



Hi folks,

Below is your **September** reminder of upcoming Mill Valley Village events. These programs may also be found at [www.mvillage.org](http://www.mvillage.org) along with other information about our village, including past newsletters, membership and volunteer applications and more. We hope you will join us for at least one of the programs below and please remember you are always welcome to bring a friend or neighbor.

**Spirit Rock - First Thursday Afternoons**  
**September 5th, October 3rd and November 7th, 3 - 4:30pm**  
**Mill Valley Golf Course Clubhouse**  
**267 Buena Vista Avenue**



Mill Valley villagers (members, volunteers and friends) are invited to join us at the Mill Valley Golf Course Clubhouse as we kick off the Fall sessions of this new program. We will be convening the first Thursday of the month for the next three months (September, October and November) from 3:00 - 4:30.

As many of you know, Marin County is lucky to have wonderful Spirit Rock Meditation Center so close by. The center offers many innovative programs for drop-ins as well as residential programs and longer seminars. Among their programs they offer Monday night meditation followed by a speaker. These sessions are attended by many out at Spirit Rock, but they are also “live-streamed” so that those of us who cannot make it to the center may watch and listen. Some of us, while interested in the talks, found it daunting to make the trek there, so the folks at Spirit Rock have kindly supported our desire to make some of these talks available for a group of us to watch together. The “talk” part of the program is usually less than an hour. So for our local program we start with a few minutes to say hello and get settled, followed by watching and listening to one of the recent talks and end by having some snacks and sharing our thoughts on what we might have gleaned from the talk.

We hope you will join us for one if not all three of these sessions.

**“Spaciousness, stillness, insight and support for your inner journey”**

**SAVE THE DATE**  
**“10 Years Together” -- A Marin Villages Anniversary Event**  
**Sunday, September 8th, 3 - 5:00pm**



Put this fun event on your calendar now. We hope you will join us as we celebrate all of you members, volunteers, donors and supporters who have made Marin Villages the vibrant community it has become. We will celebrate our 10th Anniversary milestone by thanking all of you who have made it “happen”.

This is a terrific opportunity for members, volunteers, friends and supporters across all our local villages to meet and greet and celebrate.

The celebration will be held at Jason’s Community Center Room, next to Jason’s Restaurant, 300 Drake’s Landing in Greenbrae. Carpooling and offering rides to your fellow villagers will be greatly appreciated. RSVP either by calling 415-457-4633 or [clicking here](#). See you there.

**A Celebration of Mill Valley Village Artists**  
**September 22nd, 3 - 5:00pm**  
**Mill Valley Golf Course Clubhouse**  
**267 Buena Vista Avenue, Mill Valley**



Yes, it is finally September and that means our Celebration of Mill Valley Village Artists is nearly here. We hope you will join us for a sociable afternoon admiring and talking with these amazing artists. We will gather to celebrate and admire both the artists and their art. On display will be a rich variety of paintings, ceramics, photography and more.

It will be an easy-going afternoon with plenty of time to mingle and talk with the artists about their work, enjoy refreshments and each other’s company. There will be a brief program as well, with some conversation about the role creativity can play as we grow older. All are welcome. Please feel free to invite family, friends and neighbors.

And as a reminder to all Mill Valley Villagers, we would love to have you bring a piece of your artwork. If you have not already signed up to bring a visual art work (painting, collage, photography, sculpture, ceramics, handwork, etc.) please contact Ginna Fleming ([ginnaflaming@gmail.com](mailto:ginnaflaming@gmail.com)) or Liz Stone (415-388-0696) to do so. We would love to see you and your work as part of this fun afternoon at the Mill Valley Golf Course Clubhouse with friends, family and villagers.

## How About Tai Chi

**The Mayo Clinic considers it a great way to help reduce stress and anxiety while helping to increase flexibility and balance**



Many of you are already familiar with Body Kinetics' fitness program offerings on Tuesday and Thursday afternoons. If not, take a look at the listing at the end of this newsletter for a complete description and what has made them so popular with Mill Valley villagers.

Given the success of those classes Body Kinetics is offering to consider an ongoing Tai Chi program, on terms similar to the Tuesday/Thursday classes, if there is sufficient interest expressed. To make it feasible, a minimum of 10 participants need to enroll. Times and frequency have yet to be determined. Wednesday afternoons or sometime after 3:30 (when the current classes end) on Tuesdays or Thursdays are possibilities. The intended demographic is "our" age group. While Mill Valley Village is acting as the catalyst for this program, it is, like Body Kinetics' fitness programs below, open to all. So feel free to forward this to anyone you think might be interested.

To express your interest in such a program or get more information please contact Body Kinetics Club Manager, Joey Hoerber (415-380-8787 or [joey@bodykineticmillvalley.com](mailto:joey@bodykineticmillvalley.com).) He is looking forward to hearing from you.

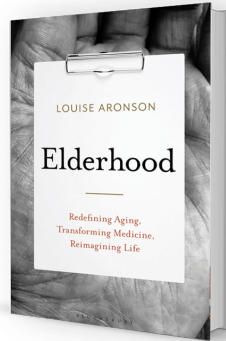
[Click here](#) for the Mayo Clinic's take on Tai Chi including some background on what it is, where it originated and what makes it appropriate for us, at any age.

