



COMMUNITY &
CULTURAL CENTER

dance palace **EVENTS BY MONTH**

SEPTEMBER

ERIC MUHLER TRIO

The Dance Palace is excited and proud to bring Bay Area native Eric Muhler and his trio to the Dance Palace for their Marin County debut! Muhler, a native of Oakland, has been a resident of Lagunitas for seven years. Fresh off sold out shows at Piedmont Piano and Yoshi's in Oakland, he is performing New Works in solo, duo, and trio format with sophisticated sidemen Michael Wilcox on electric bass and Brian Andres on drums - both accomplished Bay Area bandleaders in their own right.

Contact (415) 663-1075 for more information or buy tickets at dancepalace.org.

Saturday, September 16, 2017 / 7 PM / \$25 General, \$20 Seniors & Children



OLLI: COURTROOM DRAMAS IN THE MOVIES & THEATER, PART VII

Abortion in *Roe v. Wade*, sexual harassment in the confirmation of Clarence Thomas (Anita Hill), the Anthony Weiner case, and women's suffrage will be explored. The D. C. Stephenson trial and the Leo Frank Trial involving the rise of the Ku Klux Klan in the 1920s will be dissected. We will examine trials at sea in Melville's "Billy Budd" and the "Mutiny on the Bounty Court-Martial" and enjoy the Tracy and Hepburn attorney characters in "Adam's Rib."

Go to dominican.edu/academics/osher

Fridays, September 22 - November 3, 2017 / 1:30 - 3:15 PM (no class on October 6)

ARE YOU READY FOR THE B ECONOMY?

Learn about B Corps, benefit corporations and the B Economy

John Montgomery, who worked on benefit corporation legislation with our Congressman Jared Huffman when he was in the Assembly, will lead an interactive presentation about the benefit corporation, B Corps and the B Economy, in collaboration with Hog Island Oyster, North Coast Brewing and Paulsen Consulting.

Call (650) 430-4732 for more information.

Friday, September 22, 2017 / 5:30 - 7 PM / FREE, with donations to the Dance Palace suggested

WILD CARROTS - GROUP SHOW ARTISTS' RECEPTION

"Wild Carrots - Small Works" a group show by the artists currently participating in Wild Carrots, a workshop for artists and new-to-art artists facilitated by Toni Littlejohn, will be exhibited at the Dance Palace in Point Reyes Station.

September 16 through October 30, 2017. The artists' reception will be on Saturday, September 16, 2017 2 - 4 PM / FREE



DANCE PALACE EVENTS BY THE MONTH

WEST MARIN CONTACT JAM

This Contact Dance Improvisation Jam invites participants to explore principles of contact improvisation in a beautiful space with welcoming dancers. Jam is hosted by Maica Folch and Christine Renaudin.

**Questions? maicaf@earthlink.net or WMCIJAM@gmail.com.
Sundays, September 24 & October 29 from 11:00 - 1:30 PM;
November 26 from 11:00 - 2:30 PM / \$12 - \$20 sliding scale**

THOMAS SCHULTZ IN CONCERT

Thomas Schultz returns to the Dance Palace for yet another amazing performance. This time he will perform the music of Schubert (B-flat Sonata, the "Wanderer" Fantasie) and "Variations" by the Korean composer Hyo-shin Na.

Mr. Schultz has established an international reputation both as an interpreter of music from the classical tradition – particularly Bach, Beethoven, Schubert and Liszt – and as one of the leading exponents of the music of our time.

Among his recent engagements are solo recitals in New York, San Francisco, Berlin, Paris, Ghent, Seoul, Taipei and Kyoto, and at the Schoenberg Festival in Vienna, the Piano Spheres series in Los Angeles, Korea's Tongyoung Festival, the Festival of New American Music in Sacramento and the April in Santa Cruz Festival. He has

also appeared as a soloist at the

Other Minds Festival in San Francisco, and in chamber music performances with the San Francisco Contemporary Music Players, the Da Camera Society of Houston, Robert Craft's 20th Century Classics Ensemble and the St. Lawrence String Quartet. In 2005 and 2010 he gave masterclasses on the piano music of the Second Viennese School at the Schoenberg Center in Vienna.

