



Dear friends and neighbors,

As the weather warms we find ourselves in the midst of spring with full calendars and activities beckoning. We are so grateful for all the volunteers who are filling the many service requests that come with better weather: more social engagements, more household tasks, more garden chores and on it goes. Thank you! And for those of you who have wondered how you might help your fellow Villagers, read on for some ideas.

What is a Volunteer Service? Can you Help?



As a service organization, the Village is dedicated to helping us older adults “stay active, independent and connected”. To that end, our dedicated, friendly and dependable volunteers, your neighbors, are providing ever-growing numbers and types of services to Village members.

One type is what we refer to as “direct services”. These are typically one-on-one services. Perhaps a member needs an errand run, or a ride to an appointment, be it a Village lunch, a medical appointment or meeting up with a friend for a visit or walk. Or maybe a printer cartridge needs replacing or the same with a lightbulb or smoke alarm battery. These are just some of the services we volunteers are happy to provide.

But we also provide another set of “services”. There are volunteer-designed programs and events meant to bring us together around a common set of interests, like watching a movie, reading a book, needlework, taking a trail walk, writing a story, meeting up with friends for lunch or “Coffee at the Sweetwater”, a hike on the mountain...and on it goes. Each of these programs, which we list below, came out of someone’s particular interest and desire to share it with others.

If you have an interest to share or a few hours a month to help out a neighbor, or just want to connect with others in the Village, let us know how you would like to help build our community. Contact Karen Robbins (415-519-3420 or karobbins@comcast.net).

Be a Local Hero
Donate at The Outdoor Art Club Blood Drive
One West Blithedale Avenue, Mill Valley
Wednesday, April 17th, 10am to 2:45pm



Our wonderful Outdoor Art Club is hosting a blood drive on Wednesday, April 17th from 10am to 2:45pm. Please consider making a donation as your participation will have a huge impact. It's easy, just make an appointment and head downtown. Appointments can be made by calling 877-258-4825 or going to vitalant.org. If you have any further questions please contact Mill Valley Village member and volunteer Sara Byruck at sbyruck@gmail.com. Thanks in advance.

JOIN US
On The PLAZA

MEMBERS
VOLUNTEERS
FRIENDS
FRIENDS OF FRIENDS

Thursday, April 18th

If you have not stopped by yet, you are definitely missing out. Members, volunteers, friends, friends of friends are all invited to join us each Third Thursday. We meet on the plaza at the picnic tables at 4pm to hang out, have a little snack and chat, meeting new people and seeing Village friends in person. You are welcome to BYOB (Bring Your Own Beverage) and join us. We are usually around for an hour or more so plan accordingly and feel free to bring friends and introduce them to the Village. We are a welcoming bunch.

Join us at Tommy's Wok for Lunch
Monday, April 22nd at 1pm



Our fourth Monday lunches are a great opportunity to catch up with Village friends and meet others. This month we are trying a new-to-us restaurant recommended by several members, **Tommy's Wok**, 3001 Bridgeway, Suite H, Sausalito. They have a wide assortment of lunch specials and other items on their full menu resulting in a lot of options to choose from. As these luncheons are quite popular we urge you to make sure to reserve your seat as soon as you know you can come. Contact Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com) no later than the week before so she can make sure there are enough seats reserved for all. Please bring cash.

SAVE THE DATE !!!!

It's Show Time!

Featuring

Mill Valley Village Artists and Creators

SHOWCASE AND SPRING PARTY

Saturday, May 18th

2:00 - 5:00pm

Scout Hall at 177 East Blithedale and 30 Mountain View Ave



Drop in for Sips and Snacks

Celebrate Spring and our Creative Community

Applaud our Artists

Chat with your Village Friends

Creators: A separate invitation has gone out calling for participation by members and volunteers who would like to share their paintings, drawings, collages, fabric art, quilting, knitting, photography, sculpture, ceramics and handwork, as well as written works of fiction, poetry and more.

If you missed it/are still thinking about it/are ready to do it/or would like more information, contact Carol Allen (allen.carol@comcast.net).

Mill Valley Village - April Events

We hope you will join us at one or more of the Mill Valley Village activities listed below. You can also find these events on our website at www.mvvillage.org under either the **Events** or **Calendar** tab. To request to be sent our monthly newsletter by email just send us a note at: millvalleyvillageprograms@gmail.com. AND be sure to look for upcoming Marin Villages events in the *Village Square*, sent to all Villagers the second Tuesday of the month.

Mondays, April 1, 8, 15, 22 and 29, “Back Before Lunch Hikes”, 9am

These hikes, aimed at those looking for a shorter hiking option than our Friday hikes, have typically been 3.5 to 5 miles long, with an elevation gain of 600-800 feet and lasting about 2 hours. The group meets early Monday mornings and is “back before lunch”. The hike is very popular, not only for the wonderful hiking venues but for the connections forged on the trail. Sara Byruck is the long-time group coordinator and hike leader. For more information or to get on Sara’s email list contact her at sbyruck@gmail.com.

