



Hi folks,

Below is your **May** 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.mvvillage.org.

A New Program
Spirit Rock - First Thursday Afternoons
May 2nd, 2 – 3:30pm



Spirit Rock
An Insight Meditation Center

Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse for a new monthly program featuring video talks from the world famous Spirit Rock Center. These will be featured the first Thursday afternoon of the month for several months over this year.

As many of you know, Marin County is fortunate to have the wonderful Spirit Rock Meditation Center ([click here for more info](#)) so close by. The center offers many innovative programs for drop-ins as well as residential programs and longer seminars and retreats. Among their programs, they offer Monday night meditation followed by a speaker, often a bestselling author or luminary in the field. These sessions are attended by many participants at Spirit Rock, but they are also ‘live-streamed’ so that those who cannot make it to the center may watch and listen.

Some of us, while interested in talks on topics such as mindfulness and its practice and science, find it daunting to make the trek there, so the folks at Spirit Rock have kindly supported our interest in making some of the talks available for a group of villagers to watch together. The “talk” part of the program is usually about an hour. For our local program, we will begin with a few minutes to mingle and get settled, followed by watching and listening to one of the talks, and we will end with snacks and sharing our thoughts on what we might have gleaned from the talk and what we would like to focus on in future sessions.

‘Spaciousness, stillness, insight and support for your inner journey’

Spirit Rock Center

Great News – An Encore is Scheduled!
Plan Well, Live Well, Die Well – A Workshop
Saturday, May 18th, 2 – 3:30pm
Creekside Room, Mill Valley Library



In March we announced not only our new partnership with the library but the first program resulting from that partnership, a program led by local communication and educational consulting firm **Dyalogues**. The topic and program, *Plan Well, Live Well, Die Well*, resonated with both villagers and library patrons as it was fully subscribed by the end of the day that registration opened. The feedback from those who attended the March 12th session was extremely positive. Many villagers attended and the comments we heard most were that the program exceeded all expectations, that it was an innovative and thoughtful presentation and well worth the time.

As a result, an encore session is being offered for those who were unable to attend the first time. The second session will be offered Saturday, May 18th, 2 – 3:30. We urge you to take advantage of this opportunity and sign up quickly using the link at the bottom.

For a reminder of the content of the program, here is a summary from last month's newsletter:



Dyalogues mission is to deeply connect people to what they value most in life. Using an interdisciplinary approach that draws from medicine, psychology, and business, they have created entertaining and interactive programs that provide a springboard for important life-changing conversations.

This simple yet powerful 90-minute workshop aims to help individuals, families and communities talk more openly about planning, living and dying well. It is designed to help reduce the fear and uncertainty often associated with navigating end-of-life and helps people connect to what matters most. Dr. Dawn Gross, palliative care physician at UCSF and host of "Dying to Talk", an inspirational public radio talk show, together with Dyalogues co-founders Nancy Belza and Paul Puccinelli LMFT, begin by addressing the question, *Why Is Talking About Dying So Important When We Are So Busy Living?* The presentation is based on the premise that when we consider what matters at the end of life, we quickly learn that we are actually addressing what matters most in life. The workshop includes an interactive segment, in which participants articulate their vision of the life they wish for now, and at its end.

Registration required.

Please register by [clicking here](#), visiting the library Reference Desk or calling 415-389-4292 x3

Please join us and invite other Mill Valley neighbors to register as well!

**Mill Valley Age Friendly Fair
Friday, May 10th, 11 – 2pm
Mill Valley Community Center**



Come and celebrate Older Americans Month with us at the Mill Valley Community Center. If you are interested in agencies, community services or programming for ages 55+ please come to this new Informational Fair.

The fair offers over 60 booths filled with resources from A to Z. Come and visit the vendors for information about retirement planning, health screening, smart phones, computer classes, travel possibilities, housing, nutrition and more.

Get answers to your questions, enjoy the music and don't forget to grab a new community center brochure and check out all the programs offered.

Mill Valley Village has been invited to host a table at the fair so we will be there in force and hope to see you there as well.

