

Winter 2018-19 Programs and Classes Catalogue



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Go to www.sgvcc.org to learn more!



San Geronimo Valley Community Center's Wellness and Recreation Programs

An Interview with Dr. David Lakes

By Mark Solomons, Volunteer Coordinator @ WMSS

What is an Advance Health Care Directive (AHDC) and why does a person need one?

“Most of us do not like to think about dying or end of life. Even contemplating an illness or injury which temporarily prevents us from communicating with others is scary.” But Dr. Lakes encourages us to “put (our) affairs in order. By doing so you’ll create peace of mind for yourself and your loved ones.”

Dr. Lakes describes the value of an AHDC. “In the event of a sudden illness an advance healthcare directive can help avoid a family disagreement. There are different levels of intensity of care which you might or might not want such as: life sustaining treatment or CPR. Would you choose not to have CPR or say no to intravenous treatment?”

“First, you go through written exercises to determine your values and what sort of interventions you would choose faced with a life threatening illness. The next phase and the crucial part is choosing an agent who can speak for you. For example, you might have a stroke, a bike accident or severe head injury and become unconscious.”

“The directive is witnessed by two people or notarized and becomes a legal document. You don’t have to have an agent but I encourage everyone to fill out a directive because a paper trail gives a medical team a little more insight.”

He continues, “An individual will never be able to isolate every imaginable thing that may happen. The hope is that you trust your agent and he or she will understand your beliefs and your values.” Help your loved ones if they are faced with making difficult decisions on your behalf.

Dementia is a topic which concerns many of us.

If you receive a diagnosis of dementia, it may take 5 to 10 years to get to the advance stage where you can no longer make decisions about your care. Choices made now on your AHCD will help your agent honor your wishes.

When do you revisit an Advance Health Care Directive?

“There are five events which should trigger a review: the 5 D’s – Decade, divorce, diagnosis, decline and death.”

What is the end of life act?

Dr. Lakes asserts unequivocally, “It is not physician assisted suicide. The process is designed for those who have a 6 month prognosis to live. To learn more, come to the workshop.”

RSVP requested to Mark Solomons 415.663.8148 x103 or mark@wmss.org

If you would like resources to complete your directive, contact Mark.



West Marin Senior Services hosts Dr. David Lakes
for our annual Advance Health Care Directive Workshop
February 4th, 11th, 14th and 21st

Dr. Lakes, former Kaiser palliative care physician, and WMSS staff will provide an overview during the first session, hand out forms and address each section step by step to complete the forms, and answer questions. Attendees return to the second session with completed forms. We will witness and finalize the documents. As always we will try to answer any questions you may have.

Mondays – Session I on 2/4 and Session II on 2/11 @ 7 pm
Thursdays – Session I on 2/12 and Session II on 2/21 @ 1:30 pm
Location: East Room San Geronimo Valley Community Center

This year, we invite you to bring your agent with you to the second session.

Enrichment Classes for Children

Wellness Classes for Adults

We are pleased to include in this catalogue an exciting assortment of programs, classes, and workshops for children, adults, and families held at the Community Center. These classes are offered by independent contractors who are responsible for the content as well as the fees for the classes. Please contact them directly for information on registration and payment.

KOREAN KARATE with Ramon Pruitt of Danville Karate

Small group classes provide an exciting and challenging opportunity to improve physical fitness, while enhancing life skills requisite to success. Young people learn self-defense, perseverance, propriety, discipline, and leadership through a graduated series of physical and social challenges. Master Pruitt has trained 5 young people from white belt (starting rank) to world martial arts champion, as well as numerous life champions during his 35plus years as a teacher. Join us!



FEE: \$15 per class or \$60 for 3 months

WEDNESDAYS: 4:45-5:45 pm

For further information Master Pruitt can be reached at his school in Danville: (925) 820-9612
Valley Room
Ongoing

LAGUNITAS KUNG FU CLASSES FOR KIDS FALL SESSION

Join us this Fall! Learn Kung Fu and get ready to star in your own action movie! Kicking, leaping, punching, tumbling and awesome Kung Fu Animal moves make this class super fun!



