

Dear friends and neighbors,

Hard to believe it is officially FALL and we are hurtling toward **October**. Anyone feeling a bit overwhelmed lately? Balancing hope with impatience? Hoping for good news, on so many fronts? As a reminder of what we all know from both history and our own experiences, a well-loved song from our collective long-ago past: [All Things Must Pass](#).

New Resources for Senior Fitness **Tom Borrromeo**



Well, we have terrific news to share about the return of a favorite exercise instructor. Tom Borrromeo, a Certified Personal Trainer and Senior Fitness Specialist, led twice-weekly in-person classes when Body Kinetics was able to host them in their space. As many of you recall, this program was originally created by Mary Rawles in partnership with Mill Valley Village. Tom took over when Mary retired, changed the course to emphasize senior strength training and instruction, and for the last nearly two years has led classes aimed at our demographic making these programs a staple for our villagers as well as others in the community.

So despite Body Kinetics no longer being able to host these programs, Tom has redesigned one of his most popular classes for training at home. The program, **Functional Fitness**, will include not only strength, but cardio conditioning, mobility, flexibility and balance, all with an emphasis on the mature adult body. The twice weekly classes will be live-streamed AND recorded so that class members need not worry about missing a class because of a scheduling conflict. This is the option that really caught my eye. Instead of expensive gym equipment, the classes will use common household objects. Tom will also provide guidance on low-cost and easily purchased equipment options. The classes will be offered for \$49/month, or \$10 for a single drop-in. Tom is also open to offering some form of discount for those where the monthly fee is a hardship. The monthly enrollment will also include access to additional private video workouts, instructional videos and tips.

In addition to the paid classes, Tom is offering home-fitness videos, free of charge. If you are interested in joining this class, accessing the free videos or getting on Tom's mailing list, please contact him at tommybtraining@gmail.com.

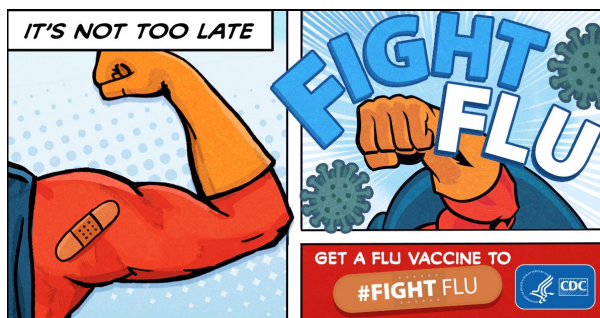
NEW - Mill Valley Village Movie Group
First Wednesday of the Month, Starting November 4th



Inspired by the popularity of similar programs started recently in other local villages, we are launching a **Mill Valley Village Movie Group**. The idea is to get together via Zoom to meet, greet, enjoy each other's company AND talk about that month's selected movie. In advance, we will each watch the selected movie, likely on Netflix, and then talk about what struck us about it, what we liked (or not), what it made us think about, remember or yearn for...and on and on. It will also be a great venue for each of us to hear from others what movies are on their list and what they have seen and recommended. If you are interested in being part of the group or getting more information, please contact **Seela Lewis** (seelalewis@gmail.com) and she will put you on the list to receive the monthly movie recommendation and Zoom link. Seela is looking forward to hearing from you and welcoming you to this new group.

November's movie, available on Netflix, is **Moonlight**.
Released in 2016, it was the winner of three Academy Awards.
We will get together via Zoom on November 4th at 2:00.

Yes, It's That Time Again
Get Your Flu Shot NOW



With everything on our minds, getting your annual flu shot may not be at the top of your list, but it should be. It is easy, inexpensive and currently readily available.

“Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself and the people around you from flu, and to help reduce the strain on healthcare systems responding to the COVID-19 pandemic.”

The recommendation is that we all get our flu shot before the end of October, as it takes a couple of weeks to become protective. We do not want to wait until we are fighting a local outbreak. Here is a good link to [**Key Facts About Seasonal Flu Vaccine**](#).

