC Fun with Sign Language 🗓️
Instructor: Eleanor Sue
Offering a special four-week session. Let's learn about 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 four-week class!
Class will be taught in English, translated in Mandarin.
Location: ACCC@Cubberley and Zoom
Thursdays, February 22 to March 14, 1 to 2 pm, free/$35
In-person #10151 | Zoom only #10152
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, January 22 to March 4 (no class 2/19), 10:30 am to noon, $40/$65
In-person #10148 | Zoom only #10149

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. Avenidas members have priority for registration. Pre-registration is required.
Location: ACCC@Cubberley
Fridays, January 12 to March 22, (no karaoke 2/9), 1 to 3 pm, free/$35 #10150

ACCC Winter Holiday Crochet Bilingual Mingle Group
Instructor: Desmond Lee
Join us at our weekly Winter Holiday Crochet Mingle, where we celebrate the beauty of winter holidays 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 Valentine’s Day and St. Patrick’s Day Crochet Mingle Group. Let’s stitch, chat, and create memories together this winter. Crochet supplies are not included.
Location: ACCC@Cubberley
Thursdays, January 25 to March 7 (no class 2/15), 11:30 am to 12:30 pm, free/$35
In-person #10145 | Zoom only #10143
Fitness

ACCC 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, ACCC@450 Bryant, and Zoom

BaDuanJin Intermediate Virtual Class
Mondays, January 22 to March 11 (no class 2/19), 2:20 to 3 pm, free #10156
*Intermediate students must have completed at least ONE quarter of BaDuanJin class with us.

BaDuanJin Beginner Hybrid Class
Teacher will join in-person classes via Zoom. Students are encouraged to exercise together.
Wednesdays, January 10 to March 13 (no class 2/28), 9:20 to 10:15 am, free
In-person @Cubberley #10154 | Zoom only #10153 | In-person @450 Bryant #10155

ACCC Line Dancing 🕺
Instructors: Kent You and Sandy Hsu
Not your usual line-dancing 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
Tuesdays, January 30 to March 12, 11 am to noon, free/$35, #10157
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, January 12 to March 15, 9:20 to 10:05 am, (no class 2/9, 2/16, and 3/1) free,
In-person #10158 | Zoom only #10159

ACCC Tai Chi for Health & Longevity
Instructor: 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, January 11 to March 14, (no class 2/15) 1:15 to 2:45 pm, free #10160

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 conversations with other Cantonese speakers.
Pre-registration required.
Space is very limited for in-person class available to Avenidas members only.
Location: ACCC@Cubberley and Zoom
Tuesdays, January 16 to March 5, 1 to 2 pm, free/$35
In-person #10162 | Zoom only #10161
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.

Location: ACCC@450 Bryant and Zoom

Wednesdays, January 31 to March 13, 2 to 3 pm (no class 2/14), free/$35
In-person #10147 | Zoom only #10146

ACCC Learning Chinese Culture in America

Instructor: Andrew Chang

Learn and explore Chinese culture through stories, folklore, songs, literature, and beliefs 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, January 18 to March 14 (no class 2/15 and 2/22), 10 to 11 am, free/$35
In-person #10142 | Zoom only #10141

Special Cultural Event

Lunar New Year Celebration: The Year of the Dragon

Welcome ages 50 plus. RSVP by February 2. Space is limited.

Location: ACCC@450 Bryant

Thursday, February 15, 12:30 to 2 pm, free
In-person #10128 | Zoom only #10129
ACCC Bilingual Clubs

ACCC Clubs are available for Avenidas members only and meet in-person at ACCC@Cubberley or at 450 Bryant Street. All clubs are free unless 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 Club, 3rd Fridays, 10:30 am to noon. Art supplies are not provided. Space is limited. (No meeting in February)
Location: ACCC@Cubberley

ACCC Mahjong Club @Cubberley, Mondays, January 8 to March 18 (except 1/15 and 2/19), 11:30 am to 2 pm.

ACCC Mahjong Club @450 Bryant, Fridays, January 19 to March 15 (except 2/9, 2/16, and 3/8), 10 am to noon. Four players per table upon booking. By arrangement. No gambling.

