

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 \$30 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



Tax Services: 2015

It's that time again...The Taxman cometh. Volunteer Tax aides from AARP will be available to assist you in preparing your tax forms. The services is offered FREE to all, on a first come, first served basis.

Date: Tuesday & Thursdays, 2/2-4/14

Time: 9:30am – 12:30pm

Location: Community Center Teen Zone,
(Field View Room)

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.



*See the Adult Section
of this brochure for
a wide variety of classes*

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.

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

Wisdom Wednesday “LIFELINE”

For more than 25 years, Lifeline of the North Bay has enabled thousands of people to live with greater independence and dignity in the comfort of their own home. Lifeline of the North Bay provides you and your loved ones with peace of mind, offering the only FDA-approved personal emergency response service, and ensuring easy access to help 24 hours a day, 365 days per year, at a press of a button.

Presenter: Dave Decker, Community Relations

Age	Day	Dates	Time	Fee	Course #
55+	W	3/30	10a-12p	Free	36999

Location: Community Center, Terrace Lounge

Wisdom Wednesday Travel Packing Tips & Tricks!

Going on a trip? Come learn easy ways to Pack Less and still have everything you need to wear on your next Vacation.... Have you ever come home from vacation unpacked your bag, and realized you didn't use HALF your stuff? Think about all that Extra Weight you lugged along the whole trip! Lilia will teach and show you easy ways to help you strike that delicate balance and pack lighter on your next vacation. She first honed down her luggage skills while working for an International Airline as a Flight Attendant.

Age	Day	Dates	Time	Fee	Course #
55+	W	4/13	10-11:30am	Free	37000

Location: Community Center, Terrace Lounge



Wisdom Wednesday Navigating Transit in Marin

'Navigating Transit' is a free, one-hour, presentation and discussion about alternatives to driving for older adults in Marin County. A Marin Transit representative will present extensive information on riding the bus and ferry, including trip planning, tips for riding and fare options for older adults. It also includes a discussion of transportation alternatives available to older adults in Marin County including volunteer driver programs and the Marin Catch-A-Ride service. Jon Gaffney has worked in Mobility Management at Marin Transit for the last three years, and provided Paratransit services to Marin Residents for a decade.

Age	Day	Dates	Time	Fee	Course #
55+	W	5/11	10-11am	Free	36701

Location: Community Center, Terrace Lounge

Wisdom Wednesday California Alliance for Retired Americans

CARA is a statewide network of hundreds of organizations that educate and inform its membership, the public, and elected officials about the issues that affect the well-being of California's older adults - and mobilizes its members to take action on these issues.

Age	Day	Dates	Time	Fee	Course #
55+	W	6/15	10-11am	Free	38020

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 lead 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, 8 classes

Age	Day	Dates	Time
65+	W	4/6-5/25	1-2:30pm

Fee: \$80 - Scholarship Available

\$60 - Marin Village / Scholarship Available

Location: Community Center, Tamalpais 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: 3/17, 4/7, 4/21, 5/5, 5/19, 6/2, 6/16
(no movies in July or August)

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



GO VAN-GO! DAY TRIPPERS

See Page 3 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! Rosie the Riveter Historic Park

One of the most memorable impacts of the home front war industry was symbolized by the iconic Rosie the Riveter - with her rolled up sleeves, flexed bicep and can-do expression. She represented the recruitment of women not just to riveting ships together but also into a wide range of jobs that had been done mostly by men, many of whom had gone off to war. Self-guided tour of Rosie the Riveter Historic park and a no-host lunch at a local eatery.

Age	Day	Dates	Time	Fee	Course #
55+	W	4/20	10a-3:30p	\$25	36993

Location: Community Center, Lobby

Go Van Go! Bodega Bay, CA

One of the most wonderful road trips in the Bay Area leads to the little fishing town of Bodega Bay. Indulge in the beauty of the bay, harbor and wild life. A no-host lunch at a local restaurant or snack bar; chose from fish & chips, clam chowder, fresh fish of the day and more. Then we are off to the headlands to take in the scenic cliffs and Pacific Ocean.

Age	Day	Dates	Time	Fee	Course #
55+	Th	5/12	9:30a-3:30p	\$25	36994

Location: Community Center, Lobby

Go-Van-Go! Matanzas Creek Winery

Lavender fields forever at Matanzas Creek winery in Sonoma County. With more than two million stems harvested every year, Matanzas Creek estate grown lavender is truly something special. Wine tastings (extra cost) at Matanzas Creek winery are featured daily and picnicking in the midst of the wineries fragrant lavender fields make the most of this unique winery. Before our visit to the winery a stop at a local deli to purchase our lunches.

Age	Day	Dates	Time	Fee	Course #
55+	Th	6/2	10a-4p	\$25	36995

Location: Community Center, Lobby

SPECIAL EVENTS

MAY 2016

SENIOR ART SHOW

In celebration of Older Americans month we are inviting artist 60 years or older to participate in our annual senior Art show. This exhibit will be on display for the month of May at the MV Comm. Center Lobby. An artist reception is scheduled for Wednesday May 4th.

Registration & information available at the Community Center or online March 21st 2016. Participants must reside in Mill Valley or Southern Marin. Each artist is allowed to exhibit one art piece. (Paintings, drawings, photos or crafts etc.)

Your art piece must be mounted for hanging with wire, (no table top art) and pieces should not exceed 32"x 36". Space is limited; forms must be received by 5pm, April 18th. No late entries accepted.

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 #
55+	Th	4/14	4:30-6:30pm	\$8	36998

Location: Community Center, Terrace Lounge

- 12th Annual -
**Flea Market &
 "Made in Marin" Fair!**
Saturday, June 18, 2016

**Flea Market registration forms & information
 available April 2016**

**New "Made in Marin" Fair - go to
www.millvalleycenter.org or call
 415-383-1370 for details.**

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: 3/15, 4/19, 5/17, 6/21 (no dances in July/Aug), 7:30pm to 9:30pm.

Location: Community Center, Cascade Room

\$10 per person!