Tickets can be purchased at dancepalace.org or call (415) 663-1075.

Sunday, September 24, 2017 / 3 PM / \$22 general, \$20 seniors, \$11 youth



PACIFIC ASSOCIATION FOR THE CONTINENTAL TRADITION

Concluding session of the PACT annual meeting. This year's theme is "The Body." The concluding session will be on "The Body in Practice" with Brian Schroeder (Rochester Institute for Technology) on "Zen and the Qi Body" and Patricia Huntington (Arizona State University) on "Do gen Embodied: Zen, Huayan, and the Metaphorics of Enlightened Praxis."

Call (415) 422-6543 for more information.

Saturday, September 30, 2017 / 4 PM / FREE

OCTOBER

ZOOMING IN ON WEST MARIN'S PAST WITH DEWEY LIVINGSTON

Dewey Livingston, West Marin's historian for more than 30 years, presents a lively slide show featuring historical photographs and maps of the Point Reyes and Tomales Bay area. Dewey will look at carefully selected photographs, "zooming in" on interesting details that provide stories about life in Old West Marin. He will also play excerpts of oral histories made over the past three decades. The program, sponsored by the Jack Mason Museum of West Marin History, is a fundraiser for Dewey's upcoming book about the history of the Point Reyes Peninsula, Tomales Bay and the local communities.

Sunday, October 1, 2017 / 7:00 PM / FREE with donations

WEST MARIN STANDING TOGETHER FEATURING WILL DURST

Will Durst is an American political satirist; he has been called a modern mix of Mort Sahl and Will Rogers. He provides much needed levity in these stressful times. Durst presents his new solo outing "Durst Case Scenario," a hysterical exploration of the changes in America during the Time of Trump. In this lightning-paced, comedic tour-de-force, Durst, described by the New York Times as "possibly the best political comic working today," analyzes where we are, how we got here and what possible destinations lie ahead. Along with analyzing the altered political landscape, he also details the wacky zany antics, palace intrigues and potholes and pitfalls of polarization that threaten our country, hemisphere, planet, solar system and universe in this, *The New Abnormal*. Equal parts comedy and therapy, the intrepid Dr. Durst assists audiences in overcoming their PTSD: President Trump Stress Disorder, by surgically isolating the farcical and sticking pins into the ludicrous. For sufferers who never thought they'd laugh again, this show is the perfect prescription. Advance tickets online at Eventbrite.com.

Contact Bing Gong for additional information: binggong@sonic.net or call (415)766-1439. Saturday, October 14, 2017 / 7 PM / Tickets \$15

DANCE PALACE EVENTS BY THE MONTH

JOE & MO'S BIG BAND TEA DANCE

Come to the Dance Palace and Swing, Cha-Cha, Foxtrot, Rumba and Waltz with hosts Joe & Mo Blumenthal. There will be dance lessons by Carol Friedman at 4 PM. Light refreshments will be available.

Call (415) 663-1075 for more information.

Sunday, October 15, 2017 / 4 PM / \$5 donation requested

10x10 PERFORMANCE LAB

Support blossoming artists of all ages in our community! Come to 10x10 Performance Lab! At this experimental variety show & performance lab, up to 10 artists perform for up to 10 minutes each. You never know what you'll see. It's a place to do brave work and take risks. The audience is encouraged to stick around after the show to give feedback to the performers.

CALL FOR ARTISTS: We are looking for artists of all ages. To sign up for a slot, please visit 10x10performancelab.com.

