

Free Age Friendly Classes -- Fall 2019

Yoga Classes for Older Adults

Instructor: Tamela Smith

Mondays 1:00-2:15pm (Mat Yoga); Fairfax Women's Club-46 Park Road

Wednesdays 1-2:15pm (Chair Yoga); Bennett House-53 Taylor Drive

Fridays 9:30-10:45am (Mat Yoga); Fairfax Women's Club-46 Park Road

2nd, 4th and 5th Friday 1-2pm (Chair Yoga); Bennett House-53 Taylor Drive

These classes are designed for beginners, or anyone looking to refresh their understanding of yoga fundamentals. Join us with this gentle steady practice to reset your mind as well as heal and rejuvenate the body. *All classes run all year round.*

Dance a la Moxie for Older Adults

Instructor: Sisi M.P. Hansen

Tuesdays, 2-3:15pm; Sept 10-May 26, 2020; Fairfax Pavilion

A progressive, FUN total body workout guaranteed to make you feel better, look better and be better! Open to all levels of experience and physical ability. Wear comfortable clothing as we dance on cushioned, gymnastic carpet. *On-going class with break over the summer.*

iPhone Photography Class

Instructor: Suzanne Lucas

Thursday November 14 10am-1pm; bring lunch

Interested students must RSVP to amannes@townoffairfax.org to confirm spot in this class.

Have an iPhone and love to take photographs? This three hour class covers essential iPhone camera capabilities, photography principles, and post-processing techniques—all to help you start taking better photographs right away! Whether your new to photography, or a seasoned photographer, using the iPhone can be a fun, highly accessible creative tool that you always have with you. Although the iPhone is featured as the primary mobile device, Android users will also benefit from this class. **Seasoned photographers and absolute beginners welcome.*

Heartsongs

Coordinator: Laurie Olson

Thursdays 2:30-3:30pm; Sept 12-Dec 19; Fairfax Community Center-16 Park Road

Calling all non-singers, wounded childhood singers, and those who love to sing to create a sacred circle together and join our voices. Come when your schedule permits; your heart, brain, inner child and expanding awareness will be glad you did! *No class on Thanksgiving.*

Fun Fitness for 65+ years

Instructor: Elizabeth Lynn

Mondays 11-12noon; Bennett House-53 Taylor Drive

Enjoy a more youthful feeling body and improved overall health! *No class on holidays.*

For more details, check: www.fairfaxrec.com or call us at 415-458-2340