

Vivalon Connections

vivalon.org • 415-456-9062 September 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.



- September 4 Estate Planning Workshop
- September 5 & 12 Nutrition Classes: Salad and Artisan Bread Making
- September 9 New Member Gathering
- September 18 & 25 Memory Screening Appointments
- September 18 Collage Workshop
- September 19 Medicare Educational Seminar
- September 19 Mexican Independence Day Special Luncheon
- September 22 Vivalon's 70th Anniversary Celebration

Falls Prevention Week

Join us for Falls Prevention Week at Vivalon! Participate in daily sessions to learn essential tips, exercises, and techniques to stay safe and prevent falls.

September 23-27 | 10:00 am daily

Falls Prevention Celebration on September 27 at 2:00 pm!



Technology for Better Living Lectures (English & Español)

Español

Introducción a la Gestion de Privacidad
Martes | September 10 | 10:00-11:30am

Introducción a Herramientas de Traducción
Martes | September 24 | 10:00-11:30am

English

Exploring and Downloading Apps
Thursday | September 12 | 10:00-11:30am

Introduction to Managing Your Privacy Online
Thursday | September 26 | 10:00-11:30am

Registration required.
Call 415-456-9062 to register.

Mexican Independence Day Special Luncheon

Join us to commemorate Día de la Independencia de México with authentic Mexican cuisine, lively music, and cheering Viva México!

Thursday | September 19 | 11:30 am-1:30 pm

\$12 members, \$18 non-members

Advanced registration required.

Call 415-456-9062 to register





1954

Today

Beyond

70 Years in Marin County

Over 50 years ago, with more than 10,000 older adults (6% of the population), Marin County faced a growing challenge—supporting older adults. In 1968, Vera Schultz, Marin County’s first female supervisor, voiced her concerns to the *San Rafael Daily Independent Journal*. She identified Marin’s older adults as the “most seriously disadvantaged” in the Bay Area, due to a lack of public transportation and low-income housing. In that same year, Vivalon began its ride program with a single vehicle.

During that time, Schultz paved the way for Vivalon’s healthy aging services, and in the decades that followed, Vivalon began offering more transportation services to care for older adults in and around Marin County.

By 1970, the population of Marin had more than doubled since 1950, and the number of older adults grew substantially. Vivalon responded by opening an activity center in 1971, followed by a nutrition program in 1976. These efforts aimed to combat isolation and food insecurity, alongside the

challenge of transportation, continuing to address issues that persisted since Vivalon’s founding in 1954.

As Marin County evolved, its identity as a hub of affluence, environmentalism, and countercultural influence solidified. The community had developed a strong environmental movement, maintained its progressive and artistic identity, and social activism was prevalent, especially in the realms of environmental and human rights causes.

However, the 1990s tech boom brought new wealth to the area, driving up property values and increasing living costs, which made life more challenging for older adults on fixed incomes. By 2010, the senior population had risen to 42,192. Recognizing this, Vivalon began work to expand its services. The opening of the Healthy Aging Campus in 2024 was a pivotal moment, affirming Vivalon’s mission to support Marin’s growing senior population.

But our story doesn’t stop here. More than a third of Marin’s population will be

over the age of 60 by 2030, which means we must look to the future.

As we celebrate our 70th anniversary this year, we reflect on the decades of progress and community support that have made our work possible and remain committed to creating a connected community where every older adult can thrive.

In honor of this vision, please join us for our 70th Anniversary Celebration.

**Sunday, September 22
2:00-4:00 pm**

**Vivalon Healthy Aging Campus
999 Third Street, San Rafael**

- Experience engaging and interactive program demonstrations.
- Connect, ask questions, and get involved at our info booths.
- Whether you’re a long-time Vivalon member, a community service provider, a dedicated volunteer, or new to Vivalon, everyone is welcome.
- Our Vivalon Café will provide light snacks and beverages to make the day even more enjoyable.
- Become a Member: First-time sign-ups for our annual Classic Membership receive a 50% discount at the event only!

CLASS SCHEDULE






September 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 
- 1:30-2:30 pm Ballet for Strength and Balance 






TUESDAY

- 10:00-11:00 am Tai Chi 
- 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 
- 11:00 am-12:30 pm Wowzitude Travel Tours 
- 1:00-2:00 pm Basic Ukulele 
- 1:00-4:00 pm Mah-jongg 
- 1:30-3:30 pm Jewelry Making 1 
- 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 
- 10:30 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 
- 2:00-3:00 pm Chess Club 
- 2:00-4:00 pm A Matter of Balance 

THURSDAY

- 9:00 am-12:00 pm Cafecito@Vivalon 
- 10:00-11:00 am Tai Chi 
- 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 

FRIDAY

- 10:00-10:45 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

September Livestreaming Travel Package

An offering of the **Cowles Active Learning Program** provided by Vivalon

We are headed to new and exciting destinations in the month of September! Join us in person for live streaming tours of Regensburg, Germany's famous Fall Festival; Bath, England; Split, Croatia; and Prague, Czech Republic. Included in the September travel package will be recordings of tours at the 9/11 Memorial in NYC and 3 other exciting destinations!

Registration and payment required.

Get access to every destination in September with a monthly pass for \$10 for members and \$15 for non members.

Every Tuesday at Vivalon from 11:00 am-12:30 pm

Call 415-456-9062 to register.

Social Security: An Overview and Strategies to Maximize Your Benefits

Join Meghan Hyland, CFP, Director of Financial Planning, and Matt Taddei, PhD, CEO, of the WestHill Financial Advisors in San Rafael for a comprehensive overview of Social Security strategies to help you understand and maximize your benefits. They will also discuss the current state and outlook for the Social Security system.

Wednesday | September 4 | 3:00-5:00 pm

Vivalon Healthy Aging Campus, 999 Third Street, San Rafael

Call 415-456-9062 x4800 or email donations@vivalon.org to register.