Vivalon CONNECTIONS

October 2025
vivalon.org | 415-456-9062
999 Third Street, San Rafael, CA 94901

Monthly Events

Caregiver Support Group
October 1
1:00 pm-3:00 pm

The Cool Table: Drag Social Experiences
October 2
1:00 pm-3:00 pm

Hearing Loss Support Group
October 3
11:00 am-12:00 pm

New Member Gathering
October 13
10:30 am-11:30 am

Rooted and Resilient: LGBTQ+ Group
October 14
12:30 pm-2:00 pm

Collage Workshop
October 15
10:00 am-12:00 pm

Bridging Generations
October 17
6:00 pm-7:30 pm

Sing Along with Gary
October 22
2:00 pm-3:00 pm

Death Cafe
October 31
3:00 pm-4:30 pm

Banned Books Reading

Friday | October 10 | 1:00 pm-3:30 pm

Since 1982, Banned Books Week (October 5-11) has shined a spotlight on the importance of free and open access to information, literature, and culture.

Vivalon will honor the week with a special Banned & Challenged Book Reading. Join us to listen, or sign up to read a short passage from a banned or challenged book of your choice.

Want to read? Please register in advance and come prepared with your selection. Email adalsing@vivalon.org to register.

Want to listen? No registration needed—just come and enjoy.

Food is Medicine:

How to Manage Diet & Blood Sugar Like a Pro

Wednesday | October 29 | 10:30 am-12:00 pm

Join us for a seminar with Dr. Zaw Wai Htoo on managing diet, lifestyle, and blood sugar. Learn practical tools like carb counting, meal planning, label reading, and understanding nutrition values. Dr. Htoo, an expert in nutrition and public health, will share strategies for disease prevention and healthier living. **Drop in—no registration required.**

CLASS SCHEDULE October 2025

Monday

10:00 am - 10:45 am	Zumba	
10:30 am - 12:30 pm	Painting with Debra Watercolors	
11:00 am - 12:30 pm	92nd Street Y	$
11:00 am - 12:00 pm	Strength in Balance	
12:00 pm - 3:00 pm	Persian Social Group	
1:30 pm - 2:30 pm	Ballet Concepts for Strength and Balance	

Tuesday

10:00 am - 11:00 am	Tai Chi for Arthritis and Fall Prevention	
11:00 am - 12:00 pm	Qigong	
11:00 am - 12:30 pm	Wowzitude Travel Tours	$
11:15 am - 12:15 pm	Fun Fitness	
11:30 am - 12:00 pm	Intermediate Guitar	
1:00 pm - 2:00 pm	Basic Ukulele	
1:00 pm - 4:00 pm	Mah-jongg	
1:30 pm - 4:00 pm	Jewelry Making 1	
2:30 pm - 3:30 pm	Community Song Circle 2nd and 4th Tuesdays	

Wednesday

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

Visit vivalon.org/calendar for details.

Thursday

9:00 am - 12:00 pm	Cafecito@Vivalon	
10:00 am - 11:00 am	Tai Chi for Arthritis and Fall Prevention	
11:00 am - 12:00 pm	Qigong	
11:00 am - 12:00 pm	Beginner Hula	
11:00 am - 12:00 pm	Mindfulness Meditation	
1:00 pm - 3:00 pm	AAPI Social Group	
1:30 pm - 4:00 pm	Jewelry Making 2	

Friday

9:00 am - 10:00 am	Harvest Connection	$
10:00 am - 10:45 am	Zumba	
11:00 am - 12:00 pm	Adapted Martial Arts	
11:15 am - 12:15 pm	Fun Fitness	
1:00 pm - 4:00 pm	Mah-Jongg Open Play	
2:00 pm - 4:00 pm	Ping Pong	
2:30 pm - 3:30 pm	Book and Social Club 2nd and 4th Fridays	
3:00 pm - 4:00 pm	Yoga	

In-Person

Remote

Hybrid

Registration Required

Payment Required

Most Classes are FREE!

October 9: Rethinking Age on Ageism Awareness Day

“You don’t look your age.”

Most of us have heard that phrase before—maybe even said it ourselves. It’s often meant as a compliment, but it carries an assumption: that looking younger is somehow better.

That subtle message is one example of ageism—the stereotypes, prejudices, and discrimination we face based on age. Ageism doesn’t just show up in offhand comments.

It creeps into jokes about “senior moments,” the impatience of a cashier when you pull out coins, or the doubt you feel in yourself when you wonder if you’re “too old” to try something new.

