

HAPPENINGS@VIVALON

Keep this schedule as your monthly reference guide to classes, workshops & activities

October

VIVALON WEEKLY CLASSES AND ACTIVITIES (FREE)

Your Bi-Monthly Schedule of Classes and Special Programs at Vivalon. Keep your eyes out for our full length edition Vivalon Connections on the alternating months!

● Vivalon Classes & Activities ● Partner Classes & Activities

	TIME	CLASS	JOIN BY
MONDAYS	9:30AM – 11:30AM	Mahjongg with Gillian ● (Vivalon)	In Person
	10:00AM – 11:30AM	ESL Course* (6 weeks) ● (Vivalon)	In Person/Zoom/Phone
	1:00PM – 3:00PM	Art Studio with Mari ● (Vivalon)	In Person
	1:00PM – 2:00PM	Stretching with Pam ● (Age-Friendly Center)	Zoom/Phone
TUESDAYS	10:00AM – 11:00AM	BINGO ● (Vivalon)	In Person/Zoom/Phone
	10:30AM – 12:00PM	Talking Tech 4 Seniors ● (Vivalon)	In Person
	10:30AM – 1:00PM	Manicures with Christy (By appointment only) ● (Vivalon)	In Person
	11:00AM – 12:00PM	Whistlesizers ● (Vivalon)	Zoom/Phone
	11:00AM – 12:00PM	Chair Yoga with Rayner ● (Age-Friendly Center)	Zoom/Phone
	11:30AM – 12:00PM	Guitar – Beginner ● (Vivalon)	In Person/Zoom/Phone
	12:30PM – 1:30PM	Workshop: Basics of Ukulele ● (Vivalon)	In Person
	1:00PM – 4:00PM	Mahjongg with Assistance ● (Vivalon & Age-Friendly)	In Person
WEDNESDAYS	9:00AM – 10:00AM	Yoga with Weights with Jane ● (Age-Friendly Center)	Zoom/Phone
	10:00AM – 10:45AM	Zumba ● (Vivalon)	In Person/Zoom/Phone
	10:30AM – 12:30PM	Watercolors with Debra ● (Age-Friendly Center)	Zoom/Phone
	11:00AM – 12:00PM	Ukulele – Beginner ● (Vivalon)	In Person/Zoom/Phone
	12:30PM – 1:30PM	Ukulele – Intermediate ● (Vivalon)	In Person/Zoom/Phone
	1:00PM – 2:00PM	Chair Exercises with Pam ● (Age-Friendly Center)	Zoom/Phone
	1:30PM – 2:30PM	Chocolate Tasting (October 13) ● (Vivalon)	In Person
THURSDAYS	10:00AM – 1:00PM	Workshop: Qi Gong for Healthy Joints (October 7) ● (Vivalon)	In Person/Zoom/Phone
	10:30AM – 12:30PM	Acrylics ● (Age-Friendly Center)	Zoom/Phone
	11:00AM – 12:00PM	Whistlesizers ● (Vivalon)	Zoom/Phone
	11:30AM – 1:30PM	Halloween Luncheon (October 28) ● (Vivalon)	In Person
	11:30AM – 12:00PM	Hula ● (Vivalon)	Zoom/Phone
	12:00PM – 2:00PM	Massage by Rabel ● (Vivalon)	In Person
	1:00PM – 2:00PM	Chair Yoga with Weights with Jane ● (Vivalon & Age-Friendly)	In Person/Zoom/Phone
FRIDAYS	10:00AM – 10:45AM	Zumba ● (Vivalon)	Zoom/Phone
	10:30AM – 11:30PM	Brown Bag Pantry ● (Vivalon)	In Person
	11:30AM – 1:30PM	Staycation Celebration – Hawaiian Inspired lunch & performance (October 8) ● (Vivalon)	In Person
	1:30PM – 2:30PM	Tea & Trivia ● (Vivalon)	In Person
	2:00PM – 4:00PM	Ping Pong ● (Vivalon)	In Person
	3:00PM – 4:00PM	Yoga ● (Vivalon)	Zoom/Phone

In-person classes held at Vivalon's Healthy Aging Center | 930 Tamalpais Ave | San Rafael | 94901

For more information please visit vivalon.org/classes or call Vivalon Guest Services at 415-456-9062

*Instructor for the ESL course will be on Zoom but students may use Vivalon's computer lab if necessary

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Please visit Vivalon.org/classes or call Vivalon Guest Services at **415-456-9062** for information on how to register for Classes & Activities.

