

# Let's educate!

## OUR GUIDE TO SCHOOLS, CAMPS & CLASSES — AUTUMN 2024

### DANCE AND THEATER

#### ► Dance Connection

Cubberley Community Center,  
4000 Middlefield Road,  
Palo Alto / 650-322-7032  
info@  
danceconnectionpaloalto.com /  
danceconnectionpaloalto.com

Dance Connection offers combination and graded classes for youth (age 3 and up) and adults. Ballet, jazz, tap, hip-hop, lyrical, and other instruction are available for students at various levels of ability. Dance Connection offers two seasons of dance: fall-spring and summer session (plus special camps and intensives).

#### ► Mannakin Theater and Dance

en Avant School of Dance,  
1841 Bay Road, East Palo Alto  
415-519-7171  
info@mannakindance.org /  
mannakindance.org

Mannakin Theater and Dance offers youth ballet and other dance classes at an Avant School of Dance studio in East Palo Alto, which opened in March 2022.

#### ► Stanford Quads

3300 Alpine Road,  
Portola Valley  
stanfordquads.org/class

Square dance class open to singles, couples and families. Sunday evenings 6:30-8:30 p.m. Two "intro nights" (Sept. 29 and Oct. 6) are open to people with no previous experience. The group meets at Ladera Community Church.

#### ► Victoria Ballet

370 California Ave.,  
Palo Alto / 650-720-2643  
webmaster@victoriaballet.  
dance / victoriaballet.dance

At this ballet studio, students from age 4 to adult are learning the art of dance from instructor Victoria Lee and other dance faculty who have danced professionally with the San Francisco Ballet. The classes offered include all experience levels — from beginners to pre-professional dancers.

#### ► Zohar School of Dance & Company

Cubberley Community Center,  
4000 Middlefield Road,  
Room L-4, Palo Alto  
650-494-8221  
zohardance@gmail.com /  
zohardancecompany.org

With roots going back to 1979, Zohar School of Dance holds a range of adult dance classes including jazz, modern, ballet, voice

### Autumn's in the air

Bring on the pumpkin spice everything, start planning your Halloween costume and let's get learning! For many, autumn means back to school, be it the kids heading back to class for another academic year or folks of all ages ready to take on their next challenge, polish up their skills, or try something new. Our fall guide is here to help get you started on your next fruitful educational path.

*Let's Educate is published quarterly by the Palo Alto Weekly and The Almanac.*

### MUSIC & VISUAL ARTS

#### ► Community School of Music and Arts

Finn Center,  
230 San Antonio Circle,  
Mountain View / 650-917-6800  
info@arts4all.org /  
arts4all.org

The Community School of Music and Arts offers year-round classes in music, visual and digital arts, with courses for adults and children. Students are encouraged to sign up for classes at least two weeks in advance.

#### ► EPACenter

1950 Bay Road, East Palo Alto  
650-313-2626 / epacenter.org

The 25,000-square-foot space offers a wide range of creative disciplines for East Palo Alto youth ages 6-25. Students can participate in classes such as music, visual arts, dance and skateboarding. No one is turned away for lack of funds.

#### ► Music Together Menlo Park

75 Arbor Road, Suite N,  
Menlo Park / 650-799-1624  
admin@mt-mp.com / mt-mp.com

Music Together Menlo Park holds classes exploring music and movement for children from birth up to age 5 and their guardians at the Allied Arts Guild, as well as two locations in Palo Alto — Lucie Stern Community Center and Unity Church.

#### ► New Mozart School of Music

2100 El Camino Real, Suite C,  
Palo Alto / 650-324-2373  
info@newmozartschool.com /  
newmozartschool.com

New Mozart School of Music offers music lessons and group classes in a variety of instruments year-round to students of all ages and abilities.

#### ► Pacific Art League

668 Ramona St., Palo Alto  
650-321-3891  
info@pacificartleague.org /  
pacificartleague.org

Pacific Art League offers a range of classes for children and adults with varying experience. Instructors teach many media, including drawing, painting, watercolor, digital art and more. In-person and live online classes are offered year-round.

