



News

450 Bryant Street, Palo Alto, CA 94301

September 2014 vol.39 number 8

Caregiver Conference Provides Road Map for Families

Many of us need a roadmap to follow when we become the family caregiver. We usually start this journey at a time of crisis in our loved one's health and are not prepared for changes in their level of care. There are many blind turns and hidden obstacles in the way.

So where are you on this caregiving path? Are you just starting out, having realized that your husband is slowing down, both mentally and physically?

Or are you mid-way down the road and ready to hire caregivers or seek placement for Mom and Dad? Perhaps you need to meet with a physician to discuss comfort and compassionate care?

Solid info helps families

No matter where you find yourself on this sojourn, Avenidas offers you professional guides, answers to your questions, and emotional support at the **11th Annual Avenidas Caregiver Conference: "Finding Your Path."**

This info-packed event will be at the Mountain View Senior Center, located at 266 Escuela Avenue, on Saturday, October 18 from 8:30am to 3:30 pm and includes lunch.

Overcoming stress

The day begins with a keynote presentation on "Care for the Caregiver" by Laura Kerr, PhD, mental health scholar and international lecturer. Drawing from research on the neurobiology of stress, Dr. Kerr will share ways to help you when you're feeling overwhelmed



and discuss how to re-engage when caretaking has you feeling depleted or at a loss for meaning in your life.

Topics provide direction

The conference features nine workshops in three key areas: Health Resources, Legal Planning and Caregiver Wellness, with a topic from each of these tracks offered throughout the day. You may discover that you want to register for all of the Caregiver Wellness topics or attend a session from within each track. It is up to you

to customize your day and your caregiver path.

Affinity groups

Next you'll join a discussion group facilitated by geriatric professionals from Avenidas and community organizations to enjoy both lively conversation and camaraderie.

Treats and tour

You will be treated to chocolate treats and a specialty coffee cart featuring espresso beverages, Italian sodas and hot chocolate as you tour the Avenidas Rose Kleiner Center located next door. This is a state of the art adult day care and day health center. It creates a comforting oasis for your loved one to have a home away from home. The tour will provide an opportunity for participants to meet with staff and ask questions about respite care.

Secure your spot

Early registration is \$35 per person, or \$30 each if two people register together. After Oct. 3, the fee is \$45 per person. This includes light morning refreshments, keynote presentation, choice of 9 workshops, boxed lunch, affinity groups, tour, access to sponsors, specialty coffee cart, chocolate treats and door prizes. See middle insert for workshop details and registration form, call (650) 289-5435, or visit www.avenidas.org to register.

Meet Hong-Ang Bui



Avenidas Rose Kleiner Center's newest team member, Hong-Ang Bui, joined the team in June as the Program Nurse. In her role, Hong delivers direct nursing care to participants and communicates with their physicians and family members to insure the highest quality of services are provided.

"I feel wonderful joining Avenidas Rose Kleiner Center because the participants here are super friendly," says Hong. "I also love the team spirit that surrounds us here," she says.

"Every staff member is trying to bring the best experience to the participants, and I feel great being a part of that team. I always look forward to going to work to see my wonderful participants and my coworkers."

Hong has a Bachelor's degree in Nursing from San Jose State University. Prior to Avenidas, Hong worked with seniors living with dementia and Alzheimer's disease and other medical conditions at a nursing home. Hong is bilingual in English and Vietnamese. She loves nature and enjoys riding bikes every day. She also loves sampling foods from different cultures and learning new languages.

Handyman Help at Reduced Rates

Call Avenidas for a trustworthy hand with electrical repair, plumbing, painting, yard service, security installation, carpentry repair, grab bars and safety rails, computer troubleshooting, gutter cleaning and minor furnace repairs.



Contact John Sheffield at (650)289-5426 or jsheffield@avenidas.org to schedule your next project.



High Quality, Affordable Live-In Care

Having trouble finding compassionate around-the-clock home care that fits your family's needs and budget? Call Home Care Assistance! We have been Palo Alto's live-in care specialists for 12 years! That's because we offer:

Consistent Dependable Care. We typically assign a primary caregiver 4 days a week and a secondary caregiver who covers the remaining days. (Some agencies alternate up to 4 different caregivers in one day!)

Total Peace of Mind. Rest easy knowing your loved one's needs are attended to at all times. Live-in care ensures optimal safety and is personalized to each client's individual needs.

Professional Oversight. Live-in caregivers are managed by a team of client care to make sure our clients' experiences are always positive. You don't just hire a caregiver, you hire our full team of seasoned care professionals.

Reasonable Rates Home Care Assistance hires and trains only the most qualified caregivers, but our day rates are the most competitive in the industry. Call to learn more!



Our expert founders wrote the book, *Handbook for Live-In Care*, available on Amazon.com!



Call us today to schedule your free assessment!

650-462-6900

148 Hawthorne Avenue, Palo Alto, CA 94301
HomeCareAssistance.com

EVENTS

NEW! Looking To Meet New Companions?

Stitch.net, a new online companionship service for mature adults, will be hosting a "Speed-Meeting" event at Avenidas with refreshments, food, and FUN! This is a male to female event for people looking for romantic and non-romantic companionship. If interested, please call (415) 800-2918, or email Michael Dean at michael.dean@stitch.net, ASAP to reserve your spot! **Free, Friday, Sept. 5, 5:30 - 7:30pm**

SCREENINGS

Call 650-289-5400 or stop by the Front Desk to make an appointment (required unless drop-in is indicated). Advisory purposes only. Dates are not always known in time to publish. Call 650-289-5400 for updated info or sign up for our eNews at www.avenidas.org.

Drop-in Blood Pressure Screenings Provided by: Registered Nurses

Avenidas Lobby: **Free, Thursdays, 10 to 11:30am**
Cubberley: **Free, Wednesday, Sept. 24, 9:30 to 10:30am.**

Hearing Screening Provided by: Pacific Hearing of Los Altos

Screening is NOT appropriate for those already with a hearing aid. Appointment is necessary by calling 650-289-5400 or stopping by the front desk. **Free. Tuesday Sept. 23, 9am to 1pm.**

Monthly Skin Cancer Screening Provided by: PAMF Dermatologists

An opportunity to check out the questionable changes that occur on the skin to existing moles, sun exposed areas, and other spots. For ages 50+, no disrobing allowed, waiver required. Please call 650-289-5400 or stop by the front desk for an appointment. **Free, Tuesday, Sept. 2, 2:30-3:30pm, provided by: Dr. Kirsten Vin-Christian**

Bone Density Screening. Provided by: Dr. Kenneth Howayeck

New technology allows ultrasound heel bone testing to potentially diagnose osteoporosis before a traumatic fracture occurs. This test is painless and non-invasive. For screening purposes only. Call 650-289-5400 to schedule an appointment. **\$30/\$35, Friday, Sept. 5, 2 to 5pm.**

GAMES & RECREATION

Ongoing and drop-in unless noted. Sign in at Front Desk on arrival.

