

*Programs in italics require an appointment and have a fee unless indicated.*  
**Programs in bold require registration and may have a fee.**  
 Programs are subject to change and we are adding new programs all the time!

Every MONDAY
9:00 <i>Acupuncture</i>
9:05 <b>Sit-Fit-Fun</b>
9:30 <b>Strong for Life</b>
10:00 <b>William Shakespeare</b>
10:10 Literary Lip-reading
10:30 <b>Strong for Life</b>
10:30 Tai Chi
11:30 Spouse-Partner Caregiver Support Grp.
1:00 <b>Gentle Hatha Yoga</b>
1:00 Mah Jong
1:10 Beginning Lip-reading
1:30 <b>French Conversation Level 4</b>
2:30 <b>Art form the Heart</b>
3:00 Lip-reading Challenge
3:20 <b>Art Appreciation</b>

Every TUESDAY
9:00 <i>Nail Care</i> (select Tuesdays)
9:05 <b>Standing Tall Back Fitness</b>
9:30 Stepping On
9:30 <i>Massage</i>
9:30 Collage Mixed Media
10:00 <b>Life Stories</b>
10:00 Avenidas Walkers (off-site)
10:15 <b>Total Body Conditioning</b>
11:30 Rosen Movement
12:30 <b>Spanish Level 2/3</b>
1:00 <b>From Sketching to Painting</b>
1:00 <b>Life Stories</b>
1:30 <b>The US Constitution</b>
2:15 <b>iPad Art for Beginners</b>
2:30 <b>Beginning Spanish</b>
2:30 <b>Dancing from the Inside Out</b>
3:30 <b>Writing your Oral Memoir</b>
5:00 <b>Pilates</b>

Every WEDNESDAY
9:00 <i>Nail Care or Podiatry</i>
9:30 <b>Intermediate Bridge Instruction</b>
10:00 <b>Feldenkrais Class</b>
10:30 <b>Creative Writing</b>
12:30 <b>French for Francophiles &amp; Logophiles</b>
12:45 <b>Current Events</b>
1:00 Open Chess Day
1:00 <i>Rosen Bodywork</i>
1:30 <b>Intermediate Bridge Instruction</b>
2:30 Mindfulness Meditation
2:30 <b>Musical Moments</b>
3:30 <b>Zumba Gold</b>

Every THURSDAY
9:00 <i>Nail Care</i> (select Thursdays)
9:05 <b>Standing Tall Back Fitness</b>
10:00 <b>A Class on the Classics</b>
10:00 Avenidas Walkers (off-site) – 0/\$5
10:15 <b>Total Body Conditioning</b>
10:30 <b>Strong for Life</b>
10:30 Blood Pressure Screening
11:30 <b>Dayan Qigong</b>
12:30 <b>Spanish Level 4/5</b>
1:00 <b>Improv Workshop</b>
1:30 <b>Gentle Hatha Yoga</b>
1:30 Movies on Thursday – 0/\$2
3:00 <b>Feldenkrais Class</b>

Every FRIDAY
9:00 AARP Tax Counseling – by appt.
9:05 <b>Sit-Fit-Fun</b>
9:30 <i>Massage</i>
9:45 Tuina
12:30 English Chat Club
1:00 Duplicate Bridge - \$3
1:30 Drop-in Bridge
2:00 <b>iOS Workshops</b>
2:30 Club Aveneedles
2:30 Lotus Dance Fitness

Select MONDAYS
10:00 <i>Senior Adult Legal Assistance</i> - free

2 <sup>nd</sup> MONDAY
2:00 UNAFF Screening

Select WEDNESDAYS
9:00 <i>Reiki appointments</i>

2 <sup>nd</sup> WEDNESDAY
2:00 Parkinson's Support Group

1 <sup>st</sup> & 3 <sup>rd</sup> THURSDAYS
9:00 <i>HICAP appointments</i> - free
2:00 Musical Jam Sessions - \$3

2 <sup>nd</sup> THURSDAY
2:00 <b>Simultaneous Chess Game</b> - free

4 <sup>th</sup> THURSDAY
2:00 Book Club

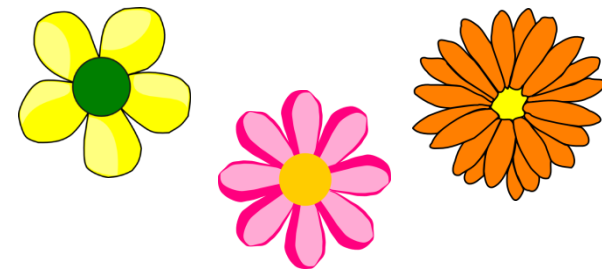
1 <sup>st</sup> FRIDAY
3:00 <b>Wine Appreciation</b>

*Summer class catalogue available late May.*

**Every Day Happenings!**

- *One-one-one computer tutoring*
- Chess games by arrangement

1:00 Trivia for Fun!



**Special Events...**, new series, events, lectures, and more!

Check our website or at the Center as we add more programs, and events!

**Avenidas Village Coffee Chats!** Learn more about Aging-in-Place!  
 Thursday, May 18, 10am RSVP required: 650-289-5405

**MAY** May 15 – Medicare Fraud

May 9 – Long Term Care Planning  
 May 23 – Charitable Remainder Trusts

May 17 – Hoarding & Collecting

May 11 – Learn to use Poles for Hiking  
 May 25 – iPhone Basics Workshop

Saturday, May 20 – Breakfast & Facebook  
 Sunday, May 21 – Lifetimes of Achievement

**JUNE**

June 15 – Mind-Body-Spirit Conference

June 9 – Long Term Care Policy Review

**JULY**

July 4 – Avenidas closed

Saturday, July 8 – Freedom from Fractures