



STEPS LANES & PATHS PROJECTS (SLP) 9AM-12PM WITH FRIENDS OF SLPS



2ND SATURDAY, 9AM-12PM

JANUARY 11

FEBRUARY 8

MARCH 14

APRIL 11

Help us maintain our historic Steps Lanes and Paths.
 Mark your calendars with the dates and visit bit.ly/millvalleyvolunteer or contact:
 Volunteer Coordinator Ronnie Moore: (415) 383-1370 | vmoores@cityofmillvalley.org

CITY OF MILL VALLEY VOLUNTEER PROGRAM



- PARK CLEAN UP AND MAINTENANCE**
- SCOUT PROJECTS**
- OPPORTUNITIES WITH LOCAL SERVICE ORGANIZATIONS**
- SPECIAL EVENTS**
- WORKING WITH SENIORS**
- WORKING WITH PRESCHOOL**
- AFTER-SCHOOL PROGRAMS**
- TAM HIGH DAY OF SERVICE**
- GET READY BUSINESS**
- GOLF COURSE RESTORATION**

For More Information on the City of Mill Valley Volunteer Program contact:
 Volunteer Coordinator, Ronnie Moore: (415) 383-1370 | vmoores@cityofmillvalley.org
Visit bit.ly/millvalleyvolunteer or scan the QR Code: A volunteer
 waiver form is required for participation (18 and under requires guardian signature).
 Visit website to submit form online or print and bring with you.



CITY OF MILL VALLEY ART IN PUBLIC PLACES

Mill Valley Arts Commission's Art In Public Places program is designed to bring the power and delight of art into our everyday experiences of our natural environment through the transformation of ordinary objects - the utility box, the park bench, the mailbox, the ping pong table, etc.

The program initially proposes to incorporate **five elements** and transform these objects into an experience of art and the natural environment, which will delight, fascinate and encourage community bonding and social engagement.



The Sculpture Program

The vision for the Sculpture Program is to enhance community settings and the natural environment by displaying a variety of inspiring artworks at outdoor locations on a rotating temporary basis.



Art Box

The aim of Art Box is to highlight local artists within our community and, in doing so, brighten up the streets, beautify ugly utility boxes and deter vandalism.



Art Benches

Art Benches will provide a peaceful and aesthetically pleasing and a restful place to enjoy the natural surrounds in Mill Valley. Selection would prioritize beautiful organic design and benches made from environmentally sustainable materials.



Little Libraries Project

In collaboration with the Mill Valley Library, this project will provide neighborhoods with colorful book exchanges to celebrate the love of reading and bring people together through art.



Art + Recreation

The Art Commission is interested in the intersection of public art and outdoor recreation, which allows the activation of outdoor spaces, the enjoyment of art and the engagement of the community playing together.



For or more information visit MILLVALLEYARTS.ORG



To find out more information about the Arts Commission, Art in Public Places, events or volunteering, you may attend our meetings the second Tuesday of every month at 7 pm at the Mill Valley Community Center or contact us at artscommission@cityofmillvalley.org. Entry forms for the Arts Commission events will be posted at www.millvalleyarts.org. You can also join the Mill Valley Arts Commission on Facebook to see more images and get updates.



THE MILL VALLEY ARTS COMMISSION

THE MILL VALLEY ARTS COMMISSION enhances the cultural life of the community by promoting the visual and performing arts in Mill Valley, by marshaling resources that support the arts and by encouraging the efforts of local artists and arts organizations. Below are the highlights of upcoming Arts Commission activities in which you could participate:

FIRST TUESDAY ARTWALKS On the first Tuesday of every month (except January), the Arts Commission promotes an ArtWalk from 5:30–7:30pm. This is an open invitation for touring City Hall, the Community Center and over 20 galleries, businesses or shops in town, each displaying their chosen artist's work for a month. The artist may be present to discuss their work and techniques or even to do a live demonstration. We invite everyone to join us on the ArtWalk. Artists may either apply to the Commission (see Call for Artwork) or contact any of the many venues listed in each month's ArtWalk Guide to see if they would like to show your work.

CLICK OFF PHOTOGRAPHY COMPETITION, RECEPTION & ART EXHIBITION Local talent, young and old, compete to win prizes for the best photograph in themed categories. Held in November, the Click Off is a digital photo competition using five subject categories to highlight Marin County's unique characteristics and each photographer's perspective through a camera lens. Register online or get submission details at www.mvclickoff.com. On Tuesday, December 3rd, 2019, the Arts Commission will recognize and celebrate the winners, as part of the First Tuesday ArtWalk.

CALL FOR MUSICIANS In December, the Arts Commission sends out a Call for Musicians who will have the chance to play in Depot Plaza before a large crowd. The concerts occur in the Summer. Applications will be available mid-December at www.millvalleyarts.org and must be received by mid-February. At its March meeting, the Commission juries and selects the musicians. Musicians should be able to play a 60-90 minute set. Original music and local musicians are encouraged to apply.

CALL FOR INTERNS Do you have a passion for the Arts? Would you like to support your local Mill Valley Arts Commission? We have opportunities to support and sustain the ongoing efforts of MVAC, these opportunities might include anything from delivering Artwalk Guides, photographing events, researching public art, or helping to do marketing through Social Media Channels. If any of these opportunities interest you, please reach out to the Arts Commission via artscommission@cityofmillvalley.org

CALL FOR VOLUNTEERS The Arts Commission is an active commission that produces an array of cultural events year-round. We are working towards initiating a survey of our town's artists, art-related events, assets, organizations, venues, outreach efforts and other resources that can better support our artistic community and thereby the community as a whole. We would welcome volunteers who want to help support the arts. If you are interested in volunteering, please email the Arts Commission at artscommission@cityofmillvalley.org.

Cultural ARTS



New and Exciting MILL VALLEY COMMUNITY CENTER Arts Instructors and Programs!



Kitty Thompson has been a teaching artist for over 25 years. Her focus is on utilizing Shakespeare's text as a vehicle for students and actors to develop their self esteem, multicultural empathy, emotional authenticity, and to find a richness in human capacity and imagination.
415-342-1363 | artistic@shakespeare.net

Fight Like a Girl!