Take Maria, for example. At 72, she signed up for her first art class. She was excited—until a friend teased, “Isn’t that something for younger people?”

That small remark made her hesitate. For a moment, Maria wondered if she really belonged.

The truth is, she did belong. We all do. But that nagging voice of self-doubt? That’s ageism, too. And it doesn’t just impact older adults. It touches all of us, because we’re all aging, every day.

On October 9, Ageism Awareness Day, we shine a light on the real harm ageism causes. **Research shows it affects our health, well-being, and financial security. It can shape the policies we make and limit the opportunities we create.** But once we see it for what it is, we can change it.

The good news: Age inclusion is the way forward. Imagine communities where Maria—and all of us—are celebrated for curiosity, creativity, and wisdom at every stage of life. Where “too old” is never the reason someone gives up on a dream. Where different generations come together not with an “us vs. them” mentality, but as collaborators building a society that works for everyone.

Because Maria’s story is our story. The more we challenge ageism, the more we create a community where all ages are valued.

This October 9, let’s tell a new story about aging—one of connection, growth, and possibility.

3 Ways to Challenge Ageism in Daily Life

1. **Watch your words.** Instead of saying “You don’t look your age,” try, “You look great!” Small shifts make a big difference.
2. **Flip the script.** When you hear jokes or comments about being “too old” or “too young,” gently remind others that age is not a limitation.
3. **Celebrate aging.** Share stories, photos, or experiences that show the richness of growing older—online and in your community.

Together, we can change the conversation about aging.

VIVALON CAFÉ

Call 415-456-9062 to register for any class or luncheon

Special Luncheons

Halloween Thursday | October 30 | 11:30 am-1:30 pm

Celebrate spooky style at Vivalon. Spine chilling costumes, mouth-watering food and delightful company await you. Lunching ghouls and goblins will enjoy live musical entertainment!

$14 for members
$20 for non-members

Registration closes October 27 or when seats are filled.

Special Drink
Blackberry Margarita

Starters
Creamy Pumpkin Soup &
Pear and Walnut Salad

Entrees
Orange Glazed Salmon &
Butternut Squash Lasagna

Dessert
Caramel Apple Cheesecake

Thanksgiving Thursday | November 27 | 11:30 am-1:30 pm

Enjoy a festive, gourmet meal in community with the Vivalon family and friends. Don't miss this warm and wonderful event!
Registration opens on October 30 and closes on November 24.

Classes

Harvest Connection

Enjoy a month of fresh, local flavor! Each week, receive an organic, seasonal produce bag, learn where and how it was grown, get preparation tips, and join classmates to share how you used it. One-time fee includes weekly produce, seasonal fruit and veggie charts, instruction, and lively food-focused discussions.

Weekly on Fridays, October 3-24
9:00 am–10:00 am
$30 for members
$45 for non-members

Cooking Class: Mushroom Spinach and Cherry Tomato Quiche with Garden Salad

Learn to make a flaky quiche crust, savory filling, and fresh salad with classic vinaigrette

Thursday, October 16
3:00 pm–5:00 pm
$10 for members
$15 for non-members

Death Cafe

Enjoy snacks and discuss thoughts and feelings around death and dying. This may include discussions of grief and the afterlife, sharing resources about end of life planning, or even near death experiences. Discussions are lightly facilitated and participant led with no set agenda and no intention of leading anyone to specific conclusions.

Friday, October 31
3:00 pm–4:30 pm

Arts and Community Activities

The Cool Table
Thursday, October 2
1:00 pm-3:00 pm
LGBTQ+ older adults connect monthly with live entertainment, activities, and community—hosted by drag queen Kylie Minono. Enjoy history, resources, and glam. Everyone's welcome!

Art Workshop: Printmaking
Friday | October 3 |10:00 am-12:00 pm
Explore mono printing, gelli plate printing, and stamp-making. All materials included; all levels welcome. $10 members / $15 non-members.
Registration required. Call 415-456-9062 x8705 to register.

Beginner Drawing
Tuesdays | October 7-28| 10:00 am-12:00 pm
Explore line, light, shadow, perspective, and composition through lectures, demos, critiques, and all materials. $25 members, $40 non-members. 4-part series.
Registration required. Call 415-456-9062 x8705 to register.

Beginner Acrylics
Mondays | October 20-November 3 | 10:00 am-12:00 pm
Learn the history, styles, color theory, brushes, and techniques. 3-part series. $20 members, $35 non-members. All supplies provided.
Registration required. Call 415-456-9062 x8705 to register.

