

Mill Valley Village  
a branch of

MARIN  
VILLAGES



Our Paths - Our Choices

Dear friends and neighbors,

Hang on, **November** will be quite a month! As we wait, watch and plan, we hope you will consider taking advantage of the Boy Scouts' wreath offering, a wonderful holiday tradition that benefits all. And take a look at our newly updated website: [www.mvillage.org](http://www.mvillage.org).

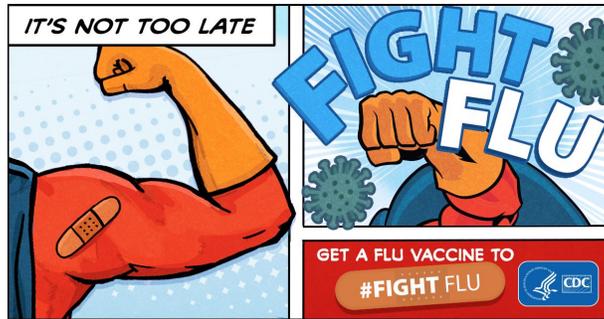
## Another Year of a Special Collaboration Boy Scouts Offer Beautiful Holiday Wreaths for Sale

Once again Troop 1 will provide a wonderful holiday service. [Mill Valley Villagers and friends may purchase fresh wreaths and garland and have them delivered to their homes and installed by a Scout.](#) Noble fir wreaths, fresh from the Pacific Northwest, are available in two sizes: 16" (for \$25) and 24" (for \$35), as is a special arch wreath (for \$30), a swag (\$25) and a candy cane wreath (for \$35). Fresh garland is available for \$40 per 25-foot section. Please contact Alan Frankel ([frankel@cgl.ucsf.edu](mailto:frankel@cgl.ucsf.edu) or 415-250-7154) [no later than November 3rd](#) to place your order. Deliveries will be after Thanksgiving.

Item	Price
Noble Fir Wreath (16\"	\$25
Noble Fir Wreath (24\"	\$35
Candy Cane Wreath	\$35
Arch Wreath	\$30
Evergreen Swag	\$25
Cedar Garland (25 feet)	\$40

Thank you!

## Get Your Flu Shot NOW



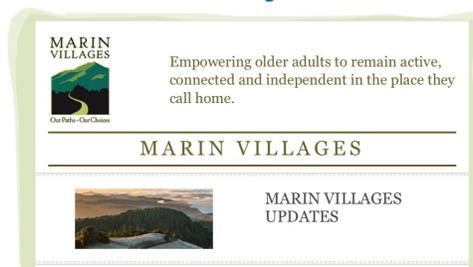
If you haven't gotten yours yet, now is the perfect time. Don't hesitate. This is just one more way you can take care of your health and concurrently protect others in the community. It is easy, inexpensive and currently readily available.

## NEW - Mill Valley Village Movie Group First Wednesdays at 2:00



Well we have a quorum and are having our first “meeting” November 4th at 2pm. We hope you will consider joining us. Our first movie is **Moonlight**, available on Netflix. 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 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. If you are interested in being part of the group or getting more information, please contact the group coordinator, **Seela Lewis** ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)), to be put 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.

## Be on the Lookout - Weekly Marin Villages Updates



As a reminder, villagers should stay tuned for **Marin Villages Updates**. These terrific bulletins are sent out early in the week to all members and volunteers. They include both important public health information, “things to do” and program announcements. They can also be found by going to [www.mvillage.org](http://www.mvillage.org), the Mill Valley Village website, and clicking on the last link under the three photos for the most recent [Marin Villages Weekly Update](#).

## Knitting Us Together - A Mill Valley Community Project - Wow!

Kudos to all who played a part in organizing this effort, making pieces for display and celebrating the outcome. And special thanks to Steering Team member Sara Byruck who acted as point for Mill Valley Villagers who contributed many of the pieces. Sara, as you can see below, worked with Mill Valley Arts Commissioner Farrah Spott in stitching together the collected pieces and arranging them so artfully on the trees. Beautiful. We are so very lucky to be part of this community. And thanks to Ginna Fleming for great photos!



## VOTE 2020 - LAST CALL Polling Places Open - October 31st



Click [HERE](#) for a voting reminder in song form by Laurie Lewis

**Important Reminder:** If you mail in your ballot or put it in a drop box, be sure to **SIGN** and date the outside of your envelope before mailing or dropping off.

**[There is an official ballot drop box in the lot behind Mill Valley City Hall](#)**

**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. **[Drop box locations!](#)**

**November 3** - Election Day

## New Resources for Senior Fitness Tom Borrromeo



Okay, I am adding my huzzahs to this notice. This new class was my first experience with Tom although I had heard lots of glowing reviews from others. I was delighted with the outcome and am SO happy to have a routine once again. Tom clearly has a passion for this work and is dedicated to getting us all moving. The class, **Functional Fitness**, includes not only strength, but low-impact cardio conditioning, mobility, flexibility and balance. The twice weekly classes are live-streamed AND recorded so that class members need not worry about missing a class because of a scheduling conflict. During class Tom offers suggestions for how to increase/decrease the intensity and options to work around any physical or equipment constraints. Instead of expensive gym equipment, we mainly use common household objects. Tom also provides guidance on low-cost and easily purchased equipment options. The classes are \$49/month, or \$10 for a single drop-in. 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](mailto:tommybtraining@gmail.com). Several of us from the village are taking advantage of Tom's offerings (classes and videos) and give Tom two thumbs up.

## Events for November

Here is the run down for November. You can also find these events on our website at [www.mvillage.org](http://www.mvillage.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 a traditional calendar format.

### **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](mailto:sbyruck@gmail.com).

### **Tuesday, November 3, 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 ([sbyruck@gmail.com](mailto:sbyruck@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, November 3, 10, 17 and 24, 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](mailto:sbyruck@gmail.com) or 617-599-8116) for more information.

### **Wednesdays, November 4 and 18, 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.** The group meets the first and third Wednesdays at 11am. Whatever village you are from the group is delighted to welcome you to join in. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa ([alan.hayakawa@gmail.com](mailto:alan.hayakawa@gmail.com) or 415-384-8998).

### **Wednesday, November 4, NEW Movie Group, 2pm**

We hope you will consider joining us for our new movie group. Our first movie is **Moonlight**, available on Netflix. 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 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. If you are interested in being part of the group contact **Seela Lewis** ([seelalewis@gmail.com](mailto:seelalewis@gmail.com)) to be put 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

### **Fridays, November 6, 13, 20 and 27, 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](mailto:jjb94941@gmail.com) or 415-845-8392) for more information.

### **Thursday, November 12, Book Club, 3pm**

The group, led by Trish Hibben ([t.hibben@me.com](mailto:t.hibben@me.com) or 415-215-8394), meets monthly. **Until further notice the group is meeting online via Zoom.** The book group, aimed at local village volunteers and members, is currently full. We will announce when a second group is being formed and can take new members and volunteers.

### **Wednesday, November 18, 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](mailto:karobbins@comcast.net) or 415-519-3420).

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

