

Avenidas Door to Door Expanding Its Services

As we see an increase in solo aging, we know that personal interactions with other people can truly make a difference. **We need volunteers like you** to help us provide meaningful transportation options for older adults.

This summer, Avenidas Door to Door will also be piloting a new service — on-demand Lyft rides!



Our Volunteers Keep Seniors Connected

VOLUNTEER OPPORTUNITIES

Buddy Companion

Meet frail clients at their clinics and/or provider's office to help them navigate to and from their appointments.

Med Pal

Accompany clients into medical appointments and take notes. Plan out questions with the client ahead of time and go over follow-up items after the appointment.

Drivers

We are looking for drivers to serve communities south of Mountain View. Drivers use their own cars, can obtain mileage reimbursement, and work a morning or afternoon shift.

Friendly Visitors

Connect one on one with an isolated senior by engaging in conversation or a favorite activity.



Avenidas
Door to Door
www.avenidas.org

For more information, please contact rides@avenidas.org or 650-289-5411.

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

Avenidas

JUNE 2024

Calendar of Events

June 7

Casual Bridge, 1-4 pm every Friday, Avenidas@450 Bryant

Email info@avenidas.org for more info. First game is free for everyone. Drop-in, free for Avenidas members/\$5.

June 10

Healing Sound Bath Meditation with Sabrina Huang

3-4 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$35/\$45

June 11

Mindfulness Meditation

Every Tuesday, 11 am-noon, Avenidas@450 Bryant. Drop-in, free.

June 12

Health Workshop: Understanding Your Swallowing with Thereas Yao, SLPD

noon-2 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org. Free.

June 13

Dot Mandala Workshop with Katherine Shariq

11 am-1 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$45/\$55

Movie: "Living"

1:30-3:30 pm, Avenidas@450 Bryant. Stop by the front desk for a ticket. Free/\$2

Traditional Song Circle from June 11 to June 13 with Mike Bechler

2-3 pm every 2nd & 4th Thursday, Avenidas@450 Bryant. Bring your guitar and a song to lead. Email register@avenidas.org for more info. Drop-in, free.

VTA Transportation Workshop with Menominee Boyd

2-3 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org. Free.

June 14

POLE Walking for Balance, Exercise & Maintaining Mobility with Jayah Faye Paley

9 am-noon, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$45/\$60

June 16

Avenidas PRIDE celebration! Music, performers, dancing, food, and more

Noon-4 pm at Avenidas@450 Bryant. RSVP requested, but not required. Email lgbtq@avenidas.org. Free.

June 17

Elevate Your Wellness: Nutrition & Bone Health with Sally Duplantier

2-3 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$10

June 18

Avenidas Village Coffee & Conversation with Members

10 am, Avenidas@450 Bryant. RSVP to Erika.ethomas@avenidas.org. Free.

Rainbow Movie: "The Prom"

2-4 pm, Avenidas@450 Bryant. All are welcome. RSVP required. Email lgbtq@avenidas.org. Free.

June 19

Avenidas is closed in observance of Juneteenth.

June 20

Aging Wisely at the Crossroads: Shifting Gears and Moving Forward with Paula Wolfson, LCSW, and Jyllian Halliburton

1-2:30 pm, Avenidas@450 Bryant and via Zoom. RSVP required. Call 650-289-5400. \$10

Ukulele Jam Session

2-3:30 pm, Avenidas@450 Bryant. RSVP in advance register@avenidas.org or at the door. Free.

Math-Based Brain Games with Aarush Khare

3-4 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org. Free.

Wonder Women Lesbian Social Group

3 pm via Zoom, every 1st & 3rd Thursday. Email Jenn.jchan@avenidas.org for log-on info. Free.

Tinnitus Support Group

5:30-7:30 pm, Avenidas@450 Bryant and via Zoom. Email register@avenidas.org. Free.

June 21

Stroke Prevention Research Workshop with Stanford University School of Medicine

1:30-3:30 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org. Free.

Photo Journeys with Judy: Birds of Galveston Island with Judy Kramer

2-3 pm via Zoom. Email register@avenidas.org to register. Free.

June 26

Mindfulness Meditation

Every Wednesday, 2-3 pm via Zoom. Email info@avenidas.org for log on info. Free.

June 27

Book Club: "Tender is the Night" by F. Scott Fitzgerald

2:30-4 pm via Zoom. Call 650-289-5400. Free/\$5

Rainbow Song Appreciation Group: "My Pride"

4-5 pm via Zoom. Email lgbtq@avenidas.org to register. Free.

June 28

Garden Talk with Gamble Garden: "Edible Landscaping" with Corey Andrikopoulos

1:30-2:30 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org. Free.

June 29

AARP Smart Driver Full Course

8:30 am-4:30 pm, Avenidas@450 Bryant. RSVP required. Email register@avenidas.org. \$20 AARP member/\$25 non-members.