Educational and Experiential

Oy to Joy
Wednesday, October 15
11:00 am-12:30 pm
Shulamit Sofia offers a roadmap to aging with wisdom, resilience, and joy, with tools to navigate life's challenges through the principles of Spiritual Aging through her book *Oy to Joy.*

Improv Class
Tuesdays | October 14-November 4 | 3:30 pm-5:00 pm
Explore improv games and techniques in this fun, month-long series. $20 members / $35 non-members.
Registration required. Call 415-456-9062 x8705 to register.

Bridging Generations Dinner & Discussion
Friday | October 17 | 6:00 pm-7:30 pm
Join Bridging Generations, a unique program that brings people of all ages together over shared meals and meaningful conversations. Exchange stories, learn from different generations, and make lasting connections. $7 members, $10 non-members.
Registration required. Call 415-456-9062 x8705 to register.

Last Chance for Wowzitude Livestream Tour
Weekly on Tuesdays | 11:00 am-12:30 pm
We're traveling to cities all around the world with no passport, no plane ticket, and no luggage. Experience all the sights and stories of each location. $10 members, $15 non-members.
Registration required. Call 415-456-9062 x8705 to register.

Technology for Better Living

Getting Comfortable and Confident with AI

Thursdays, October 9 & 16
Clinic: Friday, October 24
10:00 am-12:00 pm

Get comfortable and confident with AI in this mini-course. Learn practical everyday uses through demonstrations.
Registration required.

Outsmarting Scammers in Today's Digital World

Wednesdays | October 8-22 | 10:00 am-12:00 pm
Scammers are getting smarter every day, using emails, texts, and phone calls that look and sound real. Learn how to protect yourself in this three-part workshop designed for older adults.

- **Session 1:** Understand scams like phishing, smishing, and vishing, plus the most common schemes targeting seniors.
- **Session 2:** Get hands-on practice analyzing real examples, spotting red flags, and working through scenarios in a supportive group setting.
- **Session 3:** Open Forum—bring your questions, suspicious messages, or personal stories to share and learn from.

You'll leave with clear knowledge of how scams work, practical strategies to stay safe and a handy Scam Safety Checklist.
Registration required. Call 415-456-9062 x102 to register.

Health and Wellness Classes

Adapted Martial Arts

Weekly on Fridays
11:00 am-12:00 pm

Improve balance, mobility, and strength with Good Dragon Tang Soo Do—seated or standing. Build confidence through mindful movement in a welcoming space. Drop-ins welcome; limited spots.

Mindfulness Meditation

Weekly on Thursdays | 11:00 am–12:00 pm
Discover the transformative benefits of mindfulness in our new meditation series. Open to all experience levels--no prior meditation practice necessary!
No registration required.

A Matter of Balance

Wednesdays | October 8-November 26 |2:00 pm–4:00 pm
Understand why falls happen and how you can prevent falls to reduce fears and increase your activity level through this evidence-based program.
Registration required. Call 415-456-9062 x148 to register.

Strength in Balance

Mondays | October 6-November 24 | 11:00 am–12:00 pm
Keep the momentum going with this 8-week continuation of A Matter of Balance (AMoB) exercises! Led by trained instructors and designed exclusively for AMoB graduates, this small-group class focuses on strength and balance exercises.
Registration required. Call 415-456-9062 x148 to register.

Vivalon

930 Tamalpais Ave.
San Rafael, CA 94901

Announcements

DAF Day – October 9, 2025

Join us in celebrating DAF Day, a national day of giving that highlights the power of donor-advised funds (DAFs). Together, donors and nonprofits can unlock generosity and create lasting impact.

If you have a donor-advised fund, please consider recommending a gift to Vivalon on DAF Day to support healthy aging in our community.

Learn more about giving through DAF at vivalon.org/daf.

Estate Planning Workshop

A Panel Conversation on Wills, Trusts & Taxes: Planning Ahead to Protect What Matters Most

Wednesday| October 15 | 4:00-6:00 pm

With Kerry Spence Estate Plans and Perotti and Carrade CPA's

Join us for a dynamic and interactive panel discussion featuring Kerry Spence, Certified Estate Planner with Kerry Spence Estate Plans, Inc., along with Kathryn Harris and Mirka Singerman, Certified Public Accountants with Perotti and Carrade, who bring deep knowledge of estate-related tax issues.

Registration required.

Reserve your spot today using the QR code or visit vivalon.org/epw.