ANYONE WANT TO SWORD FIGHT? Let's go ladies! Kinesthetic creativity, strength, flexibility and cardio training through the lens of professional stage combat and broadswords! Join Shakespeareance fight directors and learn to power up in this unique class for women. Training involves footwork, parries, cuts, and choreography in the art of the stage fight. No experience necessary!
Ages 18+, Saturdays 11-12:30pm, 1/11-2/15 #52470



Bridget Bartholome has been a dance instructor for over ten years. She danced professionally with the New Orleans Dance Collective, 940 Dance Company, and was a dance critic for REVIEW Magazine in Kansas City.
913-488-0684 | bbshasta@gmail.com

Beginning in Ballet

Budding Ballerinas, let's leap, jump, and turn! Join me as we study positions, form, and patterns while we stoke our creative expression and joy.
Ages 3-5, Wednesdays 3-3:30pm, 1/8-4/1 #52408

Basic Ballet

We will balance, stretch and strengthen our bodies and minds as we further explore the elegance of positions and patterns and the joy of movement. This class welcomes new students and experienced beginners.
Ages 5-7, Wednesdays 3:35-4:20pm, 1/8-4/1 #52409



Kate Hale grew up in Marin and Europe and enjoys working with special education children in the Mill Valley School District. She feels lucky to share her passion for art with children and aims to bring out the individual talent and creativity of every child!
415-913-9242 | khale@misshalesartclub.com

Miss Hale's Art Club: Cartooning and Manga

Each week we will have fun learning to draw your favorite kinds of Manga and cartoon characters. Create your own comic strip or action hero with popular Japanese-style techniques!
Ages 6-12, Thursdays 3:30-4:30pm, 1/9-4/2 #52529

UPCOMING Special Events

MONTHLY 5:30PM-7:30PM
First Tuesday ArtWalks

12.3 TUESDAY 5:30PM-7:30PM
21st Click Off Photography Competition Awards Reception

12.7 SATURDAY 10AM-4PM
Holiday Craft Fair

12.15 SUNDAY, 4PM-6PM
MVLiVE with Make it, Take it, Wrap it!

We Want You. Call for Artists

If you are a talented arts educator who has significant experience teaching group classes, workshops, camps or private lessons. We want to hear from you. Teaching opportunities for high quality instruction may include: Early Childhood, Youth, or Adult Art.

For more information:

Program Supervisor
Risa De Ferrari, 415-384-4703
rgdeferrari@cityofmillvalley.org
Arts Coordinator
April Frost, 415-384-4711
afrost@cityofmillvalley.org
millvalleyrecreation.org

Adults

Monday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52537	Beg. East Coast Swing & Intro to Lindy Hop 1/6-2/3	M	6-7pm	10 & up	\$62	Joseph Costa	Dance/Fitness Room
52538	Beg. East Coast Swing & Intro to Lindy Hop 2/10-3/2	M	6-7pm	10 & up	\$47	Joseph Costa	Dance/Fitness Room
52541	Beg. East Coast Swing & Intro to Lindy Hop 3/9-3-30	M	6-7pm	10 & up	\$62	Joseph Costa	Dance/Fitness Room
52540	Inter. East Coast Swing/Lindy Hop 1/6-2/3	M	7:15-8:15pm	12 & up	\$62	Joseph Costa	Dance/Fitness Room
52539	Inter. East Coast Swing/Lindy Hop 2/10-3/2	M	7:15-8:15pm	12 & up	\$47	Joseph Costa	Dance/Fitness Room
52542	Inter. East Coast Swing/Lindy Hop 3/9-3/30	M	7:15-8:15pm	12 & up	\$62	Joseph Costa	Dance/Fitness Room
52433	Meditation Made Easy	M	7-8pm	13 & up	\$52	Gail Consulter	Tamalpais Room
52472	Private Violin Lessons	M	5-5:30pm	4 & up	\$452	Dana Nguyen	Terrace Lounge
52473	Private Violin Lessons	M	5:30-6pm	4 & up	\$452	Dana Nguyen	Terrace Lounge
52465	Private Voice Lessons	M	3-3:30pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52460	Private Voice Lessons	M	3:30-4pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52457	Private Voice Lessons	M	4-4:30pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52453	Private Voice Lessons	M	4:30-5pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52454	Private Voice Lessons	M	5-5:30pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52455	Private Voice Lessons	M	5:30-6pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52434	Tai Chi 1	M	6-7pm	18 & up	\$202	Pacific Rim Resources	Mountain View Rm
52435	Tai Chi 1 & 2	M	6-8pm	18 & up	\$317	Pacific Rim Resources	Mountain View Rm
52436	Tai Chi 2	M	7-8pm	18 & up	\$202	Pacific Rim Resources	Mountain View Rm

Tuesday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52413	Beginning Folk/Pop Guitar 1/21-3/17	Tu	7-8pm	13 & up	\$197	Joe Miller	Offsite
52443	Beginning Folk/Pop Guitar 3/24-6/2	Tu	7-8pm	13 & up	\$217	Joe Miller	Offsite
52411	Beginning Ukulele 1/21-3/17	Tu	8:05-9:05pm	13 & up	\$197	Joe Miller	Offsite
52437	Beginning Ukulele 3/24-6/2	Tu	8:05-9:05pm	13 & up	\$222	Joe Miller	Offsite
52330	Kendo- Japanese Fencing	Tu	6-8pm	9 & up	\$134	Oakland Kendo Dojo	Dance/Fitness Room
52627	Line Dancing	Tu	4-5pm	10 & up	\$132	Laurie Reemsnyder	Cascade
52479	Private Piano	Tu	5-5:30pm	5 & up	\$352	Stephen Shen	Terrace Lounge
52467	Private Piano	Tu	5:30-6pm	5 & up	\$352	Stephen Shen	Terrace Lounge
52461	Private Voice Lessons	Tu	3:30-4pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52459	Private Voice Lessons	Tu	4-4:30pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52458	Private Voice Lessons	Tu	4:30-5pm	4 & up	\$452	Dana Nguyen	Manzanita Room
52656	Stretch and Flex 1/17-3/12	TuTh	9-10am	18+	\$102	TBA	Tu-Cascade Room Th-Terrace Lounge
52397	Water Color Painting with Marin Art Teacher Genna Panzarella	Tu	10:30am-12:30pm	18 & up	\$332	Genna Panzarella	Tamalpais Room