#### ► Palo Alto Art Center

1313 Newell Road,  
Palo Alto / 650-329-2366  
artcenter@cityofpaloalto.org /  
cityofpaloalto.org /  
Departments/Community-Services/Arts-Sciences/  
Palo-Alto-Art-Center

Palo Alto Art Center classes and workshops — teaching children, teens and adults — cover such areas as ceramics, painting, drawing, jewelry, sculpture, Adobe PhotoShop and more.

### OLDER ADULTS

#### ► Avenidas

450 Bryant St., Palo Alto  
Cubberley Community Center,  
4000 Middlefield Road,  
Room H-5, Palo Alto  
650-289-5400  
info@avenidas.org /  
avenidas.org

Avenidas offers many classes, as well as lectures and workshops, for Midpeninsula seniors focusing on topics such as general health, physical fitness, languages, humanities, computing, music and writing. Classes are held in person, online via Zoom or are a hybrid of both.

#### ► Little House Activity Center

800 Middle Ave.,  
Menlo Park / 650-272-5000  
lpvi.org/littlehouse

Little House Activity Center offers classes for adults of all ages on various topics and activities, including health and wellness for seniors; fitness exercises like line dancing and Pilates; ceramics,

drawing and other arts; languages; history and culture; and computer skills.

### PARENT EDUCATION

#### ► Children's Health Council

650 Clark Way, Palo Alto  
650-326-5530  
careteam@chconline.org /  
chconline.org

Children's Health Council holds a variety of classes touching on child-behavior issues, dyslexia, anxiety and depression, attention deficit hyperactivity disorder, autism and other topics related to encouraging all children's success.

### SCHOOLS

#### ► Athena Academy

525 San Antonio Ave.,  
Palo Alto / 650-543-4560  
anne@athenaacademy.org /  
athenaacademy.org

Athena Academy educates dyslexic and twice-exceptional students in first through eighth grades.

#### ► Bowman International School

4000 Terman Drive, Palo Alto  
650-813-9231  
bowmanschool.org

Bowman International School offers Montessori education for elementary through high school, (plus an early education program at 693 Arastradero Road, Palo Alto).

#### ► Castilleja School

1310 Bryant St., Palo Alto  
650-328-3160 / castilleja.org /

Castilleja is an independent school for girls in middle and high school with a goal of inspiring young women to become confident leaders and changemakers.

#### ► Challenger School

3880 Middlefield Road,  
Palo Alto / 650-213-8245  
challengerschool.com

Challenger School's Palo Alto location is open to students from preschool through eighth grade with an emphasis on preparing students

to become self-reliant, individual and independent thinkers.

#### ► Emerson School

2800 W. Bayshore Road,  
Palo Alto / 650-424-1221  
vbarberis@headsap.org /  
emersonmontessori.com

Emerson School provides a year-round program for grades one to eight, teaching a personalized, Montessori curriculum. Emerson also offers an infant center and a preschool program.

#### ► Fusion Academy

2191 E. Bayshore Road,  
Suite 100, Palo Alto  
650-857-0634  
fusionacademy.com /  
campuses/palo-alto

Fusion Academy Palo Alto offers 1:1 education and customized schedules for students in middle and high school.

#### ► Gideon Hausner Jewish Day School

450 San Antonio Road,  
Palo Alto / 650-494-8200  
info@hausnerschool.org /  
hausnerschool.org

Instructing children in kindergarten through eighth grade, Gideon Hausner Jewish Day School provides strong academics, instruction in Jewish studies and the Hebrew language, enrichment opportunities and after-school programs.

#### ► The Girls' Middle School

3400 West Bayshore Road,  
Palo Alto / 650-968-8338  
girlsms.org

A progressive school with a focus on hands-on and project-based learning, The Girls' Middle School strives to empower and educate middle school girls with a holistic approach.

#### ► Imagination Lab School

4050 Middlefield Road,  
Palo Alto  
imagination-school.org

Imagination Lab School serves students in grades TK-8 with a mission of igniting curiosity and building confidence and creativity.

