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Ross Valley Village

Assisting Marin's older adults to remain active, connected
and independent in the place they call home

October 2019 Newsletter

We encourage members and volunteers to bring guests to our events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event.

Please always check out the events page on the [Ross Valley Village website](#) as sometime the times of events change after the publication of the monthly newsletter.

In addition, check out the event's listing at marinvillages.org to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

**Ross Valley Villages Welcomes New Members and Volunteers
and invites you to our events and meetings!**

We are happy to welcome our newest member this month, **Marion Valadez**. Our newest volunteer is **Angie Jackson**.

[NEXT Ross Valley Village Steering Committee Meeting](#)

Thursday, October 10, 10:00 am -12:00 pm

Join us as we visit and plan events for the fall.

The best ideas come from our members! Location: Home of Claudia

Gardner. Call the office for directions and to RSVP or to get a ride. [Click here to sign up.](#)

Make sure you come to the 34th Annual Marin Senior Fair

Wednesday, October 23, 9:00am - 3:00 pm

Where: Marin Exhibit Hall 10 Avenue of the Flags, San Rafael

Come for a day of live music, dancing, food, prizes and more than 100 exhibitors sharing valuable information and resources. Hear speakers in the Theater. See the Quilt Show. Get your flu shot.

Socialize, Move and Expand your Minds!

Upcoming Activities and Events

If you would like to participate in any of the activities below and need transportation, please call the office at [415-457-4633](tel:415-457-4633) to arrange a ride.

Village Men's Group

Wednesday, October 2 & 16, 11:00 am

Where: Sweetwater Music Café, Mill Valley

We are joining the Mill Valley Village's Men's Group and encourage you, whether a volunteer or a member, to come join us. It is an informal gathering with no agenda beyond the company of friends. Feel free to drop in!

Ross Valley Seniors Luncheon and Speaker

Thursday, October 3, 12:00 - 2:00 pm

Where: Fairfax Women's Club, 46 Park Rd, Fairfax

Come socialize, enjoy the luncheon, and hear from John Martini, "San Francisco's Forgotten Fair- 1894 Midwinter Fair in Golden Gate Park."

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Age-Friendly Forum – “Medicare Made Clear”

Friday, October 11, 1:00 -2:00 pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Join us to learn all about your Medicare choices with Rozan Donals. We'll also share tools and resources to help you understand the coverage that may be right for you, including free educational guide. Whether you're just getting started with Medicare or simply looking to learn more, we're here to help.

Breakfast with Friends

Wednesday, October 1 & 6, 9:30 - 10:30 am.

Where: Barefoot Café, 1900 Sir Francis Drake Blvd.

Join us for socializing, coffee and/or breakfast to make new friends and keep the old (you cover cost of your meal).

Age Friendly Speaker Series -New Ideas for Those Aching Joints

Wednesday, October 16, 11:00 am -12:30 pm

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

Are hip or knee problems holding you back? Come and find out how to reclaim your quality of life and learn the secrets to unlocking your full potential. Corte Madera Physical Therapist, Danielle Sartori, PT, DPT, CSCS, will give you tips on how to reduce pain and improve mobility with exercises that can be done in the comfort of your home. Danielle's team of experts believes in a modern approach to physical therapy with a combination of movement-based individual sessions, a home exercise program, Healthy Joints small group exercise classes, and an open gym community.

Happy Hour at Left Bank Brasserie

Date to be confirmed 3:00 - 5:00 pm

Where: Left Bank Brasserie, 507 Magnolia Ave., Larkspur

Come join us for conversation, snacks and beverages. This is a great time to connect with other Villagers and make new friends! Everyone is welcome!

Mark your Calendars!

Ross Valley And Twin Cities Holiday Party

Monday December 9, 1:00 - 3:00pm

Location: St. John's Church, Ross

Join us for socializing, holiday lunch and the sweet sounds of a children's chorus.

Marin Villages' 10th Anniversary Fundraisers

"Lighting Up October"- a Diwali Dinner Party

Saturday, October 26, 5:30 -9:00pm

Join us to "Light up October" at this special Diwali Dinner Party. Tiburon Peninsula Village volunteer, Neelam Kanwar, herbalist and vegetarian chef, will share her family recipes, enticing each dish with special Indian spices. Attendees will observe as Neelam prepares a special menu, which all will enjoy together.

[Click here to reserve a spot.](#)

"Acting Your Age" Luncheon

Sunday, November 17, 11:30am – 2:00pm

Celebrating Marin Villages' 10th Anniversary with Comedian Josh Kornbluth

Let's celebrate together! This fundraising luncheon is the perfect forum to enjoy each other's company, congratulate one another on the incredible organization we've been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian, Josh Kornbluth, will entertain guests with his "Acting Your Age" set.

COST: \$100 (\$50 of the cost is tax deductible.) [Click here to sign up](#)



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