

Vivalon Connections

vivalon.org • 415-456-9062 April 2024

999 Third Street, San Rafael, CA 94901



Vivalon helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice, and more.

HAPPENINGS@VIVALON

Highlighted Events

Join classes at our Healthy Aging Center or on Zoom. Visit vivalon.org/calendar or scan here for details.



- April 4 Outing to China Camp
- April 8 New Member Gathering
- April 9 Talking Tech Topics: Cyber Security
- April 10 & 24 Memory Screening
- April 18 In-Person Hula Class
- April 22 Earth Day Luncheon
- April 26 Volunteer Fair

Cowles Active Learning Program

Explore today's pivotal challenges and solutions for change alongside leading experts in these dynamic workshops, Thursdays, 10 am to 2 pm.

April 4: Diversity, Equity, and Inclusion

April 11: Climate Justice

April 18: Creative Strategies for Social Change

April 25: Democracy

All-Access members \$50 each workshop

Classic members and non-members

\$65 each workshop

Sign up for full series to get a discount.

Financial aid is available.

Call 415-456-9062 to register.

Learn more at vivalon.org/calp



Outing to China Camp State Park

Get ready for an adventure at China Camp State Park in San Rafael! Led by our own resident naturalist, you will enjoy an accessible nature walk followed by lunch and an exclusive tour! Stay tuned for future outing dates.

Thursday | April 4 | 10:00 am-1:00 pm

To register or for more information, call Guest Services at 415-456-9062.



This program is made possible by a grant from Marin County Parks.

Earth Day Special Luncheon

Honor our beautiful planet that we all share with an Earth Day Spring Feast and special screening of David Attenborough's *A Life on Our Planet*.

Monday | April 22 | 11:30 am - 1:30 pm

\$12 members, \$18 non-members



HAPPY NATIONAL VOLUNTEER MONTH



Volunteers are the lifeblood of Vivalon. Every day, they are working in our community, ensuring thousands of older adults and people with disabilities receive vital rides, meals, classes, care, and advice. Join us in sharing our deepest gratitude to these remarkable individuals for their unwavering dedication and boundless compassion.

Check out what our volunteers have to say about providing essential services at Vivalon:

"As a new volunteer, you get so much support—I mean from everybody, from the front desk to the programs staff, everyone has been so supportive. I've volunteered at a lot of places in the county, and I'm just very happy that I found Vivalon."
—Karen Hughes, Resource Office Volunteer and Membership Ambassador

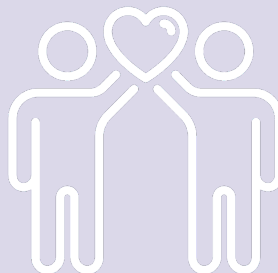
"I am very pleased and thankful for what Vivalon is doing for our seniors. I look forward to volunteering at the Food Pantry as long as God gives me the strength to do so."
—Doris McKee, Brown Bag Pantry Volunteer

Here's what our clients and staff have to say about our volunteers:

"I've had 14 different drivers that I've used – without exception, the most wonderful, kind, caring people." —Joan, CarePool rider

"It makes such a difference to have somebody from the outside where things are happening come to your front door a few times a week. I like all the drivers, but I especially like Allen. We just connected. I can tease him and kid around, but the other thing is that tender side—that depth of understanding people and knowing what they're going through." —Barbara, Meals on Wheels recipient

"The work that we do here at the Healthy Aging Campus would not be possible without the support and engagement of our wonderful volunteers. Whether they are serving food in the café, assisting someone in the resource office, or greeting someone at the front desk, each volunteer is brightening someone's day and further advancing our mission of providing meaningful connections for all. I am so grateful for all the volunteers that choose to be a part of our organization." —Rebekah Wilson, Programs Supervisor



Volunteer Success Story

We've expanded our volunteer instructor team for A Matter of Balance, an evidence-based falls prevention program. We welcome our new bilingual instructors, three Mercy Housing participants, café volunteer Roberta, and three members to this important team. Because of their dedication we are now able to offer sessions in two Novato locations and one in Marin City.
Thank you to our amazing volunteers for making this possible!

Do you want to become a Vivalon volunteer? Sign up today to join a community of individuals who are making a difference in our community.

