



Hi folks,

Below is your **January** reminder of upcoming Mill Valley Village events. We hope you will join us for at least one of the events below. And remember, you are always welcome to bring a neighbor or friend. These events can also be found at www.mvillage.org.

Wishing You A Very Happy New Year!



Thank you all for making 2018 such a very special year. We have lots of energy and plans for 2019, so stay tuned. We look forward to connecting with you early and often in 2019.

Mill Valley Village Steering Team

Marin Catch-A-Ride A Discounted Taxi-Service Program



As many of you already know, Catch-A-Ride is a terrific option to have “in your pocket” for a back up or last minute ride request. This service is one of a family of transportation services offered by Marin Transit and is funded by Marin’s voter-approved vehicle registration fee, Measure B.

Eligible riders can request up to eight discounted taxi rides a month.

To be eligible for Catch-A-Ride you must be a Marin resident and meet one of the following criteria:

- Age 80 and older
- Age 60 – 79 and no longer driving
- If under 60, be eligible for ADA paratransit

Once you are accepted into the program you request rides by calling the scheduling number anytime between 9am and 6pm seven days a week. They recommend calling a minimum of three hours in advance for the best chance of taxi availability.

When you call for a ride, you are given an exact price for the discounted ride so you know in advance the trip cost.

Catch-A-Ride will pay up to \$14 of the cost of a taxi ride within Marin. For riders who qualify as low-income, Catch-A-Ride pays up to \$18 of the cost.

For more information or to request an application
contact Marin County Travel Navigators
415-454-0902 or travelnavigator@marintransit.org

S A V E T H E D A T E

Dr. Kayleen Asbo presents:

“Johann Sebastian Bach and the Encyclopedia of Human Emotion”

Thursday, March 14th, 1 – 3pm

Doors Open at 1pm – Program Begins at 1:30



For those of you lucky enough to have attended one of Kayleen’s earlier presentations you know how special these events are. Recognizing the popularity of her programs we have located a terrific new-to-us venue – the United Methodist Church on Camino Alto. This is the same wonderful venue where the Mill Valley Chamber Music Society holds their concerts with lots of easy parking at the ready. We are truly delighted that Kayleen has offered to fit this program into her schedule and that with this new venue more of you will be able to join us for this very special offering.

For those of you who have not yet been able to attend one of Kayleen’s presentations they are truly exceptional. Kayleen, a faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music, is a passionate scholar: a cultural historian, musician, writer and teacher who weaves myth, music, psychology, history and art with experimental learning. For more about Kayleen visit her website: www.kayleenasbo.com.

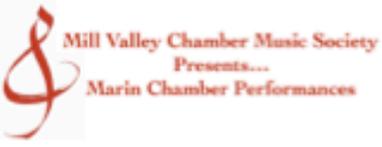
Doors will open at 1:00; with a short social hour and the program will begin at 1:30.

No RSVP required, but members are encouraged to call early if they expect to need a ride.

Looking forward to seeing you March 14th

Mill Valley Village Member Discounts
 For more details visit <http://www.mvillage.org>.

As most of you village members already know, we have a generous group of local supporters in our business community. They offer unique benefits to our members, described in brief below. Take a look and consider supporting them back. Just present your Mill Valley Village membership card while shopping to take advantage of these offers. Contact Sue Steele ([415-388-7832](tel:415-388-7832) or xerty.10@gmail.com) if you need a new card.

 <p>All Wrapped Up is offering 15% off on Wednesdays. Not applicable to postage or shipping costs.</p>	 <p>Once Around, 75 Throckmorton Avenue, downtown, is offering a 20% discount.</p>
 <p>Body Kinetics of Mill Valley is offering a special rate of \$89/month and one-time \$50 discount for first-time members. They also offer special classes designed in partnership with Mill Valley Village to help improve strength and balance.</p>	 <p>Tea Fountain, 363 Miller Avenue, is offering a 10% discount on all regularly priced items.</p>
 <p>Critterland Pets, 336 Miller Avenue, is offering a "no sales tax" discount on all purchases.</p>	 <p>Terrestra, 30 Miller Ave, is offering \$10 off purchases of \$100 or more.</p>
 <p>Lando, 116 Throckmorton Avenue, downtown, is offering a 10% discount.</p>	 <p>Two Neat, 111 Throckmorton Avenue, downtown, is offering a 10% discount.</p>
 <p>Marin Theatre Company is offering a discount on all showings. Contact Karen Robbins (karobbins@comcast.net) for information.</p>	 <p>Wink Optics in downtown Mill Valley is offering a 20% discount on sunglasses, frames, lenses...the works.</p>
 <p>MVCMS is offering members \$20 off 2018-2019 season tickets.</p>	 <p>Yogaworks offers Marin Villages' members a preferred rate of almost 20% off the normal monthly rate. Yogaworks will extend the discount to nation-wide memberships.</p>

Events for January

Wednesdays, January 2 and 23, First and Fourth Wednesday Walks, 10am

Calling all walking friends. Shahla and friends walk on the FIRST and FOURTH WEDNESDAYS from 10am to noon. The group usually meets at the Holiday Inn/Frantoio parking lot near the Manzanita overpass at 10am and either walks from there or carpools to nearby starting places, but the meeting place may change due to weather. Contact Shahla ([415-640-1330](tel:415-640-1330) or saj222@att.net) to let her know you are coming or to ask her to put you on the email list to let you know of upcoming walks or updates.

