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 Friday 10:00 am- 4:00 pm. Evenings and weekends the facility is open for programs, classes and special events as scheduled. Come see what your Center has to offer.

Tax Services 2012

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.

Days: Tuesday & Thursdays
Time: 9:30am 1:30pm
Dates: 2/5 – 4/11
Location: Teen Zone

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
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

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.

CHESS

Do you enjoy playing chess, but need a partner or a new challenge? Come to the Community Center. Mon. & Wed. 10am-12pm

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. The emphasis is on fun. Tues. 10:00am-12pm

MAH JONGG

All players' welcome!
Wednesdays: 1-4pm experienced , 2-4pm less experienced more relaxed atmosphere.
Location: Terrace room

CHAIR YOGA

Keep moving to prevent the stiff muscles and achy joints. First 3 Tuesdays of each month, 11am – Noon.
Location: Mt. View room
Instructor: Rayner Needleman

Senior Art Show – May 2013

Mill Valley and Southern Marin Senior Artists will be displaying original works during a month-long exhibit at the Mill Valley Community Center. Not A competition, the art show is an opportunity to showcase the talents of local senior artists.

Participants must be 60 or older and are encouraged to display paintings, drawings and crafts. Each artist may display 1 piece of their work. To maintain the uniqueness of the show only new or never-entered artwork will be accepted. To obtain a Senior Art Show registration form call 383-1370 or stop by the Mill Valley Community Center and pick one up.

Registration forms will be available March 2013.
Space is limited so register early.
Registration forms must be received by April 25th.

9th Annual Flea Market Extraordinaire

SPONSORED BY THE MILL VALLEY SENIORS CLUB

SATURDAY - JUNE 29, 2013

Be here for the Fun & the Finds!

Registration forms & information available April 2013
Inside & Outside Space for $35

The Birds and the Bee's Tea

Let's welcome the springtime with tea and toast to the season's promises, the new life in the garden. Birds, Bees, Flowers' and Tea will highlight the afternoon. Small tea sandwiches, lovely honey cakes, scones, and spring strawberries will play a role in our tea date. Make your reservation early, space is limited.

Instructor: Cara Williams, 1 class

Age	Day	Dates	Time	Fee	Course #
18+	Th	5/23	2:30-4:30pm	$25	26513

Location: Community Center, Terrace Lounge

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:
2/21, 3/7, 3/21, 4/4, 4/18, 5/2, 5/16, 6/6, 6/20
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

4 1/2 Hour AARP Driving Course

This program is only for persons who have previously completed the AARP 8-hour program in the last four years. As with the 8-hour course, this 4 ½ hour course was developed by AARP and reviews basic rules of the road, including accident prevention, car maintenance, as well as the effects of medications and alcohol on driving. And, as with the 8-hour course, a certificate is awarded at the completion of this 4 ½ Renewal Course which by law entitles the graduate to an insurance discount for three years. There is no break, so bring a sack lunch. Space is limited to 30 students. Advanced registration required. Make checks payable to AARP. Please bring AARP Membership Card to class.

Instructor: TBA, 1 class

Age	Day	Dates	Time	Course #
55+	W	5/8	9a-1:30p	26497

Location: Community Center, Terrace Lounge
Fee: $12 AARP member, $14 non-AARP member

AARP Driver Safety Program (formally 55 Alive)

A classroom course for drivers 55 and over. The Driver Safety Program is a unique course that helps those over 55 improve their driving skills. Developed by the American Association of Retired persons (AARP), this course reviews rules of the road, accident prevention, auto maintenance, energy saving tips, and the effect of medication and aging on driving. A certificate of completion is awarded which entitles graduates to insurance discounts. (Must attend both days of the 8-hour course). Make checks payable to AARP. This class will be offered quarterly. Space is limited to 30 students. Bring a snack.

Instructor: TBA, 2 classes

Age	Day	Dates	Time	Course #
55+	M&W	8/5-8/7	9a-1p	26498

Location: Community Center, Terrace Lounge
Fee: $12 AARP member, $14 non-AARP member

safe

Seniors in Balance – Introduction to the modified Tai Chi Form

This class is an introduction to the Seniors in Balance modified Tai Chi form, which is specifically designed to promote balance, providing individual attention; we focus on alignment, coordination, lower body strength and flexibility of the feet. As we learn this shortened form, our movements become more fluid, calm and meditative. This class complements the Seniors in Balance Tai Chi Qigong class, but is not a required prerequisite.

Instructor: Sandy Smith
(New students encouraged to come at 9:30am)

Day	Dates	Time	Fee
M	Present - 7/29/13	9:30-10:50am	$5 drop-in

Location: Cascade Room
No class: 2/18, 5/27

Seniors in Balance – Tai Chi Qigong

A blend of Tai Chi Qigong, Yoga and Western Mind/Body Science to Improve Balance and Coordination. This class 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. The program, now in its 9th year includes balance principles and practices from Tai Chi, Qigong, yoga therapy and brain stimulating exercises from western science. The program is distinguished from either western exercise-based balance classes, or Tai Chi classes, by its comprehensive blend of eastern and western movement therapies, which specifically address age related changes to balance. The carefully orchestrated practices work simultaneously on all dimensions of balance, fostering both stability and flexibility.

Instructor: Shirley Dockstader

Day	Dates	Time	Fee
M	Present - 7/29/13	11a-12p	$5 drop-in

Location: Cascade Room
No class: 2/18, 5/27

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

Say, CHEESE! West Marin

Off to explore three local artisan cheesemaking companies, Marin French Cheese, Cowgirl Creamery and Nicasio Valley Cheese. Meet some of the cheesemakers and maybe even see cheese being made…and don't forget the samples. We then head off to Rancho Nicasio Vintage Roadhouse for a no-host lunch were it is tucked away among the rolling hills of West Marin.

