

**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.

Sept 6

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.

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. Free/\$5

ACCC Moon Festival

1-2:30 pm via Zoom. Email accc@avenidas.org for log on info. Free.

Sept 11

Rainbow Walk-xercise

every 2nd & 4th Wednesday, 9:30-11 am. Email 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. 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.

Sept 16

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

5-6 pm via Zoom. Email 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. Free.

Sept 18

Mindfulness Meditation, every Wednesday

2-3 pm via Zoom. Email 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 or at the door. Free.

Wonder Women Lesbian Social Group

3 pm via Zoom. 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 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. 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. 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 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