

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



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.

FREE WEEKLY DROP-IN ACTIVITIES

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

Wednesday Walks for Seniors

Enjoy a stroll around Mill Valley every Wednesday morning 10:00am-11:00am, weather permitting. Meet in the lobby at the Community Center and off we go.

Senior Book Club

We all enjoy a good book. Come and share every 3rd Wednesday of the month in our terrace lounge at 11:00am. Discuss current releases and past favorites with the group.



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

Wisdom Wednesday
Restorative Writing

IN YOUR OWN WORDS – Restorative Writing Workshop We think differently when we write. Heartland Hospice Bereavement Coordinator Ruth Kalter, Psy.D, will offer thought-provoking prompts designed to free your words and help you find fresh ways of viewing your life and your experience. This is writing for exploration, not a class about writing. You'll write as though you're talking to your best friend—in your own voice. You'll also have the opportunity to share your writing with the group, but only if you want to!

Presented by: Ruth Kalter Psy. D. Heartland Hospice

Age	Day	Dates	Time	Fee	Course #
55+	W	9/7	10a-12p	Free	39272

Location: Community Center, Terrace Lounge

Wisdom Wednesday
Advance Directives

Advance Planning: General education on Advance Directives, Living Wills, the POLST and the differences between these documents.

Presented by:

Heartland Hospice-Lana Marochnik MSW LCSW

Age	Day	Dates	Time	Fee	Course #
55+	W	9/14	10-11am	Free	39273

Location: Community Center, Terrace Lounge

Wisdom Wednesday
Technology 4 Life

What makes a Smart Phone smart? What can you do with an iPad, Tablet or Computer – what's the difference? What is a Kindle Fire? Come see, touch and play with gadgets like these and see for yourself what all the buzz is about. At Technology4Life, our goal is to help adults, of all ages, learn to use technology as part of their everyday life. Turn your tech fear into tech savvy!

Age	Day	Dates	Time	Fee	Course #
55+	W	9/21	10-11:30am	Free	39271

Location: Community Center, Terrace Lounge

Wisdom Wednesday
30-Minute Guide to Understanding Dementia

What's the difference between normal age-related changes in the brain and something more serious like Alzheimer's Disease? What are the most common types of dementia? What treatments are currently available? Join us for this informative presentation where we will dispel common myths, review the primary causes of dementia, and explain what's happening in the brain when dementia is present.

Presented by: Tender Rose Home Care

Age	Day	Dates	Time	Fee	Course #
55+	W	10/12	10-11:30am	Free	39270

Location: Community Center, Terrace Lounge



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 or 2 classes

Age	Day	Dates	Time	Course #
Renewal Class				
55+	M	10/17	9a-1:30p	39280
Smart Driver				
55+	M&W	12/5-12/7	9a-1p	39281

Location: Community Center, Terrace Lounge
\$15/AARP, \$20/non-AARP

Life's Third Act

Agesong Marin is a lively conversation group for seniors 65 and older who want to talk, listen, laugh and learn about the issues important to you as an aging person. Since the group is small, (limited to 9 people at the most), each person has plenty of time to share and participate. The group is led by two experienced facilitators, both of whom are also seniors. To sign up or ask questions telephone 415-491-5726. Also, see a very informative website, www.agesongmarin.org.

Instructor: AgeSong, 8 classes

Age	Day	Dates	Time
65+	W	9/7, 10/26	1-2:30pm

Fee: \$80 - Scholarship Available

\$60 - Marin Village / Scholarship Available

Location: Community Center, Tamalpais Room

Movie Matinee

Have you heard about our Movie Matinee at the Mill Valley Community Center? Every 3rd Thursday of the month we offer comedy, drama, action and animated movies old and new on our big screen in the Terrace Lounge. Come and join us for popcorn, refreshments and a great show. (A monthly schedule is available at the center.) Free!

Show dates: 9/15, 10/20, 11/17, 12/15

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 6 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! Healdsburg-Sonoma County

Lets stroll around Healdsburg and discover the treasures and treats available in beautiful downtown. A no host lucheon at a cafe of your choice.

Age	Day	Dates	Time	Fee	Course #
55+	Th	9/8	9:30a-3:30p	\$25	39265

Location: Community Center, Lobby

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+	Th	10/6	9:30a-3:30p	\$25	39264

Location: Community Center, Lobby



SPECIAL EVENTS

Marin Senior Information Fair!

Wednesday, October 26th, 9am – 3pm
Marin County 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: 9/20, 10/18, 11/15, 12/20, 7:30pm to 9:30pm.

Location: Community Center, Cascade Room

\$10 per person!



