Mill Valley Seniors' Club

Mill Valley Seniors' Club, under the sponsorship of Mill Valley Recreation, operates as a non-profit organization with an elected Board of Directors. Yearly membership fee is $25 and is open to men and women 55 years and over. The club meets on Tuesdays from 10:00am until 2:00pm at the Mill Valley Community Center in the Terrace Lounge and Cascade Room.

Lunch is a brown bag affair with complimentary coffee and tea provided. Informal socializing with board and card games, bingo, guest speakers, seasonal art projects, as well as periodic luncheons and parties keep things interesting. Day trips and occasional overnights to an imaginative assortment of destinations are scheduled each month, as well as popular weekly chair yoga/exercise classes.

Membership is not required to participate in the activities in the Senior Terrace Lounge, however the membership fee includes a monthly newsletter listing all Club activities, trips and special events.

New members and ideas are most welcome in this friendly group. If you are new to the area or would like to learn more about the Senior Program, stop by or call to schedule a tour at 415-383-1370.

Blood Pressure Screening

Heartland Hospice of Marin is pleased to offer blood pressure screenings at the Mill Valley Community Center. This service will be provided free every second Tuesday of each month.

Day: Second Tuesday of each month
Time: 11am – 1pm
Location: Community Center Lobby

Legal Counseling

Offered by appointment only, local attorneys volunteer their time to listen to your legal problems and advise you on your next steps.

Call 459-6700 to schedule an appointment.
Provided by: Whistlestop & Marin County Legal Aid

DAYS/TIME: 1st & 3rd Thursdays, 12-3pm
LOCATION: Tamalpais Room

H.I.C.A.P. - Health Insurance Counseling & Advocacy Program

H.I.C.A.P. volunteers provide assistance with Medicare and supplemental insurance claims and with evaluation and selection of supplemental health policies. Free counseling services are available 2nd & 4th Thursdays, 11am-2pm by appointment.

Call 1-800-434-0222 for an appointment.
Funded by: California Department of Aging

DAYS/TIME: 2nd & 4th Thursdays, 11am-2pm
LOCATION: Tamalpais Room

Flu Shot Clinic

Sponsored by Sutter VNA & Mill Valley Recreation
Proof of Medicare Part B needed (Red/White/Blue Card) (No HMO)
First Come, First Served. No appointment taken

Date: Monday, October 5th
Time: 10:00 – 11:30am
Location: Community Center Terrace

community

MILL VALLEY SENIOR CENTER

WELCOME TO THE TERRACE LOUNGE

Come in and enjoy recreational activities for adults age 55+ that are scheduled daily at the Center. The Terrace Lounge is open for drop-in activities Monday through Thursday 10:00 am- 4:00 pm. Evenings and weekends the facility is open for programs, classes and special events as scheduled. Come see what the Center has to offer.

Wisdom Wednesday
What is Mill Valley Village?

Mill Valley Village is part of a growing national movement dedicated to helping seniors remain in their homes and maintain active, independent lifestyles. We are a volunteer-driven membership organization with modern know-how to provide important services and enhance quality of life. We offer interesting programs and valuable benefits to our members and are active in the broader Mill Valley community. Our parent orgnization, Marin Villages, maintains a small professional staff to provide key services, such as fielding phone calls and matching volunteers with member requests, for Villages across Marin County.

Age	Day	Dates	Time	Fee	Course #
55+	W	9/16	10-11am	Free	34386

Location: Community Center, Terrace Lounge Seating Area

Wisdom Wednesday
Marin 50+ Cohousing Community

What is cohousing? Cohousing provides your own private home and the opportunity for a rich community life. Living in cohousing offers the social and practical advantage of closely-knit neighborhoods. Residents in cohousing enjoy the benefits of cooperation, whether by organizing common dinners,social activities, or caring for an elderly resident. And, it makes it easier for people to live more sustainably. People are happier, healthier and live longer living in community. Come join us to learn how this old idea, living in community, now has a contempory approach.