For further info, contact Shelley at 10x10performancelab@gmail.com

Saturday, October 22, 2017 / 7:00pm / \$10 at the door

MUSIC FROM MARIN CHAMBER PLAYERS

Franz Liszt 206th Birthday Concert - A benefit concert for Contemporary Opera Marin

Music for piano duo, soprano, speaker, cello and piano by Franz Liszt, the musical colossus of the 19th century. Program includes the tone poem Mazeppa for piano duo, art songs for soprano, solo works for cello, the declamation Sorrowful Monk for speaker and piano, and other works displaying the enormous breadth of Liszt's compositional imagination. Performed by soprano Sibel Demirmen, cellist Jan Volkert and pianists Paul Smith, Valeria Szervanszky and Ronald Cavaye.

Call (415) 827-5226 for more information.

Sunday, October 22, 2017 / 7 PM

WMSS MEDICARE PRESENTATIONS: FUNDAMENTALS OF MEDICARE

West Marin Senior Services is presenting the final part of a series of Medicare informational lectures. The final lecture will cover: Changes/Choices in Medicare. This is a FREE unbiased presentation by the Health Insurance Counseling Advocacy Program (HICAP).

Call WMSS at 663-8148 for more information.

Thursday, October 26, 2017 / 1 PM / FREE

FLU IMMUNIZATION CLINIC

FREE flu immunization clinic, in coordination with the Coastal Health Alliance and Dominican University.

(415) 663-8666 for more information.

Thursday, October 26, 2017 / 1:30 PM / FREE

DAY OF THE DEAD / DIA DE LOS MUERTOS

The Day of the Dead is a traditional Meso-American holiday dating back thousands of years. It's a celebration honoring the cycle of life and memories of beloved ancestors, family and friends. Since its creation more than 16 years ago, the Point Reyes Day of the Dead / Dia de los Muertos celebration has grown to become a large multi-cultural community gathering

featuring altar installations, the sharing of traditional food, performances by Aztec dancers, face-painting and a procession through town with Catrinas (skeleton art sculptures).

This celebration commemorates our relationships to both our ancestors that have passed away and also to each other.

Call (415) 663-1075 for more information.

Sponsored by the Dance Palace, West Marin Community Services and KWMR.

Saturday, October 28, 2017 / 2:30-4:30 PM Facepainting at Ernesto's studio (next to Cafe Reyes), 5 PM Procession, 6 PM Dance Palace Celebration / FREE with suggested donation



NOVEMBER

SCOPING MEETING FOR THE PARADISE RANCH ESTATES TANK #4

Presented by North Marin Water District

This meeting is open to the public.

Call (415) 761-8945 for more information.

Thursday, November 2, 2017 / 6 PM / FREE

WAKE THE DEAD



Wake the Dead, the Bay Area's own Celtic All-Star Summer of Love party band, is returning to the Dance Palace, per-

DANCE PALACE EVENTS BY THE MONTH

forming exciting new material from their recently released fourth CD, "Deal." This ever-popular septet combines Irish jigs and reels with the songs of the Grateful Dead and other '60's iconic bands, delivering them with unique power and joy. Soaring vocal harmonies and daring instrumentals fuel Wake the Dead's music, delighting folkies, Celts, and Deadheads alike.

Doors open at 7 PM. Purchase tickets online at dancepalace.org or call (415) 663-1075 for more information. Friday, November 3, 2017 / 8 PM / Advance Sales: \$20 adults, \$18 seniors, \$10 youth, \$22 at the door

BOLSHEVIK CABARET - CONTEMPORARY OPERA MARIN

100 years ago, visionaries overturned a society, bullies duped the masses. BOLSHEVIK CABARET!!!

Music, theater, dance, and opera by Soviet composers in observance of the 100th anniversary of the October Revolution. (And yes, the October Revolution actually occurred November 7-8). Program includes scenes from the supremacist opera "Victory over the Sun" and Dimitri Shostakovich's underground opera Rayok, in addition to stagings of declamations, instrumental, vocal, and choral music from this extremely fertile period of Soviet artistic creativity.