Adults

Wednesday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52445	Acoustic Jam Session 1/22-3/18	W	7-8pm	13 & up	\$197	Joe Miller	Offsite
52446	Acoustic Jam Session 3/25-6/3	W	7-8pm	13 & up	\$217	Joe Miller	Offsite
52369	Adult & Child Paint Night - Animals of Antarctica 1/29	W	6-8pm	7 & up	\$32	Kathryn Yost Saturay	Mountain View Rm
52370	Adult & Child Paint Night - Fox in the Woods 2/12	W	6-8pm	7 & up	\$32	Kathryn Yost Saturay	Mountain View Rm
52371	Adult & Child Paint Night - Crazy Cool Cats & Dogs 3/11	W	6-8pm	7 & up	\$32	Kathryn Yost Saturay	Mountain View Rm
52396	Chinese Brush Painting with Donna D.	W	1:15-3:15pm	18 & up	\$194	Donna Dacuti	Forest Room
52404	Creative Japanese Flower Arranging-Sogetsu Ikebana	W	12:15-1:45pm	13 & up	\$122	Annette Sullivan	TeenZone Lounge (Field View)
52395	Genna's Drawing Class	W	9-11am	18 & up	\$362	Genna Panzarella	Terrace Lounge
52480	Private Piano	W	5-5:30pm	5 & up	\$352	Stephen Shen	Terrace Lounge
52490	Private Piano	W	5:30-6pm	5 & up	\$352	Stephen Shen	Terrace Lounge
52392	Experimental Photography 101	W	7-8:30pm	14 & up	\$202	Laurie Reemsnyder	Tamalpais Room
52444	Ukulele Level 2 1/22-3/18	W	6-6:55pm	13 & up	\$247	Joe Miller	Offsite
52412	Ukulele Level 2 3/25-6/3	W	6-6:55pm	13 & up	\$217	Joe Miller	Offsite

Thursday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52394	Painting the Elements in Acrylic 1/2-1/23	Th	10am-1pm	18 & up	\$102	Bernard Healey	TeenZone Lounge (Field View)
52402	Painting the Elements in Acrylic 2/6-2/27	Th	10am-1pm	18 & up	\$77	Bernard Healey	TeenZone Lounge (Field View)
52401	Painting the Elements in Acrylic 3/12-4/2	Th	10am-1pm	18 & up	\$102	Bernard Healey	TeenZone Lounge (Field View)
52482	Private Piano	Th	4:30-5pm	5 & up	\$352	Stephen Shen	Terrace Lounge
52481	Private Piano	Th	5-5:30pm	5 & up	\$352	Stephen Shen	Terrace Lounge

Friday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52390	Paint and Sip - Monterey Cypress 1/24	F	6-9pm	18 & up	\$37	Kathryn Yost Saturay	Mountain View Rm
52391	Paint and Sip - Tahoe Sunrise 2/28	F	6-9pm	18 & up	\$37	Kathryn Yost Saturay	Mountain View Rm
52532	Paint and Sip - Spring Flowers 3/27	F	6-9pm	18 & up	\$37	Kathryn Yost Saturay	Mountain View Rm

Weekend classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52431	Adult, Child, Infant CPR 1/18	Sa	9am-12pm	12 & up	\$85	Anywhere CPR	Forest Room
52432	Adult, Child, Infant CPR 2/29	Sa	9am-12pm	12 & up	\$85	Anywhere CPR	Forest Room
52618	Adult, Child, Infant CPR 3/21	Sa	9am-12pm	12 & up	\$85	Anywhere CPR	Forest Room
52429	Basic First Aid 2/28	Sa	9am-12pm	12 & up	\$85	Anywhere CPR	Forest Room
52470	Fight Like A Girl 1/11-2/15	Sa	11am-12:30pm	18 & up	\$387	Shakespeareance	Mountain View Rm

Adult & Child Paint Night - Animals of Antarctica

Have fun in this beginner's art one-night painting class. With step-by-step instruction, you both will learn to paint using acrylic paints. All supplies, including an apron, are provided. You may bring snacks or a dinner to be enjoyed while we paint. This class is designed to give parents one-to-one time with their child in a creative setting. Parents may bring up to two youth to the class. Register individually for class. No experience necessary.

Instructor: Kathryn Y. Saturay | (415) 754-0125
yoststudio@gmail.com | yoststudio.com

1 class - Wednesday - 1/29

Location: Community Center, Mountain View Room
The fee includes one adult with one child.

Adult & Child Paint Night - Fox in the Woods

Have fun in this beginner's art one-night painting class. With step-by-step instruction, you both will learn to paint using acrylic paints. All supplies, including an apron, are provided. You may bring snacks or a dinner to be enjoyed while we paint. This class is designed to give parents one-to-one time with their child in a creative setting. Parents may bring up to two youth to the class. Register individually for class. No experience necessary.

Instructor: Kathryn Y. Saturay | (415) 754-0125
yoststudio@gmail.com | yoststudio.com

1 class - Wednesday - 2/12

Location: Community Center, Mountain View Room
The fee includes one adult with one child.

Adult & Child Paint Night - Crazy Cool Cats and Dogs

Have fun in this beginner's art one-night painting class. With step-by-step instruction, you both will learn to paint using acrylic paints. All supplies, including an apron, are provided. You may bring snacks or a dinner to be enjoyed while we paint. This class is designed to give parents one-to-one time with their child in a creative setting. Parents may bring up to two youth to the class. Register individually for class. No experience necessary.

Instructor: Kathryn Y. Saturay | (415) 754-0125
yoststudio@gmail.com | yoststudio.com

1 class - Wednesday - 3/11

Location: Community Center, Mountain View Room
The fee includes one adult with one child.



Chinese Brush Painting with Donna D.

Learn to paint in the tradition of Chinese brush painters. This practice uses only ink and watercolor. It favors the traditional Chinese subjects and techniques. Your teacher, Donna D., likes to encourage experimentation with handmade and unusual paper as well as some western influence.

Instructor: Donna D' Acuti I (415) 828-2288
donnadacuti@gmail.com

12 classes - Wednesdays - 1/8-4/1

Location: Community Center, Forest Room
No class 2/19.

Instructor approval required- please contact Instructor.
Drop-in \$17 per class.