Age	Day	Dates	Time	Fee	Course #
55+	W	10/14	10-11am	Free	34387

Location: Community Center, Terrace Lounge Seating Area

Wisdom Wednesday
'Age Well, Drive Safe'

Driving is Freedom. Keeping that freedom as we get older is the focus of the 'Age Well, Drive Safe' program. Let the CHP point out ways to keep your ability to drive for as long as possible.

Age	Day	Dates	Time	Fee	Course #
55+	W	11/4	10a-12p	Free	34388

Location: Community Center, Terrace Lounge Seating Area

FREE WEEKLY DROP-IN ACTIVITIES

We are looking for more people to participate in the activities listed below. If you are interested in participating or being a group leader sign-up with our program coordinator K.C. Wilgenbush.

M.V. LIBRARIANS ON LOCATION

Donna Brown from the Mill Valley Library will update you on programs such as; access to e-books, computer classes, book clubs, special evening programs, and how to access library services from home.
2nd Tuesday of Each Month. Noon - 1pm.
Location: Cascade Room

SCRABBLE

Looking for some fun and a new challenge? Join our scrabble group. Tues. 10am-12pm

SOCIAL BRIDGE

Come make new friends and brush up on your bridge. Social Bridge is geared for people who want to get back into the game in a friendly, comfortable and relaxed atmosphere.
Tuesdays 10am-12pm

MAH JONGG

This very popular tile game is making a come back. Beginning and experienced players are welcome.
Beginners: Tues 10a-12p, Lobby
Experienced: Wed 1-4pm, Terrace Room
(no instruction given)

CHAIR YOGA

Sit and get Fit! This class is designed to strengthen and stretch your body at a gentle pace. Great for beginners.
Tuesdays: 11am-Noon. Sponsored by MV Seniors' Club & Mill Valley Recreation
Location: Cascade Room

Movie Matinee

Hey movie buffs! Have you heard about Movie Matinee at the Mill Valley Community Center? Every 1st & 3rd Thursday of the month at 1pm, we convert our Terrace Room into a virtual theater, complete with large screen and theater-style sound, featuring movies that range from old classics to recent releases (monthly movie schedule is available at the Center). No Pre-registration required. Free of charge.

Show dates: 9/3, 10/1, 10/15, 11/5, 11/19, 12/3, 12/17

CRAFTY CRAFTERS!

Come join us, bring an art, craft or learn a craft, every Monday, 10am-12pm in the Terrace room. Projects include seasonal items as well as jewelry making, greeting cards, origami, collage, felting and items of interest to the group. No experience necessary. All seniors welcome!

DAYS/TIME: Mondays, 10am - 12pm, Ongoing
Location: Community Center, Terrace Lounge

NIFTY KNITTERS: Let's get together!

Come spend a few happy hours every Thursday morning to knit, talk, laugh and enjoy each others company, while we work on those hats, scarves, lap robes, sweaters, etc. that we've started and need motivation to finish. This is not a class; however we can guarantee that you'll enjoy sharing patterns, hints and techniques, and in no time will have made something special.

DAYS/TIME: Thursdays, 10am - 12pm, Ongoing
Location: Community Center, Terrace Lounge

Be Your Own Travel Agent: Online Travel Tips & Deals

Looking to save on flights and hotels? Want to know the best places to eat when your on vacation? If you like to travel and want to make the most of your time and budget, then this is the workshop for you. Bring your smart phone, tablet or laptop to class and we will show you the insiders tips to fun and frugal travel. Through travel apps and internet site tips, we will help you plan your dream vacation so you can have a stress free trip when you get there.

Instructor: Technology 4 Life, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Tu	10/20	10a-12p	$36	34907

Location: Community Center, Tamalpais Room

GO VAN-GO! DAY TRIPPERS

See Page 7 for registration procedures.
Space is limited. Nine (9) passenger Community Center Van. Pick-up/Drop-off at the Mill Valley Community Center.

