

## MILL VALLEY SENIORS' CLUB NEWSLETTER & CALENDAR MARCH & APRIL 2015 180 CAMINO ALTO MILL VALLEY, CA 94941 415-383-1370

Presidents Message (Orville Gotcher, 415-388-7031) Greetings!

Two monks on a pilgrimage came to the fiord of a river. There they saw a girl dressed in all her finery, obviously not knowing what to do since the river was high and she did not want to spoil her clothes. Without hesitation of the monk, took her on his back, carried her across and put her down on dry ground. The other monk after an hour started complaining "Surely it is not right to touch a woman, it is against the commandments to have close contact with a woman. How could you go against the rules of monks? The monk who carried the girl walked along silently, but finally remarked. "I set her down by the river a hour ago. Why are you still carrying her? Does this story remind you of someone? Let it go.

There comes a time when you have to stop crossing oceans for people who wouldn't jump puddles for you.

That's all Folks! God Bless. The Captain

<u>KC's Message</u> (415-383-1370) The new 2015 Spring/Summer Brochure is out. Take a peek and discover all the programs, special events, classes, activities and trips! Pickup one at the Center!

Just hot off the press! Our new 2014/2015 Mill Valley Seniors' Club Membership Roster is now available. Pop in and see me and pick one up.

Walk a Block Wednesdays! Senior walking group to start Wednesday, March 18<sup>th</sup>, meet at the Mill Valley Community Center lobby at 11am, meet new friends, enjoy the local scenery, wildlife and stay fit. Need more information, call KC.

Searching for a travel destination? Mill Valley Recreation & Collette Tours invites you to a special travel presentation. Come to the Mill Valley Community Center on Monday, March 30th at 6:00pm (or) April 22<sup>nd</sup> at 10:00am. Destinations include...Portugal and Its Islands, Tropical Costa Rica, Southern Charm and Colors of New England. To make reservations please call KC at 415-383-1370 or email kc@cityofmillvalley.org

<u>Trip Chair</u> (Glennis FitzGerald, 415-383-5357, pls. no calls after 8pm) Last chance and a great opportunity to sign-up for a special tour of the new Levi Stadium, home of the 49ers on March 10<sup>th</sup>. The Cache Creek Casino trip on Tuesday, May 12<sup>th</sup> is starting to fill up, payment due by April 7<sup>th</sup>. Separate checks for each event. Thank you!

Are you or someone you know may be in need of medical equipment? Call the Marin Medical Equipment Recyclers at 415-388-8198, Wednesdays 11am – 2pm.

Membership Sec'y (Sheila Ali, 415-383-3530) Welcome! To one new member:

Lilia Burke – P.O. Box 310, Corte Madera, Ca. 94976, Phone # 415-299-7785

## **Change of address:**

Karlene Ipsen, 40 Camino Alto #12103, Mill Valley, Ca. 94941 Shizuko Kawamoto, 40 Camino Alto # 4214, Mill Valley, Cal 94941 Robin Sterling 150 Seminary Dr. Apt. 2B, Mill Valley, Ca. 94941 Correction in spelling of last name in Membership Roster: Gloria Kuhnhausen

## MARCH 2015 CALENDAR

March 3<sup>rd</sup> 10am BOARD MEETING / Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch/ 12:30pm General meeting / 1pm BINGO!

March 10<sup>th</sup> 10am Table & board games/ 11am Chair Yoga

<u>Day Trip:</u> Tour of the *NEW* Home of the *49ers* -Levi Stadium

<u>Depart MVCC</u> at 8:30am / 8:35am Redwoods – Return approx. 4:30pm

March 17<sup>th</sup> 10am Table & board games, socializing/11am Chair Yoga /Noon – St. Pat's Celebration, join the party with a wearin' a bit of the green, Baked Potato Luncheon \$6

Tonight! Starduster Tuesday! Come dance the night away! 7:30pm-9:30pm

March 21<sup>st</sup> (Saturday) 'Lucky Charm' Bingo! Doors open at 5:30pm at the Mill Valley
Community Center with the Sisters of Perpetual Indulgence!
See flyer for complete information.
(Proceeds benefit Mill Valley Scholarship Fund & Senior Programs)

March 24<sup>th</sup> 10am Table & board games, socializing/ 11am Chair Yoga / Noon- sack lunch / 12:30 It's Trivia Time!!! 1pm BINGO!

<u>March 25<sup>th</sup></u> (Wisdom Wednesday) 'Hear So Good' Please join Dr. Lee Weissman Au.D. a local private audiologist, who will demystify hearing aids, Hear about the different types of hearing aids available today and what you can do to make sure you know what to look for and the questions to ask when you might need hearing aids. Location: MVCC, Terrace Rm.10am – 11am



<u>March 28<sup>th</sup></u> (Saturday) Mill Valley Community Center Spring Eggstravaganza! Bunny Breakfast 8:30am – 10am / Egg Hunt to follow!

March 31<sup>st</sup> 10am Table & board games/ 11am Chair Yoga / Noon-sack lunch / 1pm BINGO

Free! Movie Matinee – Showtime 1pm – Popcorn & Beverage March 5<sup>th</sup>'My Best Friends Wedding' w/Julia Roberts & Dermont Mulroney –comedy, romance. March 19<sup>th</sup> The Grand Budapest Hotel w/ Ralph Fiennes, Bill Murray – comedy, drama.



## **APRIL 2015 CALENDAR**

April 7<sup>th</sup> 10am Board Meeting / Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 12:30pm General mtg. /1pm BINGO! 2:15pm 'Gardening for Life' seminar offered by; Master Gardeners, in the Terrace room

<u>April 14<sup>th</sup></u> Spring Camp week – (Chair Yoga, lunch and Bingo in Mt. View room) 10am Table & board games, socializing / 11am Chair Yoga / Noon-sack lunch/ 1pm BINGO!

<u>April 21<sup>st</sup></u> 10am Table & board games, socializing / 11am Chair Yoga / Noon – sack lunch / 12:45 – 1:45pm Brain Fitness Workshop: Seriously, it's all fun and games…brain games that its! Facilitated by Bob Nations, President of the Senior Access Board of Director

<u>April 28<sup>th</sup></u> Today! All Mill Valley Senior Club members are invited to bring a friend, along with their lunch to the Club to acquaint them with the Center and our activities. 10am Table & board games, socializing / 11am Chair Yoga / Noon- sack lunch / 1pm BINGO!