Vivalon Connections

vivalon.org • 415-456-9062 August 2025

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 in-person or on Zoom. Visit vivalon.org/calendar or scan here for details.

August 1	Hearing Loss Support Group
August 6	Caregiver Support Group
August 7	Grandparents & Others Curious About LGBTQ+ Lives Support Group
August 11	New Member Gathering
August 11	Understanding Your Medicare
August 12	WAB Scam Prevention Workshop
August 12	Rooted and Resilient: LGBTQ+ Discussion Group
August 20	Collage Workshop
August 27	Sing Along with Gary
August 29	Death Cafe

Memoirs in Meter: A 4-Week Poetry Workshop

Thursdays | August 7-28 | 3:30-5:00pm

Branson High School student, Charley, is bringing her time and talent to Vivalon with a unique poetry workshop. Each week, she'll explore a different style while helping you share your life stories and memories. Intergenerational connections are more important than ever, and Charley hopes to both teach and learn through your stories.

Register for one or all free workshops by emailing cbirch@vivalon.org or calling 415-456-9062 x151.

National Night Out

Tuesday | August 5 | 5:30–7:30pm | Vivalon Garage

Join us as we partner with Eden Housing to offer another National Night Out right here at Vivalon! National Night Out is a nation-wide event that brings communities together to raise awareness about local safety programs like neighborhood watch, drug prevention, and other anti-crime initiatives. Come be a part of the movement and enjoy an evening filled with community spirit, entertainment, delicious food, fun games, and exciting prizes.

To register, please email Efrain at esantamaria@vivalon.org by July 31.

Globetrotter Special Luncheon

Thursday | August 21 | 11:30am-1:30pm

$14 for members, $20 for non-members

Travel the world from Vivalon with a delicious selection of international dishes crafted by our chefs and enjoy a Hula Demonstration as well as a travel and food documentary as entertainment.

Registration closes on August 18 or when capacity is reached, whichever comes first. Call 415-456-9062 to register.

Celebrating National Wellness Month: Finding Connection and Purpose at Vivalon

August is National Wellness Month, a time dedicated to focusing on self-care, managing stress, and promoting healthy routines. At Vivalon, we understand that true wellness goes beyond physical health—it encompasses emotional well-being, meaningful connections, and the opportunity to share our authentic selves with others.

Through our partnership with the Community Institute for Psychotherapy, we've witnessed how transformative group support can be for older adults. Our Ageless Inspiration Support Group, facilitated by intern therapists Benjamin Fisher, Anne Johnson, and supervised by Assistant Clinical Director Cindy Jepsen, has created a sacred space where members can explore their authentic selves and find genuine connection.

"In a circle, you leave your roles at the door. You're just a human," reflects Ben. The themes explored in our support groups—grief, communication, loneliness, caregiving, and finding purpose—mirror universal human experiences that connect us all. As Anne Johnson notes, **"It takes two to know one"**—we discover ourselves through our connections with others, while also honoring our unique differences. These "me too" moments when members realize they're not alone are indicators of emotional wellness, reminding us that healing and growth are lifelong processes best nurtured in community.

Cindy beautifully articulates this vision around support groups: **"In many communities, older adults often find themselves overlooked and underserved, particularly when it comes to mental health support and opportunities for meaningful social connection. Such a group provides a much-needed space for older adults to share experiences, express fears and hopes, and connect with others who may be facing similar challenges."**

From our Caregiver Support Group to our more specialized groups like our LGBTQ+ "Rooted and Resilient" gathering, Vivalon offers multiple pathways to wellness through connection.

Whether you're looking to engage your mind through our Book and Social Club or connect with others who share your cultural background, there's a space for you at Vivalon. The intergenerational connections fostered through programs like our Bridging Generations Dinner Series add another dimension to wellness, providing older adults with a sense of relevance and the opportunity to share wisdom across generations.

This August, make your wellness a priority by joining one of our many social groups and activities. Whether you're looking for support, social connection, creative expression, or simply a space to be authentically yourself, we have something for you.

Visit vivalon.org/calendar to learn more about our offerings and find the perfect fit for your wellness journey. Remember, it's never too late to discover the healing power of community.

CLASS SCHEDULE

August 2025

Most classes are FREE!

In Person | Remote | Hybrid

Visit vivalon.org/calendar for details.

MONDAY

10:00-10:45 am	Zumba
10:30 am-12:30 pm	Painting with Debra Watercolors
11:00 am-12:30 pm	92nd St Y Series
11:00 am-12:00 pm	Strength in Balance
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	Qi Gong
11:15 am-12:15 pm	Fun Fitness
11:00 am-12:30 pm	Wowzitude Travel Tours
11:30 am-12:00 pm	Intermediate Guitar
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
12:30-2:00 pm	Aging with Inspiration Support Group
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
10:00-11:00 am	Tai Chi
11:00 am-12:00 pm	Qi Gong
11:00 am-12:00 pm	Beginner Hula
1:00-3:00 pm	AAPI Social Group
1:30-4:00 pm	Jewelry Making 2

FRIDAY

9:00-10:00 am	Harvest Connection
10:00-10:45 am	Zumba
11:15 am-12:15 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

The Buck Institute Presents
The Utility of Data and the Future of AI in Healthcare

Tuesday| August 5 | 11:00am - 12:30pm | Vivalon Healthy Aging Campus

Dr. James Yurkovich will explain what data are used in research, why they are important, and how our data are used to make discoveries. He will also explore what the uses of artificial intelligence (AI) are and how it could assist in healthcare and research settings.

Registration required. Reserve your spot today using the QR code.

August is Make a Will Month!

Join our free estate planning workshop to celebrate!

From Will to Wisdom: Make the Right Estate Plan & Choose the Right Person to Carry It Out

Wednesday| August 16 | 4:00-6:00 PM

Without a will, your estate could spend up to two years in probate and cost your heirs thousands. An up-to-date plan protects your loved ones, supports the people and causes you care about, and builds a lasting legacy. Join estate planning lawyer Ruby Steinbrecher and fiduciary Lori Beth Merrill to learn the essentials, the risks of not planning, and how a fiduciary can support your wishes.

Registration required. Reserve your spot today using the QR code.

Make your free will today at vivalon.org/freewill