MILL VALLEY SENIORS' CLUB
NEWSLETTER & CALENDAR
SEPTEMBER & OCTOBER 2015
180 CAMINO ALTO, MILL VALLEY, CA 94941
415-383-1370

President Message (Eleanor Sotelo) I hope you are enjoying your summer. I certainly am! Now we are starting a new season with much to look forward to. We have great trips and events lined up and hope you will participate. A new program will be presented on Tuesday, September 8th and then on the second Tuesday of each month called "Helpful Hints". I will be showing you something to make your life easier as they have made mine. If you have some ideas of your own, please present them at this time or on a future Tuesdays. I am also looking for a volunteer who will come for a couple of hours a month to do simple sewing repairs such as, buttons, hems, etc. In an effort to help improve our club, enclosed you will find a questionnaire. Please fill it out and put in the box in the Terrace room. Looking forward to seeing you on Tuesdays. Love, Eleanor

KC Message (415-383-1370) The new 2015 Fall Brochure has arrived! Pick one up and check out the new programs, classes, special events, trips and more at the Mill Valley Community Center!

Blood Pressure Screening: Heartland Hospice of Marin offers blood pressure screenings at the Mill Valley Community Center. This service is free every second Tuesday of each month, 11am – 1pm.

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Day Trips! Price on Tummies To Mummies trip on Sept. 22nd has been reduced to $30 for MV club members and $35 for non-members (was $84.50 club members / $89.50 non-members.) Fleet Week, Blue Angels trip on Saturday, Oct. 10th also has been reduced to $70 for club members and $80 non-members (was $128 members / $133 non-members). These are great savings, come join us on one or both of these exciting day trips!!! Limited tickets. (Please call KC at 415-383-1370 for reservations) Those that have purchased a ticket prior to this reduction, please call me.

Membership Sec'y (Sheila Ali, 415-383-3530) Welcome to five new members:
Elizabeth Chestnut – 20 Catalpa Ave., Mill Valley, Ca. 94941, Phone # 415-388-4537
Linda Lathan – 52 Circle Ave. Mill Valley, Ca. 94941, Phone # 415-388-3102
Mary O'Malley – 5 Morning Star Course, Corte Madera, Ca. 94925, Phone # 415-924-8787
Barbara Rocco – 30 Dorset Dr., Mill Valley, Ca. 94941, Phone # 415-383-1459
Ann Marie Ruiz – 160 Seminary Dr. #1, Mill Valley, Ca. 94941, Phone # 415-928-9510

Change of address:
Barbara Shafran – 310 Channing Way #103, San Rafael, Ca. 94903, Phone #415-755-4509

Sunshine (Barbara Wallace, 415-388-2520) In the month of August get-well & thinking of you cards were sent to; Karlene Ipsen, Ruth Grant, Mary Cosgrave, Carol Bacon & Aggie Leonardich. A sympathy card was sent to Dallas Swann in the loss of her father.
We lost a long time member and friend Romolo Iavarone, he will be deeply missed.

The next meeting of the Marin Glaucoma Group will be Saturday, Sept. 5, 2015 from 1:30pm to 3:00pm at the Two-Four Lounge of The Redwoods, 40 Camino Alto, Mill Valley. The support group meetings are on the first Saturday of the month, and at the same time and place each month. They are open to the public, free, and require no reservations. Also, refreshments are always served. Please feel free to drop in during our next meeting, or on another month if that is more convenient for you.

September 2015 Calendar (Table & board games: Bridge, play nine, scrabble)

Sept. 1st 10am BOARD MEETING / Table & board games, socializing / 11am Chair Yoga /

Noon- sack lunch / 12:30pm General meeting / 1pm BINGO!

Sept. 8th 10am Table & board games, socializing / 11am Chair Yoga / Noon–sack lunch / 12:15, Librarian on Location / 12:45pm Helpful Hints! / 1pm BINGO!

Sept 10th (Thursday, 10am - Noon) OPEN HOUSE! Mill Valley Community Center Presents: The Center of Active Living: You are invited to the MVCC, meet instructors, and learn about programs, services, special events, travel, Club activities and more! FREE! Giveaways, snacks and exhibits.

Sept. 14th (Monday) Flu Shot Clinic 10am –11:30am Location: M.V. Community Center Lobby

Sept. 15th 10am Table & board games, socializing / 11am Chair Yoga /Noon-sack lunch /BINGO!
Tonight! Stardusters' Orchestra Dance – 7:30pm – 9:30pm Get out your dancing shoes and dance the night away in our elegant Cascade room at the Community Center. $8pp

Sept. 16th Wisdom Wednesday! Free educational & informational workshop! 10am 'Mill Valley Village' presentation: A growing movement dedicated to helping seniors remain in their homes and maintain active, independent lifestyles.

Sept. 17 (Thurs) 'BOARD GAME SOCIAL' 4:30 – 6:30pm Enjoy an evening of playing your favorite board or card games with new and old friends. Light dinner and drinks will be available. Register now at MVCC to reserve your space. Cost: $8 Course # 34384.

Sept. 22nd Day Trip! Tummies To Mummies! Cost: $30 club members/ $35 non-members (includes; deluxe transportation, 5 course luncheon, w/entertainment, Rosicrucian Egyptian Museum)

Sept 24th 10am Travel Presentation: Have you been searching for an exciting, exotic destination for your next trip? Join us in the Terrace room at the MVCC, with Collette Tours. We will be exploring the following destinations, Tropical Costa Rica, Southern Charm, Mackinac Island, a small group to Tuscan and Umbrian Countryside & America's Music City. Pack your bag for a new adventure!

Sept. 29th (Quarterly Birthdays' Celebration! July, Aug. & Sept. Members)
10am Table & board games, socializing / 11am Chair Yoga / Noon – Birthday Luncheon Celebration 1pm Entertainment by; The SIRenaders.

Movie Matinee for September – Showtime 1pm Popcorn & Refreshments!!! (No movie on the 17th)
Sept. 3rd MCFARLAND, USA – w/Kevin Costner, Maria Bello. Drama, family - Based on a true story

October 2015 Calendar: ***(Table & board games; bridge, scrabble, play nine, rummikub)***

Oct. 6th 10am BOARD MEETING / Table & board games, socializing /11am Chair Yoga / Noon-sack lunch / 12:30pm General meeting / 1pm BINGO!

Oct. 10th (Saturday Day Trip) "Fleet Week" Best Panoramic View for the Blue Angels aboard the SF Belle, Hornblower. Deluxe transportation, Buffet lunch, free flowing champagne, music
$70 MV Club Members / $80 Non-members – Limited tickets! Depart MVCC: Noon / Return: 5:30pm

Oct. 13th 10am Table & board games, socializing/11am Chair Yoga / Noon-sack lunch /1pm BINGO!

Oct. 20th 10am Table & board games, socializing/11am Chair Yoga / Noon-sack lunch, 1pm BINGO!

Oct. 21st (Wed) Marin Senior Information Fair! 9am-3pm Marin Exhibit Hall, San Rafael

Oct. 27th 10am Table & board games, socializing / 11am Chair Yoga / Noon: Howling Halloween Party! Sink your teeth into a 'Spooky' feast Sign up with KC by 10/20 ($5 per victim) Come in costume if you dare…….