

STAGEBRIDGE

Dec 17, 2016

Thank You from Aroha Philanthropies and Stagebridge



Dear friends of Stagebridge,

On behalf of Aroha Philanthropies, we want to thank each and every one of you who responded to our challenge grant this year with your donations. We are thrilled by your response and we wholeheartedly agree with you: Stagebridge is a vital and meaningful part of life for the hundreds of older adults who participate in its programs every year.

We offered this challenge in the hope of activating people who love Stagebridge, but who didn't necessarily understand the importance of sharing the commitment to support it financially. To all of you who responded so generously, we send our gratitude that you stepped up. We encourage you to continue to support Stagebridge and to consider how you can help it not only survive, but thrive in the years ahead.

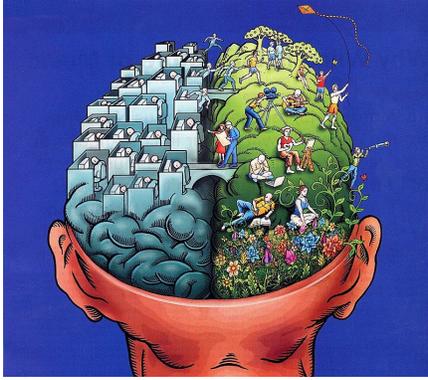
We are proud to partner with each of you and send warm wishes for a festive and peaceful holiday season.

With gratitude,

*Ellen Michelson, President
Teresa Bonner, Director of Programs*

**Class Focus: Creativity
for Performance with
Clara Kamunde**

**Visit Our New Website and Sign up for
Winter Classes!**



Caricature on the differences between right and left brain sides. By Allan Ajifo

Do you need a little more PLAY in your life? According to Stuart Brown, M.D., who's written a book on the subject (appropriately titled *Play*), a healthy dose of play as an adult makes us happier and smarter. Need more convincing? [You can watch his TED talk on the benefits of play for adults here.](#)

There are a few ways to play at Stagebridge - Barbara Scott teaches **Beginning and Advanced Improv** on Wednesday morning, where you can enjoy games that bring out your inner class clown. And Clara Kamunde brings us **Creativity for Performance** on Wednesday afternoons.

If you're wondering how a class about creativity might be useful, wonder no more! If you're a playwright or writer, **creative play and writing exercises get your juices flowing** without the pressure to finish a piece (and no critiques!). Storytellers and actors will find that **creative play will help them loosen up in front of an audience, and it's also been found to boost memory and cognitive function.** Of course, any class at Stagebridge provides these benefits, but there's something special about unstructured play and creativity. Creativity for



If you've visited us online recently, you may have noticed that not only is our website up and running, but it also has a new look and some great new features. If you haven't seen it yet, check out our new website today at www.stagebridge.org! You can find information about classes at our Performing Arts Institute, and our Storybridge, and Seniors Reaching Out programs.

We continue to update and integrate new features, and we welcome your feedback. If you have a recent, high-quality video of Stagebridgers in action - get in touch with us! Be sure to also stay in touch with your news and updates - we might feature you in an upcoming newsletter or Facebook post, or on our website.

THANK YOU to our Fabulous Instructors!



We want to thank all of our instructors for their dedication and for generously bringing their tremendous talent to Stagebridge. They are truly the reason that our programs continue to run, and we are endlessly grateful.

Save the Date: Money, Money, Money

The Storytelling Association of California in the Silk Road House series presents

Performance is also a great opportunity to get involved with Stagebridge if you have stage fright or are intimidated by the thought of performing.

[To sign up for improv classes today, click here](#), or call us at 510-444-4755!

Stagebridge was founded in 1978 by Dr. Stuart Kandell.

Quick Links

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MONEY, MONEY, MONEY on Friday, January 20, 2017.

What does MONEY mean to you? **To seven Stagebridge storytellers, MONEY is the theme of stories ranging from suspense to humor, modeled on The Moth format.** Come listen and laugh with tellers **Jeanne Haynes, Jon Florey, Harry Santi, Syd Sarah Strong, Claire Wahrhaftig, Marian Ferrante, Ginger Parnes, and BeviJean Miles.**

Stagebridge storytelling instructor
Jeanne Haynes

[Reserve tickets online here!](#)

Tickets are \$10 for SAC members and \$15 for non-SAC members.

For venue and ticket info contact dlsberry@hotmail.com

Produced by Marian Ferrante

SILK ROAD HOUSE 1944 University Ave. #107
Berkeley, CA 7:00pm

[Join Our Mailing List!](#)

This is the last weekend to see Stagebridger Ken Woolfe in the Christmas Revels!



A Revels Christmas in Wales

This year, the California Revels is "coming home" to Wales. Even though we've never been there before, there is much about Welsh culture and customs that feels familiar and comforting. Set in the 1920's childhood village of the great Welsh poet Dylan Thomas, our show will evoke the spirit of family, gathered 'round the hearth and villagers singing in the glow of the blazing yule log.

This is Ken's 21st year in participating in the Revels. You can purchase tickets online here: <http://californiarevels.org/>. Tickets cost \$20, but friends of Stagebridge can use the discount code KENW at checkout for a 10% discount.

We are supported by

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