Creative Japanese Flower Arranging-Sogetsu Ikebana

Do you love flowers or gardening? Are you an artist or designer seeking to better understand negative space, color, proportion, and the visual power of asymmetry? The art of Ikebana, Japanese Floral Design, is the class for you! Each week you will design your own arrangement, using surprisingly few flowers and branch material you have collected. \$120 material fee paid to Instructor at first class meeting.

Instructor: Annette Sullivan I (415) 847-5522
annettesullivan7@gmail.com

6 classes - Wednesdays - 2/26-4/1

Location: Community Center, TeenZone Lounge (Field View)
No drop-ins.

Genna's Drawing Class

Drawing is the basis of most art forms. In this class, we will learn shading, contour line, and perspective drawing. Join us for this enjoyable and easy to learn art form. Bring a drawing pad and pencil.

Instructor: Genna Panzarella I (415) 381-9060

12 classes - Wednesdays - 1/8-4/1

Location: Community Center, Terrace Lounge

No class 2/19

No drop-ins.



Paint and Sip - Monterey Cypress

Join us for a fun evening of painting. During this 2.5 hour class, local artist Kathryn Yost will guide you and your friends step-by-step in the process of creating your own masterpiece. Kathryn will share tips and techniques in the use of acrylic paints. All materials will be provided, including a 16x20 canvas. No experience necessary. Students are welcome to bring wine, beer, or refreshments to enhance their painting experience.

Instructor: Kathryn Yost | (415) 754-0125 | yoststudio@gmail.com yoststudio.com

1 class - Friday - 1/24

Location: Community Center, Mountain View Room

Paint and Sip - Tahoe Sunrise

Join us for a fun evening of painting. During this 2.5 hour class, local artist Kathryn Yost will guide you and your friends step-by-step in the process of creating your own masterpiece. Kathryn will share tips and techniques in the use of acrylic paints. All materials will be provided, including a 16x20 canvas. No experience necessary. Students are welcome to bring wine, beer, or refreshments to enhance their painting experience.

Instructor: Kathryn Yost | (415) 754-0125 | yoststudio@gmail.com yoststudio.com

1 class - Friday - 2/28

Location: Community Center, Mountain View Room

Paint and Sip - Spring Flowers

Join us for a fun evening of painting. During this 2.5 hour class, local artist Kathryn Yost will guide you and your friends step-by-step in the process of creating your own masterpiece. Kathryn will share tips and techniques in the use of acrylic paints. All materials will be provided, including a 16x20 canvas. No experience necessary. Students are welcome to bring wine, beer, or refreshments to enhance their painting experience.

Instructor: Kathryn Yost | (415) 754-0125 | yoststudio@gmail.com yoststudio.com

1 class - Friday - 3/27

Location: Community Center, Mountain View Room

Painting the Elements in Acrylic

This class introduces students to acrylic painting, techniques, and concepts with the landscape as inspiration. The instructor provides constructive feedback and guidance with an emphasis on creative expression.

**Instructor: Bernard Healey I (415) 388-7477
bhmarinart@comcast.net**

4 classes - Thursdays 1/2-1/23

4 classes - Thursdays 3/12-4/2

3 classes - Thursdays 2/16-2/27

Location: Community Center, TeenZone Lounge (Field View)

No class 2/20

Drop-ins now accepted: \$35.

Experimental Photography 101

The course will examine a variety of photo manipulation techniques that include weaving, hand coloring, transferring images, and matting photos. You will be amazed with what you can make with your old photos! No need for a camera or laptop- just bring your creativity!

**Instructor: Laurie Reemsnyder | 415-548-0698
phototeacher94@yahoo.com**

8 classes - Wednesdays - 1/15-3/11

Location: Community Center, Tamalpais Room

No Class 2/19

Drop-in \$30

Water Color Painting with Marin Art Teacher Genna Panzarella

Genna's classes begin with a light sketch in water color pencil- then the fun flows and grows with the color applications. Each month will center around a new focus. Genna will provide lessons on compositional principles, observational skills and more. Bring supplies you have to first class. A supply list will be provided.

Instructor: Genna Panzarella I (415) 381-9060

11 classes - Tuesdays - 1/7-3/31

Location: Community Center, Tamalpais Room

No class 2/18, 3/3

No Drop-ins

Get creative!

Acoustic Jam Session

Learn what to do at a jam session: lead a song, follow other musicians, and follow jam session etiquette. Players of all acoustic instruments are welcome, as are electric bassists. Each student will have the chance to lead a song.

Instructor: Joe Miller | (415) 480-9618 | JoeMiller1@gmail.com
JoeGuitarMiller.com

9 classes - Wednesdays 1/22-3/18

10 classes - Wednesdays 3/25-6/3

Location: The Ranch, 600 Ned's Way, Tiburon

No class 4/8

Beginning Folk/Pop Guitar

Absolute beginners are welcome - you will learn the fundamentals of playing folk, rock, jazz and blues. The emphasis is on forming good habits and understanding basic concepts, like knowing the names of the notes you are playing. We will play with a pick, using the Hal Leonard Guitar Method plus supplementary handouts. For adults and teens.

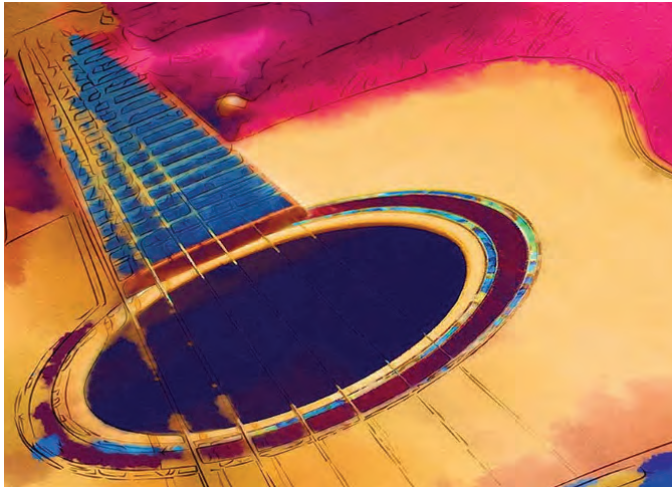
Instructor: Joe Miller | (415) 480-9618 | JoeMiller1@gmail.com
JoeGuitarMiller.com

9 classes - Tuesdays 1/21-3/17

10 classes - Tuesdays 3/24-6/2

Location: Tiburon Baptist Church, one mile from Hwy. 101.