Monthly Book Group Facilitator: Phil Lumish

Read and discuss something new. Call Phil at 415-265-0851 for details. **Sept. selection:** *The 100-Year-Old Man Who Climbed Out the Window and Disappeared*. Author: Jonas Jonasson
Free, Thursday, Sept. 25, 3 to 4:30pm

Chess Games & Challenges

Monday through Friday by arrangement. All levels welcome. Lessons available for beginners. Avenidas expert available **Wednesdays, Sept. 3 & 17**, to challenge up to six players. Contact Bill at williamylee@sbcglobal.net or (650) 325-7744. **1pm start, reservations required. Free.**

Bridge Game

Drop-in games for intermediate players, no lessons. Call Connie at 650-988-9196 for info. **Free, Fridays, 2 to 4pm.**

Non-scary Duplicate Bridge

Join a friendly, casual bunch for three hours of fun on Friday. **\$2/\$3. Fridays, 1 to 4pm.**

Chinese Classical Mahjong.

Instructor: Sylvia Jeans

Join an ongoing game or sign up for lessons two consecutive weeks (call 650-327-6216). **Free, Mondays, 1 to 4pm**

English Chat Club.

Facilitator: Marian Sanders

Open to anyone who struggles with English and wants to improve in a relaxed atmosphere. Drop in. **Free, Fridays, 12:30 to 2pm**

Seminar topics include:

- ✓AVOID probate delays and expenses!
- ✓SAVE estate taxes—give your money to your family!
- ✓PRESERVE your money for your children and charitable causes!
- ✓PROTECT your assets from your child's possible divorce!

FREE Wills & Living Trusts Seminar

**Wednesday, September 17th, 2014
7:00 p.m.-8:30 p.m.**

Falk, Cornell & Assoc., LLP Office
350 Cambridge Ave., Ste 130, Palo Alto

Register today! Seating is limited!
(650) 463-1550 OR falkandcornell.com

Attorneys Serra Falk Goldman, Lisa M. Kajani & Kimberly N. Thomas provide clients with the best in estate planning services. Falk, Cornell & Associates, LLP handles wills, trusts, probate, trust administration, special needs planning and asset protection. They are members of the American Academy of Estate Planning Attorneys

GAAEPA



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& ASSOCIATES LLP
AN ESTATE PLANNING LAW FIRM

Needlework Club "Club Aveneedles"

No instruction, but light assistance available. This club is appropriate for the low-intermediate to advanced level. Keep your creations or let Avenidas donate them to charitable organizations. **Free, Fridays, 2:30 to 4pm**

Friday Afternoon Dance

Thanks you for your patience as we re-vamp this activity. We are planning something old, something new! Scheduled start date is **Friday, Oct. 3.**

MOVIES & SCREENINGS

United Nations Association Film Festival

Documentaries on human rights, women's issues, children, war, and peace. A unique opportunity of creative exchange and education.

First Mondays monthly, 2 to 3:30pm, Free.

Sept. 8: "Round Eyes in the Middle Kingdom"

SPECIAL GUEST: FILMMAKER RON LEVACO will join us at this screening!

An award-winning documentary that opens in 1949 with the filmmaker's family fleeing China as the Communist revolution spreads. (52 min) Pre-registration requested. Call (650) 289-5400.



Historical 16mm Film Screenings.

Facilitator: Jim Chase

"Casablanca" (1942) Humphrey Bogart and Ingrid Bergman. Set during World War II, it focuses on a man torn between, in the words of one character, "love and virtue." He must choose between his love for a woman and helping her Czech Resistance leader husband escape the Vichy-controlled Moroccan city of Casablanca. **Free, Monday, Sept. 15, 2:30-4:30pm**

"Top Hat" (1935) Fred Astaire and Ginger Rogers. An American dancer comes to Britain and falls for a model whom he initially annoyed, but she mistakes him for his goofy producer. **Free, Monday, Sept. 29, 2:30-4:30pm**

Movies on Thursdays

Includes popcorn and drinks. Please stop by the Front Desk for your ticket upon arrival.

9/04 "Nebraska" (2013) Drama
9/11 "Cocoon" (1985) Sci-Fi Drama
9/18 "Little Miss Sunshine" (2006) Comedy
9/25 "Million Dollar Baby" (2004) Drama
\$0/\$2, 1:30pm start.

Making the decision to move, selling your home, and moving is a big job.
It doesn't have to be overwhelming. You don't have to do it alone.

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A Seniors Real Estate Specialist (SRES), Nancy has the experience and knowledge to guide you through the home selling and buying process.

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LECTURES & WORKSHOPS

Two-fee structure shows Avenidas member/non-member cost. Lectures or workshops requiring pre-registration show a bar code (needed for online registration). If a bar code is not shown, pre-registration is not required (though appreciated), but you must sign in at the Front Desk upon arrival. Register at www.avenidas.org, call 650-289-5400 or stop by the Front Desk.

Bone Health: "The Latest in Ideal Bone Health Nutrition"

Presenter: Dr. Kenneth Howayeck

Come learn what our space program says about the best way to nourish our bones against osteoporosis. Find out where most people are commonly making their mistakes and learn common bone health nutrition myths. Dr. Kenneth C. Howayeck is an Osteoporosis Educator and Founding Director of the Bone Health Network. Pre-register at the Front Desk or call 650-289-5400. **Free, Friday, Sept. 5, 1 to 2pm.**

Gardening Club

Topic: Cool Season Vegetable Gardening

Presented by: Santa Clara Master Gardeners

It's easy to grow vegetables for fall and winter harvest here. You will learn which vegetables grow best during our cool season and tips to increase your gardening success. Pre-registration required. Call 650-289-5400 or stop by the Front Desk. **Free, Friday, Sept. 12, 1 to 2:30pm**

SUPPORT GROUPS

Partner/Spouse Caregiver Support Group

Facilitator: Paula Wolfson, LCSW

For caregivers coping with loved ones' functional or cognitive decline, transitions in level of care and quality of life. **Second and Fourth Monday of the month. September 15th and 29th, Noon – 1:30pm. Location in the Garden Room.**

Free. Drop In. For more information, contact Paula at (650) 289-5438.

