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AGE-FRIENDLY INTERGENERATIONAL CENTER

www.agefriendlycenter.org

Week of July 19, 2020

info@agefriendlycenter.org



**HELP STOP THE SPREAD OF COVID-19 AND
WEAR A MASK!
WATCH TO SEE WHAT ALL
THE LIVING GOVERNORS OF CALIFORNIA HAVE TO SAY.**

CLICK TO SEE THE VIDEO



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Influenced by West African tradition, with recyclable materials you have at home. (Courtesy of the deYoung Museum)
<https://www.instagram.com/tv/CCwGydTFjw9/>

THIS WEEK'S ZOOM CLASSES . . . and more!



WATERCOLORS WITH DEBRA

Mondays and Wednesdays, 10:30am to 12:30pm

In Debra's class, you'll discover the inner artist that you didn't know existed. In class, Debra will teach techniques to beginners, and experienced artists will have the opportunity to hone their skills and enjoy the creative process.

All you need are round brushes, Size 8, 10 or 12, watercolor paper and watercolors. Amazon has a variety of supplies you can readily get. Riley Street in San Rafael (www.rileystreet.com) and Perry's Art Supplies in San Anselmo (415-454-3317) are taking phone orders and providing curbside delivery.

[Meeting ID: 337 280 620](https://us02web.zoom.us/j/337280620)

<https://us02web.zoom.us/j/337280620>



STRETCHING WITH PAM NEW!

Mondays, 1:00 pm

Join Pam Waterstone for a **new** class focusing on stretching while seated. Pam's other class (on Wednesdays) focuses on strengthening where you will work up a sweat. This class, however, focuses on stretching and

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meditative series of stretching exercises. With day-to-day movement restricted due to COVID-19, many of us feel a need to find ways to both exercise and stay limber within our own homes. With this class, you'll enjoy safe, mild exercise while remaining seated. You can expect to improve your flexibility and maybe feel a little less "creaky"! It's also a good warm up for any other form of exercise you may be doing. Come join us!

Meeting ID: 889 4933 8346

Join URL: <https://us02web.zoom.us/j/88949338346>



CHAIR YOGA WITH RAYNER*

Tuesdays, 11:00 am

Renowned Yoga expert Rayner Needleman's class is light-hearted and fun while focusing on the mind, body and spirit. No two classes are the same! Rayner infuses each session with a creative combination of chair dancing, yoga flow routines and spiritual readings to put you in a positive state of mind, no matter what's happening with the outside world. You will practice gentle movements, stretching, strengthening, breathing and relaxation exercises. All you need is a chair to participate.

Meeting ID: 290 232 574

Join URL <https://zoom.us/j/290232574>

YOGA WITH WEIGHTS WITH JANE*

Wednesdays, 9:00 am - 10:00 am

This class continues in the Baptiste Method of combining yoga

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builds muscle, bone density and core stability. Jane Rivera has received her 500-hour Yoga Certification from Sherri Baptiste. Join Jane for an hour of breath-based movement. Bring attention to posture and improve balance. This class is open to all levels.

We use handheld weights. If you do not have weights, cans may be used as a Substitute. Women: 1 to 3 pounds per hand
Men: 3 to 5 pounds per hand. Ankle weights: 1 to 2 pounds to suit you.

Meeting ID: 859 8406 8136

Join URL [https:// https://us02web.zoom.us/j/85984068136](https://us02web.zoom.us/j/85984068136)



WATERCOLORS WITH DEBRA

Mondays and Wednesdays, 10:30am to 12:30pm

In Debra's class, you'll discover the inner artist that you didn't know existed. In class, Debra will teach techniques to beginners, and experienced artists will have the opportunity to hone their skills and enjoy the creative process. It's helpful to have sizes 6, 10 and 12 round brushes and a 1" flat brush. Then you just need watercolor paper and watercolors.

Meeting ID: 337-280-620

Join URL: <https://zoom.us/j/337280620>



CHAIR EXERCISES WITH PAM

Wednesdays, 1:00 pm

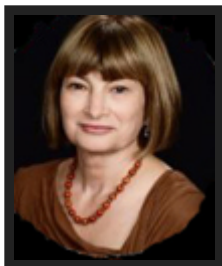
Join Pam Waterstone for gentle, safe exercise while remaining seated. These mild exercises are ideal for

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wheelchair bound. These exercises have shown to improve strength, flexibility and blood circulation, as well as to boost one's mood. Join us and feel better!