No class 4/7



Beginning Ukulele

The ukulele is easy and fun to play, and absolute beginners are welcome! Learn some simple chords and strums that you can use to play your favorite songs. All you need to bring is your ukulele, music is provided. For adults and teens.

Instructor: Joe Miller | (415) 480-9618 | JoeMiller1@gmail.com
JoeGuitarMiller.com

9 classes - Tuesdays 1/21-3/17

10 classes - Tuesdays 3/24-6/2

Location: Tiburon Baptist Church, one mile from Hwy. 101

No class 4/7



Private Piano

This class offers 30 minute private piano lessons for beginners through advanced. The program introduces beginners to piano offering friendly, thorough instruction for all ages. Lessons are tailored to each student.

Instructor: Stephen Shen | (415) 233-2454 | xianti98@yahoo.com

11 classes - Tuesdays - Multiple times - 1/7-3/24

11 classes - Wednesdays - Multiple times - 1/8-3/25

11 classes - Thursdays - Multiple times - 1/9-3/26

Location: Community Center, Terrace Lounge

No class 2/18, 2/19, 2/20

Private Violin Lessons

The violin is one of the world's most loved instruments. Learning to play the violin or viola is as rewarding as it is beautiful to hear. Students will have an opportunity to perform at our annual recitals as well as participate in community youth orchestras, string quartets, or ensembles with our other private students.

Instructor: Dana Nguyen | (415) 324-0915
dana.nguyen@gmail.com

10 classes - Mondays - Multiple times - 1/6-3/23

Location: Community Center, Terrace Lounge

No class 1/20, 2/17

Private Voice Lessons

This class offers 30 minute private voice lessons for beginners through advanced. The program introduces singers to proper use of voice through instruction for all ages. Lessons are tailored to each student.

Instructor: Dana Nguyen | (415) 324-0915
dana.nguyen@gmail.com

10 classes - Mondays - Multiple times - 1/6-3/23

10 classes - Tuesdays - Multiple times - 1/7-3/17

Location: Community Center, Manzanita Room

No class 1/20, 2/17, 2/18

Ukulele Level 2

This is for students who know the basic cords and have some experience with fingerpicking. Students will progress beyond playing patterns to playing chord/melody arrangements.

Instructor: Joe Miller | (415) 480-9618 | JoeMiller1@gmail.com
JoeGuitarMiller.com

9 classes - Wednesdays - 1/22-3/18

10 classes - Wednesdays - 3/25-6/3

Location: The Ranch, 600 Ned's Way, Tiburon

No class 4/8

Beginning East Coast Swing & Intro to Lindy Hop

Created in the 1940's, East Coast Swing was intended as an easy-to-learn adaptation of the Lindy Hop and a method to establish dance skills for beginners. Each week you will learn six-count variations and dance patterns. New swing dancers should attend the first class in each session in order to learn the basic dance patterns. Please wear flats (no spike heels).

Instructor: Joe Costa | (415) 654-4679 | jpcosta@att.net

4 classes - Mondays 1/6-2/3, Mondays 3/9-3/30

3 classes - Mondays 2/10-3/2

Location: Community Center, Dance/Fitness Room

No class 1/20, 2/17

Drop-in \$20 per class.

Intermediate East Coast Swing/ Lindy Hop

This class offers more intermediate dance variations, fine-tune partnering, and communication skills. We will cover musicality and floor craft concepts, as well as the core steps and technique of the Lindy Hop. Form, connection, and partnering will be emphasized with an abundance of guidance.

*Prerequisite for 7:15pm class: Minimum of two Beginning East Coast sessions or prior partner dance experience (Contact instructor directly to confirm).

Instructor: Joe Costa | (415) 654-4679 | jpcosta@att.net

4 classes - Mondays 1/6-2/3, Mondays 3/9-3/30

3 classes - Mondays 2/10-3/2

Location: Community Center, Dance/Fitness Room

No class 1/20, 2/17

Drop-in \$20 per class.



Dance Sister Dance

FREEstyle Dance Expression for Women, Dance Sister Dance is a freestyle dance for women only. Come and experience the joy of dancing in a nonjudgmental and fun environment. Our philosophy is that dancing is a gateway to Well Being, Happiness, Community and even Inner Peace. The music is varied, inspired and soulful. Wear something comfortable to dance in. Bring water for yourself and tasty finger food to share. No previous dance experience necessary.

Join us!

Second Sundays of the month, 2-4pm: 1/12, 2/9, 3/8

Community Center, Dance/Fitness Room

Drop-In Fee: \$10

No Class in December

For more info: dancesisterdancemv@gmail.com

Line Dancing and More!

Want to get exercise, have fun, and learn dances you can do without a partner? Ever wanted to go to a wedding and jump in when everyone is doing the Cupid Shuffle? How about the Wobble? The Tush Push? No pressure, just good times! In order to receive classic card discount you must register at the front desk and provide proof of card.

Instructor: Laurie Reemsnyder

12 Classes - Tuesdays 1/7 - 3/31

Location: Community Center, Cascade Room

No class 2/18

\$5 discount with Classic Card. Must show proof of card at front desk to receive discounted rate.

*Feel
the beat!*

Call For Musicians!



**The Mill Valley Arts Commission
presents an open call to musicians
for the 2020 concert season!**



The call opens December, 2019!

For updates & more, visit: www.millvalleyarts.org



millvalleyartscommission

FOLLOW US:



mvartscommission



Kendo- Japanese Fencing

Kendo is a traditional martial art that arose from samurai swordsmanship. It is a way to build one's character and mental focus through the principles of the Katana (sword). Students learn the formalities and traditional customs of Kendo, the proper body movements, striking targets and ki-ken-tai-ichi, the unity of mind-sword-body. The class incorporates both new and returning students.

Instructor: Oakland Kendo Dojo
 Court Tanouye 6 Dan & Wayne Kosaka 5 Dan | (415) 755-3835
 wkosaka@gmail.com | oaklandkendo.com

12 classes - Tuesdays - 1/7-3/31

Location: Community Center, Dance/Fitness Room
 No class 2/18

A \$25 Shinai (Bamboo sword) fee is collected at the first class.