For availability call your doctor or pharmacy or try this website - <https://vaccinefinder.org>.

Mill Valley Neighborhood Response Groups

Neighbors-Helping-Neighbors To Prepare For, Respond to and Recover from Disasters

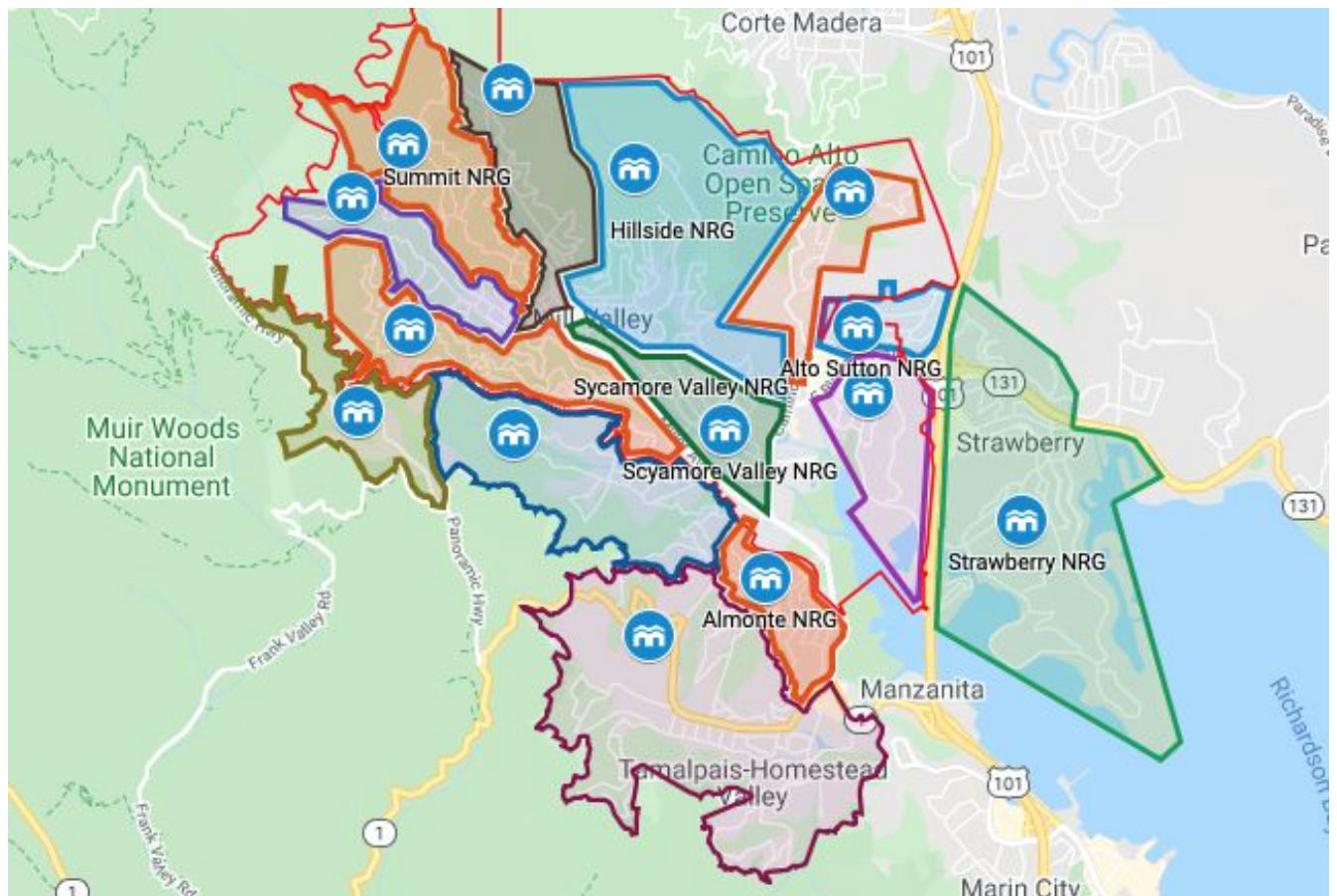


NRG Mill Valley

Neighborhood Response Groups

This is a great concept and one we are lucky enough to see taking hold in several of our Mill Valley neighborhoods. The concept behind this grass-roots volunteer-driven effort is that in times of disaster, such as earthquake or fire, our local responders may well be overwhelmed and the more we can each take steps to prepare, share information and look out for others in our neighborhoods the better we may do as a community.