Each term, students will learn 2 Kung Fu Animals, spending 6 weeks on each Kung Fu Animal and earning 2 Animal Power Patches.

Study Material: Each Kung Fu animal has its own Fu book. Fu books are fun books, lucky books, work books to help deepen your kids' learning. Kids learn via games, art and stories. Kids also get to learn simple Chinese lessons. Fu books are discussed in class and are helpful tools for kids to review lessons. Each Fu book is \$10 + tax.

This Fall we will study the Dog and the Rooster.

The Dog is Loyal. It protects its family and friends!
The Rooster is Confident. It knows it will succeed!

Kung Fu Animal Power for Ages 5 - 7, Monday 3:15 - 4:00 pm,

Wednesday 2:30 - 3:15 pm

(\$360/12 weeks, or \$192 / paid every 6 weeks).

Kung Fu Animal Power™ Leadership Training for Kids will help your kids grow up into responsible, athletic, adults capable of defending themselves. These classes are a fun way to get exercise, build a healthy, coordinated body, understand good character, and and build confidence by learning self defense.

Animal Power and Traditional Kung Fu Ages 7/8 + ,

Monday 4:10 - 5:40 PM, Wednesday 3:30 - 5:00 pm

(\$480/12 weeks, or \$252 / paid every 6 weeks)

Kids 7/8 and above will also learn Northern Shaolin, the most dynamic and awesome style of Kung Fu there is. It's fun! In the second part of class your child will learn Earth Dragon Staff. Earth Dragon Staff is a beautiful, rare and famous staff routine full exciting and varied staff moves.

Kids love this part of class!!! Students also learn the Staff versus Staff form, clacking their staves together loudly and having a great time. Advanced kids learn more advanced weapons. With instructor's permission, advanced kids can learn sparring in this class.

Kung Fu Sparring Class Youth Ages 9 + Wednesday 4:45 - 5:30 pm Wednesday - Open to new students - Bring a friend! \$180 for 12 weeks. Add this Sparring Class to a Kung Fu class for \$96

Sparring safely with close supervision, proper instruction and plenty of padding builds real self confidence and self defense skill. Build real anti bullying confidence with practical skills and experience. All students learn proper control and respect for one another. Everyone learns, and becomes skillful in, dodging, covering up, blocking, defensive footwork and mental focus. Since everyone is wearing lots of great padded safety gear and taking it easy with close supervision class is safe yet still super fun. Think sparring tag and drills with gear. This class can be taken separately from our other classes. Proper sparring gear package is mandatory with enrollment.

Costs Boys' Sparring Kit: \$118 + tax = \$129.80 including carrying bag, head gear, gloves, shin protector, groin protector, mouth guard and case. Girls' Sparring Kit: \$168 + tax = \$184.80 including carrying bag, head gear, gloves, chest protector, shin protector, mouth guard and case.

Your Instructors - Scott Jensen is a well known expert and inheritor of the Northern Shaolin style of Kung Fu, famous for his Gold Medal performances and writing. A San Geronimo Valley native, Instructor Joseph Vigneri brings eight plus years of intense training in both Kung Fu and teaching combined with a great rapport with kids to these classes.

Come Join us now!!! Enroll online at www.10000victories.com or Call 415-455-9467

YOGA & MINDFULNESS AFTER SCHOOL 5-10 YR. OLDS with Amber Charne

In a fun and safe space we will come together to exercise our body, brain and heart with yoga movement, music and mindfulness. Exploring through play, postures, breath, song and group activities we will learn healthy tools to support ourselves in this oh so full life. While simultaneously bringing awareness to supporting one another, with community and global consciousness and connection. Kids share in finding joy and gratitude while cultivating presence and calmness in each moment.



