

# INTERGENERATIONAL CENTER



## **Corte Madera Age-Friendly Intergenerational Center**

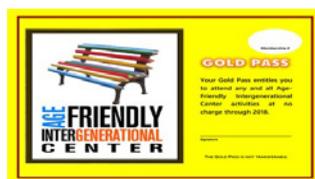
498 Tamalpais Drive  
Corte Madera

Entrance by the iconic Pencil Bench

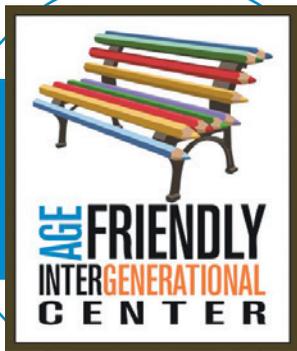
(415) 991-4040

[www.agefriendlycenter.org](http://www.agefriendlycenter.org)

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



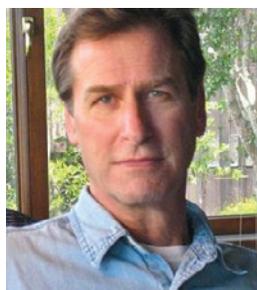
A \$15 tax-deductible donation to Age-Friendly Solutions qualifies Corte Madera residents to a Gold Pass, entitling the Gold Member to attend all classes at no charge for the rest of 2018! For a \$25 donation, those living outside of Corte Madera qualify for a Silver Pass, entitling Silver Members to the same benefits.



# 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,  
10:30am-12:30pm



This is an all-levels adult class. Beginners will receive 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 and charcoal 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 will be available for purchase or bring your own. Free to members/\$10 per class for non-members.



Instructor John McCormick (left) makes everyone an artist.

## MAH JONG AND BRIDGE FOR FUN

Mondays 1:00-3:00pm

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.



## STORY TIME FOR PRE-SCHOOLERS

With Ruth, Ruthe, Jackie and Laurel

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. Books, songs, rhymes and fun for children of all ages. Free to all.



# INTERGENERATIONAL CENTER



## CHAIR YOGA

Instructor: Stacie Dooreck  
Tuesdays and Thursdays  
1:00-2:00pm

Come for standing and seated movements and stretching that increase range of motion, improve posture, restore flexibility and increase breathing capacity. It will leave you with a smile on your face and an overall sense of wellbeing.



Stacie Dooreck has been creating programs and instructing yoga classes since 1995; and has authored books on the subject. Currently, Stacie is the Stress Management Specialist for the Ornish Heart Disease Reversal Program at Cardiovascular Center of Marin. Free to members, \$10/class for nonmembers.

## CRAFTS WITH JULIE

Instructor: Julie Kritzberger,  
2nd Tuesday of the Month  
10:30am-12:00pm  
(Check the website for additional dates or any changes)

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 nonmembers.



**ART FOR KIDS** (12 and under)  
Instructor: Debra Maddox  
Wednesdays beginning Oct. 3  
2:00-4:00pm (**School Minimum Days!**)

Debra offers a terrific program for kids of all artistic levels. Students will have fun drawing, painting, and creating collages.

They will explore drawing and painting techniques as well as styles of famous artists. Debra Maddox participates in the Artists Teaching Art Program funded through the Sausalito Art Foundation. Among many honors, she was selected as Commemorative Artist for the Sausalito Art Festival in 2006.





# INTERGENERATIONAL CENTER

## “ASK JODY”

Jody Timms, PhD , Marin Commission on Aging, Age-Friendly Fairfax, Age-Friendly Marin  
Second and Fourth Tuesdays  
2:00-3:00pm

Dr. Timms' many years of professional experience in Marin have provided her a vast knowledge of local 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.



## KNITTING IN COMMUNITY

Fourth Tuesday of every month  
11:00am-12:00pm

Join a great group of community members that gather together to knit hats and blankets for preemies and chemo patients at Kaiser San Rafael. No experience is necessary; seasoned knitters are also welcome. This group activity is free to all.



## NEW! MEN'S POKER CLUB

(All are welcome!)  
Tuesdays beginning October 2nd  
2:30-4:30pm

Come for an afternoon of cards and camaraderie.



