



**MILL VALLEY SENIORS' CLUB NEWSLETTER & CALENDAR
FEBRUARY & MARCH 2014
180 CAMINO ALTO
MILL VALLEY, CA 94941
415-383-1370**



Presidents Message (Orville Gotcher, 388-7031) Greetings!

This plaque on a wall caught my eye:
DON'T COMPLAIN ABOUT GROWING OLD...FEW PEOPLE GET THE PRIVILEGE!
We smiled at the wisdom of those few words. How blessed we felt in that moment to realize we had successfully reached our eight decade and were still kicking and laughing. I suddenly got excited about all the possibilities ahead – adventures, risks, fun experiences, and the stuff of life that keeps us young at heart regardless of circumstances.

Question: Did you know that six out of the seven Dwarfs are not happy?

Trivia Question: Norwegians were among the first to get around in winter by strapping boards to their feet. What is the Old Norse word for “piece of wood”?

That's All Folks – God Bless: The Captain

KC's Message (383-1370) We thank Glennis Fitzgerald for volunteering to be the Clubs new Trip Chair!

The Mill Valley Recreation Spring/Summer 2014 Brochure will be out mid February. Take a peek and discover many new and exciting classes and event at the Mill Valley Community Center.

Calling all senior artists residing in Mill Valley and Southern Marin, our annual Senior Art Show will take place in the month of May at the Mill Valley Community Center. Registration forms will be available in March.

One of our members who attended the Holiday Celebration at the Basque Cultural Center received a wonderful gift and finds it very useful, the gift was a change purse. She would love to know who brought it so she can purchase some for her friends. Please call Karlene Ipsen at 888-2015.

Membership Sec'y (Sheila Ali, 383-3530) Welcome to three new members:

Jack & Joanie Ciardelli – 29 Narragansett Cove, San Rafael, Ca. 94901 – Phone # 256-9531

Dona Swain – 81 Monte Mar Dr., Sausalito, Ca. 94965 – Phone # 497-0505

Sunshine (Barbara Wallace, 388-2520) In the month of January we lost a long time club member and friend Joyce Pastene, a sympathy card was sent to her family.

The Ida Geary Glaucoma Support Group: meets the first Saturday of each month. The meetings are open to the public, free and require no reservation. The next meeting will be on February 1st 1:30pm – 3pm at the two-four lounge at The Redwoods, 40 Camino Alto, Mill Valley. For more information, call Judith Snyder at 388-3241.

FEBRUARY 2014 CALENDAR – Chair Yoga in Feb., 4th, 11th & 18th
Gung Hay Fat Choy – Year of the Horse

Feb. 4th 10am BOARD MEETING / Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 12:30pm General meeting / 1pm BINGO!

(Today is the last day to make your \$15 Birthday / Valentine Luncheon reservation)



Feb 5th Wisdom Wednesday! 10 – 11am Mill Valley Community Center

~ Transportation in Marin ~

The focus of this presentation is to give Marin's older adults a clear picture of the transportation options that are available to them out side of driving. A Marin Transit representative will present extensive information on riding the bus and ferry, including trip planning, tips for riding and fare options. It also includes a discussion of transportation alternatives in Marin including volunteer driver programs and the Marin Catch-A-Ride service.

Free informational workshop!

Feb. 11th 10am Table & board games, socializing / 11am Chair Yoga

Noon – Quarterly Birthday Valentine Luncheon Celebration (Lunch from Gira Polli)

(Jan, Feb & March members) Entertainment by the Golden Gate Harmony a barbershop a cappella quartet.



Feb 13th (Thursday) Sweet Heart Tea! 2:30p-4:30p

Enjoy all the sentiments of love & friendship in celebrating the month of Hearts!

Valentine inspired savory tea sandwiches, sweet treats and Tea!

Register early, as seating is limited. Cost \$20 (course #28452) Mill Valley Community Center

Feb. 18th 10am Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 1pm BINGO!

7 – 9pm STARDUSTER TUESDAY!

Dance, dance, dance & enjoy the live music of the Starduster Orchestra

\$5 per person at the door. Mill Valley Community Center, Cascade room

For more information call the Center at, 383-1370

Feb. 25th Table & board games, socializing/ Noon – munch on lunch as you Travel with Collette Vacation to the Islands of New England and other places of interest. Bingo to follow!

FREE MOVIE MATINEE: Showtime 1pm – Popcorn & Refreshments!

Feb. 6th - MIDNIGHT in PARIS w/ Owen Wilson, Rachel McAdams, Kathy Bates (comedy / fantasy)

Feb. 20th - 'CAPTAIN PHILIPS' w/ Tom Hanks, Barkhad Abdi (drama - new release)



MARCH 2014 CALENDAR – Chair Yoga for March: 4th, 11th & 18th

MARCH 2nd (SUNDAY) OSCAR NIGHT!



March 4th 10am BOARD MEETING/ Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 12:30 General meeting / 1pm BINGO!

March 11th 10am Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 1pm BINGO! (Today is the last day to make your \$6 reservation for the Baked Potato Luncheon)

March 17th HAPPY ST.PATRICK'S DAY!



March 18th 10am Table & board games, socializing / 11am Chair Yoga / Noon – It's wear'in of the green, St. Patty's Stuffed Baked Potato Luncheon!

March 25th 10am Table & board games, socializing / Noon – sack lunch / 1pm BINGO!