Class works on a pre-registered series basis. Please be in touch with questions, I would love to talk with you. Ten years of experience in yoga and mindfulness with children and a decade more of working with kids in education settings offers me great tools and enthusiasm to share with this class, yet your children remain my greatest teachers and inspiration! I look forward to creating and building with them.

TUESDAYS: 3:30 - 4:30 pm

6-week session Oct 30-Dec 11 (No class Nov 20)

Valley Room

Price: \$90 for the series

Registration & Info: Contact Amber Charne at: ambersyoga@gmail.com

CORE & STRENGTHENING FITNESS CLASS with Susan Chavez

Susan Chavez is teaching a core and body strengthening class. This class will focus on posture, balance and muscular strength along with stretching. It is an hour and fifteen minutes long. Come join the fun.



MONDAYS, WEDNESDAYS:

8:45-10:00 am

Valley Room

FRIDAYS: 8:30-9:30 am

West Room

FEE: \$15.00 Drop in, \$70 (5 classes card). Join us by dropping in, or email Sue for more information at susanchavez1@yahoo.com

COREMATICS: TARGETING: ABDOMINAL, BACK AND FLEXIBILITY with Susan Chavez

This popular class is designed for anyone who wants to feel stronger in the *abdominal, oblique, and back muscles*. is class will be augmented by many flexibility exercises to increase range of motion, decrease risk of injury while enhancing your overall balance.

For more information, please contact: susanchavez1@yahoo.com

FEE: \$15 per class, \$70 (5 classes card), \$135(10 classes card)

TUESDAY and THURSDAY 7:30 - 8:30 am

Valley Room

MEADE'S WATERCOLOR BASICS & BEYOND with Marty Meade

A comprehensive class welcoming all skill levels. For those just starting out, the basics will be covered: color mixing, washes, wetdry approaches - just handling the paint itself! More advanced students are welcome to bring in their own projects or to consult with instructor for direction. We will work from studio still life and landscape. All subject matter welcome, including abstraction. Bring whatever watercolor supplies you may have to the first class. See College of Marin Catalogue to register. Contact: 488-4210.



FEE: \$98 (Includes \$16 special fee) 6 weeks

FRIDAYS: 10:10 am-1:00 pm

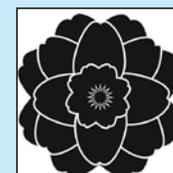
2/1-3/22, 4/5-5/17

West Room

HANDWORK GROUP with Rebecca Maloney & Denise Jackson

We are the small muscle athletes!

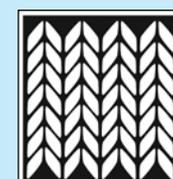
Living Room Thursdays at 1:00 pm following the Senior Lunch. Knitters, quilters, embroiderers, weavers, hand stitchers, crocheters and crafters in a fun and relaxed environment. Don't hesitate to drop in. Everyone is welcome. All levels of skills from experts to those just getting started. Learn the basics, tricks, or follow complex patterns. Knitting is Zen. Practice makes perfect.



THURSDAYS: 1:00 pm

Living Room

Ongoing



Wellness Classes for Adults

INTEGRAL WAY TAI CHI with Kenn & Vicki Chase

Traditional Tai Chi Ch'uan is the ancient art of "moving meditation". With practice, one achieves a sense of peace, serenity, balance and tranquility. Tai Chi transforms our relationship with our internal and external worlds through a series of slow, graceful movements. With emphasis on awareness, one achieves greater flow and function in movement. Balance and flexibility are improved and muscular strength increases.



Kenn Chase has taught traditional Yang Style Tai Chi for over 40 years and is a certified Feldenkrais™ Practitioner. His wife, **Vicki** is a registered nurse and has practiced and taught Tai Chi and stress management with Kenn for over 30 years. Together they bring a blend of yin/yang to their teaching.