Learn more and sign up at vivalon.org/volunteer, or call 415-456-9067.



CLASS SCHEDULE





April 2024

All classes are FREE!

Visit vivalon.org/calendar for details.

 In Person
  Remote
  Hybrid





MONDAY

- 9:00-10:15 am ESL 
- 10:00-10:45 am Zumba 
- 10:30 am-12:30 pm Painting with Debra Watercolors 
- 12:00-3:00 pm Persian Social Group 








TUESDAY

- 10:00-11:00 am Tai Chi 
- 10:00 am-12:00 pm A Matter of Balance Spanish 
- 11:00 am-12:00 pm Fun Fitness 
- 11:00 am-12:00 pm Exercise to Energize With Rayner 
- 11:30 am-12:00 pm Intermediate Guitar 
- 12:00-1:00 pm Basic Ukulele 
- 1:00-4:00 pm Mah-jongg 
- 1:30-3:30 pm Jewelry Making 1 
- 2:00-4:00 pm A Matter of Balance 
- 2:30-3:30 pm Community Song Circle 2nd and 4th Tuesdays 







WEDNESDAY

- 9:00-10:00 am Yoga with Weights 
- 10:00-10:45 am Zumba 
- 10:00 am-12:00 pm Vitality@Vivalon 
- 10:30 am-12:30 pm Painting with Debra Watercolors 
- 11:00 am-12:00 pm Beginner Ukulele 
- 12:30-1:30 pm Intermediate Ukulele 
- 1:00-2:00 pm Chair Yoga with Weights 
- 2:00-4:00 pm A Matter of Balance 

THURSDAY

- 9:00 am-12:00 pm Cafecito@Vivalon 
- 10:00 am-11:00 pm Tai Chi 
- 10:00 am-12:00 pm Talking Tech Basics 
- 10:30 am-12:30 pm Painting with Debra Acrylics 
- 11:30 am-12:15 pm Beginner Hula 
- 1:30-3:30 pm Jewelry Making 2 
- 3:00-4:00 pm Chess Club 

FRIDAY

- 10:00 am-10:45 am Zumba 
- 11:00 am-12:00 pm Fun fitness 
- 1:00-4:00 pm Mah-Jongg Open Play 
- 2:00-4:00 pm Ping-Pong 
- 2:30-3:30 pm Book & Social Club 2nd and 4th Fridays 
- 3:00-4:00 pm Yoga 

Vivalon

930 Tamalpais Avenue
San Rafael, CA 94901

ANNOUNCEMENTS

Smart Ways to Make an Impact

Did you know donors 70 ½ and older can make a powerful impact on Vivalon today?

If you are 70 ½ or older with a traditional IRA, you might be eligible to make a gift to Vivalon directly from your IRA. This kind of gift is tax-free and could potentially make a huge difference on your tax returns.

If you are 73 or older, you must take a Required Minimum Distribution (RMD). A charitable gift from your IRA can help you skip the taxes associated with RMDs. And, if you haven't removed any funds this year, making a donation to Vivalon as your first withdrawal will automatically count toward your RMD and can't be taxed as income!

To make the donation process easy, we've invested in an easy-to-use tool that can help you fill out the necessary forms for your gift. **Visit vivalon.org/IRA to join Vivalon in ensuring that every older adult and person with disabilities has the opportunity to connect with their community throughout the year!**



vivalon.org/IRA

Estate Planning Workshop

Taxes in Estate Planning & Senior Living Options

Kerry Spence, founder of Kerry Spence Estate Plans, Inc. and certified estate planner for over 45 years is a master at making the complex simple. Kerry will describe the documents every estate plan needs and discuss the taxes associated with estate plans - from income taxes to Prop 19.

Millie Anderson, owner of Mom's New Pad, specializes in guiding older adults and their families through the transition of moving to senior living. Millie will present options, discuss benefits/costs, and the challenges and fears of aging and moving.

Thank you to Valley Memorial Park for sponsoring this series.

Thursday | May 9 | 3:00-5:00 pm | Vivalon's Healthy Aging Campus, 999 Third Street, San Rafael
Email donations@vivalon.org or call 415-56-9062 x4800 to register.