Program length is approximately 75 minutes. Call (415) 827-5226 for more information. Sunday, November 5, 2017 / 7 PM / FREE

HEALTHY HABITS FOR YOUR BRAIN & BODY

West Marin Senior Services and the Alzheimer's Association present two workshops in Pt. Reyes Station on Thursday, November 9th. Shannon Speaker addresses "Healthy Habits for your Brain & Body" and "Understanding & Responding to Dementia Related Behaviors." Both topics are designed for interested members of the community along with local Healthcare partners

Healthy Habits for Your Brain & Body will be held at the Dance Palace Main Hall from 1:30 - 2:30 PM. Understanding & Responding to Dementia Related Behaviors will be presented at Stockstill House at 12051 CA-1 from 3:00 to 4:00 PM.

For more information, contact Mark Solomons at (415) 663-8148 x103 or mark@wmss.org Thursday, November 9, 2017 / 1:30 PM / FREE

FIBERSHED ANNUAL WOOL SYMPOSIUM

Fibershed hosts an annual Wool Symposium for a sold out crowd each year in mid-November. The event functions to cross pollinate urban and rural communities by bringing together designers, farmers, ecologists, scientists and the general public to hear about topics that range from

place-based breeding practices to designer & farmer clothing collaborations. The event includes a marketplace and free demonstrations to the public on sheep shearing, spinning, weaving and natural dyeing.

For more information, email fibershed@gmail.com or visit fibershed.org.

Saturday, November 11, 2017 / 9 AM - 5 PM

RUN VOYAGES RUNNING & YOGA RETREAT

Join US Olympic marathoner Magda Boulet and yoga instructor Reba Gray for a day of trail running, coaching, drills and yoga tailored for runners. The yoga and coaching sessions will take place at the Dance Palace. The trail run will be in Point Reyes National Seashore. Lunch from Cowgirl Creamery will be included.

Register and get more details at runvoyages.com. Single-day early bird rates begin at \$150. Questions? Contact runvoyager@gmail.com

Sunday, November 12, 2017 / 10:30 AM

Early registration \$150

MOLE TASTING DINNER 2017

Gallery Route One's Latino Photography Project invites you to join us for a Mole Dinner at The Dance Palace on Saturday November 18th 6-9pm. Six Latino cooks from different states in Mexico prepare their regional mole recipes.

Tickets can be purchased through Gallery Route One's website at galleryrouteone.org or at Gallery Route One 11101 Highway One Point Reyes CA (415) 663-1347

Saturday, November 18, 2017 / 6 - 9 PM

COMMUNITY THANKSGIVING

Join the annual celebration of Thanksgiving in West Marin co-sponsored by the Dance Palace and the West Marin Community Services. Over 100 volunteers help with cooking, serving and decorating for this wonderful community celebration. This is a great way to get involved in our community and to celebrate what you are thankful for this year.

Call (415) 663-8361 to volunteer.

Thursday, November 23, 2017 / 1:30 PM / FREE

DECEMBER

47TH ANNUAL HOLIDAY CRAFTS FAIR

This favorite celebration for locals and visitors alike starts on Friday night following the local tree lighting ceremony. The Holiday Crafts Fair is sponsored by the Dance Palace Community & Cultural Center, a non-profit community center serving children, adults and seniors in western Marin County. This 47th annual event features over 40 West Marin Artisans offering unique and treasured holiday gifts including pottery, toys, jams, clothing, jewelry, and more.

DANCE PALACE EVENTS BY THE MONTH



Call (415) 663-1075 for more information.

Friday, December 1 / 4 - 9 PM, Saturday, December 2 / 10 - 5 PM, Sunday, December 3 / 10 - 4 PM / FREE Admission

ANNUAL POINT REYES BIRD COUNT

Christmas Bird Count is an annual tradition that has been a definitive census of the status, trends, and distribution of the 200 plus species wintering in the Point Reyes area. At this compilation dinner participants tally the species seen and generally enjoy the birding highlight of the season.

Interested people should go to forestdata.com/cbc for further information and to sign up.