The Better Breathers Group

Facilitated by: Janet Ghanem

Sponsored by: Breathe California

Guest speakers from various health disciplines talk about ways to effectively manage lung disease, with the goal of improving quality of life. Open to the public. For program and questions, call 408-998-5865. **Free, Monday, Sept. 8, 1:30 to 3pm.**

Sept. guest speaker: Rachel Seavey, Professional Organizer and Owner of Collector Care

Parkinson's Support Group

Sponsored by the American Parkinson's Disease Association (APDA)

The group provides information about Parkinson's through guest speakers, demonstrations and round table discussions. Contact Robin Riddle: (650) 724-6090 or riddle@stanford.edu for further information. **Sept. speaker: Deborah Bolding, PhD, OTR/L. Stanford Hospital & Clinics Farewell to Falls Program "Fall Prevention: In and Out of Your Home." Free, Wednesday, Sept. 10, 2 to 3:30pm**

Transitions Group: Exploring Together – Growing Together. Facilitated by: Addie Macovski, MFT and Ellie Flavell

For men and women who have experienced illness, career change, retirement, moving, or loss. Special registration: please call (650) 289-5436 for info. There is currently a waiting list for this group. **\$20/quarter, Fridays, 10:15 to 11:45 am.**

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FITNESS

"Yellow Jackets" Cycling Group. Leader: Jan Aarts

Contact 650-529-1829 or jcaarts@sbcglobal.net for info. **10am.**

Avenidas Walkers. Coordinator: Mark Alguard

Tuesday "easy" walks leave the trailhead promptly at 10am and on Thursdays, meet to carpool in the Avenidas parking lot, leaving promptly at 9am. For info, contact Mark Alguard at mark.alguard@gmail.com or 650-575-6291.

Tuesday walks, free at 10am. Thursday walks 0/\$5 at 9am for carpool, 9:30am at trailhead.

ASSISTANCE & COUNSELING

By appointment only. Call 650-289-5400 or stop by the Front Desk.

AARP Tax Assistance

Sponsor: AARP Tax-Aide

AARP tax assistance program on a reduced schedule of occasional Friday mornings through Dec. to help with late or amended returns, responses to IRS or FTB inquiries. Call (650) 289-5400 or stop by the front desk to make an appointment. **Free, Friday, Sept. 5, 9 to 10:30am.**

Advance Health Care Directives (AHCD)

Frieda Haidt, AHCD Counselor

Communicate your health care preferences. Bring a list of your agents and leave with your AHCD filled out, signed, and witnessed. Please call (650) 289-5400 to make an appointment. **\$5, Thursday, Sept. 11, 9 to 11:00am.**

Health Insurance Counseling and Advocacy Program (HICAP)

Counseling to Santa Clara County residents 60+ about Medicare benefits, rights, and options, plus other health insurance-related questions. Funded by CA Department of Aging & Sourcewise. San Mateo County residents, call 650-627-9350.

Free, Thursdays, Sept. 4 & 18, 9-11am, by appointment

Senior Adults Legal Assistance (SALA)

For Santa Clara residents 60+ to support efforts to live safely, independently, and with dignity. San Mateo County residents, call 1-800-381-8898. 30 minute appts. **Free, Mondays, Sept. 8 & 22, 10am to 12pm.**

WELLNESS SERVICES

Ages 50+. Appointments only; call 650-289-5400. 24-hour Cancellation Policy: If you do not call

and cancel your appointment for paid services 24 hours in advance, we require payment. Half-hour appointments except where noted.

Foot and Hand Nail Care with A+ Pedicure by Anny Beidler-Pfister

Service includes: pre-service sanitation & disinfection, clean nail plate, trim & smooth edges, moisturize & massage. No polish. Medical diagnoses/prescriptions and fungal treatments are referred to a specialist. **\$40/\$45 manicure or pedicure (30 minute appts.) or \$50/\$55 for manicure and pedicure (45 minute appts). Wednesdays, Sept. 3, 17 & 24 and Fridays, Sept. 5, 12 & 26.**

Private Spinal Exam and Stretching Sessions by Sanaz Moeini, D.C.

A 30 minute private and comprehensive spinal exam by Dr. Moeini will check posture, range of motion, joint motion and symmetry in the muscles. She will make recommendations, such as stretching exercises and change in daily habits to help you accomplish goals for a healthier life. **\$25/\$35, Friday, Sept. 19, 1 to 2pm.**

Acupuncture by Koichi Miyashita, PhD

Ultra-fine, sterile needles are used to stimulate meridian points on the body and restore balance. Acupuncture has therapeutic benefits including pain relief. Approximately 45 minute appointments. **\$25, Mondays, 9:15 to 11:30am.**

Podiatry by Robert Osheroff, DPM

Treatment of thickened and elongated toenails, removal of corns and calluses, plantar fasciitis, and info on foot care, treatment and a second opinion on upcoming surgery. 30 minute appointments. **\$40/\$45, Wednesday, Sept. 10 and Friday Sept. 19, 9am to 4:30pm**

Reiki by Sara Chong Von Guggenberg

Ancient hands-on healing focusing life force energy to stimulate your natural healing. Reiki is a form of natural healing that is used to alleviate stress, chronic pain, or boost energy. Half hour appointments. Extended appointments available. **\$30/\$35, Wednesdays, 9am to 12pm.**

Massage & Reflexology by Ania Rapacz & Sherri Odelson

Relax or soothe sore muscles. Reflexology is a healing art based on that reflexes in feet/hands correspond to each body part. Massage can help stimulate the healing process. No disrobing. Extended appointments available. **\$35/\$45, Mondays, 1:30 to 4pm & Thursdays, 9:30am to 3pm.**

Free!* Durable Medical Equipment Loan Closet

Short-term loans of portable commodes, canes, walkers, shower chairs, etc. Returned equipment must be clean and in good condition. *Wheel-chairs require \$25 deposit.



450 Bryant Street, Palo Alto, CA 94301

CLASSES

Fall 2014

Classes are published quarterly. Keep this issue for referral for all summer classes. Please note two-fee structure for selected Avenidas classes indicating Avenidas member/non-member fees. Minimum number of registrants per class must be reached by Friday, September 5 in order for class to commence. Please register early.