#### ► Kehillah Jewish High School

3900 Fabian Way, Palo Alto  
650-213-9600  
admissions@kehillah.org /  
kehillah.org

This college-preparatory high school (grades nine through 12)

(continued on page 26)



# Employment

Software Engineer; GridRaster, Mountain View, CA. Dev ML models & computer vision algorithms for aug reality apps/solutions. MS in CS or rel. 6 mos exp: Softwr Engr, Engr Intern or rel. 6 mos w/ Python, Git, JWT, RESTful API, Django REST, Redux & cloud deployment. Coursewrk in Data Structures req. \$159,182/yr. Apply at [jobs.gridraster.com](http://jobs.gridraster.com)

Management Analysts to analyze co.'s bus. practice (San Francisco, CA 94105 & Palo Alto, CA 94301). Telecommuting a few days a week w/in a commuting distance from the Place of Employment is avail. Int'l travel every other month to Japan & China. Offrd wage of \$200,000 - \$215,000/yr. Resume to SmartNews International, Inc., Attn.: T. Inaba, [hr\\_us@smartnews.com](mailto:hr_us@smartnews.com).

Licensed Clinical Social Worker (Palo Alto, CA). Provide appropriate intervention services &/or discharge planning to patients & their families; conduct assessment of social needs as rtd to patients' health status; dvlp plan of services, incl advocacy, discharge planning, referrals, & practical assistance. Master's in Social Work, or rtd field; 1 yr of exp in clinical social work, incl some solid exp w/ each: social work theories, principles, & techniques in a hospital setting; mental health intake assessments; patient evaluation; hospital & medical center resources. Ability to: provide written case narratives & reports; conduct initial assessment of all new patients to evaluate social, emotional, & physical needs by applying social work theories & techniques; apply effective assessment, evaluation, interviewing, & counseling techniques for patients & family members; dvlp intervention plans to assist w/ hospitalization course & behavioral/psychopathology limitations; provide supportive counseling, grief counseling, crisis intervention & other appropriate therapeutic services to assist patients & families in coping w/ presenting symptoms & problems. ACSW certificate from CA BBS. \$118,497.60 - \$170,435.20/yr. DOE. MUST send CV & cvr ltr to [jhurtado@stanfordhealthcare.org](mailto:jhurtado@stanfordhealthcare.org) or Josefina Hurtado, Stanford Health Care, 1850 Embarcadero Rd, Ste B, Palo Alto, CA 94303 w/in 30 days & ref Job #W2023-002.

For employment advertising, please visit [PaloAltoOnline.com/employment\\_ads/](http://PaloAltoOnline.com/employment_ads/).

## Let's educate! – Guide to Schools, Camps & Classes

### Let's educate!

(continued from page 25)

features science and computer labs, art and music studios, a drama program, small class sizes, sports teams and more.

#### ► Keys School

2890 Middlefield Road and 3981 El Camino Real, Palo Alto / 650-328-1711 [keysschool.org](http://keysschool.org)

Keys School, serving elementary and middle school students, emphasizes nurturing the whole child.

#### ► Learning Links

3864 Middlefield Road, Palo Alto / 650-618-3342 [enroll@learninglinks.org](mailto:enroll@learninglinks.org) / [learninglinks.org](http://learninglinks.org)

Learning Links, formerly Milestones Preschool, offers year-round programs for young children of all abilities to foster social, emotional, cognitive and physical development. Learning Links is a program of AbilityPath, with additional locations in Mountain View and Burlingame.

#### ► Living Wisdom School of Palo Alto

456 College Ave., Palo Alto / 650-462-8150 [livingwisdomschool.org](http://livingwisdomschool.org)

Offering yoga, meditation and experiential, interdisciplinary learning, Living Wisdom School serves students in transitional kindergarten through eighth grade.

#### ► Lydian Academy

815 El Camino Real, Menlo Park / 650-535-8711 [staff@lydianlink.com](mailto:staff@lydianlink.com) / [lydianacademy.com](http://lydianacademy.com)

Lydian Academy is a middle and high school offering year-round individualized instruction to prepare students for college. Lessons include a mix of one-on-one teaching and group sessions. It also offers tutoring and after-school programs. Both in-person and online instruction available.

#### ► Meira Academy

3921 Fabian Way, Palo Alto / 650-485-3589 [meiraacademy.org](http://meiraacademy.org)

Meira Academy is an Orthodox Jewish high school for girls, offering a curriculum in Judaic and general studies.

#### ► Menlo School

50 Valparaiso Ave., Atherton 650-330-2000 [menloschool.org](http://menloschool.org)

Menlo School is open to students in middle and high school, with a goal of challenging and empowering its students to fall in love with learning.