Register online at: www.mvprGoPlay.org

Go-Van-Go! Apples, Berries & Bubbly

Start your day with a visit to the Kozlowski Farms in Forestville, a family owned farm thats over 60 years in operation. We'll sample some of their gourmet jams, jellies, sauces and baked goods. Top the day off with a visit to Kobel Champagne Cellars, Guerneville. Enjoy tastes of champagne the gardens and grounds. Bring your lunch or grab a gourmet sandwich or salad at Korbels Deli & Market and dine outside surrounded by the enormous Redwood trees and flowers.

Age	Day	Dates	Time	Fee	Course #
55+	W	9/30	9:30a-3:30p	$25	34381

Location: Community Center, Lobby

Go Van Go! Healdsburg - Sonoma County

Let's stroll around Healdsburg and discover the treasures and treats of small town individuality that make Healdsburg so special. World class shopping, renowned sculptures, organic locally grown produce, breads, wines and cheeses and antiquing. No-host lunch in town.

Age	Day	Dates	Time	Fee	Course #
55+	Th	10/15	9:30a-4:00p	$25	34382

Location: Community Center, Lobby

Go Van Go! Holiday Light Tour, Marin

Get into the spirit with an opportunity to see the wild and wonderful ways people in our community decorate their homes and yards for the Holiday Season. Visting a home decorated with Disney characters and memorabilia, then off to a neighborhood where you will enjoy a marvelously decorated home inside and outside with new items added every year. Before our tour we will have a no-host dinner at a local eatery.

Age	Day	Dates	Time	Fee	Course #
55+	Th	12/10	5-7:30pm	$25	34383

Location: Community Center, Lobby

iPhone/iPads Basics 1: Getting to know your Device

Congratulations, you finally got your very own iPhone or iPad! There is only one problem, you have no idea how to use it! In this personalized, two day course, you;ll be guided through how to make calls, send emails, send texts, and manage applications. A course for those new to the smart phone/wireless device world, each session provides one-on-one help and comes with instructional handouts so you can practice at home. Don't let that amazing technology sit in its box any longer! Bring your Apple iPhone or iPad to class along with your Apple ID password.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	F	9/25-10/2	10a-12p	$66	34908
18+	M	12/7-12/14	10a-12p	$66	34971

Location: Community Center, Tamapais Room

iPhone/iPads Basics 1: Essential Applications

Need a refresher for using your iPhone or iPad? Are you using iOS 8.0? This course will review some of the basics of using your device. We will show you how to get the most out of your built -in apps including Photo editing, iCloud, Calendar, Siri, E-mail, Texting, Facetime, Maps/GPS, and more! In this two day course, you will practice using these essential applications included with your iPad/iPhone. We will show you how to find out what version of the device you are using and when/how to upgrade. We'll introduce the steps to find and install new apps, and show you how to update, delete and organize your apps for easy access. If you understand the basics of your device and are ready to see what else it can do, this is the course for you! A perfect sequel to the 'Getting To Know Your Device' class. Bring your Apple iPhone or iPad to class along with your Apple ID and password.

Instructor: Technology 4 Life, 2 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	11/12-11/19	10a-12p	$66	34972

Location: Community Center, Terrace Lounge

learn

AARP Smart Driver

AARP Smart Driver Courses are for drivers 50 and older. A certificate is awarded upon completion that may entitle a graduate to auto insurance discounts for three years. AARP recommends that students check with their insurance company before attending the class to determine whether they are eligible for a discount and how much the discount will be. Developed by AARP, the course reviews the effects of aging and defines what drivers can do to compensate for them. The course covers rules of the road, how to get a good fit with your car, car maintenance, the effects of medication and alcohol on driving and when it may be time to stop driving.
*The Renewal Course
(4 ½ hours) is available to those who have completed the 8-hour course within the last four years.

