



WINTER/SPRING 2020

Corte Madera Age-Friendly Intergenerational Center

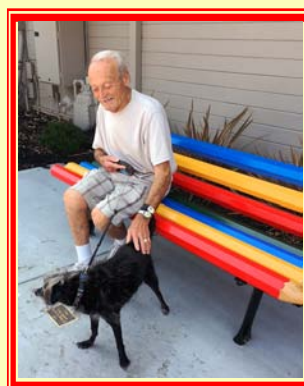
498 Tamalpais Drive
Corte Madera

Entrance by the iconic Pencil Bench

(415) 991-4040

www.agefriendlycenter.org

On the following pages are just some of the terrific programs for all ages offered at the Age-Friendly Intergenerational Center.



A \$25 tax-deductible donation to *Age-Friendly Solutions* qualifies Corte Madera residents for a Gold Pass, entitling the Gold Member to attend all classes at no charge for the calendar year 2020! For a \$40 donation, those living outside of Corte Madera qualify for a Silver Pass, entitling Silver Members to the same benefits.

Age-Friendly Solutions, a 501(c)(3) tax-exempt organization, funds all the programs at the Age-Friendly Intergenerational Center.



INTERGENERATIONAL CENTER

Always fun at the Corte Madera Age-Friendly Intergenerational Center!



Yoga fun with Sherri



Fun Projects at the Makerspace



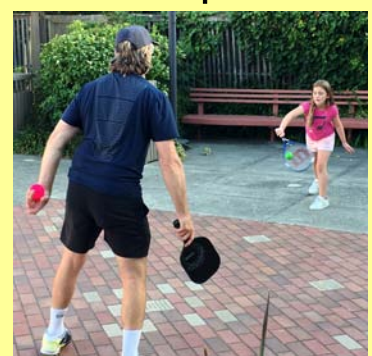
Paint and Sip



Artists at any Age



Celebrating Generations



All Ages Pickleball

The Center's programs and instructors are funded by grants and donations to *Age-Friendly Solutions*, a 501(c)(3) tax-exempt organization. You may donate online at www.agefriendlycenter.org or mail your donation to Age-Friendly Solutions, 498 Tamalpais Dr., Corte Madera, CA 94925. Your contribution is most appreciated.

www.agefriendlycenter.org



INTERGENERATIONAL CENTER

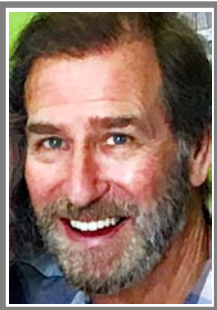
DRAWING AND WATERCOLOR BASICS

Instructor: John McCormick, BFA

Award-winning Artist and Instructor, San Francisco Academy of Art, et al

Mondays and Wednesdays,

10:30 am — 12:30 pm



John McCormick

This is an all-levels class. Beginners will receive a basic understanding of materials while intermediate and advanced students will be guided by the instructor and encouraged to work on their own projects, if desired. Explore using pencils, charcoal and watercolors to develop an

understanding of composition, spatial relationships and value (lights and darks). Students will develop their skills in drawing while discovering and nurturing their unique expression. These ideas will then be applied to watercolor painting. Materials are provided or you may bring your own. Free to members/\$10 per class for non-members.



MAH JONG AND BRIDGE FOR FUN

Mondays

1:00 — 3:00 PM

Mah Jong and Bridge games are going on at The Center. . . just for fun and when space is available. Free to members/\$10 per class for non-members.



FUN & FITNESS WITH PATI

INSTRUCTOR: Pati Stoliar, RN

Mondays

3:15 pm — 4 :15 pm

If you're thinking about trying some easy physical activity, join us on Mondays at 3:15 at the Intergenerational Center for gentle aerobics, light strength

exercises and stretching. No impact or getting down on the floor. Helps reduce stress, painful joints and instability. Free for members; \$10 drop-in for non-members.





INTERGENERATIONAL CENTER

NEW!

CHAIR DANCING

Instructor: Rayner Needleman

Tuesdays

11:15 AM – 12:00PM

Come and enjoy a playful, spirited chair dancing class to energize you and leave you smiling. Combined with gentle yoga for an all-around exercise and uplifting experience.

CHAIR YOGA

Instructor: Rayner
Needleman

Tuesdays

1:00 – 2:00 PM

Rayner Needleman is a certified yoga teacher and therapist, and has been teaching for over 25 years in the Bay Area. The class at the Age-Friendly Intergenerational Center consists of chair yoga with gentle movements to stretch and strengthen, and breathing exercises, along with some standing for balance and yoga poses. All abilities are welcome. The class is light-hearted and fun, and brings about a general sense of well-being both in body and mind.