Saturday, December 9, 2017 / 5 PM

WEST MARIN CHOIR FESTIVAL

West Marin Choir showcases its three community choirs in this year-end gala. With chapters in Point Reyes and Stinson Beach, plus the new Point Reyes Children's Choir which will be making its debut performance. The choirs will sing the joyful harmony songs they've been working on this fall and will invite the audience to join for a festive sing-along of holiday songs for all traditions. Refreshments available. This heartwarming community event highlights the best of the local spirit of West Marin, with proceeds benefiting Sound Orchard, a nonprofit with a mission to build community through music.

Tickets and info at www.soundorchard.org.

Sunday, December 10, 2017 / 4 PM / \$25 in advance, \$30 day of event

SING-ALONG MESSIAH

Join us for one of our community's most fulfilling holiday

events at this sing-along of the most glorious and exciting choral masterpiece ever written. Fun for music lovers and listeners of all ages, no experience necessary. Directed by Dr. Magen Solomon. Sponsored by the Dance Palace.

Saturday, December 16, 2017 / 3 PM / \$20 general admission, \$18 seniors, \$5 for youths under 18

HOLIDAY FOOD & TOY GIVEAWAY

Food and gifts are provided to low-income families in partnership with Point Reyes Books, the California Highway Patrol, and West Marin Community Services.

Call (415) 663-8361 for more information.

Thursday, December 21, 2017 / 12:30 PM

COMMUNITY CHRISTMAS EVE CANDLE LIGHTING & CAROLS SERVICE

Carols interspersed with the telling of the Christmas story, time to meditate on the universal meaning of Christmas, and concluding with the lighting of Christmas candles and singing "Joy to the World!" All Are Welcome!

Call (415) 669-7801 for more information.

Sunday, December 24, 2017 / Prelude music begins at 5:15 PM, service begins at 5:30, concludes at 6:45 PM / FREE

ART IN THE LOBBY GALLERY

September 16-October 30

Wild Carrots - Group Show (Mixed media work facilitated by Toni Littlejohn)

November 1 - November 30 - Sirima Sataman (wood cuts)

December 8 - January 18 - Todd Plummer (nature photography)

DANCE PALACE CLASSES AND WORKSHOPS

DANCE

WOMEN'S COLLABORATIVE DANCE

A co-creative music movement experience exploring individual creativity and open-ended improvisational structures. Join us for self-discovery and fun. No dance experience necessary.

Contact: Theresa Elaine Prince, (415) 663-1289.

Wednesdays, on-going / 5:30 - 7 PM / \$25 per month, sliding scale of \$8 - \$10 for drop-ins

DANCECHURCH

DanceChurch is a free-style community dance for women, men and children. Come as you are. Dance as you like.

No partner or previous dance experience needed. Benefits include stress release, exercise, creative expression and fun in welcoming community.

FACILITATORS: Alissa Carr, Eleanor Lyman, Theresa Elaine Prince, Taira Restar. For facilitator schedule, visit <https://www.facebook.com/DanceChurch.TairaRestar/>
For holidays/no dance dates, visit: <https://www.facebook.com/DanceChurch.TairaRestar/>

First three Sundays of the month / 10:30 AM -12 AM / \$15 adult. Pay at door. Children free.

FITNESS & WELLNESS

MONDAY NIGHT PING PONG

Table tennis is a great aerobic sport for all ages! Enjoy doubles ping-pong with the occasional game using "the other hand." Sponsored by the Dance Palace.
Mondays, ongoing / 7:00 - 9:00 PM / Donations accepted

FLOATING ISLAND SANGHA

We begin with a 40-minute silent meditation, followed by a Dharma talk and discussion. Meditating together and sharing the teachings of compassion and wisdom, we encourage one another's lives. Everyone is welcome, whatever your spiritual orientation. No prior experience with meditation is necessary.

Led by Buddhist priests Stuart and Carrie Kutchins, (415) 669-1733 / pinemtn1000@att.net

Mondays ongoing / 8 - 9 AM / Donations gratefully accepted

TUESDAY MORNING PILATES

Elevate your well-being through mindful movement. Increase body awareness, build core strength and improve your stamina. This class moves at a deliberate pace and is best suited to those who have Pilates experience. Come Enjoy Pilates!