Join Kenn and Vicki experience the magic of Tai Chi and what it can do for you! www.integralwaytaichi.com

TAI CHI SHORT FORM
Tuesdays 11:30-12:30 pm (intermediate)
Instructor: Vicki Chase, RN
Fridays 10-11 am (advanced)
Instructors: Kenn and Vicki Chase

TAI CHI - LONG FORM (advanced)
Tuesdays 10-11 am, Valley Room
Instructor: Vicki Chase, RN
Fridays 9-10 am, Valley Room
Instructors: Kenn and Vicki Chase

Class Fees: \$60/4 week session email: taichikenn@gmail.com

Call 415-488-4213 for more information and/or to register.

EXERCISE FOR ALTACOCKERS (OLD FARTS) with Carole Alter

A synergistic blend of ballet, modern and African Dance with yoga & Qi Gong and topping it off some direct human/universe visualization. An informal (no stress) class to experience the mind, body, spirit connection/aging backwards. We move making space in our body allowing for the unobstructed flow of Qi/energy/life force. Opening our joints, toning our muscles in easy enjoyable movement. We exercise/dance/smile/laugh, yiddish included. Bring a mat. Class is FREE. Part of the senior program but all ages welcome. It's challenging. You do what you can. Have fun, feel good and better. Guaranteed improvement of movement, strength and flexibility, attitude and mood if you incorporate this class into your life. 'Move your tuchas!'



Carole Alter is an award winning artist, writer, healer and performer. Growing up in Philadelphia, Yiddish was spoken as a narrated hidden language to relay the subtext of life's events and the actors involved. What can you say, a child picks up the language. Donations gratefully accepted.

MONDAYS & WEDNESDAYS: 10:30-11:45 am
TUESDAYS: 8:45-9:45 pm
Valley Room

"OFF THE WALL" MONTHLY FREEWRITE SESSIONS

with Barbara Swift Brauer

Join us for 2 hours of carefree, stress-free creativity! We write for a time, then have the chance to share what we've written, and write again. No judgment, no expectations. Just fun. Optional prompts provided, including inspiration from the amazing art on exhibit each month in the Center's Del Mue Galleries. All ages, all experience levels welcome.

A Valley resident for 30 years, Barbara is a poet and freelance editor and writer.

FREE and open to all!
Ongoing monthly – Next sessions on Sundays,
Dec 16, Jan 20, Feb 17, Mar 17 2:00-4:00 pm
Living Room
Questions? Email bsbrauer@sonic.net or phone
(415) 488-4605

YUAN GONG with Amy Matthaei

Yuan Gong is a form of qigong (gentle movements that increase the flow of energy or "Qi") that is easy to learn and brings increased wellbeing and health to many areas of your life. It is flexible in how it can be practiced, very effective, and safe. It can be modified for those who have physical limitations.



It was developed by Yuan Tze, now living in NZ, bringing together many aspects of ancient Chinese wisdom culture in a way that is effective for modern humans. It is part of a larger comprehensive system of life cultivation called Ren Xue, (For more information see renxueamericas.org.)

Amy Matthaei was certified in NZ by Yuan Tze. This is a mixed level class that covers the first three methods, Tian Yuan, Di Yuan, and Ren Yuan. Ongoing study is recommended, but drop in is also welcomed. No previous experience necessary. All levels welcome. Amy offers half and full day workshops periodically, private sessions, and sessions by Skype.

Wednesday 9-10 am, West Room
\$15 drop in, \$60/series of 5 classes. To join the class contact Amy; amyenergyworks@gmail.com, or 415-342-3579

WRITING YOUR LIFE STORY: A CLASS IN GUIDED AUTOBIOGRAPHY FOR OLDER ADULTS

with Suzanne Sadowsky & Carl Miller

Like many at our age, you may find yourself looking back upon the many experiences in your life that helped form the person that you are today. We will be offering a class on writing your life story. With gentle guidance, we will cover the major themes of your life and support you in putting them into written form. Whether you are experienced in the writing process, or just now thinking that it would be valuable to give it a try, this class will help you tell your tale.

