



Hi folks,

Below is your **September** 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.

Marin Villages Volunteer Appreciation Party Sunday, September 23rd, 3 – 5pm



Please come join us! This annual get-together is always a hit. It is a terrific opportunity for members and volunteers across the villages to meet and greet, celebrate and show how much we all appreciate our volunteers and everything they do to keep the village thriving. As in the past, it will be held at Jason's Community Room, next to Jason's Restaurant, Drake's Landing in Greenbrae. If you can help out with pre-party planning, set-up or take-down please contact Sue Steele ([415-388-7832](tel:415-388-7832) or xerty.10@gmail.com). Carpooling and offering rides to your fellow villagers will be greatly appreciated. Members, make sure to call the office ([415-457-4633](tel:415-457-4633)) as far in advance as possible for a ride.

Hope to see you there!

UPDATE A New Village Book Group



Terrific news. Several of you responded that you would be interested in a local book group and there is a plan! The group, led by Trish Hibben (t.hibben@me.com or [415-215-8394](tel:415-215-8394)), will meet the second Tuesdays of the month from 10:30 – 12:30, starting September 11th. The group, aimed at local village volunteers and members, will be kept small. Please contact Trish to be put on the list for future openings.

Homestead and Mill Valley Villages Coming Together



As many of you know, Christina Oldenburg pioneered the first of our current Villages in Homestead Valley eight years ago. Over the intervening years her commitment to the village has been an inspiration for all of us. As most of you know, earlier this summer Christina decided to take a well-deserved retirement as Chair of the Homestead Village Steering Committee. And with that, her colleagues in Homestead Village proposed taking this opportune moment to simplify administration and merge Homestead into Mill Valley Village. It seemed to all parties like a terrific idea and one whose time had come.

Our two Villages have already been working in close partnership for many years, providing services across both Villages and sharing many events. With this move, Homestead members and volunteers will continue to enjoy the same array of services and programs as always, but now as a part of Mill Valley Village. And the resulting village will become an even stronger entity.

We are particularly excited that with this “merger” we will be adding many talented folks with skills in planning and organizing programs as this will no doubt enhance our village. At least one member of Homestead’s Steering Team has already joined Mill Valley’s, so we have a seasoned voice to represent our new breadth.

The transition process throughout the summer has moved forward smoothly and we are delighted to announce that the “coming together” of Homestead Village into Mill Valley Village will be complete by the beginning of September. For Homestead and Mill Valley members and volunteers, the change should be seamless and we look forward to getting to know each other even better “under one roof”.

To start, early in September we will host a Volunteer Happy Hour to celebrate this happy Village union with our indispensable volunteers. And in December we will all celebrate yet again at our annual Holiday Party at the Mill Valley Golf Course Clubhouse.

As we join forces and explore ways to continue developing our Village community, we welcome your ideas and energy! Please give either of us a call if you have ideas you would like to share about the transition and the future. And do check out our shared website (www.mvillage.org) for ongoing and special events as well as member benefits.

Connie Dubin, Chair, Mill Valley Village Steering Team, 415-381-7606.
Ginna Fleming, Homestead’s voice on the unified Steering Team, 415-381-8298.

**We extend the warmest of welcomes
to all Homestead members and volunteers**

Events for September

Mondays, September 3, 10, 17 and 24, “Back Before Lunch Hike”, 8:30am

For those of you who might like a shorter hiking option than our Friday hikes, we have instituted the “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 inaugural hike was in July of 2017, and weekly hikes have continued since. 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, September 4, Caregiving and Family – Challenges and Rewards, 1pm

Are you caring for a family member or friend? Mill Valley Village volunteer, Clytee Mills, has organized and led this discussion group since early in 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 and Homestead villagers are welcome to contact Clytee for more information (clytee.mills42@gmail.com or 408-348-3813).

Tuesdays, September 4, 11, 18 and 25, 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 and Homestead Village members 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.

Wednesdays, September 5 and 26, 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 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, September 5 and 19, 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 or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com). Meeting times are the first and third Wednesdays of the month, 11 at the Sweetwater.

Fridays, September 7, 14, 21 and 28, 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).

Tuesday, September 11, Book Club, 10:30am

Terrific news. Several of you responded that you would be interested in a local book group and there is a plan! The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394),

will meet the second Tuesday of each month from 10:30 – 12:30. The group, aimed at local village volunteers and members, will be kept small. Please contact Trish to be put on the list for future openings.

Wednesday, September 12, Coffee at The Sweetwater, 10am

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 and donuts are excellent. Hope to see you there.

Wednesday, September 19, 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. 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. Hope you can join us! Contact Karen Robbins at [415-519-3420](tel: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, September 20, 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](tel:415-388-7832) or xerty.10@gmail.com) or Bob Battersby (robertbattersby@att.net).

Monday, September 24, Lunch at Feng Nian, 1pm

For this month's no-host lunch we return to **Feng Nian** in Sausalito at 2650 Bridgeway. They have a great list of lunch specials and a combination of Mandarin-, Sichuan- and Hunan-style dishes to choose from. Everyone is welcome. Contact Cathy Dunlap (millvalleyvillagenews@gmail.com or [415-388-2068](tel:415-388-2068)) as soon as possible but no later than the week before if you can join us so she can make sure there are enough seats reserved. And remember, members may call the office ([415-457-4633](tel:415-457-4633)) for a ride.

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, were created in partnership with Mill Valley Village and have been popular with members and volunteers. One emphasizes strength training and the use of gym equipment (1-2:00). The other, FALL PREVENTION, focuses on balance and sitting or standing exercises (2:30-3:30). To register, or for more information, contact Tom Borromeo at [415-380-8787](tel:415-380-8787).

We look forward to seeing you soon!