## THIRD WEDNESDAY SPEAKER SERIES

Third Wednesday of every month  
1:00-2:30pm

The Speaker Series, sponsored by Age-Friendly Corte Madera, Twin Cities Village, Age-Friendly Solutions and Corte Madera Parks and Recreation Department, has presented years of wellattended, successful events. All are invited to attend monthly informative and entertaining programs. See the inside cover of this catalogue for the list of upcoming events. Beginning in October, the Speaker Series will be held at the Age-Friendly Intergenerational Center.



# INTERGENERATIONAL CENTER



## CHAIR EXERCISE

Wednesdays

2:00-3:00pm

Instructor: Pam Waterstone



Join Pam for gentle, safe exercise while remaining seated. These mild exercises are ideal for those with high risk of falls, have severe joint problems, or are wheelchair-bound. These exercises have shown to improve strength, flexibility and blood circulation, as well as

to boost one's mood. Free to members, \$10/class for non-members.

## TEEN TECHIES FOR THE OLDER ADULT

Wednesdays in September

3:30-4:30pm

(Check website for days and times in Oct., Nov. and Dec.)



Looking for help with your iPhone, iPad or laptop? Teen techies will provide guidance to master your electronic devices. Whether you're a beginner or want to learn more about social media (Facebook, Twitter, etc.), no question is too small. Free to members, \$10/class for non-members. Call 991-4040 to sign up.

## **NEW!** MAKERSPACE

Thursdays (Check website for opening day)

3:30-5:30pm

Instructor: Charles Sowers

Charles is a renowned artist and has been Exhibit Developer at the San Francisco Exploratorium since 1998. [www.charlessowers.com](http://www.charlessowers.com)

Everyone is welcome to the Makerspace to create, collaborate, work on projects, share resources and learn. The Makerspace has a 3D printer and a laser cutter and Charles will guide you through the mechanics to utilize these tools and develop your ideas. Come with an idea or invite suggestions. Free to members, \$10/class for non-members.



## Movie/Book Club with Dr. Sal

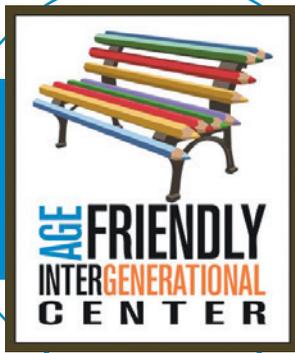
2nd Thursday of the month

2:15-4:30pm

Facilitator: Sally Gelardin, EdD

Whether you've read the book or seen the movie, participate in an entertaining conversation, reviewing and critiquing the story. The movie will be shown just prior to the discussion. Check the website for the current movie/book. Free to members, \$10/class for non-members.





# INTERGENERATIONAL CENTER

## ALL ABOUT THE CORTE MADERA AGE-FRIENDLY INTERGENERATIONAL CENTER

In 2017, the Age-Friendly Corte Madera task force, developed a Strategic Plan which included outlining goals to encourage the development of an Intergenerational Center where people of all ages could participate in quality programs, some together and some separately. ([www.agefriendlycortemadera.org](http://www.agefriendlycortemadera.org)) After studying the benefits, we determined that there were intrinsic, meaningful advantages that would have positive impacts on our community if we were to have an Intergenerational Center.

In order to financially support programming for the Center, Age-Friendly Solutions, a 501 (c)(3) tax exempt organization was established to generate adequate funds to realize these goals. The Town provided the space and underwrote the cost of furnishings, site modifications and staffing, and the AFIC Task Force developed the programming.

Age-Friendly Solutions solicited grants that allowed The Intergenerational Center to offer programs at no charge for 2018 to those who made a modest, tax-deductible donation. For Corte Madera residents, we request a \$15 donation and for those living outside Corte Madera, a \$25 donation that permits the "Gold" and "Silver" members to participate in any and all programs at no cost. Our goal for 2019 is to be able to offer the same privileges. We would heartily appreciate any donations to ensure the Intergenerational Center's success and growing participation.



Teens meet with the AFIC Task Force to recommend programming.



Knitting group creates hats and scarves for cancer patients



Stopping by to check out the 3D Printer