Instructor: AARP Staff, 1 class

Age	Day	Dates	Time	Course #
55+	W	9/23*	9a-1:30p	34379
55+	M & W	11/16, 11/18	9a-1p	34380

Location: Community Center, Terrace Lounge
$15/AARP, $20/non-AARP
Participants make check out to AARP

Bridge from A to B

We will cover the mechanics of playing a bridge hand, including basic notions of bidding, defense and the play of the hand. Although no one can completely master the intricacies of bridge in a few weeks, by the end of the class you will be able to sit at a bridge table and feel confident and at ease playing the game of bridge. Jim Cohen is a bronze life master and has been certified as an instructor by the American Contract Bridge League.

Instructor: Jim Cohen, 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	W	9/9-10/14	1-2pm	$91	34900
40+	W	10/28-12/16	1-2pm	$91	34968

Location: Community Center, Terrace Lounge

Bridge from C to D

If you are comfortable with the materials covered in Bridge from A to B, then you are ready for this second course. We will begin to explore the world of conventions (Stayman, Jacoby Transfers, Blackwood, etc.) and continue to develop proficiency with bidding, defense, and play of the hand.

Instructor: Jim Cohen, 6 classes

Age	Day	Dates	Time	Fee	Course #
40+	W	9/9-10/14	2:30-3:30pm	$91	34969
40+	W	10/28-12/16	2:30-3:30pm	$91	34901

Location: Community Center, Terrace Lounge

Life's Third Act

AgeSong Marin is a lively discussion group for seniors 65 and older to talk about the issues of aging. The group is led by two experienced facilitators, both of whom are also seniors. We meet to explore important topics of Life's Third Act such as: coping with loss and change, re-engaging after retirement, making new connections and validating insights and wisdom of this stage. The group is limited to 9 participants.

Instructor: AgeSong

Age	Day	Dates	Time
65+	W	9/16-11/4	1-2:30pm

Fee: $80 – Scholarship Available
$60 – Marin Village / Scholarship Available

To Register: Call AgeSong at 415-491-5726
Location: Community Center, Tamapais Room

Beginners Mah Jongg

Come and learn this fun and stimulating rummy-like game with tiles. Mah Jongg is enjoying a resurgence in popularity with millions of dedicated players around the world. All the basics will be explained in simple terms including setting up, dealing, picking hands, and individual guidance will be given as you play, learn, and enjoy your new skill. It is a great social and engaging activity. An $8 material fee is to be paid to instructor at the first class.

Instructor: Janie Kimball, 4 classes

Age	Day	Dates	Time	Fee	Course #
18+	M	10/5-10/26	6-8pm	$101	34902

Location: Community Center, Manzanita Room

Seniors in Balance – Introduction to the Tai Chi Short Form

This class is designed for those who are new to Tai Chi. We will concentrate on the dozen or so movements that comprise the opening section of the Tai Chi short form. We will focus on the fundamental of Tai Chi movements and the development of balance and strength.

Instructor: Sandy Smith
Days: Mondays: 9am – 9:45am
Fee: $5 Drop-in, Location: Cascade Room
September 14 - Ongoing

Seniors in Balance – Continuation of Tai Chi

This class is designed for those who have taken an Introduction to Tai Chi session, or who have been studying the Tai Chi Short Form. We will learn the complete Tai Chi Short Form. We will focus on memorizing the sections and refining our movements.
(Pre requisite: Introduction to Tai Chi)

Instructor: Sandy Smith
Days: Mondays, 9:50am – 10:55am
Fee: $5 Drop-in, Location: Cascade Room
September 14 - Ongoing

brain stimulating

Seniors in Balance – Tai Chi Qigong

This class will help you improve your balance, stability and coordination through proven methods from Qigong, Tai Chi and Western Mind/Body science. Research shows that Tai Chi is an excellent way for seniors to develop balance and fluidity of movement; in this class we use a modified Tai Chi form. You will also practice brain-stimulating techniques from Western science to assist coordination and cognition. Simple, beautiful and rejuvenating movement sequences from Tai Chi and Qigong bring inner balance, relaxation, improve immunity and overall well-being. The carefully orchestrated practices work simultaneously on all dimensions of balance, fostering both stability and flexibility.
This program, now in its twelfth year, is appropriate for seniors with reasonable mobility who are motivated to take responsibility for their health and wish to prevent falls and restore or maintain good balance of spirit, mind and body throughout their lives.

