

Free Age Friendly Classes -- Winter 2020

New policy on our FREE Older Adult offerings: These classes are created primarily for Fairfax residents. Seniors outside Fairfax may join for a \$5.00 donation fee/class if space allows.

Strength and Balance Yoga for Active Adults

Instructor: Tamela Smith

**Mondays 1-2:15pm (Mat Yoga); Fairfax Women's Club-46 Park Road
Tuesdays 1-2:15pm (Mat Yoga); Fairfax Women's Club-46 Park Road
Wednesdays 1-2pm (Chair Yoga); Bennett House-53 Taylor Drive
Thursdays 1-2:15pm (Mat Yoga); Fairfax Pavilion - 142 Bolinas Road
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**

The theme of each class encourages beginners, and more active adults to become aware of their bodies through a gentle flow of yoga postures. *Most classes run all year round.*

Dance a la Moxie for Older Adults

Instructor: Sisi M.P. Hansen

Tuesdays, 2-3:15pm; Resumes January 7-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.*

The Art of Storytelling

Instructor: Sam Parry

Tuesdays 4:30-6pm; March 10 - April 28; Fairfax Pavilion

(limit of 20 students)

This class will cover story-telling (both historical and current trends) – will explain the basics of storytelling in voice and script – will encourage participants to “tell their story” within a warm and welcoming group. It promises to be a fun session!

Painting with Acrylics

Instructor: Sam Parry

Tuesdays 10am – 12noon; January 14 – March 17; Fairfax Pavilion

(limit of 15 students)

Have fun creating your own art on canvas, painting on tile, wood or found materials. This is a fun way to spend a couple hours a week with a community of art learners.

Heartsongs

Coordinator: Laurie Olson

Thursdays 2:30-3:30pm; January 17 – May 30; 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!

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