#### ► Mid-Peninsula High School

1340 Willow Road, Menlo Park / 650-321-1991 [mid-pen.org](http://mid-pen.org)

Mid-Peninsula High School aims to prepare its students for successful college careers and provide an inclusive and collaborative learning environment.

#### ► Peninsula School

920 Peninsula Way, Menlo Park / 650-325-1584

(continued on page 27)



# Private School Previews



## The Girls' Middle School



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3400 W. Bayshore Road | Palo Alto, CA 94303  
[girlsms.org](http://girlsms.org) | [admissions@girlsms.org](mailto:admissions@girlsms.org) | 650-968-8338





To place a paid advertisement in the Let's Educate special section, call the display advertising department at 650-326-8210. To submit a listing for the next Let's Educate special section, email [editor@paweekly.com](mailto:editor@paweekly.com).



**Let's educate!**

(continued from page 26)

[info@peninsulaschool.org](mailto:info@peninsulaschool.org) / [peninsulaschool.org](http://peninsulaschool.org)

Peninsula School is a progressive institution teaching students from nursery through eighth grade, with an emphasis on choice and experience.

► **Philips Brooks School**

2245 Avy Ave.,  
Menlo Park  
650-854-4545  
[phillipsbrooks.finalsite.com](http://phillipsbrooks.finalsite.com)

This independent day school offers child-centered learning for children from preschool through fifth grade.

► **Sand Hill School**

650 Clark Way, Palo Alto  
650-688-3605  
[info@sandhillschool.org](mailto:info@sandhillschool.org) / [sandhillschool.org](http://sandhillschool.org)

Located at the Children's Health Council, Sand Hill School teaches children from second through eighth grade with language-based learning differences, school-based anxiety and ADHD.

► **Silicon Valley International School**

151 Laura Lane, Palo Alto  
475 Pope St., Menlo Park  
650-251-8500  
[school@svintl.org](mailto:school@svintl.org) / [svintl.org](http://svintl.org)

Silicon Valley International School offers bilingual immersion day school with two nursery-to-fifth-grade programs in French,

German and Mandarin as well as middle and high school programs.

► **Stratford School**

870 N. California Ave.,  
Palo Alto / 650-405-1244  
[stratfordschools.com](http://stratfordschools.com)

The Palo Alto location of Stratford School has preschool, elementary and middle school programs, plus after-school clubs and an extended-day program.

► **Trinity School**

2650 Sand Hill Road,  
Menlo Park  
330 Ravenswood Ave.,  
Menlo Park / 650-854-0288  
[trinity-mp.org](http://trinity-mp.org)

An independent school for elementary students, plus an early childhood campus for preschoolers, Trinity is rooted in Episcopal heritage.

► **Woodland School**

360 La Cuesta Drive,  
Portola Valley / 650-854-9065  
[woodland-school.org](http://woodland-school.org)

Woodland School is an independent school offering small classes and an emphasis on student-driven projects for children in preschool up through middle school.

**SOMETHING FOR EVERYONE**

► **JobTrain**

1200 O'Brien Drive,  
Menlo Park  
650-330-6429  
[info@jobtrainworks.org](mailto:info@jobtrainworks.org) / [jobtrainworks.org](http://jobtrainworks.org)

JobTrain has a variety of training programs for adults — providing instruction in the culinary arts, business administration, health care and more — as well as programs specifically for young adults, to help with GED diploma preparation, job placement and vocational training. The center also offers onsite preschool with income-based fees. Open entry GED/high school equivalency classes run on weekdays.

► **Hidden Villa**

26870 Moody Road,  
Los Altos Hills  
650-949-8650 / [hiddenvilla.org](http://hiddenvilla.org)

In addition to its long-running summer camp programs, Hidden Villa offers a variety of classes and clubs for children and adults, including a natural history series.

► **The Riekes Center**

3455 Edison Way,  
Menlo Park  
650-364-2509  
[info@riekes.org](mailto:info@riekes.org) / [riekes.org](http://riekes.org)

The Riekes Center offers year-round programming in fitness, arts and nature for individuals of all ages and abilities. The center also provides programs for home-schooled students.