**More 10th Anniversary Celebrations
An Invitation from Marin Villages**



The second of ten anniversary events being planned throughout the year is just around the corner, on June 1st. The “kick-off” event, the Art of Dim Sum on April 10th was a huge success and we hope you will be able to join us for this one:

**“Poetry to Our Ears”: a Marin Villages’ Intergenerational
Poetry Reading of Poems from the Heart
Saturday, June 1st, 2:00 - 4:00
Town Center Community Room – Suite 201
770 Tamalpais Drive, Corte Madera**

Writing poetry can be a wonderful way of tapping into our own deeper feelings, while reading or listening to poetry can be a source of pleasure, solace, and inspiration.

We are delighted to have ten poets, ages 7 through 70, share their modes of expression on a theme dear to all of us – voices of the heart.

Award winning poet and former Marin Poet Laureate, Prartho Sereno, has been instrumental in putting together this creative program. Through her many years teaching at College of Marin and “Poets in the Schools”, she has helped to keep the light of poetry burning across the generations.

As a special treat, Prartho has invited several fellow Marin Poet Laureates to read from their works. For the poets in our midst, there will be an “Open Mic” after the formal reading. It’s a chance for members of the audience to sign up to read one of their poems. Don’t be shy.

This is a family event. Please bring friends and family members.

To reserve a spot call the office at 415-457-4633 or click [here](#). Suggested donation \$20.

Events for May

Wednesdays, May 1 and 15, 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.

*** Karen and Shahla trade walks this month. Shahla will lead the third Wednesday (5/15) walk and Karen will lead the fourth Wednesday walk (5/22). As always, meet Shahla at the Holiday Inn/Frantoio parking lot. See the listing below for details on Karen’s walk.**

Wednesdays, May 1 and 15, 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.

Thursday, May 2, Spirit Rock – First Thursday Afternoons, 2pm

Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse for a new monthly program featuring video talks from the world famous Spirit Rock Center. The folks at Spirit Rock have kindly supported our interest in making some of the talks available for a group of villagers to watch together. For our local program, we will begin with a few minutes to mingle and get settled, followed by watching and listening to one of the talks (about an hour or less), and we will end with snacks and sharing our thoughts on what we might have gleaned from the talk and what we would like to focus on in future sessions. The Clubhouse is at 267 Buena Vista Avenue in Mill Valley with plenty of parking.

Fridays, May 3, 10, 17, 24 and 31, 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).

Mondays, May 6, 13, 20 and 27, "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, May 7, Caregiving and Family – Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group meets the first Tuesday of the month in a home near downtown Mill Valley. First convened in early 2015, the group has as its goal 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 invited to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information and directions. This month the group is pleased to welcome its new facilitator, Mill Valley Village member and volunteer Jess Batha.

Tuesdays, May 7, 14, 21 and 28, Knitting and Needlework Group, 3pm

Have a knitting or needlework 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.

Wednesday, May 8, 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.

Tuesday, May 14, Book Club, 10:30am

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets the second Tuesday of the month from 10:30 – 12:30. The group, aimed at local village volunteers and members, will be kept small. Contact Trish to be put on the list for future openings.

Thursday, May 16, 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, May 20, Lunch at Piazza d'Angelo, 1pm

Usually the 4th Monday of the month, this month we meet the third Monday, a week earlier, to avoid the chaos of downtown Mill Valley on Memorial Day. For this month's no-host lunch we return to **Piazza d'Angelo**, an Italian trattoria for their terrific Italian lunch specials including anitpasti, salads, pastas and other specialties. They are located in downtown Mill Valley at 22 Miller Avenue. We hope you can come join us. Contact Cathy Dunlap (415-388-2068 or (millvalleyvillagenews@gmail.com) 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.

Wednesday, May 22, 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.

*** This month Karen's trail walk is moving to the Fourth Wednesday. This month we're going back to Dias Ridge, an all-time favorite. We will walk the trail round trip to the Muir Beach overlook. The trailhead is on Panoramic Highway about a quarter-mile uphill from the junction with Shoreline Highway. Parking is available on the wide shoulder.**

Tuesdays and Thursdays in May - 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 Borrromeo, 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 Borrromeo at 415-380-8787.

We look forward to seeing you soon!