Instructor: TBA, 1 classes

Age	Day	Dates	Time	Fee	Course #
55+	Th	3/14	9:30a-3:30p	$15	25488

Location: Community Center, Lobby

Historic Town Square - Sonoma

Let's visit Sonoma's beautiful and historic Plaza - site of the Pomo and Miwok Indians sacred meeting grounds, the Bear Flag Revolt and home of California's last mission. Step back into time and discover this wonderful quant town; also its unique shops, restaurants and bakery during your visit. No host lunch at a local restaurant in Sonoma.

Instructor: TBA,1 class

Age	Day	Dates	Time	Fee	Course #
55+	Th	4/25	10a-3:30p	$20	26506

Location: Community Center, Lobby

Valley Ranch, Petaluma

Stroll, Sniff & Shop the Garden Valley Ranch located in Petaluma offers beautiful and interesting gardens. From the long flower border, pond gardens, perennials, beautiful fountains and planting fragrant flowers, foliage and shrubs and of course, there are the 10,000 roses in there cutting fields blooming. ($5 for self-guide tour) No-host lunch in Petaluma.

Instructor: TBA. 1 classes

Age	Day	Dates	Time	Fee	Course #
55+	W	5/29	10a-3:30p	$20	26507

Location: Community Center, Lobby

John Muir National Site, Martinez

John Muir, conservationist and founder of the Sierra Club. His crusade for wilderness preservation aided in the establishment of national parks and forests. Let's tour Muir's residence in Martinez, built in 1882 the 17-room mansion with its original furnishing and surrounding orchards. A videotape provides information about Muir's life and the site. No-host lunch in downtown Martinez. Moderate amount of walking.

Instructor: TBA, 1 class

Age	Day	Dates	Time	Fee	Course #
55+	W	6/12	10a-3:30p	$20	26508

Location: Community Center, Lobby

Mill Valley Seniors' Club

Mill Valley Seniors' Club, under the sponsorship of the Mill Valley Parks & Recreation Department, 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 three times a month 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 new ideas are most welcome in this friendly group – come in and visit! Call 383-1370 to receive a membership application.

Mill Valley Seniors' Club – Spring 2013 Highlights

March 2013

5 BOARD MEETING, Table games, CHAIR YOGA, Gen. Mtg. BINGO!
7 FREE MOVIE MATINEE! 1pm
12 Table games, CHAIR YOGA, Bingo!
19 Table games, CHAIR YOGA, St. Patrick's Luncheon & Celebration
21 FREE MOVIE MATINEE! 1pm
23 Saturday Bunny Breakfast & Egg Hunt!
26 Table games, BINGO!

April 2013

2 BOARD MTG. Table games, CHAIR YOGA, Gen. Mtg. Bingo!
4 FREE MOVIE MATINEE! 1pm
9 Table games, CHAIR YOGA, Bingo!
13 (Saturday Day Trip) 'Sound of Music' at the Lesher Arts Center
16 Table games, CHAIR YOGA, Potluck Luncheon! Bingo!
18 FREE MOVIE MATINEE! 1pm
23 Table games, Bingo!
30 Table games, Bingo!

May 2013

2 FREE MOVIE MATINEE! 1pm
7 BOARD MTG. Table games, CHAIR YOGA, Gen. Mtg. Bingo!
Senior Art Show Reception! 6pm-8pm Comm. Center Lobby
14 Table games, CHAIR YOGA, Quarterly Birthday Party Celebration!
16 FREE MOVIE MATINEE! 1pm
21 Table games, CHAIR YOGA, Bingo!
28 Table games, Bingo!

Mill Valley Seniors' Club – Summer 2013 Highlights

June 2013

4	BOARD MTG. Table games, CHAIR YOGA, Gen. Mtg. Bingo!
6	FREE MOVIE MATINEE! 1pm
11	Table games, CHAIR YOGA, Bingo!
18	Table games, CHAIR YOGA, Pizza Day! Bingo!
20	FREE MOVIE MATINEE! 1pm
25	Table games, Bingo!
28	Set-up for MV Senior Club 9th Annual Flea Mkt.
29	(Saturday) 9th Annual Flea Market! 9am – 3pm

July 2013

(Annual $25 Membership Dues are due for 2013-14)

2	BOARD MTG., Table games, CHAIR YOGA, GEN. MTG. Bingo!
9	Table games, CHAIR YOGA Installation of 2013-14 MV Seniors' Club Officers & Directors
16	Table games, CHAIR YOGA Day Trip! The Razzle Dazzle performance of Kitchen-Kut Ups!
23	Table games, Bingo!
30	Table games, Ice Cream Social, Bingo!

August 2013

6	BOARD MTG. Table games, CHAIR YOGA, GEN. MTG. Bingo!
13	Day Trip! Annual Mill Valley Senior Club Picnic!
20-26	COMMUNITY CENTER/AQUATIC & FITNESS CENTER CLOSED for annual maintenance.
27	Table games, Bingo!

CREAM OF THE CROP! THURSDAYS' FARMERS MARKET!

Grab your baskets and bags and let's go to the market. Browse the isles for fresh and local produces, bakeries, and a selection of gourmet foods to eat while you are there or to take home to enjoy later. Demonstrations, flowers and many artisans too!

Register with K.C., Senior Services Coordinator at the Community Center.

Depart: Community Center 9:30am **Return: approx. 11:30am**

Dates: 3/14, 4/11, 5/9 **Fee: $3 per person**.

Make your reservation early, as space is limited.
(9 Passenger Community Center Van). If raining, trip will be cancelled.

Mill Valley Parks & Recreation Registration Form

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

Cardholder Name (as it appears on card): _____

MasterCard or Visa #: _____ Exp. Date: _____

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