► **Stanford Continuing Studies**

Littlefield Center,  
365 Lasuen St., Stanford  
[continuingstudies@stanford.edu](mailto:continuingstudies@stanford.edu) / [continuingstudies.stanford.edu](http://continuingstudies.stanford.edu)

Stanford Continuing Studies organizes in-person and online classes in liberal arts and sciences, creative writing, and professional and personal development.

**SPORTS**

► **Baylands Golf Links**

1875 Embarcadero Road,  
Palo Alto / 650-856-0881  
[baylandsgolflinks.com](http://baylandsgolflinks.com)

Private lessons and clinics teaching golf techniques, rules and etiquette are available for sign-up at any level of experience throughout the year.

► **Kim Grant Tennis Academy**

3005 Middlefield Road,  
Palo Alto / 650-752-8061  
[admin@kimgranttennis.com](mailto:admin@kimgranttennis.com) / [kimgranttennis.com](http://kimgranttennis.com)

The Kim Grant Tennis Academy organizes an array of tennis classes and programs for adults and children at multiple locations, including in Palo Alto, Menlo Park and Woodside. Pickleball clinics are also offered at some locations.

► **Spring Down Equestrian Center**

725 Portola Road,  
Portola Valley / 650-851-1114  
[springdowneqcenter@gmail.com](mailto:springdowneqcenter@gmail.com) / [springdown.com](http://springdown.com)

Spring Down Equestrian Center educates children (beginning at age 6) and adults on horses and horseback riding. Classes and camps held year-round.

► **Webb Ranch Riding School**

2720 Alpine Road,  
Portola Valley / 650-854-7755  
[webbranchinc.com](http://webbranchinc.com)

Instruction for beginning and intermediate riders in both group and private settings, including camps for kids age 7-18. Specialties include English and Western riding, dressage and hunt-seat riding.

*Let's Educate* is published quarterly in the Palo Alto Weekly and the Almanac. Descriptions of classes and schools in Palo Alto, Stanford, Menlo Park, Mountain View, Atherton, East Palo Alto, Los Altos, Los Altos Hills, Portola Valley and Woodside are provided. Listings are free and subject to editing. Due to space constraints, classes and schools in the above cities are given priority.

To inquire about submitting a listing for the next *Let's Educate*, email [editor@pawekly.com](mailto:editor@pawekly.com). To place a paid advertisement in *Let's Educate*, call the display advertising department at 650-326-8210.



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# Living Well

A monthly special section of news & information for seniors

Peninsula Volunteers expands

## Meals on Wheels service to Palo Alto

The twice-a-week service provides locally cooked meals to residents over 60

By Lisa Moreno | Photos by Anna Hoch-Kenney

Kenneth Pierre left his apartment door slightly ajar on the morning of Aug. 30 so when his usual visitor stopped by, he'd be ready to greet them.

Peninsula Volunteers Director of Nutrition Services Stephanie Figeira knocked on the door, called out to Pierre grinning and stepped inside with a bag of meals in-hand.

Pierre says he looks forward to the visit every week.

Peninsula Volunteers, a Menlo Park-based nonprofit that aims to empower older individuals, expanded its Meals on Wheels service from San Mateo County into Palo Alto and Santa Clara County in July, thanks to a private donor.

Most of the nonprofit's San Mateo County meal funding comes from federal grants, but

this spring, the donor paid to fund a new Santa Clara County route, which Peninsula Volunteers delivers on Tuesdays and Fridays.

Figeira says that the deliveries are about more than just the meals — they're a chance to check in on people.

"We're being received very well by the community," Figeira said. "I think one of our biggest selling



Meals on Wheels Director of Nutrition Services Stephanie Figeira, right, delivers a meal to Kenneth Pierre, left, in Palo Alto on Aug. 30.

points is that we make the food here in our kitchen, we pack it here, and then we are a friendly visitor to drop deals off twice a week to seniors in the area."

Meals on Wheels services in neighboring counties typically order the meals from various distributors, but recipes are developed in-house at Peninsula Volunteers by its chef and other staff, some of whom have worked with the nonprofit for over 30 years, she said.

Pierre's favorite meal is the Salisbury steak, which he hadn't had in a long time before receiving the service, he said, standing

in his kitchen on Aug. 30.

"It reminded me of when I was a kid," he said.