WORKSHOPS

NEW! "Working Out Differences with Others and Reconciling with Them"

Instructors: Jack Hamilton and Elisabeth Seaman, co-authors of the award-winning book, Conflict – The Unexpected Gift.

Interpersonal conflicts often occur due to patterns of behavior that have gotten out of hand. Sometimes we feel that someone has treated us unfairly, which hurts and angers us. But we are often unaware of someone's true intentions, and the factors that are causing them to behave that way. In this 3-part workshop, you will learn ways to avoid seeing someone else's behavior as a personal attack. You will learn practical techniques for managing your reactions to others that will help you resolve longstanding differences, reach common understandings, and enjoy more solid relationships. **Fridays, Sept. 5, 12, 19, 10am to 12pm, \$60 BC 6283**

NEW! "Learn to 'Listen for Understanding' – A Key to Better Relationships"

Instructors: Jack Hamilton and Elisabeth Seaman, co-authors of the award-winning book, Conflict – The Unexpected Gift.

When two people are having a conversation, many things can block "listening for understanding." Often, when one person is talking, the other person can hardly wait until he can reply with his own opinions – rather than taking in and trying to understand what the speaker is saying and feeling. In this 3-part workshop, you will learn ways to give your full attention to the other person. Through practical exercises, you will learn how to become aware of other people's emotions and why they act the way they do, thereby deepening your relationship with them. **Fridays, Sept. 26, Oct. 3, 10, 10am to 12pm, \$60, BC 6103**

NEW! Cognitive Therapeutics: Brain Fitness

Instructor: Jenn Couch

Join us for fun and informational brain fitness activity sessions, led by a brain fitness expert, Jenn Couch, from Home Care Assistance. We will discuss proactive ways to keep your mind sharp while engaging in fun yet effective group activities. Try one session or register for all six. Space is limited to 12 participants per session. **Friday, Sept. 26, Free, BC 6299 Fridays, Oct. 3 to Oct. 31, \$10 per session, 10am to 12pm, BCs: 6300, 6301, 6302, 6303, 6304**

Clutter Busters Workshop

Facilitator: Emily Farber, MSW

Is the amount of possessions and stuff in your home affecting your quality of life? Join us for a peer support group about managing your clutter. Participants will learn about hoarding and cluttering. We will discuss strategies, tools and techniques to help you get organized, stay focused, & access community resources. This is a four-part workshop and attendance at all four sessions is required. Space is limited. Pre-registration required. **Mondays, Sept. 8, 22 and Oct. 6, 20, 1:30 to 3:30pm, \$60 for all four sessions, BC 6088**

Improv Workshop

Instructor: Elizabeth Whalley, PhD

Bring out your inner actor with improvisation skill-building exercises and short dramas. It's fun and very good for your brain! All are welcome and encouraged; no previous acting experience is required. **Thursdays, Sept. 11 to Nov. 20 (No class Oct. 30) 1 to 2:45pm, \$25/\$35, BC 6146**

Wine Appreciation

Instructor: Peter Webb

Calling all oenophiles and wannabees! Join our monthly discussions and tastings of affordable varietals and blends, their characteristics, and geography of the region from which they originate. Bring your own glass. **First Fridays, 3 to 4:30pm, \$15 includes tasting and light refreshment.**

Topics: To Be Announced.

Sept. 5: **BC 6255**, Oct. 3: **BC 6256**, Nov. 7: **BC 6257**
Dec. 5: **BC 6258**

CREATIVE ARTS

Materials not included; ask for supplies lists available at Front Desk.

Art from the Heart I

Instructor: Joyce Barron Leopardo, SWA

Enhance creativity, healing, and brain fitness while having fun using scraps to create new works of art with various watercolor techniques and mixed media. For all levels of experience. Email instructor for information at JL7@prodigy.net. **Mondays, Sept. 8 to Oct. 13, 2:30 to 5pm, \$70/\$80, BC 6066**

Art from the Heart II

Instructor: Joyce Barron Leopardo, SWA

Loosen up, strengthen your mind, and heal your soul using different art mediums and techniques. For all levels of experience. Email instructor for information at JL7@prodigy.net. **Mondays, Oct. 20 to Nov. 24, 2:30pm to 5pm, \$70/\$80, BC 6067**

Art Nouveau Watercolor

Instructor: Hajra Meeks

Come experience the excitement of Art Nouveau in watercolor! Art Nouveau, or "New Art" experienced its heyday in the early 20th century, and was a dynamic art form which combined Eastern and Western art forms, for a truly multicultural and global art experience. It included floral and organic forms, curves and enticing patterns, and bold, embellished figures in a marriage of Mughal, Persian, East Asian, and Western aesthetics. This watercolor painting class will allow beginning, intermediate, or advanced students to create watercolor paintings of various subjects in an Art Nouveau style, and also learn about color theory, limited palettes, and art history throughout. **Tuesdays, Sept. 9 to Nov. 25, 10am to 12:30pm, \$135/\$150, BC 6282**

Intermediate Watercolor

Instructor: Linda Logan

Innovative techniques and practice for intermediate level.

Wednesdays, Sept. 10 to Oct. 29, 10am to 12:30pm, \$100/\$110, BC 6252

Impressionist Style Painting with Acrylics

Instructor: Juliet Lundy Johnson

Learn color theory, value concept, composition, modern art history, technique, and limited palette method. Explore both still-life and landscape possibilities with loose brush strokes and vibrant colors. **Tuesdays, Sept. 16 to Nov. 4, 1 to 3:30pm, \$90/\$100, BC 6058**

HUMANITIES

Current Events and World Issues

Instructor: Peter Webb

Interactive, lively discussion of current world problems and situations. **Wednesdays, Sept. 17 to Dec. 3, 1 to 2:30pm, \$45/\$55, BC 6108**

Fascination with the Arts

Instructor: Phil Lumish

A free-wheeling discussion of prose, poetry, theatre, film, music, and more – how they interact, how they describe an era, or how they aid/abet revolutionaries. **Thursdays, Sept. 18 to Nov. 6, 10 to 11:30am, \$25/\$35, BC 6287**

History as Biography

Instructor: Phil Lumish

Presentation and discussion dealing with historical eras: how one period of time relates to the past and the future; how events affect things to come; and how people set the stage for their present and the future. **Tuesdays, Sept. 16 to Nov. 4, 2 to 3:30pm, \$25/\$35, BC 6145**

