

MARINSCOPE

COMMUNITY NEWSPAPERS

VOL. 99, NO. 46 | A MARINSCOPE COMMUNITY NEWSPAPER

THE WEEK OF NOVEMBER 9, 2022

NOVATO ADVANCE • SAN RAFAEL NEWSPOINTER • ROSS VALLEY REPORTER • TWIN CITIES TIMES • MILL VALLEY HERALD • SAUSALITO MARINSCOPE

Vivalon classes

Vivalon (formerly known as Whistlestop), a San Rafael-based nonprofit that advances independence, health and quality of life for older adults and people with disabilities, has announced that it will adopt select virtual and in-person classes and activities from Marin County's Age-Friendly Intergenerational Center (AFIC).

The Age-Friendly Intergenerational Center opened in 2018 with a mission to enrich the lives of people of all ages through quality programs, by

incorporating intergenerational and multi-generational participation.

"The outcome far exceeded those expectations," said Carla Condon, co-founder of the Age-Friendly Intergenerational Center. "We became so much bigger than we ever anticipated, and as a result began forming a partnership with Vivalon over the past two years. Now that we have an immediate need to expand our programming and resume live classes, formalizing our relationship with this well-established organization that shares our values and goals is an exciting step for our organization."

Age-Friendly Intergenerational Center's chair yoga and Mahjongg classes have been

taking place at the Vivalon Healthy Aging Center for the last two years. As of Nov. 7, virtual watercolor and acrylic painting will join Vivalon's program offerings.

"Vivalon has been a valued partner in serving older adults here in Marin, and we are delighted that they are adopting AFIC and its most sought-after classes," said Condon. "This is a win-win for our friends who have come to look forward to many of our weekly classes, with a transition that will be as seamless as possible."