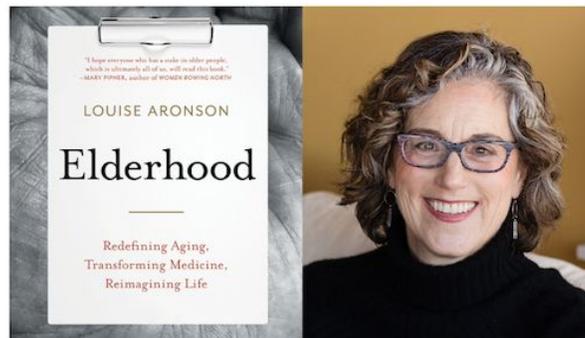




Hi folks,

Below is your **October** reminder of upcoming Mill Valley Village events. We hope you will join us for at least one of the programs below. These events may also be found at www.mvillage.org along with other information about our village, including past newsletters, membership and volunteer applications and more. Take a look when you can.

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



We are delighted to announce a new offering from the partnership between Mill Valley Village and our amazing Mill Valley Library!

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.

The program begins at 7pm. Doors open for registered guests at 6:30 for a wine reception.

Registration is highly recommended and will open October 7th.
You may register by going to the library’s website (www.millvalleylibrary.org),
by visiting the library Reference Desk or
by calling 415-389-4292 x3.

**Please join us for this program and invite
other Mill Valley neighbors to register as well!**

More 10th Anniversary Celebration Invitations From Marin Villages



“Lighting up October - A Diwali Dinner Party” Saturday, October 26th, 5:30 - 9:00pm, Home of Cherie Sorokin, Tiburon

Join us to “Light up October” at this special Diwali* Dinner Party. Tiburon Peninsula Village volunteer, Neelam Kanwar, herbalist and vegetarian chef, will share her family recipes, enhancing each dish with special Indian spices. Attendees will observe as Neelam prepares a special menu, which all will enjoy together.

There will be both chicken and vegetarian entrees, Indian style rice and dal and a salad - plus appetizers and Indian sweets for dessert.

Space is limited so sign up early.

* Diwali is the festival of lights, celebrated every autumn and one of the most popular festivals of Hinduism. It symbolizes “victory of light over darkness, good over evil and knowledge over ignorance”.

A \$75 donation is being requested to attend this event (\$50 is tax deductible). To purchase a ticket or for more information call the office (415-457-4633) or [click here](#).

“Celebrate Marin Villages’ 10th Anniversary” Luncheon with “Acting Your Age” Comedian Josh Kornbluth Sunday, November 17th, 11:30am - 2:00pm, Marin Country Club, Novato

Let’s celebrate together. This fundraising luncheon is the perfect forum to enjoy each other’s company, congratulate one another on the incredible organization we’ve been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian Josh Kornbluth will entertain guests with his “Acting Your Age” set.

A \$100 donation to Marin Villages is being requested to attend this event (\$50 is tax deductible). To purchase a ticket call the office (415-457-4633) or [click here](#).



**Marin Senior Fair - Marin Center Exhibit Hall
Wednesday, October 23rd, 9:00 - 3:00**



Come join us at this FREE full day event. There are more than 130 information booths, an incredible display of quilts, as well as entertainment, prizes and food. Bring a friend and stop by to visit with us at our **Marin Villages booth**. There is always a lot to learn at this event and we look forward to seeing you there. There is free parking as well as a free shuttle from the San Rafael Transit Center. See you there.

**SAVE THE DATE
Mill Valley Village Holiday Party
Thursday, December 12th, 3:00 - 5:00pm**



Yes, it's still way early - but we know how busy your schedules get during the holiday season so please put this on your calendar NOW! This annual get-together with food, friends, libations and lots of good cheer is great fun and we very much look forward to seeing you there.

The party is from 3:00 - 5:00 pm at the Mill Valley Golf Course Clubhouse and there is plenty of parking. As always, members are welcome to request a ride through the office.

We hope you will put this fun annual get-together on your calendar now and plan to join us!