William Shakespeare

Instructor: Phil Lumish

Discover the works, impact, life and times of William Shakespeare and other playwrights. Comparisons of style, language, dramatic impact, and characterization will be discussed while reading through specific plays. **Mondays, Sept. 15 to Nov. 3, 10 to 11:30am, \$25/\$35, BC 6254**

LANGUAGES

Beginning Mandarin

Instructor: Lucia Wu

Learn the basics and fundamentals of Mandarin to ultimately speak the most popular language in the world. **Mondays, Sept. 8 to Dec. 15, 11am to 12:30pm, \$150/\$160, BC 6171**

Continuing Mandarin

Instructor: Lucia Wu

Practice conversations over various common topics which are especially useful for traveling in China. Basic knowledge of the Chinese phonetics is an advantage for this class. Textbook required. **Mondays, Sept. 8 to Dec. 29, 2:30 to 4pm, \$200/\$210, BC 6172**

Continuing Italian

Instructor: Leo R. McCord

Learn to speak the beautiful, melodic language of Italian. **Thursdays, Sept. 11 to Dec. 4 (No class Nov. 27), 12:30 to 2pm, \$65/\$75, BC 6155**

NOTE: There are several levels of Spanish and of French. If you are uncertain as to which level to register, you may call Leonard E. McCord at 650-968-0984.

Spanish for Beginners

Instructor: Leonard E. McCord, Sr.

For those with little or no experience

**Tuesdays, Sept. 9 to Nov. 25, 12:30 to 2pm,
\$65/\$75, BC 6222**

Spanish 1

Instructor: Leonard E. McCord, Sr.

For continuing beginners

Thursdays, Sept. 11 to Dec. 4 (No class on Nov. 27), 2 to 3:30pm, \$65/\$75, BC 6219

Spanish 2

Instructor: Leo R. McCord

**Tuesdays, Sept. 9 to Nov. 25, 12:30 to 2pm,
\$65/\$75, BC 6220**

Spanish 3

Instructor: Leonard E. McCord, Sr.

Tuesdays, Sept. 9 to Nov. 25, 2 to 3:30pm, \$65/\$75, BC 6221

Spanish 4/5

Instructor: Leonard E. McCord, Sr.

Thursdays, Sept. 11 to Dec. 4 (No class Nov. 27), 12:30 to 2pm, \$65/\$75, BC 6223

French for Francophiles & Logophiles (Level 1)

Instructor: Leo R. McCord

Converse as if you were living in France. Some French experience is recommended.

Wednesdays, Sept. 10 to Nov. 26, 12:30 to 2pm, \$65/\$75, BC 6128

French 2

Instructor: Leonard E. McCord, Sr.

Mondays, Sept. 8 to Nov. 24, 11:30am to 1pm, \$65/\$75, BC 6129

French 3

Instructor: Leonard E. McCord, Sr.

Mondays, Sept. 8 to Nov. 24, 10 to 11:30am, \$65/\$75, BC 6130

French Conversation (Level 4)

Instructor: Leo R. McCord

Mondays, Sept. 8 to Nov. 24, 1:30 to 3:00pm, \$65/\$75, BC 6131

Lip-Reading

Instructor: Ellen Mastman

Take control of the effects of your hearing loss; learn and practice techniques like lip-reading to ease communication and improve word understanding. Discuss new technology and other topics related to hearing loss. Foothill College class at Avenidas, call 650-949-7999, ext. 4379 or email mastmanellen@foothill.ed for info and price.

Mondays, Sept. 22 to Dec. 8. Beginning: 1:30 to 2:45pm, Intermediate: 3 to 4:15pm, Advanced: 11am to 12:15pm, Consultations: 10:30 to 11am and 4:15 to 4:45pm.

WRITING

Creative Expression through Writing

Instructor: Sharon Wahl

Development, shared reading, and critique of poetry and other creative writing forms.

Wednesdays, Oct. 1 to Dec. 3, 10:30am to 12pm, \$30/\$40. BC 6107

IF YOU AGREE THAT AGE IS JUST A NUMBER, REMEMBER OURS: 650.320.8626

The excitement is building

The Avant, a forward-thinking concept in senior living in Palo Alto, is now open to take reservations. The Avant is where active and independent seniors will find a wealth of amenities and activities to live life to the fullest while maintaining financial control.

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the Avant
AT PALO ALTO COMMONS

Life Stories

Instructor: Sheila Dunec

Join a congenial group to record what you know about your family history and what you have learned from your own life experiences. Benefit from the guidance of an instructor with over 30 years of teaching and counseling experience. New students must call instructor at 650-565-8087 before registering for either class.

Tuesdays, Sept. 18 to Nov. 20

Section 1: 10am to 12pm, \$150, BC 6160

Section 2: 1 to 3pm, \$150, BC 6161

HEALTH & FITNESS

Zumba Gold

Instructors: Carla Kenworthy & Marla Yonamine

It's the rage! Great for your body, great for your brain! A fusion of Latin rhythms and international easy-to-follow moves, this dynamic fitness program will get you moving and keep you hooked. Just relax and move to the beat! Please wear comfortable clothing and workout shoes (no sandals or leather soles). **Wednesdays, Sept. 17 to Dec. 3, 3:30 to 4:30pm, \$65/\$75, BC 6260**

Dayan (Wildgoose) Qigong

Instructor: Edith Chiang

An ancient mind/body exercise brought to modern life to promote healthy functioning of the entire body. Class includes warm-up exercises, acupressure self-massage, stretching, meditation & flowing movements. This movement practice relieves stress, increases flexibility & strength, improves balance, promotes healing, and strengthens the immune system. Best of all, qigong is effective for people of all ages and abilities.

Thursdays, Sept. 11 to Dec. 4 (No class Nov. 27), 11:30am to 1pm, \$65/\$75, BC 6109

Cloud Walking Tai Chi for Health

Instructor: Janice Osoke

Safe and effective form of exercise for people with sensitive joints, arthritis, and other musculoskeletal problems. Most importantly, it cultivates strength and balance. **Wednesdays, Oct. 1 to Dec. 17 (No class Nov. 26), 1 to 2:30pm, \$60/\$70, BC 6087**

Pilates Techniques

Instructor: Hensl Lise

Exercises for maintaining posture, strength, flexibility, grace and freedom from injury.