ACCC Ping Pong Club @Cubberley, Wednesdays, February 1 to March 6 (except 2/14), 10:30 am to 12:30 pm

ACCC Ping Pong Club @450 Bryant, Fridays, January 19 to March 15 (except 2/9, 2/16 and 3/8), 10 am to noon. At least two or four players per table upon booking. By arrangement. Ping Pong balls and paddles are not provided.

ACCC Creative “We Rock!” Painting, 2nd Wednesdays, 11 am to 12:30 pm. Space is limited. RSVP required. (No meeting in February)
Location: ACCC@Cubberley

ACCC Cantonese Brown Bag Social, 2nd Wednesdays, 12:30 to 2 pm. Space is limited. RSVP required. (No meetings in February and March)
Location: ACCC@Cubberley

ACCC Bilingual Movie Club @Cubberley, 3rd Wednesdays, 12:30 to 2:30 pm. Space is limited. (No movie in February)

ACCC Bilingual Movie Club @450 Bryant, space is limited. 4th Wednesday, 12:30 to 2:30 pm. (No movies in February and March)
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.

**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. Registration required.

*Location: Avenidas@450 Bryant and Zoom*

**SAIL Fall Prevention Program**
Tuesdays and Thursdays, January 16 to March 14, 11:30 am to 1 pm, free
In-person #10117 | Zoom only #10118

**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 email newsletter for upcoming topics. Registration required.

*Location: Avenidas@450 Bryant and Zoom*

**Tech with Tony**
3rd Wednesdays, 3 to 4 pm, free

**Intermediate Cell Phone Photography Workshop** 📸
*Instructor: Luis Castillo*

Are you ready to move beyond the basics of taking photos with your cell phone?

In this workshop, we’ll learn practical tips and techniques for candid photography, portraits, and urban photography. We’ll practice together and share images to continue our pursuit of improving our cell phone photography. And we’ll even learn about editing our photos with the software included in the cell phone. This workshop is for all cellphone users and cellphone brands/models; however, some tips and exercises are designed with iPhone devices in mind.

*Prerequisites:* Students must be proficient in taking photos using their cell phones and/or have taken “Intro to Cell Phone Photography Workshop” in the past at Avenidas.

*Location: Avenidas@450 Bryant*

**Intermediate Cell Phone Photography Workshop**
2nd and 4th Thursdays, January 11 to March 28, 10 am to noon, free #10130
Rainbow Walking Group 🌈.Authors: Robin Barber and Ed Green
This LGBTQ+ inclusive walking group meets monthly on the second Saturday of the month at various locations throughout the 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 a Zoom meeting on the Thursday before the meetup so 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 🌈.Author: Jenn Chan
Socialize with our lesbian community. We meet virtually twice a month on the first and third Thursday 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 and 3rd Thursdays, 3 to 4 pm, free

Rainbow Song Appreciation Group 🎵.Author: 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 pre-determined 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
4th Thursdays, 4 to 5 pm, free

Rainbow Game Time 🎮.Author: Thomas Kingery
Join us for games like “Chosen” Family Feud, Apples to Apples, Pictionary, Ping Pong, and more. Pizza and drinks provided. Free parking!
This is an intergenerational and inclusive activity. All ages and identities are welcome.

Location: Avenidas@450 Bryant
4th Wednesdays, 2 to 4 pm, free

LGBTQ+ Movie Screening 🎭.Author: Thomas Kingery
LGBTQ+ Movie Screening is your opportunity to enjoy an LGBTQ+ friendly movie for free at Avenidas in Palo Alto or at the Milpitas Library. 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 and Milpitas Library
3rd Tuesdays, 2 to 4 pm, free
Avenidas @450 Bryant
3rd Fridays, 4:30 to 6:30 pm, free
Milpitas Library Auditorium @ 160 N. Main Street, Milpitas

Fabulous and Food 🍽️.Author: Lance Moore
This social group is for trans and non-binary people ages 50+.
We meet for food and fabulous conversation at the Black Bear Diner in Milpitas once a month. Registration is not required but is sincerely appreciated. Food and beverages are on your own.

Location: Black Bear Diner, 174 W. Calaveras Blvd., Milpitas
2nd Tuesdays, 6 to 8pm
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David R.

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