Instructor: Shirley Dockstader & Riley Miller
Days: Mondays, 11am – Noon
Fee: $5 Drop-in, Location: Cascade Room
September 14 - Ongoing

SPECIAL EVENTS

OPEN HOUSE! FREE!

Mill Valley Community Center Presents

THE CENTER OF ACTIVE LIVING

Thursday September 10th, 10:00am – 12:00pm

Come to the MVCC, meet instructors and learn about programs, services, special events, travel, Club activities, and more!

Light refreshments provided

Board Game Social

Enjoy an evening of playing board games, such as scrabble, golf, chess, checker and skip-bo with your friends. Light dinner and drinks will be available. Sign up early to reserve your space!!!

Instructor: MVPR Staff, 1 classes

Age	Day	Dates	Time	Fee	Course #
18+	Th	9/17	4:30-6:30pm	$8	34384
55+	Th	11/12	2:30-4:30pm	$8	34385

Location: Community Center, Terrace Lounge

Marin Senior Information Fair!

Celebrate 30 Years Strong!

Wednesday, October 21, 2015

9am – 3pm

Marin Exhibit Hall, San Rafael

Come visit the Fair and gather information about healthcare, travel, fitness and more.

Starduster Tuesdays!

Slip into your dancing shoes and kick up your heels where there is plenty of room in our elegant Cascade Ballroom to dance the night away to the fabulous sounds of The Starduster Orchestra.

The Starduster Orchestra is a traditional big band. While playing music from all periods, they specialize in swing, and other dance music, from the 30's, 40's and 50's. Because they perform original arrangements with original instrumentation, our audiences get to enjoy the swingin' sound of the Big Band Era the way it was played…the excitement of their music compels audiences from eighteen to eighty to get up and dance.

Tuesdays: 9/15, 10/20, 11/17, 12/15. 7:30pm to 9:30pm.
Location: Community Center, Cascade Room
$8 per person!

THE Starduster ORCHESTRA

TRAVEL WITH COLLETTE TOURS AND MILL VALLEY RECREATION

– Southern Charm –

April 24-30, 2016

– Mackinac Island –

June 18-25, 2016

Travel Inspiration

Have you been searching for an exciting, exotic destination for your next trip? Join us on an afternoon or evening with Collette Tours. We will be exploring the following destinations, Tropical Costa Rica, Southern Charm, Mackinac Island, a small group Italy and America's Music City….Sit back, relax and learn all about these new places. We guarantee you will get the travel bug and want to pack your bags for a new adventure.

September 24, 10:00am or
October 28, 6:30pm

Free – Light refreshments will be available.
R.S.V.P. to KC Wilgenbush,
415-383-1370 by 9/21.

– Tuscany & Umbria –

September 3-13, 2016

– America's Music City –

October 23-30, 2016

TRAVEL WITH THE MILL VALLEY SENIORS' CLUB

Tummies to Mummies

ROSICRUCIAN EGYPTIAN MUSEUM

Tuesday, September 22, 2015

Start your day with an exciting lunch at Menara's Restaurant, which includes a traditional hand washing ceremony and lunchtime belly-dancing entertainment. After lunch you will travel back in time to the beginnings of civilization. The Rosicrucian Egyptian Museum in San Jose is the only Egyptian-style building in the world to house Egyptian, Assyrian, and Babylonian artifacts. Its collection is the largest of its kind in the United States. On your self-guided tour of the museum you will see thousands of rare and original pieces of history including replicated tombs, human and animal mummies and original clay tablets dating back 5000 years. Discover some of the secrets of Mummification as you walk through a replica of an ancient Egyptian noble's tomb.