Important Sports Contact Information

- Boyle Park Tennis Courts.....(415) 388-6523
- CYO Basketball.....(415) 507-4237
- Mill Valley Soccer Club.....(415) 381-KICK
- Golf Pro Shop & Lessons.....(415) 388-9982
- Southern Marin Youth Football....southernmarinfootball.com
- Southern Marin Lacrosse.....smlax.com
- Mill Valley Little League.....millvalleyll.org

Stretch and Flex

This long-running class has many devoted followers who enjoy the sociability and fun of their moderate, ongoing exercise program using a method developed by Alicia Clark La Pointe. The classes consist of an hour of strengthening, stretching, flexibility exercises and isometrics. Ankle and hand weights are also utilized and are provided in class. Students should wear comfortable clothing.

Instructor: TBA

20 Classes - 1/7-3/12

Location: Tuesdays - Cascade Room
 Thursdays - Terrace Lounge

Tai Chi 1

The practice of Tai Chi leads to relaxation, better balance, clear thinking, and strength. Focus on learning the movements of Yang style short form Tai Chi and deepen personal relaxation. This class is open to new students as well as those who have previously studied the form. Wear loose fitting clothing. Bring either socks or cotton soled shoes.

Instructor: Julie Reinganum | jreinganum@yahoo.com
 taichifoundation.org

Instructor: Pacific Rim Resources

10 classes - Mondays - 1/6-3/30

Location: Community Center, Mountain View Room

No class 1/20, 1/27 & 2/17

Drop-in \$26.

Tai Chi 1 & 2

Extend your practice of Yang style short form Tai Chi. Focus on learning movements as well as deep personal relaxation. This 2 hour class is open to those with previous Tai Chi experience and advanced Instructor permission. Wear loose fitting clothing. Bring either socks or cotton soled shoes.

Instructor: Julie Reinganum | jreinganum@yahoo.com
 taichifoundation.org

Instructor: Pacific Rim Resources

10 classes - Mondays - 1/6-3/30

Location: Community Center, Mountain View Room

No class 1/20, 1/27 & 2/17

Drop-in \$32.

Tai Chi 2

Deepen your understanding of the principles of Tai Chi and increase relaxation, balance, clear thinking, and strength. Wear loose fitting clothing. Bring either socks or cotton soled shoes. Permission to join class must be granted by Instructor in advance.

Instructor: Julie Reinganum | jreinganum@yahoo.com
 taichifoundation.org

Instructor: Pacific Rim Resources

10 classes - Mondays - 1/6-3/30

Location: Community Center, Mountain View Room

No class 1/20, 1/27 & 2/17

Permission to join class must be granted by Instructor in advance. Drop-in \$26.



Adult, Child, Infant CPR

Learn how to recognize heart attack, stroke, and cardiac arrest. Also, how to perform CPR on adults, children and infants, the use of an AED (automatic external defibrillator), and choking rescue.

**Instructor: Anywhere CPR I (415) 952-3030
donald@anywherecpr.org | anywherecpr.org**

1 class - Saturday 1/18
1 class - Saturday 2/29
1 class - Saturday 3/21

Location: Community Center, Forest Room

Class fee includes certification card to be provided after successful completion of course.



Basic First Aid

Learn how to take care of basic emergency situations including: major bleeding, seizures, diabetic emergencies, environmental illness, anaphylaxis, head injuries, burns altered mental status, poisoning, and much more.

**Instructor: Anywhere CPR I (415) 952-3030
info@anywherecpr.org | anywherecpr.org**

1 class - Saturday - 2/28

Location: Community Center, Forest Room

Class fee includes certification card to be provided after successful completion of course.



PARK CLEAN UP & MAINTENANCE

STEPS LANES & PATHS

SCOUT PROJECTS

OPPORTUNITIES WITH LOCAL SERVICE ORGANIZATIONS

SPECIAL EVENTS

WORKING WITH SENIORS

WORKING WITH PRESCHOOL

AFTER-SCHOOL PROGRAMS

TAM HIGH DAY OF SERVICE

GET READY BUSINESS

GOLF COURSE RESTORATION

For More Info on the City of Mill Valley Volunteer Program contact: Volunteer Coordinator, Ronnie Moore: (415) 383-1370 | vmoore@cityofmillvalley.org

Sign up to be a volunteer!
bit.ly/millvalleyvolunteer or scan the QR Code:



Fight Like A Girl

ANYONE WANT TO SWORD FIGHT? Let's go ladies! Kinesthetic creativity, strength, flexibility and cardio training through the lens of professional stage combat...and broadswords! Join Shakespeareance fight directors (lead by Kitty Thompson) and learn to power up in this unique class for women. Unfold and fortify your personal strength and confidence in a truly exceptional form! Training involves footwork, parries, cuts, and choreography in the art of the stage fight. The session culminates in performance of a full class broadsword mele. No Experience Necessary!

**Instructor: Shakespeareance | (415) 342-1363
artistic@shakespeareance.net**

6 classes - Saturdays - 1/11-2/15

Location: Community Center, Mountain View Room



Meditation Made Easy

Meditation to music? Yes! Learn the skills and joys of meditation while listening to soothing music. Relax and let your mind focus on the melody for 20 minutes, then flow into one of Gail's guided visualizations and you have the keys to a wonderful, simple approach to meditation. An ideal way to take a time out from a hectic schedule to heighten awareness, reduce stress and tension and provide you with a wonderful daily energy boost. Meditation works great in groups and by yourself at home - so treat yourself to a moment of balance and tranquility. This is an ongoing group and drop-ins are always welcome. Instructor donates all class fees to the MVCC scholarship fund.

Instructor: Gail Consulter | gigconsulter@gmail.com

11 classes - Mondays - 1/6-3/30

Location: Community Center, Tamalpais Room

No class 1/20 & 2/17.

Drop-in \$7.

TENNIS

BOYLE PARK TENNIS COURTS

For court, lesson and playing information please visit www.boyleparktennis.com
Tennis Instructors: Chris Reiff & Frank Van Riggelen | boyleparktennis@gmail.com | (415) 388-6523

TENNIS

Adults & Youths 15+

Tennis is a great way to stay fit! Classes are offered for all levels of experience. Come brush up on the basics, learn a new shot, or meet some playing partners.