Tuesdays, Sept. 9 to Oct. 14, 5 to 6pm, \$35/\$45, BC 6201

"Sit, Fit, Fun" Gentle Exercise

Instructor: Gloria Wallen

A gentle approach to exercise. An emphasis on joint mobility, muscular strength and endurance, balance, coordination, and movement as it relates to daily activity. Exercises will be done both seated and standing. Be prepared to enjoy exercise! Equipment: Bring dumb bells.

Mondays and Fridays, 9:15 to 10:15am, \$60/\$70 each session.

Session 1: Sept. 19 to Oct. 27 BC 6042

Session 2: Nov. 3 to Dec. 19 (No class Nov. 24 or 28), BC 6043

"Standing Tall" Back Fitness

Instructor: Gloria Wallen

Learn how to improve your posture through exercise. The back/abdominal connection will be taught along with muscular strength, flexibility, balance, and stretching. Floor work will be part of the class format. Come prepared for movement wearing comfortable shoes and exercise clothing. Equipment: Bring dumb bells and an exercise mat. **Tuesdays and Thursdays, 9:05 to 10:05am, \$60/\$70 each session.**

Session 1: Sept. 18 to Oct. 28 BC 6044

Session 2: Nov. 4 to Dec. 18 (No class Nov. 25 or 27), BC 6045

Low Impact Aerobics

Instructor: Gloria Wallen

If you like to cha-cha, disco, or move to music, this is the class for you. It includes cardiovascular endurance, muscle strength, flexibility, balance, and rhythm. All of these segments will be put to music that makes you want to move. Wear comfortable shoes and exercise clothing. Floor work will be part of the class format. Equipment: Bring dumb bells and an exercise mat.

Tuesdays and Thursdays, 10:15 to 11:15am, \$60/\$70 each session.

Session 1: Sept. 18 to Oct. 28 BC 6168

Session 2: Nov. 4 to Dec. 18 (No class Nov. 25 or 27), BC 6169



HOT TIP FOR SENIORS 60+

La Comida serves the most delectable and affordable lunch in town!

Three-course meal for only \$3.00 (suggested donation)

La Comida Dining Room at Avenidas

450 Bryant Street, Palo Alto

Monday – Friday from 11:15 to 12:15

View the menu and video at: www.LaComida.org

Phone (650) 322-3742

Serving lunch to seniors since 1972

Gentle Hatha Yoga

Instructor: Terry Lesser

Integrating body, breath and mind, we will stretch, strengthen, and address balance, agility, range of motion and posture. We will move, breathe and relax with mindfulness through standing, seated, and reclining yoga poses. Please bring a yoga “sticky” mat and a large towel. Two sections:

Mondays, Sept. 8 to Dec. 1 (No class Nov. 24), 1 to 2pm, \$65/\$75, BC 6138

Thursdays, Sept. 11 to Dec. 4 (No class Nov. 27), 1:45 to 2:45pm, \$65/\$75, BC 6139

T'ai Chi

Instructor: Dona Marriott

T'ai Chi promotes well-being, relaxation, and flexibility in a series of non-strenuous movements. Foothill College class held at Avenidas. Call 650-949-7332 or register with instructor on first day of class. **Mondays, Sept. 22 to Dec. 8, 10:30am to 12:30pm**

Feldenkrais Awareness through Movement

Instructor: Judy Windt, GCFP, PhD

Feel powerful again! Through subtle movements—some easy, some challenging—you learn to radiate strength from your core. Chronic pain drops away as old muscle contractions release into length. These delightful lessons engage brain, body, and the environment to help you move as Nature meant. **Wednesdays, Sept. 10 to Dec. 3 (No class Oct. 15), 10 to 11am, \$65/\$75, BC 6122**

Light Adaptive Stretch (Lazy Yoga)

Instructor: Lee Ferguson

Lee's “Lazy” Yoga joins selected gentle exercises from the martial arts, yoga, and mindfulness meditation. Beginning with GRACE, a guided meditation, the series then moves through range-of-motion moves for each of our joints. There follows light stretching and a basic yoga workout. Optionally, we say aloud, “My entire being is balanced, vital, and healthy.” As we settle into relaxation, we have meditative silence, and then with gratitude, complete the class.

Tuesdays, 3 to 4:30pm, \$35/\$45

Session 1: Sept. 9 to Oct. 21, BC 6162

Session 2: Oct. 28 to Dec. 16 (No class Nov. 25), BC 6290

Improve Your Flexibility Workshop

Instructor: Sanaz Moeini, DC

An introduction to a series of stretching movements in a small group setting. Explore controlled and focused movements designed to safely and effectively relieve pain and improve joint mobility.

Thursdays, 11am-12pm, \$20/\$30 for each three-part workshop

Sept. 11, 18, 25, BC 6147

Oct. 9, 16, 23, BC 6148

Nov. 6, 13, 20, BC 6286

Dec. 4, 11, 18, BC 6298

Strong for Life (Evidence-based)

Instructors: Larkin Lapidés & Barbara Goekeler

This national model program is designed specifically for older adults with physical limitations to improve strength and functional movement.

Ongoing; may register at any time until filled. Call 650-723-6906 to register or see instructor. **\$0/\$10**

one-time fee; includes materials. Mondays, Sept. 8 to Dec. 15 10:30 to 11:30am, BC 6228

Thursdays, Sept. 4 to Dec. 11 (No class Nov. 27), 10:30 to 11:30am.

Fitness for Health Parkinson's Exercise Program

Instructor: Jennifer Quillen

Co-sponsored by Page Mill YMCA and Avenidas. Designed to empower people with PD by optimizing their physical function and helping delay progression of symptoms. Goal is to motivate participants to develop a habit of consistent exercise. Includes cardiovascular endurance, strength, flexibility, and balance. **Twice weekly: Tuesdays, Sept. 2 to Dec 23, 11:30am to 12:30pm and Fridays, Sept. 5 to Dec. 19, 11:30am to 12:30pm, Free.** Pre-registration is required.

Mindful Meditation for Stress Management, Wellness and Insight

Instructor: Julie Forbes

Wednesdays, Sept. 3 to Dec. 24, 2pm to 3pm, free and ongoing/drop-in. Register at Front Desk before attending first class.

Tuina

Instructor: Sunny Chen

Chinese style exercise and self-massage that's shown to have similar benefits to aerobics and strength-training. **Tuesdays, Sept. 2 to Dec. 23, 10 to 11am, free and ongoing/drop-in.** Register at Front Desk before attending first class.