Trip includes:

- Round trip motorcoach transportation
- Hosted 5 Course Lunch at Menara's Restaurant
- Belly Dancer Performance
- Self Guided Museum Tour
- Drivers gratuity

Depart: Mill Valley at 10:15am /
The Redwoods at 10:20am

Return: Approx. 5:15pm

Payment due by September 8th

Cost: $84.50 pp Mill Valley Senior Club Members /
Non-member $89.50

To register, contact:
MV Seniors' Club / KC Wilgenbush at 415-383-1370

Fleet Week

A Time Honored Celebration

Saturday October 10, 2015

The Blue Angels are back! The Belle is a San Francisco Landmark that evokes the city's turn-of-the-century Barbary Coast energy. The 292-foot sternwheeler features Art Nouveau style on all three enclosed levels, Plus a spacious sun deck and three full wrap-around decks. The crown jewel of San Francisco Bay. There is no better vantage point to see the Fleet Week Air Show than from directly under the planes -sailing on the iconic S.F. Belle. Indulge in a hosted buffet lunch, as you sip on free-flowing champagne and enjoy background music from the on board D.J. Then step onto the outer deck to relax in the sunshine and watch the Jaw-Dropping precision of the famous San Francisco Fleet Week Air Show Pilots.

Trip includes:

- Round-trip deluxe motorcoach transportation from Mill Valley
- Cruise on board the S.F. Belle Paddle Wheeler, reserved seats on board ship
- Hosted Hot Buffet Luncheon, Beverage, Coffee Tea, Juice and champagne, Music Entertainment,
- Special viewing of the Blue Angels
- Show (weather permitting)
- Drivers gratuity

Depart: Mill Valley at 12:00pm /
The Redwoods at 12:15pm

Return: Approx. 5:30pm

Cost: $128.00 pp Mill Valley Senior Club Members /
Non-member $133.00

Payment due by: September 25, 2015

To register, contact:
MV Seniors' Club / KC Wilgenbush at 415-383-1370

travel

Adult/Guardian Information (Please Print)	
Main Contact:	2nd Adult Name:
Home: Work: Cell:	Home: Work: Cell:
Address:	Address:
City, State, Zip:	City, State, Zip:
Email:	Email:

Mail to:
MVPR
180 Camino Alto
Mill Valley, CA
94941
Fax to:
(415) 383-1377

Participant Name	Birthdate (under 18)	Male/ Female	1st Choice Class Title / Dates	Course #	2nd Choice Class Title / Dates	Course #	Fee

☐ My Address/Info has recently changed

Scholarship Fund Donation Amount: _____

Total Fees: _____

Be sure to read and sign below: I hereby agree to indemnify and hold harmless the City of Mill Valley and its officers and employees from and against any and all liabilities for any injury which may be suffered by me or by my child arising out of or in any way connected with participation in the program noted above. In case of emergency, my child maybe treated by a qualified physician. I give permission to use mine or my child's photograph in Mill Valley Recreation brochures or publicity.

Signature: _____ **Date:** _____

Must sign to register.

☐ Please check here if you require special assistance to maximize your participation. You will be contacted.

REFUND POLICY
PLEASE READ BEFORE SIGNING.

You can register 24/7 at www.MillValleyCenter.org

PAY BY:
- o Cash
- o Check Payable to MVPR
- o MasterCard
- o Visa
- o Discover
- o Amex

Cardholder Name (as it appears on card): _____

Credit Card #: _____ Exp. Date: _____ V-Code: _____

Office Use Only	Fee Paid	Registrar	Date Processed	COA	Cash	Check #	Credit Card	Mill Valley Recreation Phone: **(415) 383-1370**