

April 3rd - WACKY BASKETRY- Activity # 303

GET WACKY, BE SILLY, EXPRESS YOURSELF! Bring recycled plastic, wire, rags, crazy stuff and collected junk. Enjoy an unpredictable class. Stretch your imagination while creating a free-form vessel. LOTS OF FUN! Beginners Encouraged. Bring: strong scissors!

April 17th - NATURAL BASKETRY - Activity # 304

See what Mother Nature has to offer! Incorporate her twigs, vines, leaves, bark, fronds and sheaths to construct a contemporary container using highly original, sculptural layering and embellishing. Tips on choosing, preparing and using found natural ingredients is part of the class. No art experience necessary! Beginners welcome! Materials included!

Bring: scissors, note pad, pencil, and a bag lunch.

Location: Studio #205, ICB Building, 480 Gate Five Rd., Sausalito

Sat 10am-4pm. \$53R/\$61N each class.

Tai Chi for Well Being - Activity #1516

Ages 15 and Older

Patric Johnson

Relax and strenghten your body and mind, enjoy pease in daly living as you practice the Taois principles of Tai Chi. Patric Johnson began intensive study with master Lui in 1979 and has been teaching in marin since 1985.

Location: San Anslemo Rec. Center 1000 Sir Francis Drake Blvd

Learning the basics 1 6:40-7:40pm

Learning the form 2 & 3 7:40-8:40pm

Tue 01/05-03/16 \$148R/\$158NR 11 classes

Tue 03/23-06/08 \$161R/\$171NR 12 classes

Ross Valley Seniors

Join the Resourceful Vibrant Seniors (RVS)!

Meet new people and socialize, learn new things, enjoy meals together and physical activities/games.

First time guests are welcome to attend a meeting for \$5.

Others may join the RVS for only \$20 per year or a \$7 per meeting drop in fee.



Meeting schedule below...

11:00 - 12:00: Social, walk, bocce ball (When @ Fairfax Women's Club) or board/card games

12:00 - 12:45: Lunch - Be sure to RSVP @ 258-4669 so we will be able to plan for lunch!

| Date | Location | Activities (12:45 PM start unless otherwise noted) |
|---------------|-------------------------------|--|
| Jan. 7, 2010 | Fairfax Women's Club Building | Photo Stories. Bring a childhood photo of yourself. |
| Feb. 4, 2010 | Fairfax Women's Club Building | History of Tiburon Peninsula presented by Branwell Fanning, local author and historian. |
| March 4, 2010 | Fairfax Women's Club Building | Historical architecture and the influences in buildings in the Bay Area and European cities. Presented by Millard Morgan, retired College of Marin professor. |
| April 1, 2010 | Fairfax Women's Club Building | Stretching, Exercise, Balance Techniques, Fall Prevention including seasonal advice, taught by Betsy Best-Martini, certified Exercise and Recreation Therapist. Plus test your IQ on fitness facts trivia. |
| May 6, 2010 | Fairfax Women's Club Building | TBA |
| June 3, 2010 | Fairfax Women's Club Building | TBA |

* Remember 2009 dues were due by Feb 2009, either pay at the next meeting or mail to:
RVS, PO Box 529, San Anselmo, CA 94960

The Ross Valley Seniors Steering Committee/Board Meeting is the third Monday
of every month @ 4:30 PM at the Bennett House, 53 Taylor Drive in Fairfax.

This group plans RVS events and activities. All interested community members and seniors are welcome!!!

FULL TIME SPECIAL

BEST DEAL!

\$695

Hours are Monday-Thursday, 8am-5pm