Instructor: Audrey Piper, audrey@enjoy-pilates.com, (415) 755-5723.

Tuesdays, 8 - 9AM / \$88 per 8- week session / \$16 drop-in

GENTLE PILATES WITH AUDREY PIPER

Elevate your well-being through mindful movement. Increase body awareness, build core strength and improve your stamina. During this seated class (with some stand-



ing work), you'll perform exercises based on the contemporary Pilates repertoire. Many of the exercises incorporate props to provide feedback and add fun. Learn to move in a healthful and spine-supporting manner. Come Enjoy Pilates!

Instructor: Audrey Piper, audrey@enjoy-pilates.com, (415) 755-5723, Tuesdays, 9:30 - 10:30AM / \$88 per 8- week session / \$16 drop-in

AIKIDO WITH BRUCE FOX

Aikido is a non-aggressive form of self-defense that emphasizes the control of the self as the path to control of a situation. Wear loose clothing or martial arts gi.

Cost \$5 mat fee per session. Sensei is Bruce Fox, Godan in Seidokan Aikido. Call (661) 254-8670 for more information. Tuesdays ongoing / 5:30 - 6:45 PM / \$5 mat fee per session

ZUMBA WITH CATHY DAVIS

Ditch the workout, join the party! Zumba is the hottest new craze, combining a fusion of Latin dance moves and heart-pounding rhythms. You get a workout without feeling like you're working! Bring your daughter! Ages 7 years and up.

Instructor: Cathy Davis, (415)669-7112 Thursdays / 6 - 7 PM / \$15 drop-in, \$100 for 10 classes/anytime card

DANCE PALACE CLASSES AND WORKSHOPS

GENERAL

BEGINNING CONVERSATIONAL SPANISH SESSION 2

This course is intended for adults with limited Spanish language skills who have an interest in Spanish for work, travel, or to better communicate with our local Spanish speaking community. Advance registration required.

Call (415) 663-1075 for information and registration.

Instructor: Mark Alderdice

Wednesdays, Sept. 6, 13, 20 & 27; Oct. 4, 11, 18 & 25 / 6:30 - 8:30 PM / \$140 for 8 week session, including cost for materials / \$110 for 8 week session, returning students

INTERMEDIATE CONVERSATIONAL SPANISH SESSION 2

This course is intended for adults who have some Spanish language experience and are interested in improving their conversation, comprehension and reading skills. Advance registration required.

Call 415 -663-1075 for information and registration. Instructor: Laura Alderdice

Thursdays, Sept. 7, 14, 21 & 28; Oct. 5, 12, 19 & 26 / 6:30 - 8:30 PM / \$140 for 8 week session, including cost for materials / \$110 for 8 week session, returning students

WEST MARIN CHOIR - FALL 2017

West Marin Choir is our community choir for all voices, singing uplifting group harmony songs and chants from around the world. New members welcome. Sign up at www.westmarinchoir.org or mail check to Sound Orchard, PO Box 722, Point Reyes Station, CA 94956.

Learn more and sign up online at www.westmarinchoir.org or call Debbie at 415-663-4018.

**Tuesdays, September 12 - October 17, 2017 / 7 - 8:30 PM
Dues are \$150 if paid by Sept. 7, \$165 after, with reduced sliding scale scholarships available**

YOGA

MONDAY MORNING YOGA WITH ELLEN SERBER

We practice together in a supportive environment. Ellen has taught for 42 years. Her teaching is informed by many years of training in diverse movement arts, including certification in the Iyengar tradition. She continues her studies with Ramanand Patel. All levels of experience are welcome.

Instructor: Ellen Serber, (415) 663-1662, www.mydailyyoga.com

Mondays ongoing / 10-11:30 AM / \$40 a month or \$15 drop-in



YIN YOGA FOR HEALTHY AGING

Yin Yoga for Healthy Aging is a gentle, guided exploration...designed for men and women of any age and at all practice levels -- from guys who've never tried yoga to folks who think Yoga means you'll have to wear spandex and sweat, as well as experienced yogis. This is a "no ideal pose or designer clothes" class. The class complements all other yoga classes offered in the community at a day, time, and format not previously offered. Discover fun, new ways to relax and release joint stiffness, while improving your balance, flexibility, agility, strength.