TUESDAY & THURSDAY MORNING SCHEDULE

Advanced/Intermediate

September – July, 9 – 10am

Match play drills, doubles strategy and some stroke analysis.

Beg./Int. Stroke Production

September – July, 10 – 11am

Develop the fundamental skills needed for match play.

Morning classes run Sept. through June.

Price: \$15 for drop-in or \$104 for an 8-class card

TUESDAY & THURSDAY EVENING SCHEDULE

Beginning/Intermediate/Drill

6–7pm - Stroke production and introduction to match play.

Advanced/Drill

7–8pm - Active drills and advanced match play.

Price: \$15 for drop-in or \$104 for an 8-class card

PICKLEBALL

Wednesday's, 6 - 7:30pm

Paddles, plastic balls, and small courts. Not exactly tennis, but great exercise, social, and lots of fun!

Price: \$10 for drop-in or \$64 for 8-class card

SATURDAY MORNING ADVANCED DOUBLES

Drop-in Play, 8:30 – 10am

Brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an advanced-level clinic.

Price: \$15 for drop-in or \$104 for an 8-class card

MONDAY NIGHT INTERMEDIATE DOUBLES

Drop-in Play, 6 – 7:30pm

Brief doubles instruction followed by match play. Play will be arranged by an informal round robin format.

Play is limited to a maximum of 12 players.

This is an intermediate-level clinic.

Price is \$15 for drop-in or \$104 for an 8-class card

LEAGUE PLAY

Boyle Park participates in USTA, Marin and SNMWTL League Tennis. Please contact Chris at boyleparktennis@gmail.com or (415) 388-6523 for more information on league play.



Tennis classes are ongoing. You may purchase a class card (no expiration) for \$104, allowing you to participate in 8 classes or you may purchase classes on a drop-in basis for \$15/class. When it's raining, tennis classes are cancelled. If in doubt of class status, call the Pro Shop at (415) 388-6523.

MILL VALLEY

GOLF COURSE

100TH ANNIVERSARY
1919 — 2019

2019 marks the *100th Anniversary* of the Mill Valley Golf Course, the City's best kept secret. We invite you all to come celebrate with us - ways to be part of the party....Come explore the beauty of this 9-hole course for the first time, introduce a friend or family member to the joys of playing the game, join the Mill Valley Golf Club or buy a gift certificate at the Pro Shop to help someone celebrate their own special occasion. To book a tee time or for more details on upcoming special events through our Centennial Celebration please contact our Golf Course Pro Shop at 415-388-9982

Par 3 Course

New to golf? No worries! Enjoy a special Par 3 course inside our traditional course to practice fundamentals, build skills and have fun! The Par 3 course comes complete with proper tee markers, yardage plates and scorecards.

The Mill Valley Golf Course is truly one of the hidden jewels of Marin County and by far one of the best golf deals around! This 9-hole par 33 (par 32 for back nine) is hidden amongst 42 acres of hills, creeks and mature redwoods. Reserve your tee time 1 week in advance or drop in to play. Opening the course may be delayed due to rain, frost or ice. Closure may only be a few hours, call the Pro Shop at (415) 388-9982 if in doubt.

Fees | Reservations | Pro Shop | Lessons

Our fees and rates are available online at www.mvgolfcourse.org. Fees and rates subject to change.

Golf Lessons Professional Paul Rojas (415) 388-9982

Tournament Information Gil Bennett (415) 388-9982

Golf Clubhouse Reservations Annie Bricca (415) 383-1370

Contacts for Mill Valley Golf Club www.mvgolf.com

NATURE SPACE 2020



Learn about our local natural resources, turn your artistic eye to the land, or become a steward of Mt. Tam through Nature Space Programs, offered in partnership by One Tam and Mill Valley Recreation. Registration required. Visit onetam.org/calendar to register and for more opportunities to get involved throughout 2020!



SPRING

March 8 Sunday	Evolving Shorelines: Kayak Mill Valley's Shoreline	Bothin Marsh	9:30AM- 12:30PM	Take a guided kayak tour to learn from experts about the evolution and ecology of marshes in Richardson Bay. Register at onetam.org/calendar .
April 25 Saturday	Bothin Marsh Parklands Cleanup: Protect Our Wildlife, Protect Our Bay	Mill Valley-Sausalito Multi- Use Pathway at Sycamore Avenue	9AM- 12PM	Join Marin County Parks for a family-friendly outing to collect trash near Bothin Marsh. Drop in for a bit or join for the whole morning. Register at onetam.org/calendar .
May 9 Saturday	Family-Friendly Plein Air Painting at Bothin Marsh	Mill Valley Community Center lobby then Bothin Marsh	10AM-12PM	Experience the beauty and wonder of Bothin Marsh in this family-friendly art & nature event. Ages 6 and up welcome. Register at onetam.org/calendar .

FALL

September 17 Thursday	Photography Walk at Bothin Marsh	Mill Valley-Sausalito Multi- Use Pathway at Sycamore Avenue	5:15-7:15PM	Join our professional photographer for an evening walk along Bothin Marsh. We will focus on introductory skills and use of dramatic light as a creative tool. Register at onetam.org/calendar .
October 17 Saturday	Habitat Restoration at Creekside Marsh	Hal Brown Park at Creekside, Kentfield	9AM-12PM	Join Marin County Parks for a family-friendly outing to improve animal habitat at a site once dominated by weeds. Register at onetam.org/calendar .
November 15 Sunday	Evolving Shorelines: Kayak Mill Valley's Shoreline	Bothin Marsh	10AM-1PM	Take a guided kayak tour to learn from experts about the evolution and ecology of marshes in Richardson Bay. Register at onetam.org/calendar .

One Tam is a partnership of the Marin Municipal Water District, Marin County Parks, California State Parks, National Park Service, and Golden Gate National Parks Conservancy to ensure the long-term health of Mt. Tam. For more information visit onetam.org.



ACTIVE ADULT 55+ at MILL VALLEY COMMUNITY CENTER



ACTIVITIES

Stardusters Dances
Tai Chi
Craft Group
Knitters
Dominos
Mah Jongg
Bridge
Bingo
Line Dancing

TERRACE LOUNGE HOURS

Monday-Friday
9am-5pm

UPCOMING EVENTS

JOIN US!