Mill Valley currently has 13 Neighborhood Response Groups (see below). Within each NRG the goal is to have “blocks” of homes (from 10 - 20) that will band together with the help of two “block captains” to prepare NOW. Preparation is key and includes sharing contact information as well as tips on how to prepare in advance for disasters. In the process we can also gain an understanding of who in our neighborhoods might either be able to lend a hand or need a hand in an emergency.



Block Captains (BCs) are the heart of the program and form a crucial link between the NRG and the individual residents of Mill Valley. The role requires a responsible person with the time and interest to work as part of an emergency response team. Being at home is not a prerequisite. No special training is required to be a Block Captain or be on a local Steering Committee, just a willingness to spend some time learning more about the program and working with your neighbors. To understand more about the role of a Block Captain and the next scheduled training efforts click [here](#).

Much like the village, NRG Mill Valley is based on neighbors-helping-neighbors. As the website notes, the strength of the program is based on “the social cohesion of neighbors”, something we in Mill Valley appreciate and celebrate. Take a look, [here](#), to see how each of us can help. And for more information contact nrgmillvalley@gmail.com.

Knitting Us Together - A Mill Valley Community Project Available for Viewing - Starting October 6th



Finally, the time has come. This “Urban Knitting” project will cover some of the trees in the Mill Valley Plaza with knit or crocheted patches of yarn and flowers. The plan is to launch the Art Installation on **October 6** and for it to remain up for 7 - 10 days. Long enough to allow us all a chance to stop by and admire as well as take photos for those who cannot make it in person. Hope to run into many of you there.

My Name is Monte, and I Thought I Would be Spending My Life Visualizing World Peace...



But somehow I ended up visualizing **WHIRLED PEAS**.
I'm not sure how I got that SO wrong.

VOTE 2020 - MAKE A PLAN - VOTE EARLY

Election Day is November 3rd



Yes, you will be tired of seeing this by November 3rd! But here is the run down again for you and to pass on. Remember, **EARLY** is the key. These dates may also be found [here](#).

October 5: Vote-by-mail ballots start to be mailed

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October 6: Vote-by-mail Drop Boxes available throughout Marin County

October 19: Voter registration deadline

October 20: Conditional Voter Registration and same day voting begins

October 27: Last day to apply for a vote-by-mail ballot to be mailed (voters can still pick up a ballot at the Elections Department - 3501 Civic Center Drive - #121)

October 31: Polling places open with Conditional Voter Registration and same day voting available at polling places through Election Day

November 3, 2020: Election Day

And here is a reprise of some of the websites you can consult regarding voting, as you await delivery of your ballot:

- **Marin County's** [Voting by Mail](#) site.
- To check your voter registration information go to the Marin County Voter Information Portal (VIP), <https://apps.marincounty.org/vip/index.html>
- If you need to register to vote, go to <https://registertovote.ca.gov>, or email elections@sos.ca.gov or call 1-800-345-VOTE (8683)
- And new since last month [here](#) is the current list of polling places and drop boxes
- Polling places open from **October 31 - November 3rd**



Events for October

Here is the run down for October. These events can also be found at www.mvvillage.org under either the **Events** or **Calendar** tab. The **Events** tab will give you a list in date order. The **Calendar** tab shows you the same events in calendar format.

Fridays, October 2, 9, 16, 23 and 30, Hiking Group, 9am

Our hiking group is for serious hikers wishing to spend the day on the wonderful trails of Marin County. Hikes are scheduled weekly on Fridays and vary from moderate to strenuous. We take 45-60 minute lunch breaks with some of the most beautiful views around. What a great way to get some good healthy exercise and get to know your Village neighbors better! If you are interested in joining us on the trail please contact Julian Brandes (jjb94941@gmail.com or 415-845-8392) for more information.