Suzanne Sadowsky and Carl Miller will provide this 10-week class. The first introductory class will be at no charge. The cost will be \$100 to cover the course and expenses. If you have a financial challenge, please let us know. Class size will be limited to 10 participants. Mondays beginning January 14, 2019, 1:30 to 3:00 pm, after Senior lunch, located in the Living Room.

To sign up for this class, or if you have any questions, please call or text Carl at 415-785-4657 or email PsyCarl1@gmail.com

YIJINJING – MUSCLE TENDON CHANGING QIGONG

with Joseph Vigneri

Yijinjing – Muscle Tendon Changing Qigong Learn the "Yijinjing" or Muscle Tendon Changing Classic. The Yijinjing is one of the oldest and most famous systems of Qigong. The Yijinjing contains 24 different exercises. These exercises thoroughly stretch and open every tendon, muscle and joint using gentle movements and deep breathing. Some exercises focus on specific organs or meridians, others gather Qi and store it, some stretch and open the entire body. The Yijinjing was originally created by Tamo, or Bodhidharma, to prepare students for Zen, or Chan, meditation and martial arts.



Many of you already know Joseph Vigneri as an excellent Animal Power Instructor and Northern Shaolin teacher. Joseph is also now teaching the famous Muscle Tendon Changing Qi Gong.

Come Join us now!!! www.10000victories.com or Call 415-455-9467

FEE: \$88 per month
WEDNESDAYS: 12 – 1 pm
Valley room

VALLEY VOICESTRA: with Allison Jeanne

Called "amazing and transformational" and "fantastic, rich and rewarding" by past participants, Valley Voicestra offers a joyful and meditative practice of singing together in directed and improvised song. Participants will be safely and expertly drawn into a freer experience of using their voice with supporting vocals. Singers will be taught effective tools to hear and create rhythms, melodies, and harmonies within a song structure. Enhanced skills in songwriting and beautiful musical creations await us. Previous singing experience helpful but not required.

Wednesdays: January 16 - Feb. 20 (6 week series)
Early registration \$115 (ends January 7th) thereafter \$150

Contact: Allison Jeanne, svoicestra@gmail.com

FOUNDATIONS OF FINANCE with Johnny Rutledge

Join a relaxed environment to learn the basics of saving and investing. The goals of the workshop are: 1) to provide knowledge to help avoid common mistakes of timing the market, picking individual stocks, and buying expensive mutual funds, or even worse, not even investing in the first place; and 2) to help build a plan for goals such as college savings, retirement, and philanthropy.

These meetings are intended for those with who are just getting started but are open to all interested. This is not a sales seminar pushing investment products, recommending individual stocks, or making economic forecasts.

Johnny lives in Nicasio and worked in finance for more than 25 years before retirement.

When: Tuesdays at 7:00 pm for one hour on January 15, January 22, January 29, and February 12.

Location: TBD. Please register in advance to be notified.

For more info, contact Jack Sayers, jsayers@sgvcc.org

SAN GERONIMO VALLEY COMMUNITY CENTER'S
50TH ANNUAL

Holiday Arts Fair

SAT DEC 1ST 11AM-5:30PM

CRAFTS FAIRE • SANTA CLAUS • CHANUKAH

GREENS WORKSHOP • SILENT AUCTION

YUMMY FOOD AND TREATS

SPECIAL PERFORMANCES:

MUSIC WITH DANI

LAGUNITAS SCHOOL BAND

WEST MARIN SENIOR SERVICES'

LIGHTS OF LIFE CELEBRATION

AND MORE... COME JOIN THE FUN!



6350 SIR FRANCIS DRAKE BLVD., SAN GERONIMO 415.488.8888 SGVCC.ORG