Wednesdays, January 2 and 16, Men's Group at the Sweetwater, 11am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether you are a volunteer or a member, to come join us at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Marcus Byruck ([617-763-1697](tel:617-763-1697) or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11am at the Sweetwater.

Fridays, January 4, 11, 18 and 25, Hiking Group, 9am

Our hiking group is for serious hikers willing to go out for a day on the wonderful trails of Marin County. Get some good exercise and get to know your Village neighbors better. All welcome. Please RSVP to Marcus Byruck (marcusbyruck@gmail.com or [617-763-1697](tel:617-763-1697)).

Mondays, January 7, 14, 21 and 28, "Back Before Lunch Hike", 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, consider our "Monday – Back Before Lunch Hikes". These weekly hikes are 3 to 4 miles long, have elevation gains of 500 – 800 feet and usually take about 2 hours. The group meets between 8:30 and 9:00 depending upon whether you meet up to carpool or meet at the hike starting point. Sara Byruck is leading this effort, and the hikes. For more information or to get on Sara's email list contact her at sbyruck@gmail.com.

Tuesday, January 8, Book Club, 10:30am

The book group, led by Trish Hibben (t.hibben@me.com or [415-215-8394](tel:415-215-8394)) meets the second Tuesdays of the month from 10:30 – 12:30. The group, aimed at local village volunteers and members, will be kept small.

Trish recently announced that the list of people interested in a second book club is growing. If you too want to be put on the list please contact Trish.

Tuesday, January 8, Caregiving and Family – Challenges and Rewards, 1pm

This month only we meet the second Tuesday of the month to avoid New Year's Day. Are you caring for a family member or friend? Mill Valley Village volunteer, Clytee Mills, has organized and led this discussion group since early 2015. Clytee summarizes the group's goal as providing "support that recognizes one's inner strengths and resiliency, no matter the circumstances." If such a group might appeal to you, Mill Valley villagers are welcome to contact Clytee (clytee.mills42@gmail.com or [408-348-3813](tel:408-348-3813)).

Tuesdays, January 8, 15, 22 and 29, Knitting Group, 3pm

Have a knitting project you would like to undertake in the company of friends? If so this group might be for you. We meet weekly in a home near downtown Mill Valley to discuss potential projects, enjoy each other's company and encourage each other as progress is

made. This group has been meeting regularly and is enjoying the camaraderie around their efforts. Beginners are welcome! Mill Valley Village members and volunteers and those interested in getting to know more about the village are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information and to see if this group might be for you.

This month, we skip the first Tuesday, as it is New Year's Day! But there are still four more Tuesdays in the month. Christina Oldenburg will host the first two, January 8th and 15th. Contact Christina at 415-388- 9315 for directions. The other Tuesdays of the month will be at the usual location.

Wednesday, January 9, Coffee at The Sweetwater, 11am

Please join us at Mill Valley's Sweetwater Music Hall the second Wednesday of each month. This is an informal gathering and a welcoming group. This event is open to all, so please consider stopping by and meeting your fellow villagers. We also have a large collection of books you are welcome to choose from to borrow or pass on and the coffee drinks, scones, donuts and other lunch items are excellent. Hope to see you there.

Wednesday, January 16, Third Wednesday Trail Walk Group, 10am

We hold 2-4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. All are welcome. Hope you can join us! Contact Karen Robbins at 415-519-3420 or karobbins@comcast.net to say you are coming...or just show up, but don't be late. Let Karen know if you need a ride or want to be on the email list to be notified of future walks.

Thursday, January 17, Memoir Group, 3pm

"Writing Your Own Memoir" meets in a home near the Mill Valley Library the third Thursday of each month. The group is open to Mill Valley residents with Mill Valley Village members given priority. Please contact Sue Steele (415-388-7832 or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Monday, January 28, Lunch at The Cantina, 1pm

For this month's no-host lunch we return to **The Cantina** at 651 East Blithedale Ave, near Body Kinetics. They have great lunch specials with a tremendous variety of options. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or 415-388-2068) the week before so she can make sure there are enough seats reserved. Everyone is welcome. And remember, members may call the office (415-457-4633) for a ride.

Tuesdays and Thursdays in January - Fitness Programs at Body Kinetics

Body Kinetics continues to offer these two low-cost (\$49), 8-session classes designed to develop strength and balance. The classes, held at Body Kinetics and taught by Tom Borromeo, were created in partnership with Mill Valley Village and have been popular with members and volunteers. One "functional strength", combines traditional strength-building exercises, light cardio and gentle stretching (1-2:00). The other, "seated fitness", focuses on gentle but challenging training from a seated position including active stretching, resistance exercises and hand-eye coordination games (2:30-3:30). If you are not sure if one of these classes is right for you, Tom invites you to join them for a complimentary class. To register, or for more information, contact Tom Borromeo at 415-380-8787.

We look forward to seeing you soon!