His walls were lined with awards like "Veteran of the Year," and one for helping local police catch a serial rapist. He went through each award with the Weekly, discussing his years of community work in Palo Alto with organizations like the Downtown Streets team, an outreach group for local people who are homeless.

Pierre was one of the first people that signed up for the service in Palo Alto, thanks to a case worker that let him know about

the new route.

"It's true what you do for the community," he said to Figeira.

Figeira says that the deliveries are about more than just the meals — they're a chance to check in on people.

"Sometimes we're the only person that somebody sees in a day or even speaks to in a day," she said.

Delivery drivers carry a list of addresses with them and keep up with the meal recipients' schedules, so they know what each person will be doing during the drop-off.

Some houses have pets, some people come to the door quickly



Stephanie Figeira, Director of Nutrition Services with Meals on Wheels, searches for an address while on a delivery route in Palo Alto on Aug. 30.



Stephanie Figeira, Director of Nutrition Services with Meals on Wheels, grabs a bag of food from her trunk for a recipient in Palo Alto on Aug. 30.





*Meals on Wheels Director of Nutrition Services Stephanie Figeira, right, chats with recipient Kenneth Pierre, left, during a meal delivery to Pierre's Palo Alto apartment on Aug. 30.*



*Figeira carries a meal as she knocks on the door of a recipient's apartment in Palo Alto on Aug. 30.*



*Figeira, right, chats with a Meals on Wheels recipient during a meal delivery in Palo Alto on Aug. 30.*

and others prefer the delivery person come in and unpack the meals.

Figeira scanned through sheets of paper on her Friday delivery as she prepared to approach the next house. The meal recipient planned to leave a house key for her in the mailbox, so Figeira could leave the meals in the freezer while she participated in a class at Avenidas, a community hub for older adults.

When Figeira couldn't find a key, she called the recipient's family members to make sure she was okay and to coordinate where to leave the meals.

It's not part of their usual protocol to leave the delivery on the porch, because face-to-face interaction is a big part of the service, she said.

Heinz Klostermann, who is 94 years old, quickly welcomed

Figeira and this reporter into his home during his delivery, offering beverages and a tour of his apartment. Klostermann, who has experience working with cars, showed off his array of engine parts, his work space and his daily exercise routine.

Family photographs and jars of honey lined his table and armoire. "My father was a beekeeper," he said. "We used to sell honey 80 years ago."

While Figeira prepared to head to her next home, Klostermann

called her work "amazing."

As director of Nutrition Services for the nonprofit, she likes to think of food as a multifaceted opportunity for health, exercise, community and spirituality, Figeira said.

"It's like going to church, or being out in the sun, or touching the soil," she said. "Food brings connection."

Currently, Peninsula Volunteers delivers meals to around 12 people on its Santa Clara County route, which is focused in Palo

Alto, Los Altos and Mountain View.

Prices per delivery vary as recipients may be eligible for subsidized meals, but people are encouraged to contribute around \$5 per meal.

Anyone who is 60 years or older can sign up for Meals on Wheels by calling Peninsula Volunteers at (650) 272-5041.

In the future, the nonprofit hopes to expand as much as possible to cities like Cupertino, Figeira said, and at some point, she hopes to gain access to federal Older American Act funding for the Santa Clara County route.

"We would just love to serve more people," she said. ■

*Email Staff Writer Lisa Moreno at [lmoreno@pawekly.com](mailto:lmoreno@pawekly.com).*

**About the cover:** Stephanie Figeira, Director of Nutrition Services with Meals on Wheels, waits to get buzzed into a Palo Alto apartment building with a meal delivery. Photo by Anna-Hoch Kenney. Cover design by Paul Llewellyn



*Stephanie Figeira, Director of Nutrition Services with Meals on Wheels, calls to check on a recipient in Palo Alto who doesn't answer the door for their meal delivery on Aug. 30.*



*Stephanie Figeira, Director of Nutrition Services with Meals on Wheels, delivers a meal to a recipient in Mountain View on Aug. 30.*

While Figeira prepared to head to her next home, Klostermann called her work "amazing."