Mondays? More?, “Back Before Lunch Hikes”

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3 to 4 miles long, with an elevation gain of 500-800 feet and lasting about 2 hours. The group used to meet early Monday mornings and be “back before lunch”. The hike was very popular, not only for the wonderful hiking venues but for the connections forged on the trail. While the once-a-week large group format is no longer feasible, new guidance from the County and Marin Villages opens the door to small group outdoor activities. To encourage you to keep on hiking, Sara Byruck, long-time group coordinator and hike leader, has offered to help you keep in touch with each other and out on the trail. And if you need a hiking companion she will put you in touch with others in the group who are also looking for someone to hike with. For more information or to get on Sara’s email list contact her at sbyruck@gmail.com.

Tuesday, October 6, Caregiving and Family - Challenges and Rewards, 1pm

Are you caring for a family member or friend? This group meets the first Tuesday of the month in a home near downtown Mill Valley. First convened in early 2015, the group has as its goal providing ‘support that recognizes one’s inner strengths and resiliency, no matter the circumstances’. If such a group might appeal to you, villagers are invited to contact Sara Byruck (sybruck@gmail.com or 617-599-8116) for more information and directions. **For now the group is meeting via Zoom at the same time.** If you have considered this group but have hesitated for any reason, now may be the time. Sara would be delighted to chat with you to see if it feels right for you. Give her a call.

Tuesdays, October 6, 13, 20 and 27, Knitting and Needlework Group, 3pm

Have a knitting or needlework project you would like to undertake in the company of friends? If so this group might be for you. We typically meet weekly to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. **For now we are meeting via Zoom.** This group has been meeting regularly and is enjoying the camaraderie around their efforts. Beginners are welcome. Mill Valley Village members and volunteers, as well as those interested in finding out more about the village, are welcome to contact Sara Byruck (sbyruck@gmail.com or 617-599-8116) for more information.

Wednesdays, October 7 and 21, Men’s Group, 11am

This is an informal “gathering” with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. **While this group**

has historically met at the Sweetwater, we have been meeting online via Zoom since March. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa (alan.hayakawa@gmail.com or 415-384-8998). The group meets the first and third Wednesdays at 11am.

Thursday, October 8, Book Club, 3pm

The group, led by Trish Hibben (t.hibben@me.com or 415-215-8394), meets monthly.

Until further notice the group is meeting online via Zoom. The group, aimed at local village volunteers and members, will be kept small. Contact Trish to be put on the list for future openings.

Wednesday, October 21, Third Wednesday Trail Walk Group, 10am

We hold 2 - 4 mile trail walks on relatively flat terrain the third Wednesday morning of each month, occasionally heading elsewhere for an outdoor adventure. We get together in small groups with local walks on wide open paths, keeping our distance and wearing masks. It is great to see one another in the open air and catch up. For more information or to get on the list to be sent walk details by email, contact Karen Robbins (karobbins@comcast.net or 415-519-3420).

Save the Date

Wednesday, November 4, First Wednesday Movie Group, 2pm

Please join us as we launch this new monthly program. The idea is to get together via Zoom to meet, greet, enjoy each other's company and talk about that month's movie. In advance we will each watch the selected movie, likely on Netflix, and then talk about what struck us about it, what we liked (or not), what it made us think about, remember or yearn for...and on and on. It will also be a great venue for each of us to hear from others what movies are on their list and what they have seen and recommended. If you are interested in being part of the group or getting more information, please contact the group coordinator, **Seela Lewis** (seelalewis@gmail.com), and she will put you on the list to receive the monthly movie recommendation and Zoom link. Seela is looking forward to hearing from you and welcoming you to this new group.

**Until next month...stay safe, stay well
and keep on the lookout for what you can do
to contribute to a better way forward**