MUSIC

Musical Moments

Instructor: Tina Baird

Listen, discuss, and enjoy the company of other music lovers while you explore beautiful music—its forms, sources, instruments, composers, and performers—and its relationship to other human endeavors. **Wednesdays, Oct. 1 to Dec. 8, 2:30 to 3:30pm, \$55/\$65, BC 6194**

Musical Jam Sessions

Instructors: PA & Edward Moore

Bring out your inner musician with your harmonica, ukulele, or any other acoustical instrument, including your singing voice, and join in a jam session! **First and third Thursdays, 2 to 3:30pm. \$2 is payable at the Front Desk before each session.**

Sept. 4: BC 6242 Sept. 18: BC 6243

Oct. 2: BC 6244 Oct. 16: BC 6245

Nov. 6: BC 6246 Nov. 20: BC 6247

Dec. 4: BC 6284 Dec. 18: BC 6285

Ukulele Workshop for Beginners

Instructor: PA Moore

Here's a short introduction to this fun instrument. We'll learn a few basic chords and sing along to old favorites. Loaner ukes available during class. Here's your chance to find out if the uke is meant for you! **Thursday, Oct. 30, 2 to 4pm, \$10, BC 6306**

Intermediate Ukulele Workshop

Instructor: Edward Moore

If you are ready to try different uke strums and some fun picking tricks, then join this stimulating workshop. **Thursday, Oct. 30, 2 to 4pm. \$10, BC 6307**

Harmonica for Health, Breath and Fun!

Victor Sung Hee Yun, DPH

Learn to play harmonica – it's easy, fun and it improves breath, circulation and brain health. May be repeated monthly. **Wednesdays, Sept. 3 to Sept. 24, 11am to 12pm, \$35/\$45. BC 6137**

GAMES & RECREATION

Bridge Instruction

Instructor: Prue Saunders

Learn the strategies of Bridge while stimulating the brain. The text book will be "25 Conventions You Should Know," by Barbara Seagram. Call Prue at 650-464-3969 for more info.

\$100/\$110 each level.

Experienced Beginners: Learn the basics of bridge including bidding, how to take tricks, openings & responses.

Wednesdays, Sept. 10 to Oct. 29, 9:30 to 11:30am, BC 6079

Continuing Intermediate: Review of basic bidding including stayman, jacobey transfers, opening majors and minors and responses, take out doubles, preempts and opening strong 2 clubs.

Wednesdays, Sept. 10 to Oct. 29, 1:30 to 3:30pm, BC 6080

Chinese Classical Mah Jong

Instructor: Sylvia Jeans

Join an ongoing game or sign up for lessons two consecutive weeks. **Mondays, 1 to 4pm, Free.** Call Sylvia at 650-327-6216.

Beginning Chess Lessons

Instructor: Bill Lee

One-on-one lessons for anyone interested in learning how to play chess.

Free, by arrangement. Contact Bill at william-lee@sbcglobal.net or 650-325-7744.

COMPUTER LEARNING CENTER

Plan for your Fall computer classes at Avenidas. CLC offers a variety of educational opportunities for learning the latest technology. A complete description of CLC classes and workshops is available at the Avenidas Front Desk. Registration begins August 4, at the Front Desk, by calling 650-289-5400, or online at www.avenidas.org.

CLC One-to-One Tutoring

Whether you are a beginner with little computer experience or a seasoned veteran, we have a tutor who can help you. The Avenidas One to One tutoring service offers you a 50-minute session with an expert tutor, working on whatever you are having problems with or would like to learn on your PC, Mac, iPhone, iPad or Android smart phone or tablet. **The fee is \$5 per session for Avenidas members, \$10 for non-members.** Pick up a complete description of this program at the front desk. Call Lois at (650) 308-4252 (9am to 5pm, M-F) for information and to make your appointment.



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PC Classes

Introduction to the PC & the Internet

Instructor: Carlene Kemmerer

Are you just getting started with computers? Get comfortable with basic computer usage and start to use the Internet and send and receive basic email. *No experience is required.*

Note: If you have limited computer mouse or keyboard experience we recommend that you sign-up for a CLC One-to-One tutoring session prior to the start of class to get dedicated help. Call the CLC One-to-One coordinator and ask to learn basic mouse and keyboard skills. **4 weeks, twice a week, Sept. 8 to Oct., Mondays and Wednesdays. 1:00 - 3:00pm, \$50/\$60 BC 6098**

Using Picasa and Your Digital Camera

Instructors: Larry Weber and Freeman Bradford

Do you want your photos to have more pizzazz and impact? You'll use Google's free Picasa photo software to easily tune up your photos by improving the colors, saturation and lighting. Crop your photos so the subjects really stand out, and then share them with your family online. We will also spend time working on how you can take a great photo. Bring your camera and accessories to the first class. Completion of Building Your Computer Skills (basic PC skills) or equivalent experience is recommended. **4 weeks, Twice a week, Sept. 9 to Oct. 7 (No class Sept. 18), Tuesdays and Thursdays. 1:00 - 3:00pm, \$50/\$60 BC 6101**

Mac Classes

Introduction to the Mac

Instructor: Bill Whitmer

Are you just getting started with computers and will use a Mac? Get comfortable powering up and shutting down the computer, and using the keyboard and mouse. We'll explore the Internet with emphasis on searching for information with Google and using email. No experience is necessary. **8 wks, once a week, Tuesdays, Sept. 9 to Nov. 11 (No class on 10/7 or 10/14), 10am to 12pm, \$50/\$60, BC 6091**

WORKSHOPS

A workshop has one session and is dedicated to a single, hands-on topic. Overflow sessions will only be opened once the original class is full. Students may be added to a waitlist for an overflow session, but there is no guarantee that the session will be held.

Choosing Your Next Apple Product

Instructor: Kathy Kirtley

Platform: All Apple

Thinking about buying your first Apple computer/iPad/iPhone or replacing the ones you have? This workshop will offer tips for determining which devices best fit your needs. No previous knowledge of computers is necessary and the workshop won't be too technical! Limited to 15 students.