*Meals on Wheels recipient Heinz Klostermann, left, shows Stephanie Figeira, right, the weight he lifts for his daily exercises during a meal delivery and check-in chat at his Palo Alto apartment on Aug. 30.*

## Senior Focus

**LOCAL LUAU ...** Save a trip out of state and see live luau dancers at Peninsula Volunteers' Luau Celebration on Sept. 27 from 11 a.m. to 1 p.m. The Menlo Park senior community center will serve a menu of roasted pig, steamed rice, salmon with pineapple mango salsa, macaroni salad, coconut pudding and more. Tickets range from \$20 to \$25 and attendees must RSVP by Sept. 23 on [destinationpaloalto.com](http://destinationpaloalto.com). The celebration will take place at Peninsula Volunteers headquarters at 800 Middle Ave. Menlo Park. For more information, call (650) 326-0665 or email [Littlehouse@1pvi.org](mailto:Littlehouse@1pvi.org).

**AGING WISELY ...** Avenidas, Palo Alto community hub for older adults, will continue its Aging Wisely series, this month discussing "Navigating Delicate Conversations." The online and in-person event on Sept. 19 will discuss challenging transitions, loss of control and loss of purpose among other things. The \$10 event will be open to all people, caregivers and "solo agers," and has an unlimited number of seats online. Paula Wolfson, Manager of Avenidas Care Partners, will host the discussion from 1 p.m. to 2:30 p.m. Attendees can sign up on [Avenidas.org](http://Avenidas.org) for in-person at 450 Bryant St. Palo Alto or purchase Zoom tickets. Email [register@avenidas.org](mailto:register@avenidas.org) for assistance. ■





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## Your REALTOR® and You

REALTORS® Share Safety Tips for Homeowners  
During REALTOR® Safety Month

September is REALTOR® Safety Month, a time when the Silicon Valley Association of REALTORS® (SILVAR) highlights safety for its members and the community.

“The month of September is when our association issues reminders of all aspects of safety for our members. These safety tips also help our communities,” said Eileen Giorgi, president of the local trade association. “Burglars are getting more creative, so homeowners may want to review home safety measures and consider taking additional steps to secure their home.”

Here are some safety tips for homeowners from SILVAR and the National Association of REALTORS®:

- If you have just moved to a house or apartment, have all locks re-keyed immediately.
- Consider investing in a home security camera. Studies show home security systems can reduce the likelihood of criminal activity by up to two-thirds because they make criminals think twice about targeting a home.
- A home alarm system can protect your family and your home. The alarm system’s loud noise can scare off intruders, notify local authorities, and give you peace of mind knowing your family and property are safe when you are in your home or away.
- Install deadbolts with one-inch bolts on all entry doors in addition to existing locksets. If you have a door with glass panels within three feet of the lock, you should have a double-cylinder deadbolt, which requires a

key on both sides so that a burglar cannot simply break the glass and reach through to unlock the door. If a door has conventional glass panels, consider replacing them with shatterproof glass or with polycarbonate material.

- Place a wooden rod in the track of a sliding glass door so it can’t be opened from outside. To prevent sliding doors from being lifted from their frames, install shims along the top frames.
- Make sure your porch, entrance area, and front and back yards are well lit. Turn on exterior lights when you are home at night and place interior and exterior lights on timers when you are away.
- Prune any shrubbery that hides doors or windows.
- Keep garage windows covered. There is a lot about your garage you don’t want potential criminals to know about, such as whether someone is home, or if there are tools or ladders available to help break into your home.
- Keep a charged cell phone with you at all times. Program any emergency phone numbers on speed-dial on your phone.
- Be a good neighbor. If you see or hear anything suspicious around neighbor’s house, contact your neighbor or police if your neighbor is out of town.

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Information provided in this column is presented by the Silicon Valley Association of REALTORS®. Send questions to Rose Meily at [rmeily@silvar.org](mailto:rmeily@silvar.org).



### Caregiver Conference Stronger than the Storm



**Saturday, Sept. 7,  
from 9 am to 1 pm**  
Avenidas Rose Kleiner Center  
270 Escuela Ave., Mountain View  
Free parking

RSVP to this  
\$20 conference  
by scanning the  
QR code



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

## Avenidas

## SEPTEMBER 2024

## Calendar of Events

### Sept 6

**Casual Bridge**  
1-4 pm every Friday, Avenidas@450 Bryant. Email [info@avenidas.org](mailto:info@avenidas.org) for more info. First game is free for everyone. Drop-in, free for Avenidas members/\$5.