Call (415) 663-1213 for more information.

Instructor: Richard Clarke.

8 classes; Mondays and Wednesdays, Sept 11th through October 4th / 12:30 - 1:30 PM / \$16 sessions, \$120 all 8 classes

WEDNESDAY YOGA WITH KATIE JAY

This moderately paced, all-levels class emphasizes waking up the body's inner intelligence through breath awareness, and careful attention to alignment. The practice is deep, mindful, and precise... oh yeah, and fun.

Instructor: Katie Jay, katiejay@mindspring.com www.katiejayyoga.com

Wednesdays ongoing / 9:15 -10:45 AM / \$16 drop in / \$70 for 5 classes / \$130 for 10 classes

YOGA WITH ELIZABETH BARNET

Elizabeth's classes include: gentle warm-ups that help integrate body and breath; flow yoga that elicits the fluid nature of movement; Iyengar training that offers precise and exacting instruction for careful alignment; and restorative poses for rejuvenation and rest.

Instructor: Elizabeth Barnet, (415) 669-1291, elizabeth.c.barnet@gmail.com

Fridays ongoing / 9-10:30 AM / \$70 for 5 classes (non-consecutive) or \$16 drop-in

GENTLE YOGA WITH ELIZABETH BARNET

This gentle yoga class is especially for older men and women as well as those who need a slower pace. We

move from restful, supported postures to gentle warm-up movements to classical yoga postures. Each individual builds upon his/her strength, flexibility, and balance, giving careful attention to breathing and postural alignment.

Instructor: Elizabeth Barnet (415) 669-1291, elizabeth.c.barnet@gmail.com, Fridays ongoing / 10:45 AM - Noon / \$70 for 5 classes (non-consecutive), or \$15 drop-ins

DANCE PALACE CLASSES AND WORKSHOPS

SATURDAY YOGA WITH KATIE JAY

"If anything is sacred the human body is sacred"

- Walt Whitman

Come celebrate and worship the goodness of Body, Breath, and Being in this deep, slow, powerful practice.

All levels welcome.

Instructor: Katie Jay, katiejay@mindspring.com, www.katiejayyoga.com

Saturdays ongoing / 9:30 - 11 AM / \$16 drop in / \$70 for 5 classes / \$130 for 10 classes

SENIORS

EXERCISE FOR LIFE WITH MARY SALMON

Designed for seniors to improve balance, breathing and well-being. Exercises include warmups, aerobics, stretching, weight training, and dance moves. Come join us and improve your physical capabilities! Enhance your physical performance, heighten your sense of well-being, and decrease emotional stress and anxiety. All participants must have signed releases from their doctors and a signed consent to participate. Instructor Mary Salmon is a certified senior fitness instructor. Sponsored by the Dance Palace.

Call 415-663-1075 for more information and to register.

Instructor: Mary Salmon; Mondays & Wednesdays, ongoing 11:15 AM - 12:15 PM / \$35 - 45 per month / \$10 drop-in

SEATED ZUMBA FOR SENIORS

Dance in your chair then stay for Community Lunch!

Walk in and sign-up for Seated ZUMBA.

Call West Marin Senior Services at 415-663-8148 to make your lunch reservation. Donations accepted.

Thursdays ongoing (No Seated Zumba in December) 11:30 - noon / drop in / free or by donation

POINT REYES COMMUNITY LUNCH - HOSTED BY WEST MARIN SENIOR SERVICES

Break bread with friends at the Community Lunch every Thursday. Plus live music the first Thursday of each month. The organic food is prepared by Good Earth Natural Foods. Sponsored by the Dance Palace.

Make reservations by 11 AM on the prior Monday. Contact Cathy Bleeker, Nutrition Program Manager at West Marin Senior Services, (415) 663-8148 x104.