## **MVConnect** City of Mill Valley eNewsletter



We have found *MVConnect*, Mill Valley's email newsletter, extremely valuable in keeping up with local developments, most recently around vegetation management. It is a monthly digest, sent the week following the first regularly scheduled City Council meeting of that month. It typically contains updates on upcoming events, neighborhood developments, infrastructure improvements and more. If you haven't already [click here](#) to enroll.

**SAVE THE DATE**  
**Mill Valley Public Library and Mill Valley Village Presents...**  
**Elderhood: Louise Aronson**  
**October 25th, 7 - 8:30pm**



Dr. Louise Aronson, author of the New York Times bestseller, “Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life”, and UCSF Professor of Medicine, envisions a large-scale shift in society’s and medicine’s attitude toward aging. Louise will be in conversation with Dr. Dawn Gross (Host, Dying to Talk radio show) for a Friday night “After Hours” library program, in collaboration with Mill Valley Village. Details for signing up will be provided in the next newsletter.

## **Events for September**

### **Mondays, September 2, 9, 16, 23 and 30, “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](mailto:sbyruck@gmail.com).

### **Tuesday, September 3, Caregiving and Family - Challenges and Rewards, 1pm**

Are you caring for a family member or friend? This group, facilitated by Mill Valley Village member and volunteer Jess Batha, 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 ([sybruck@gmail.com](mailto:sybruck@gmail.com) or 617-599-8116) for more information and directions.

### **Tuesdays, September 3, 10, 17 and 24, 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, as well as those interested in finding out more about the village, are welcome to contact Sara Byruck ([sbyruck@gmail.com](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, September 4 and 25, First and Fourth Wednesday Walks, 10am**

Calling all walking friends. Shahla and friends walk on the first and fourth Wednesday mornings from 10 to noon. The group usually meets at the Holiday Inn parking lot near the Manzanita overpass and either walks from there or carpools to nearby starting places. Contact Shahla ([saj222@att.net](mailto:saj222@att.net) or 415-640-1330) to let her know you are coming or to ask to be put on the email list for notices of upcoming walks or updates.

### **Wednesdays, September 4 and 18, 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 a volunteer or 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 ([marcusbyruck@gmail.com](mailto:marcusbyruck@gmail.com) or 617-763-1697) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)). We meet the first and third Wednesdays at 11am at the Sweetwater.

### **Thursday, September 5, Spirit Rock - First Thursday Afternoons, 3pm**

Mill Valley villagers are invited to join us at the Mill Valley Golf Course Clubhouse for this program featuring video talks from the world famous Spirit Rock Center. The folks at the center have kindly supported our interest in making some of the talks available for a group of villagers to watch together. We will begin with a few minutes to mingle and get settled, followed by watching one of the talks (about an hour or less) and we will end by sharing some snacks as well as our thoughts on what we might have gleaned from the talk. The Clubhouse is at 267 Buena Vista Avenue in Mill Valley with plenty of parking. We will also have a session on both October 3rd and November 7th. We hope you will join us.

### **Fridays, September 6, 13, 20 and 27, 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](mailto:marcusbyruck@gmail.com) or 617-763-1697).

### **Tuesday, September 10, Book Club, 10:30am**

The group, led by Trish Hibben ([t.hibben@me.com](mailto: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.

### **Wednesday, September 11, Coffee at the Sweetwater, 11am**

Please come join us at Mill Valley's Sweetwater Music Hall and Cafe the second Wednesday of each month. This is an informal gathering and a welcoming group. The "coffee" is open to all so please consider stopping by and meeting your fellow villagers. This is an excellent venue to come learn more about the village and those who make it what it is. We have a large collection of books you are welcome to choose from to borrow and the coffee drinks, scones, donuts and lunch items are excellent.

### **Wednesday, September 18, Third Wednesday Trail Walk Group, 10am**

We hold 2 - 4 mile trail walks on relatively flat terrain the third Wednesday morning of each month. This month we meet at the Safeway parking lot on Camino Alto at 9:30. We are going to drive to Stinson Beach, walk on the beach and have lunch at the Parkside or the Siren. We will decide together. Back home by about 1:00. Contact Karen Robbins (415-519-3420 or [karobbins@comcast.net](mailto:karobbins@comcast.net)) to say you are coming...or just show up, but don't be late. All are welcome. Let Karen know if you need a ride, want to lead a hike or want to be on the email list for notices of future walks.

### **Thursday, September 19, 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 ([xerty.10@gmail.com](mailto:xerty.10@gmail.com) or 415-388-2068) or Bob Battersby ([robertbattersby@att.net](mailto:robertbattersby@att.net)) for more information or directions.

### **Sunday, September 22, A Celebration of Mill Valley Village Artists, 3pm**

Please plan to join us at the Mill Valley Golf Course Clubhouse (267 Buena Vista Ave) for this fun get together. What better way to spend the afternoon than admiring the work of our fellow village artists. All are welcome so please invite family and friends.

### **Monday, September 23, Lunch at Feng Nian, 1pm**

We meet the 4th Monday of the month for a no-host lunch. This month we meet at a favorite Chinese restaurant, **Feng Nian**, at 2650 Bridgeway in Sausalito. There is plenty of parking right in front and an extensive menu including a wide range of lunch options. Contact Cathy Dunlap ([millvalleyvillagenews@gmail.com](mailto:millvalleyvillagenews@gmail.com) or 415-388-2066) 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) to request a ride from a volunteer. Hope you can join us.

### **Tuesdays and Thursdays in September - 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 very popular with both 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 at 415-380-8787.

***We look forward to seeing you soon!***