Until further notice, all guests attending in person must be fully vaccinated and show proof of vaccination on first entry.

The following classes are currently offered in person (Free)

Art Studio Mondays | 1:00pm–3:00pm No experience or talent required. Guidance and some supplies available.

BINGO Tuesdays | 10:00am–11:00am

ESL Course (English as a Second Language) Mondays | 10:00am–11:30am

Guitar Tuesdays | 11:30am–12:00pm

Mahjongg with Gillian Mondays | 9:30am–11:30am

Mahjongg with Assistance with Leslie Tuesdays | 1:00pm–4:00pm

Leslie Friedman, Mahj Maven, will assist you.

Manicures with Christy Tuesdays | 10:30am–1:00pm

Our beloved Christy has returned to provide manicures for free. By appointment only.

Ukulele – Beginner

Wednesdays | 11:00am–12:00pm

Ukulele – Intermediate Wednesdays | 12:30pm–1:30pm

Chair Yoga with Weights Thursdays | 1:00pm–2:00pm

Ping Pong Fridays | 2:00pm– 4:00pm All levels are welcome.

Zumba Wednesdays | 10:00am–10:45am

Special Workshop: Basics of Ukulele Tuesdays | 12:30pm–1:30pm

Special Workshop: Qi Gong for Healthy Joints October 7 | 10:00am–1:00pm

SPECIAL EVENTS:

Chocolate Tasting | October 13 | 1:30pm–2:30pm
Reservations Required

Staycation Celebration: Hawaiian & Hula Luncheon Special | October 8 | 11:30am–1:30pm
Reservations Required

Halloween Spooktacular | October 28 | 11:30am–1:30pm
Reservations Required

Funding for these programs, at least in part, is made available by the Older Americans Act, administered locally by the Marin Department of Health and Human Services, Aging and Adult Services. Aging Program.



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IN THE SPOTLIGHT

Qi Gong for Healthy Joints

Thursday, October 7 | 10:00am–1:00pm

In Person/Zoom/Phone (Hybrid)

This workshop is specifically designed to teach your body to regenerate the body's natural lubricants that make the joints more supple and youthful.

- Learn and practice the four step Qi Gong sequence into joint resilience
- Learn easy tools to reduce inflammation in the joints
- Practice a proven Taoist method to increase mobility
- Practice a sequence to strengthen tendons and strengthen the bones
- Discover powerful acupressure points for joint pain relief

We will explore a sequence that targets all the joints in the body in the first half of this workshop. The second half will be devoted to an ancient Taoist practice to strengthen your bones. The practice is very relaxing and invigorating at the same time. It's known to improve bone density and stimulate bone marrow and immune response.

ESL Course (English as a Second Language)

Mondays, October 4–November 15 | 10:00am–11:30am

In Person/Zoom/Phone (Hybrid)

This course is available to those who want to learn more words in English, and want to know how to ask and answer basic things to describe everyday people, places and things, or you want to express yourself better and talk about experiences. The instructor will facilitate remotely, but you can take the course in our Computer Lab (space limited) or from the comfort of your home. Pre-Course: Zoom Basics prior to the ESL class will take place on **Monday, September 27 at 10:00am.**

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For a complete list of partner classes or more information on how to register for the following Partner Classes & Activities, please visit Vivalon.org/classes or call Vivalon Guest Services at **415-456-9062**.

Age Friendly Intergenerational Center

Vivalon and Age-Friendly Intergenerational Center have partnered to bring you new activities in person at Vivalon this summer. We hope to see you there.

Age-Friendly also provides free virtual classes, including chair yoga, watercolor, stretching and more. Take a look at what's available and sign up for these FREE classes and events: agefriendlycenter.org/classes

YMCA The YMCA of San Francisco has a great selection of Virtual Classes for older adults. Please visit their website for more information: ymcasf.org/virtual-senior-offerings



Caring Connections

Vivalon is proud to partner with LITA (Love Is the Answer) to offer Caring Connections, matching volunteers with homebound older adults for weekly social visits. Contact Erika Vaughn at **415-456-9062 x176**.

Social Call Social Call in Marin County is a partnership between Covia and Vivalon that matches volunteers with older adults for weekly phone or video visits. Contact Vivalon Guest Services at **415-456-9062**.



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