

FREE CREATIVE CLASSES FOR OLDER ADULTS

Elder *Litquake* Creative Writing Workshops Series
All workshops are held at *Excelsior Works, 5000 Mission Street*
Come to One, A Few or All

Beginning Poetry, Instructor Kevin Dublin, Tuesdays 1/15, 1/22, 1/29
6-7:30 pm. What makes a group of words written on a page a poem? The goal in this class is to write poems by learning techniques to channel the everyday world into our work.

The Letter as Self-History: A Writing Workshop, Instructor Marina Lazzara
Tuesdays 2/5, 2/12, 2/19, 6-7:30 pm. Through various writing exercises and close readings of published correspondences, we will discuss the lost art of letter writing to inspire a short memoir series in either poetry or prose.

Gaining Through Loss – a 3-Part Writing Workshop, Instructor Julie Rogers
Tuesdays 2/26, 3/5, 3/12. This workshop emphasizes memoir-oriented writing directed inward to reveal unspoken or unfinished stories, new endings, and expanded perspectives on loss and healing: Part 1: Moving Through Loss, Part 2: Gaining Through Loss, Part 3: Living with Change.

Writing the Self: A Memoir Workshop, Instructor Denise Sullivan
Tuesdays 3/19, 3/26, 4/2, 6-7:30 pm. Have you ever wished to tell the stories of your life on the page? In this class, you'll pick up some of the essential tools to write your own history.

Sponsored by Cayuga Connectors, more info: pspaniak@me.com

FREE City College of San Francisco Older Adult Art Classes

Arts and Crafts for Older Adults, Thursdays, 12:30 - 2:45, Mission Campus, 1125 Valencia St, Room 454 through 1/17 - May16. Instructor Marcia Weisbrot. Topics: drawing, design, color, fabric arts, printmaking, book and paper arts. For more info: www.ccsf.edu/old or 415-452-7403. *Free including materials.* Sign up at the class. Drop ins OK.

Multi Media Art Class, Saturdays 12:30 to 2:30, Excelsior Community Center, 4468 Mission at Excelsior 1/19 - 18. Instructor Lola Fraknoi. Learn to draw, paint, collage, sculpting and more. For more info: www.ccsf.edu/old or 415-452-7403. *Free including materials.* Sign up at the class. Drop ins OK.

FREE Rec and Park Class for Seniors

Theater Games and Improvisation, Tuesdays 10:30 - noon, 1/8 - 3/5, Eureka Valley Recreation Center, 100 Collingwood. Instructor Evan Johnson. The class provides people of any level with the opportunity to engage fully exercising deep listening, quick thinking, acting and reacting. *No theater experience necessary*. Sign up at the class. Drop ins OK.