Mondays, April 1 and 15, Storytelling Workshops, 2pm

We gather twice per month for 90 minutes to read aloud short selections from our works in progress, followed by discussion, quiet writing time and more sharing. The group meets the first and third Mondays of each month from 2:00 to 3:30. The group is currently full. Please email Cindy at Cindy@theygybe.net for questions and further details.

Tuesday, April 2, Recent Articles Group, 10:10am

Do you sometimes read a great article and want to discuss it with interesting Villagers? Join the Recent Articles Group on the first Tuesday of the month from 10:10 to 11:30. We explore any topic except politics and religion. For details contact Sue Steele (xerty.10@gmail.com or 415-388-7832).

Tuesday, April 2, 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 at 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 (sbyruck@gmail.com or 617-599-8116). Sara would be delighted to chat with you to see if it feels right. Give her a call.

Tuesdays, April 2, 9, 16, 23 and 30, 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 meet weekly to discuss potential projects, enjoy each other’s company and encourage each other as progress is made. Beginners are welcome. Mill Valley Village members and volunteers are welcome to contact Sara Byruck (617-599-8116 or sbyruck@gmail.com) for more information.

Wednesdays, April 3 and 17, Men’s “Coffee”, 11:30am

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 in. The group meets at

restaurants around Mill Valley the first and third Wednesdays at 11:30am. To be put on the reminder list for meetings contact Irv Gubman (415-250-6155 or irvgubman@gmail.com).

Wednesday, April 3, Movie Group, 4pm

Once a month we get together via Zoom to meet, greet, enjoy each other's company and talk about that month's selected movie. In advance, we watch the movie 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. Mill Valley Village volunteers and members who are interested in joining this group, please contact Seela Lewis (seelalewis@gmail.com).

Fridays, April 5, 12, 19 and 26, "All Day" 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.

Wednesday, April 10, Coffee at the Sweetwater, 10:30am

Please join us at our monthly get-togethers second Wednesdays at 10:30 in the Sweetwater Music Hall. It is a casual plan, you come and go as you have time, sit and chat with friends and meet new ones. It is a great opportunity to get to meet other Villagers and get to know more about the Village. You are welcome to bring your own "cuppa" as the cafe is not open, although a pot of coffee and donuts are provided.

Tuesday, April 16, Third Tuesday Book Club, 1pm

This book club, led by Beth Brandes (brb94941@gmail.com) and Carolyn Burwell (carburwell@gmail.com), meets monthly on the third Tuesday. Like the "Third Thursday Book Club", it is kept small to encourage discussion and camaraderie, and is currently full. When openings become available that opportunity will be posted in the newsletter.

Wednesday, April 17, Third Wednesday Walkers, 10am

We hold 2-3 mile flat terrain walks or excursions in places of interest, urban or rural, ocean or mountain, often carpooling to destinations and staying for lunch at local restaurants. We love to "get outta town"...but mostly within 20 to 40 minutes' drive, or ferry or bus or train ride. Gathering in Mill Valley at 9:30 or 10 we are usually home by 2. To get on the list to be sent details contact Karen Robbins (415-519-3420 or karobbins@comcast.net).

Thursday, April 18, Third Thursday Book Club, 1pm

This book club meets the third Thursday of each month. Both book clubs, for local Village volunteers and members, are kept small to encourage discussion and camaraderie, and are currently full. When openings become available they will be posted in the newsletter. For questions please contact Ginnie Job (ginniejob4@gmail.com).

Thursday, April 18, GATHERING ON THE PLAZA, 4pm

Members, volunteers, friends, friends of friends and curious passers-by are invited to join us at the picnic tables on the Plaza to hang out, have a little snack, get outta the house, meet new people and see Village friends in person. This is a **BYOB** event so bring your favorite beverage (and friends) and come join us. We'll be looking for you!

Monday, April 22, Tommy's Wok, 1pm

This month we are trying a new-to-us restaurant that has been recommended by several members: **Tommy's Wok**, 3001 Bridgeway, Suite H, Sausalito. They have a wide assortment of lunch specials and other items on their full menu resulting in a lot of options to choose from. The plan is simple, you bring cash, order what you want, and we add it up, calculate tax and tip and make change. Contact Cathy Dunlap (415-608-8175 or millvalleyvillagenews@gmail.com) as soon as you know you can come, but no later than the week before so we have enough seats reserved for all.

Mill Valley Village - Ongoing Programs



Back Before Lunch Hike - Mondays



Knitting and Needlework Group - Tuesdays



Hiking Group - Fridays



Recent Articles Group - First Tuesday



Caregiving Discussion Group - First Tuesday



Movie Group - First Wednesday



Coffee at the Sweetwater - Second Wednesday



Book Club - Third Tuesday



Third Wednesday Walkers - Third Wednesday



Book Club - Third Thursday



Plaza Gathering - Third Thursday



Lunch Group - Fourth Monday



Storytelling Workshops - First and Third Mondays



Men's Coffee - First and Third Wednesdays

**Until next month, stay well.
We look forward to seeing you soon.**