Another Year of a Special Collaboration Boy Scouts Offer Beautiful Holiday Wreaths for Sale



Once again Troop 1 will provide a wonderful holiday service to Mill Valley villagers. Villagers and friends will be able to purchase beautiful fresh wreaths and garland and have them delivered to their homes and installed by a Scout. A great way to celebrate the holidays while supporting our local Scouts. Details of the styles, prices and how to order will be in next month's newsletter so you can place your order by the November 7th cutoff.

Mill Valley Village Memoir Group Update from Sue Steele



As we close in on seven years of meeting monthly, it is time for me to hand over the reins to another leader. So this article is an announcement, and a hope, that some creative person would like to step into the role of running the group in January. The effort is small and the rewards enormous!

On January 17th, 2013, the Memoir Group had its first meeting. It was formed in response to requests from members for a group, and four people attended. At the suggestion of one of the members, we added into the group a five minute free-write at the end. So the format since has been: all attendees read the pieces they have brought and listen to supportive comments and feedback on their writing, then there is the free-write which is shared too.

The group meets on the **THird THursday at THree**, the alliteration making it easier to remember the meeting. It ends at 4:30. Water and snacks are provided and members have brought goodies to share from time to time.

Since I had no formal writing training, I value the comment of one member: "You were exploring it just the way we were, so it was all of a piece, and I appreciate that". That comment is also a way of encouraging people to consider taking over the group even if they don't have an MA in a writing discipline!

I feel honored to have shared the meetings with such fine scribes and to have the privilege of being witness to their extraordinary lives. We have shared pathos, irony, humor, poetry, photographs and mementos. My life, and I imagine those of our group members, is enriched immeasurably.

Spirit Rock - First Thursday Afternoons
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 for the last two Fall sessions of this new program. We will be convening the first Thursday of the month in both October (3rd) and November (7th).

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. Their weekly Monday night meditation sessions, followed by a speaker, are attended by many out at Spirit Rock, but they are also “live-streamed”. 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 both of these sessions.

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

Events for October

Tuesday, October 1, 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 or 617-599-8116) for more information and directions.

Tuesdays, October 1, 8, 15, 22 and 29, 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 or 617-599-8116) for more information.

Wednesdays, October 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 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 or 617-763-1697) or Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am at the Sweetwater.

Thursday, October 3, 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 begin with a few minutes to mingle and get settled, followed by watching one of the talks (about an hour or less) and we end by sharing some snacks as well as our thoughts on what we might have gleaned from the talk. We will also have a session on November 7th, our last for 2019. We hope you will join us. The Clubhouse is at 267 Buena Vista Avenue in Mill Valley with plenty of parking.

Fridays, October 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).

Mondays, October 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, October 8, 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.

Wednesday, October 9, 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, October 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. Some of our "trail walks" are morphing into outings, a trend the group has enjoyed. So this month we are going to the Oakland Museum of California where the special exhibit "*No Spectators: The Art of Burning Man*" will be showing. We meet at the Safeway parking lot (across from the Redwoods) at 10 to carpool. We will have lunch at the museum or a nearby restaurant and take a walk in the neighborhood toward Lake Merritt, planning to return between 2 and 3 depending upon what the group wants to do. Please be sure to contact Karen in advance to let her know if you are coming and if you can drive or need a ride. Contact Karen Robbins at karobbins@comcast.net or 415-519-3420. Also let Karen know if you want to lead a hike or want to be on the email list for notices of future walks.

Thursday, October 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 (xerty.10@gmail.com or 415-388-2068) or Bob Battersby (robertbattersby@att.net) for more information or directions.

Friday, October 25, Elderhood: Louise Aronson, 7pm

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" program at the Mill Valley Library, in collaboration with Mill Valley Village. The program begins at 7pm. Doors open for registered guests at 6:30 for a wine reception. Registration is highly recommended and will open October 7th. You may register by going to the library's website (www.millvalleylibrary.org), by visiting the library Reference Desk or calling 415-389-4292 x3.

Monday, October 28, Lunch at Pizza Antica, 1pm

We meet the 4th Monday of the month for a no-host lunch. This month we meet at **Pizza Antica** in Strawberry Village. They have lots of pasta, salad and pizza options as well as other entrees. Contact Cathy Dunlap (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 October - 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!