Friday, Sept. 12, 1:30 to 3:30pm, (No overflow session), \$5/\$10 BC 6092

SKYPE: Video Calls to Your Family and Friends

Instructor: Sarah Gitter

Platform: Mac OSX, PC users are welcome

Enjoy seeing the faces of your family members and friends when you call them. Sign up in class for a free Skype account, practice making video calls, and learn how to download this free program into your computer or mobile device. If you have headphones or ear buds, please bring them to class along with your current email address and password. No experience with Skype is necessary for this fun workshop. (This workshop will be held in the Mac lab, but PC users are also welcome.) You should be comfortable using the Internet and using your computer. Limited to 10 students. **Friday, Sept. 19, 1:30 to 3:30pm, (An overflow session may be scheduled for 9/26, 1:30 to 3:30pm), \$5/\$10, BC 6093**

Skype: The Sequel

Instructor: Sarah Gitter

Platform: Mac OSX, PC users are welcome

Have you joined a Skype call and are now ready to try more? Did you ever wish while telephoning people that they could see your computer screen? Share your screen with the person you're calling for fun or to get help with a problem. Make a Skype video call to several people at once, and add your photo to your account. If you have headphones or ear buds, please bring them to class. (This workshop will be held in the Mac lab, but PC users are also welcome). Limited to 10 students. **Friday, Oct. 3, 1:30 to 3:30pm (No overflow session), \$5/\$10 BC 6094**

Fun Solving KenKen Puzzles

Instructor: Larry Weber

Platform: PC tablets and phones with the KenKen app.

Do you like to be challenged with a puzzle? KenKen keeps your brain sharp by combining logic, deductive reasoning and arithmetic to create fun puzzles. This workshop will introduce you to these puzzles, where to get them online and strategies you can use to solve them. Limited to 10 students. **Friday, Oct. 10, 1:30 to 3:30pm (An overflow session may be scheduled for 10/17, 10am to 12pm) \$5/\$10 BC 6099**

Looking for a Tablet Computer?

Instructor: N. Ramasamy

Platform: All Platforms

What do I pick? iPads, Fire HDs, Nexus Tabs, Galaxy Tabs...it is a confusing assortment of tablets with a bewildering set of features. This workshop will help you select a tablet fulfilling your needs and desires. We will consider the virtues of different tablets while sorting out what is really important. This session is meant to be interactive, with focus on your needs. Limited to 8 students.

Friday, Oct. 17, 1:30 to 3:30pm (No overflow session), \$5/\$10, BC 6100

Mac Word Processing using Pages

Instructor: Kathy Kirtley

Platform: Mac OXS

Pages is Apple's powerful word processing app that allows you to create everything from simple notes to beautiful documents with photos. No previous knowledge of Pages is necessary for this introductory class, but you should have basic Mac mouse and keyboard skills. Limited to 5 students.

Friday, Nov. 7, 1:30 to 3:30pm (An overflow session may be scheduled for 11/14 1:30 to 3:30pm), \$5/\$10 BC 6095

Insta-what?! iPhone-ography for the Instagram-curious

Instructor: Carmina Eliason

Platform: iPhone

Have you ever been curious about Instagram? Do you want to improve your phone photography skills so you can share your photos with others? This class will teach you the top five tricks to instantly improve your phone photography and how to upload and connect with others on Instagram. Students should bring their iPhone to class with the Instagram (from Instagram) app preloaded from the iTunes App Store. Limited to 5 students. **Friday, Nov. 14, 10am to 12pm (No overflow session), BC 6096**

Mac Word Processing using Pages: The Sequel

Instructor: Kathy Kirtley

Platform: Mac OXS

This workshop is a continuation of the introductory Mac Word Processing Using Pages. Prerequisite: previous workshop or equivalent knowledge. Limited to 5 students. **Friday, Nov. 21, 1:30pm to 3:30pm (No overflow session), \$5/\$10 BC 6097**

Tutors Head Back to School!

Start the school year right by joining the Avenidas Early Literacy Program (ELP) and have a win-win experience by becoming a reading tutor.



Begun in 1996, ELP is designed to provide volunteers to work with 1st - 3rd graders who are struggling readers. Tutors focus on helping children improve their reading fluency and comprehension and work with two children at their schools for a half hour each, back-to-back, twice a week (two hours a week of volunteer time, usually during school hours).

Tutors often have opportunities to interact with students' teachers, principals, and reading specialists. ELP recruits, vets, trains, and places volunteers in 26 different elementary schools from Santa Clara to Redwood City. If you are interested in joining the team of over 80 dedicated and enthusiastic volunteer tutors, please contact Michael Kass, Avenidas ELP Director, at mkass@avenidas.org or 650-289-5419 for more information.



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We make every effort to ensure our records are accurate. If you notice a discrepancy, please call 650-289-5454.

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SENIOR FRIENDSHIP DAY AT CUBBERLEY

4000 Middlefield Road, Palo Alto
 Free, drop-in program every
 Wednesday, 9:30am-2:15pm

Scheduled activities include: Tai Chi, aerobics, arts & crafts. Mah-Jong, card games, English 200, and citizenship classes.

Line Dancing with Lori Rock, Every Wed., 12:50 to 2:15pm

Free Blood Pressure Screening, Sept. 24, 10:30 to 11:30am

La Comida lunch, sign-up by 10:30am, suggested donation \$3

Co-sponsors: Avenidas, PAAS & City of Palo Alto.
 Call for more info (650) 248-9127.

So Many Goodies at the PA Farmers' Market!

Fresh, local produce, baked goods, cheese, fish, meat, eggs, flowers, honey and more!

Come shop on Gilman Street behind the downtown post office every Saturday between 8 am and noon until Dec. 13.

Visit pafarmersmarket.org for details.

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Is your mailing label correct? If not, call 650-289-5413

Avenidas provides support, information, and community to enrich the lives of older adults and their families.



Special Event: “Call 911 – and then what?”

Join us for a special event with the Palo Alto Fire Department! They will conduct a demonstration-response as they would to a 911 call. Adam King, firefighter and paramedic, will address:

- When should one call (or not call) 911?
- Who is likely to respond?
- Who and what determines where the patient is taken?
- If the call occurs at your home, how do emergency responders deal with locked doors?
- What information should you be ready to give the dispatch?
- Where should one place Advanced Health Care Directives or POLST forms so that they will be seen by first responders?
- Are there now, or is it likely in the future, that there will be charges for calling 911?

Light refreshments will be served. **Free. Tuesday, Sept. 16, 2:30 to 4:30pm. Sponsored by Avenidas Village.**

Visit our website at www.avenidas.org

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