Rayner Needleman taught at CPMC 's Wellness Center and Cardiac Rehab. She teaches at several health clubs and senior centers, Rayner is the Director and Producer of 'Moving for Life Yoga' a DVD for both chair and yoga on your bed.



CHAIR YOGA

Instructor: Jane Rivera

Thursdays

1:00 – 2:00 PM

Join Jane for a breath-based hour to explore both the inner and outer powers of yoga.

Yoga to the rescue for: balance, strength, vitality, inner peace, and lots of joy. We move gently and slowly. All levels welcome. No prior experience necessary. Come share an hour of yoga bliss with us.

Jane Rivera has 20 years of in-depth study and practice of authentic Yoga teachings. She has taught Gentle Yoga and Restorative Yoga in Marin for the past 10 years. RYT E200 and RYT 500, trained by Sherri Baptiste. Certified by Yoga Alliance. Jane holds advanced certification in the therapeutic application of Restorative Yoga from Judith Hanson Lasater.



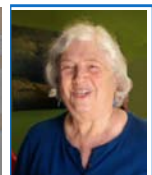
Story Time for Pre-schoolers

with Ruth, Jackie and David

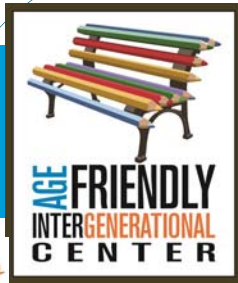
Tuesdays and Thursdays

10:30 – 11:00AM

Join us as we read, sing and play together. Fun for the entire family from infants to grandparents. Free to all.



It's story
TIME



INTERGENERATIONAL CENTER

NEW!

Painting with Acrylics

Instructor: Debra Maddox

Tuesdays

10:30 AM – 12:30 PM



In this new class, renowned artist Debra Maddox will cover color mixing, composition, materials and techniques for dynamic acrylic painting. Previous experience is not required.

Free to members; \$10 drop-in fee for non-members.

Learn to Play MahJong Series of 4 classes

Instructor: Leslie Friedman

First 4 Tuesdays in January

First 4 Tuesdays in March

2:30 – 4:30 PM

Leslie Friedman grew up, intrigued by the look and feel of her mom's MahJong tiles. Upon retirement, Leslie took lessons and "was hooked!" She now teaches, plays and participates in tournaments. Leslie loves teaching and sharing her passion She will impart to you that the game is fun, stimulating and addicting. Avid player Judy Levinson will assist Leslie to teach you the "American Style" game of Mahj. Free to members.



Intergenerational Indoor PickleBall

Instructors: Marty Resnik and
Brett Hanna



Tuesdays

3:30 PM to 5:30 PM

Pickleball is for everyone – ALL AGES!

This is a class for kids and adults new to the sport. Learn to play Pickleball indoors and join in on one of the fastest growing sports today. All ages and athletic abilities have a great time playing Pickleball.

All equipment is provided. No experience is necessary



Free to members or \$10 Drop-in fee.

Crafts With Julie

Instructor: Julie Kritzberger

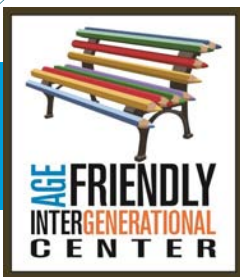
2nd Tuesday of the month

*(Please check the website or call
The Center at 991-4040 for
information and/or to register.*



Julie Kritzberger, Crafter Extraordinaire, will guide you through the steps to leave with a super creation. For total beginners and experienced crafters. Materials will be provided. Free to members. \$10/class for non-members.





INTERGENERATIONAL CENTER

CHAIR EXERCISE

Wednesdays

2:00 — 3:00 PM

Instructor: Pam Waterstone



Join Pam for gentle, safe exercise while remaining seated. These mild exercises are ideal for those who have high risk of falls, severe joint problems, or are wheelchair-bound. These exercises have been shown to improve

strength, flexibility and blood circulation, as well as to boost one's mood. Free to members, \$10/class for non-members.



COMMUNITY KNITTING GROUP

FOURTH TUESDAY OF EVERY MONTH

11:00 AM — 12:00 PM

Join a great group of community members that gather together to work on their personal projects or knit hats and blankets for preemies and chemo patients at Kaiser San Rafael. This activity is free to all. Sponsored by The Center and Corte Madera Women's Club.

