

## 20th Annual Caregiver Conference



**\$25**

**Saturday  
October 4, 2025**

8:30 am to 3:30 pm  
450 Bryant St. in Palo Alto

- Tools and resources
- Education and lectures
- Community support
- Free lunch and snacks

Get info & tickets:  
[avenidas.org/2025-caregiver-con](https://avenidas.org/2025-caregiver-con) →



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

### Sept. 5

**Wine Appreciation: Critics & Influencers Impact on the Wine Industry,**  
3-4:30 pm, Avenidas@450 Bryant. RSVP by 1 pm. Call 650-289-5400. \$15/\$20

### Sept. 8

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

### Sept. 9

**Line Dancing Class Demo with Margaret Choy,**  
2:30-3:30 pm, Avenidas@450 Bryant. Space is limited. RSVP required. Email register@avenidas.org. Free.

### Sept. 10

**Avenidas Dog Walking Club,**  
10-11am, start at Avenidas parking lot. Bring a leash, water & poop bags. Email info@avenidas.org for more information. Free.

### Sept. 11

**Folk Music Sing-along with Michael Lynn Bechler,**  
2-3 pm, Avenidas@450 Bryant. RSVP to register@avenidas.org or drop in. Free.

**History of Rock 'n' Roll: The British Invasion with Deborah Kohn,**  
3-4:30 pm, Avenidas@450 Bryant. Call 650-289-5400 to register. \$10

### Sept. 12

**NEW! Deep Dive Conversation Club,**  
10-11:30 am, Avenidas@450 Bryant. Various topics, no politics. RSVP required. Email register@avenidas.org. Free.

### Sept. 15

**Movie: "The Thursday Murder Club"**  
1:30-3:30 pm, Avenidas@450 Bryant. Stop by the front desk for a ticket. Free/\$2

### Sept. 16

**LGBTQ Caregiver Support Group,**  
11 am-noon via Zoom. Email lgbtq@avenidas.org to receive log on info. Free.

### Sept. 18

**Avenidas Village Wine & Cheese with Members,**  
3 pm, Avenidas@450 Bryant. RSVP to Erika ethomas@avenidas.org. Free.

### Sept. 19

**Pole Walking Workshop with Jayah Faye Paley,**  
9 am-noon, Avenidas@450 Bryant. Call 650-289-5400 to register. \$45/\$60

**ACCC Bilingual Art Workshop: Weaving Art Stories with Kiana Honarmand,**  
11 am-12:30 pm, ACCC@Cubberley. Offered in English and Mandarin. RSVP to accc@avenidas.org. Free.  
**Deadline Reminder: Register for ACCC Annual Moon Festival by Sept. 19.**  
Event is Thursday, Oct. 2, 12:30-3 pm. Email accc@avenidas.org. Free.

### Sept. 22

**Aging Wisely: Navigating Complicated Health Insurance for FAMILY CAREGIVERS with Matthew Sohn**  
1:30-3 pm, Avenidas@450 Bryant. RSVP required. Email register@avenidas.org. Free.

### Sept. 23

**Mindfulness Meditation, every Tuesday,**  
11 am-noon, Avenidas@450 Bryant. RSVP to register@avenidas.org or drop in. Free.

### Sept. 24

**Special Film Screening: "Maxxie LaWow – Drag Super-shero," with Anthony Hand,**  
2:30-5 pm, Avenidas@450 Bryant. Reception at 2:30 pm; screening at 3 pm. RSVP to register@avenidas.org. Free.

### Sept. 25

**Book Club: "Eleanor Oliphant is Completely Fine" by Gail Honeyman,**  
2:30-4 pm via Zoom. Call 650-289-5400. Free/\$5

**Rainbow Song Appreciation with Jane Stone,**  
5-6 pm via Zoom. Email lgbtq@avenidas.org for topic and log on info. Free.

### Sept. 29

**Class Preview: An Integrative Approach to Digestive Health with Christine Rosche, M.P.H., C.N.S.,**  
11 am to noon. RSVP to register@avenidas.org. Free.  
**Elevate Your Wellness: A Look at Osteoporosis and Osteoarthritis with Sally Duplantier,**  
2-3 pm, Avenidas@450 Bryant. Call 650-289-5400 to register. \$10

**Rainbow Book Club: "Arthur and Teddy Are Coming Out" by Ryan Love,**  
5-6 pm via Zoom. Email lgbtq@avenidas.org for log on info. Free.