Ongoing Thursdays / noon-1 PM / Suggested donation \$3 (over 60 years old) / \$6 (under 60 years old)

KIDS

BABY GYM

An informal play group and meeting ground for babies, toddlers, moms, dads, and caretakers. For ages birth to 5 years old.

Sponsored by the Dance Palace. Call (415) 663-1075 to sign-up or drop-in. Tuesdays & Thursdays / 9:30 - 11:00 AM / FREE

AIKIDO FOR KIDS

Aikido is the only martial art that seeks to resolve conflict without harming the attacker. Children find that Aikido helps them learn to get along, build self-confidence, develop focus, good manners and calmness. Training develops physical coordination and balance as children run, roll, jump and fall.

Ruth Lopez is the children's Aikido Program Director at Aikido of Marin.

Contact Ruth to register and for more information. (415) 663-8801

1st Session: 7 weeks, Sept. 5 - Oct. 17

2nd Session: 7 weeks, Oct. 24 - Dec. 5

Ages 5-7: Tuesdays, 3:15pm - 4:00pm,

\$70 for 7 weeks

Ages 8-12: Tuesdays, 4:00pm - 5:00pm,

\$70 for 7 weeks

AFTER SCHOOL ART

A multicultural and multimedia art program taught in both English and Spanish for children ages 5-12. The program is led by Colleen Conley, West Marin School art teacher; Dolores Gonzalez, whose native language is Spanish; and Loretta Farley, local artist. The children will use two- and three-dimensional media—painting, print-

making, carpentry, ceramics, jewelry, and textiles—to develop their own unique expressions.

Instructors: Loretta Farley / Colleen Conley / Dolores Gonzalez. For more information, call: (415) 663-8995

Wednesdays, Sept. 6 - Oct. 18, 6 weeks - \$60

****No class Oct. 4****

Wednesdays, Oct. 25 - Dec. 13, 6 weeks - \$60

****No classes Nov. 1 & Nov. 22****



DANCE PALACE CLASSES AND WORKSHOPS

KIDS MUSICAL THEATER

KMT provides the opportunity for children to explore the skills of acting, improvisation, singing and dance through musical theater. Teamwork is emphasized as kids work together towards performances of the ever popular production of The Holiday Extravaganza in December. Instructor Melissa Claire studied theater at U. C. Davis and was a directing intern with Yale School of Drama's Summer Cabaret. She has received acting and design awards from the San Francisco Bay Area Theatre Critics Circle and Theatre Bay Area. A snack is provided before class. For ages

6-12; maximum 20 kids. Sponsored by the Dance Palace.
**Mondays starting September 11 - December, 2017 /
3:30 - 5 PM / Performances are Friday, December 15,
7:30 PM & Sunday, December 17, 2 PM / 14 weeks for \$230**

POINT REYES CHILDREN'S CHOIR FALL 2017 SEASON

Singing in a choir is a wonderful way for kids to begin their musical training. There are a multitude of benefits, helping them to develop musically, socially and intellectually. We will begin to read and write music, and sing in harmony with new friends. Our rehearsals will be part vocal training, part musicianship, part games, part rehearsing pieces, and maybe even a little dancing thrown in. All elementary school ages welcome. Come sing with us! This is a new choir taught by Sarah Cane, who leads singing classes at Inverness School and conducts at Peninsula Girls Chorus.

Learn more and sign up at www.pointreyeschildrenschoir.org or sign up by mail: send a check to Sound Orchard, PO Box 722, Pt. Reyes 94956. Call 415-663-5018 or email mail@soundorchard.org with questions. Point Reyes Children's Choir is a program of Sound Orchard, a northern California nonprofit dedicated to building community through music.

**Thursdays September 7 - December 7, 2017 /
3:15 - 4:45 PM, Performance on Sunday December 10 / 4 PM
Tuition \$180 - \$215 with early bird discounts, multi-child discount, financial assistance and a monthly payment plan available.**