ART FOR KIDS (2ND GRADE– 8TH GRADE)

Wednesdays

2:00 — 4:00 PM **School Minimum Days!**

Instructor: Debra Maddox



Debra offers a terrific program for kids of all artistic levels. Students have fun drawing, painting and creating collages. They explore drawing and painting techniques as well as styles of famous artists. All projects are age appropriate. Free to members' children/\$10/class for non-members.



Debra Maddox participates in the Artists Teaching Art Program funded through the Sausalito Arts Foundation. Among many honors, Debra was selected commemorative Artist for the Sausalito Art Festival in 2006.



Watch for announcements of our **Paint and Sip** evenings for adults conducted by Debra.



INTERGENERATIONAL CENTER

Yoga with Weights--Baptiste Method The Ultimate Anti-Aging System

Instructor: Sherri Baptiste

Wednesdays, 9:00AM–10:00AM

*New location in the Park Madera Center,
518 Tamalpais Drive, Ste. D*



With nationally recognized yoga expert Sherri Baptiste, you'll practice the mindfulness and core ideals of yoga with the physical culture

and science of bodybuilding. 'Yoga with Weights,' the ultimate anti-aging system, integrates the best of both disciplines, building core stability, bone density and balance.

Weight training and the healing power of yoga bring strength and serenity

The exercises stimulate muscle toning, lean muscle mass, metabolism, strength and coordination. Building on the strengths of both disciplines, this user-friendly system combines breath-based yoga with weights exercises, held in accurate alignment, while simultaneously working out.

Equipment will be provided: yoga mat, handheld weights (1-3 pounds per hand for women and 5 pounds per hand for men) and ankle weights (2-3 pounds for men and women).

The book *Yoga with Weights for Dummies* by Sherri Baptiste (Wiley) is recommended for those who plan to incorporate this system into their workout program, available on Amazon.

Third Wednesday Speaker Series

Third Wednesday of every month

11:00 AM–12:30 PM (Main Hall)

Sponsored by Age-Friendly Corte Madera, Twin Cities

Village, Age-Friendly Solutions and Corte



Madera Parks and Recreation Department, the series has presented years of well-attended, successful events. All informative and entertaining programs. See the inside cover for the schedule of presentations. Free to all.

"Ask Jody"

Third Wednesday

1:00 PM–2:00 PM

(following the Speaker Series)

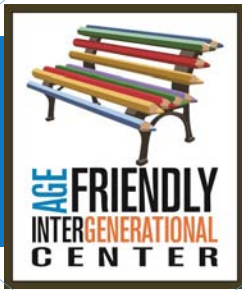
Jody Timms, PhD,

Marin Commission on Aging,

Age-Friendly Fairfax, Age-Friendly Marin



Dr. Timms' many years of professional experience in Marin have provided her a vast knowledge of resources for older adults. When you have a challenging situation or are stumped by any difficulty and need assistance, "Ask Jody" for guidance to the appropriate organization or agency. \$10 drop in fee; free to members.



INTERGENERATIONAL CENTER

Makerspace

**4th to 12th Grade
and adults up to 110!**

Thursdays

3:30—5:30 PM

Instructor: Charles Sowers



Everyone, from ages 10 to 110, is welcome to the Makerspace to create, collaborate, work on projects, "upcycle," have fun and learn. The Makerspace has a wide array of equipment including a 3D printer, a laser cutter, a Carvey and more. Charles will guide you through the mechanics to utilize these tools and develop your ideas.

Free to members and children of members. \$10/class for non-members, (There may be a small charge for materials.)

Charles is a renowned artist and has been Exhibit Developer at the San Francisco Exploratorium since 1998.

www.charlessowers.com

Coming Soon!

TEEN HANGOUT

Finally, a place to hang out, meet, play games, socialize or study. Beginning in February, The Hang Out will be open after school as the new "go-to" place.



Designing Custom T-Shirts
in the Makerspace



Friday at the Movies

1:00—3:00PM



Your opportunity to see the latest movies or to enjoy the old classics every Friday. Check with the AFIC to learn of the upcoming movie.

Need Help With Your Electronics?

If you need help with your iPads, iPhones, laptops or social media, one of our Teen Techs will be happy to assist you. Contact Pam at the Intergenerational Center (991-4040) for an appointment.



TEENS to help older adults with their iPads, iPhones, laptops and social media. Please contact Pam at the the Intergenerational Center (991-4040) to let her know your availability. This may qualify for community service credit.