Meeting ID: 401 420 981

Join URL: <https://zoom.us/j/401420981>



CHAIR YOGA WITH JANE*

Thursdays, 1:00pm

Join Jane Rivera for a breath-based hour to explore both the inner and outer powers of yoga. Yoga comes to the rescue for balance, strength, vitality, inner peace and lots of joy. Jane works with the breath to bring gentle movement into the joints. You may choose to add a light weight 1 or 2 pounds for the women and up to 3 pounds for the men. This is not mandatory. Adding weight to our practice gives a gentle challenge to the bones and muscles. Using our chairs, we stand and practice poses that bring us into balance and strength.

Meeting ID: 918-220-632

Join URL: <https://zoom.us/j/918220632>



CHAIR YOGA WITH STACIE* NEW VIDEO!

Anytime, at your convenience!

Join Stacie Dooreck 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 well-being that you

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CLICK ON THE LINK BELOW FOR A NEW SESSION WITH STACE.

<https://youtu.be/V6Wz63tSeZM>



**See what Faith Leaders worldwide are doing to help stop COVID-19:
CARING, CONNECTING AND CELEBRATING
Let's all follow the guidelines to stop this crisis.**

Press to see Video



Age-Friendly Fairfax invites you to a Forum

iPhone Training and Tips to Make Your Smartphone Work Better for You!

July 22 (Wed) and July 23 (Thurs)

10:30-11:45 AM

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This two-part ZOOM training will review the basic functions of your phone, including sending texts, using apps, connecting to Bluetooth devices and supporting accessibility such as making text bigger and your phone louder and easier to hear, and much more.

Presenter: Contessa Bunn
California Telephone Access Program

Registration is required. For further details and to register, call 1-866-272-2540 or email smartphonetraining@ddtp.org.

COMING SOON



Jane Rivera, our esteemed Yoga instructor, will be hosting a virtual Workshop, "**Keep on Moving**" later this month. We will be announcing the day and time soon, so please continue to check your email from the Age-Friendly Intergenerational Center.

Please stay safe and healthy.

.....Creations by Rayner Needleman

UNIQUE BEADED JEWELRY

@serenityinstone

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Rayner Needleman, our multi-talented Yoga instructor, designs a wide variety of stunning, beaded jewelry using semi-precious stones to treasure and heal.

Visit Rayner's instagram site [@serenityinstone](#) for details or email Rayner at rayner667@gmail.com

HAVING A PROBLEM WITH ZOOM?

If you already have the ZOOM app on your computer, please make sure it's updated.

To avoid problems getting to a class, simply go to www.zoom.us. Click on "Join Meeting" and fill in the Meeting ID number. (Don't insert hyphens.) That should take you directly to the class.

Also, once you are muted, the host is unable to unmute you. The host can send you a request, but you'll have to unmute yourself. Please remain muted during the class unless you have a question.

**LET'S MAKE THE MOST OF THE TIME
WHILE WE STAY SAFE AND
SHELTER IN PLACE!**

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REMEMBER! Everyone is to wear a face mask when we leave our homes. Let's keep ourselves and others safe.

Here is an easy way to make your own.

<https://www.youtube.com/watch?v=Mgp7DSGN33k>



PLEASE SUPPORT THE AGE-FRIENDLY INTERGENERATIONAL CENTER

Age-Friendly Solutions is a 501(c)(3) tax-deductible organization, established to finance the programs and related costs of the Age-Friendly Intergenerational Center. Your tax-deductible donation is very much appreciated.

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The Age-Friendly Intergenerational Center is funded by Age-Friendly Solutions, a 501(c)(3) tax-exempt organization, through the generosity and support of The Marin County Board of Supervisors, Marin Health and Human Services, Marin Community Clinics, Marin IJ, Nugget Markets, College of Marin, Elizabeth Bettelheim Family

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*Although our Yoga and exercise programs may be considered low impact, please be aware that you are participating at your own risk. It is recommended that your doctor approves your participation. Age-Friendly Solutions and our instructors are not liable for any consequences as a result of these programs. If you are participating and begin to feel uncomfortable, STOP immediately. If you are alone and need assistance, do not hesitate to call 911.

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