**Wine Appreciation Class**  
3-4:30 pm, Avenidas@450 Bryant. RSVP required by 2 pm. Call 650-289-5400. \$15/\$20

### Sept 7

**Caregiver Conference: Stronger than the Storm**  
9:30 am-1 pm, 270 Escuela, Mountain View. Call 650-289-5400 to register. \$20 in advance; \$30 at the door.

### Sept 9

**Healing Sound Bath Meditation with Sabrina Huang**  
3-4 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$35/\$45

### Sept 10

**Tuesday Trekkers**  
every Tuesday, 9:50 am meet time. Call 650-289-5400 for meeting location. Free, drop-in.

### Collage Club

every Tuesday, 10 am-noon. Bring your own canvas. No instruction. Register to [register@avenidas.org](mailto:register@avenidas.org). Free/\$5

### ACCC Moon Festival

1-2:30 pm via Zoom. Email [avcc@avenidas.org](mailto:avcc@avenidas.org) for log on info. Free.

### Sept 11

**Rainbow Walk-xercise**  
every 2nd & 4th Wednesday, 9:30-11 am. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) for meeting place. Free.

### Sept 12

**Dot Mandala Workshop with Katherine Shariq**  
11 am-1 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$48/\$58

### Movie: "Our Souls at Night"

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

### Sept 13

**FREE Blood Pressure Screening**  
12:30-1 pm, Mountain View Senior Center, 266 Escuela, MV. Drop-in, free.

### Lecture: "Benny Goodman: His Life and His Music" with Earl Caustin

2-3 pm, Avenidas@450 Bryant. Refreshments after. RSVP requested. Email [register@avenidas.org](mailto:register@avenidas.org). Free.

### Sept 14

**Rainbow Walking Group Meet-up: Zelda's at the Beach, Capitola**

11 am. Socialize and meet new friends. Transportation and food/beverage purchase are on your own. For more info or to RSVP, email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org).

### Sept 16

**Rainbow Book Club: "When I'm Gone: A Novel" by Emily Bleeker**

5-6 pm via Zoom. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) for log on info. Free.

### Sept 17

**Avenidas Village Wine & Cheese Meet & Greet with Members**  
3 pm, Avenidas@450 Bryant. RSVP to [Erika.ethomas@avenidas.org](mailto:Erika.ethomas@avenidas.org). Free.

### Sept 18

**Mindfulness Meditation, every Wednesday**  
2-3 pm via Zoom. Email [info@avenidas.org](mailto:info@avenidas.org) for log on info. Free.

### Sept 19

**Aging Wisely: Navigating Delicate Conversations with Paula Wolfson, LCSW**  
1-2:30 pm, Avenidas@450 Bryant. RSVP required. Call 650-289-5400. \$10

### Ukulele Jam Session

2-3:30 pm, Avenidas@450 Bryant. RSVP in advance to [register@avenidas.org](mailto:register@avenidas.org) or at the door. Free.

### Wonder Women Lesbian Social Group

3 pm via Zoom. Email [Jenn.jchan@avenidas.org](mailto: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](mailto:register@avenidas.org) to register. Free.

### Sept 20

**Rainbow Community Coffee Group, with Eddie Green & Robin Barber**

10-11 am, Avenidas@450 Bryant. RSVP required. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org). Free.

### Sept 23

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

### Sept 24

**Mindfulness Meditation, every Tuesday**  
11 am-noon, Avenidas@450 Bryant. Drop-in, free.

### Sept 25

**Walking Bird Tour with Rick Morris**  
8:30-10:30 am, location revealed to registered participants. RSVP required. Call 650-289-5400. \$30/\$40

### Book Club: "Our Missing Hearts" by Celeste Ng

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

### Rainbow Song Appreciation Group: "Song That Always Makes Me Dance"

4-5 pm via Zoom. Email [lgbtq@avenidas.org](mailto:lgbtq@avenidas.org) to register. Free.

### Sept 27

**Beginning Ukulele Workshop with P.A. Moore**

10-11:30 am, Avenidas@450 Bryant. No need to read music. Loaner ukes available. RSVP required. Call 650-289-5400. \$20/\$25