OXBOW MARKET TRIP

January 15

VALENTINE'S DANCE

February 11

ST CLAIR BROWN WINERY/BREWERY TRIP

February 20

CORNED/BEEF ST PATRICK'S DAY LUNCH

March 17



THE CLASSIC CARD

\$60 ANNUAL FEE, AGE 55+
Discounts on Events,
Excursions & Programs



FOR INFO CONTACT

Deborah Callaway
Coordinator Adult Services
dcallaway@cityofmillvalley.org
415-383-1370

ACTIVE OLDER ADULTS (55+)

Active Older Adults (55+)

Monday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
N/A	Crafty Crafters	M	10am-12pm	55 & up	\$0	MVR Staff	Terrace Lounge
N/A	Dominos	M	12:30-3:30pm	55 & up	\$0		Terrace Lounge
52363	Seniors in Balance: The Tai Chi Way of Moving	M	9-10am	40 & up	\$5	Sandra Smith	TeenZone Lounge (Field View)
52366	Seniors In Balance: Using Tai Chi in your Practice	M	10-11am	40 & up	\$5	Sandra Smith	TeenZone Lounge (Field View)
52367	Seniors In Balance: Tai Chi/Qigong	M	11am-12pm	40 & up	\$5	Shirley Dockstader	TeenZone Lounge (Field View)

Tuesday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
N/A	AARP Tax Service 2020 - 2/4-4/14	Tu&Th	8:30am-12:30pm	65 & up	\$0	AARP	TeenZone Game room
N/A	Day Tripper-Oxbow Public Market 1/15	Tu	10am-3pm	55 & up	\$40; \$35 Classic Card	MVR Staff	Lobby
52627	Line Dancing and More!	Tu	4-5pm	10 & up	\$132, \$127 Classic Card	Laurie Reemsnyder	Cascade Room
N/A	St Patrick's Lucky Luncheon 3/17	Tu	12-3pm	55 & up	\$20, \$15 Classic Card		Cascade Room
N/A	Senior Brown Bag Lunch & Bingo	Tu	12-2pm	55 & up	\$0	MVR Staff	Cascade Room
N/A	Senior Coffee Social	Tu	10am-2pm	55 & up	\$0	MVR Staff	Terrace Lounge
N/A	Social Bridge	Tu	1-4pm	55 & up	\$5		Terrace Lounge
N/A	Valentine Dance Social 2/11	Tu	12-2pm	55 & up	\$20, \$15-Classic Card		Cascade Room

Wednesday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52659	Age Song - Life's Third Act	W	12-2pm	65 & up	\$0	Age Song Staff	Tamalpais Room
52358	Bridge from A to B 1/8-2/12	W	1-2pm	40 & up	\$92	Jim Cohen	Terrace Lounge- seating area
52360	Bridge from A to B 2/19-3/25	W	1-2pm	40 & up	\$92	Jim Cohen	Terrace Lounge- seating area
52359	Bridge from C to D 1/8-2/12	W	2:30-3:30pm	40 & up	\$92	Jim Cohen	Terrace Lounge- seating area
52361	Bridge from C to D 2/19-3/25	W	2:30-3:30pm	40 & up	\$92	Jim Cohen	Terrace Lounge- seating area
N/A	Mah Jongg	W	12:30-3:30pm	55 & up	\$5		Terrace Lounge

Thursday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
N/A	AARP Tax Service 2020 2/4-4/14	Tu&Th	8:30am-12:30pm	65 & up	\$0	AARP	TeenZone Game room
N/A	Day Tripper-St Clair Brown Winery/Brewery 2/20	Th	10am-3pm	55 & up	\$40, \$35-Classic Card	MVR Staff	Lobby
N/A	Nifty Knitters: Let's Get together	Th	10am-12:30pm	55 & up	\$0		Terrace Lounge
N/A	Think About It Thursday - CARA 1/23	Th	1:30-3pm	55 & up	\$0		Terrace Lounge

Friday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
52365	Parkinsons Disease The Art of Moving	F	10-11:30am	18 & up	\$161	Lynda Sheridan	Terrace Lounge
52380	Parkinsons Disease The Art of Moving	F	10-11:30am	18 & up	\$161	Lynda Sheridan	Terrace Lounge
52364	Tai Chi Easy	F	12-1:15pm	55 & up	\$15 Drop in		Terrace Lounge

Saturday classes - please refer to main pages for start dates & descriptions.

Course #	Course Title	Day	Time	Age	Fee	Instructor	Location
N/A	Heart Health Boston Scientific - Atrial Fibrillation 1/25	Sa	10-11:30am	55 & up	\$0	Boston Scientific	Terrace Lounge



AARP Tax Service 2020

Our front doors open at 8:30 am. You will be given a number in the order you come through the door by a tax specialist to secure your spot for service. This free service is offered on a first come first served basis. NO EXCEPTIONS! Appointments are limited daily and the AARP representatives will advise you on availability. Last appointment is 12:30pm. We appreciate your courtesy. We are all thankful to AARP for offering this outstanding free service to our community.

21 classes - Tuesdays & Thursdays - 2/14-4/14

Location: Community Center, TeenZone Game room
Tuesdays & Thursdays ONLY 8:30am-12:30pm. Numbers given- First come First serve basis.

Crafty Crafters

Bring your creative ideas and join us in making seasonal projects as well other fun items of interest to the group. No experience necessary, most supplies are provided and all Seniors are welcome to come and have fun. No registration required.

Instructor: MVR Staff - 11 classes - Mondays - 1/6-3/30

Location: Community Center, Terrace Lounge
FREE Drop-In

Nifty Knitters: Let's Get together

Come spend a few hours every Thursday morning to knit, talk and laugh while we work on those hats, scarves or any other project we've started but need motivation to finish. This is not a class; however we can guarantee that you will enjoy sharing patterns, hints and techniques.

13 classes - Thursdays - 1/9-4/2

Location: Community Center, Terrace Lounge
No instruction given. Free



Senior Brown Bag Lunch & Bingo

Bring your lunch and enjoy the afternoon with friends. We have coffee, treats and sometimes test our skills at Trivia. We end our afternoon with a lively game of bingo. Join us!

11 classes - Tuesdays - 1/7-3/31

Location: Community Center, Cascade Room
No Bingo 2/11, 3/17

Senior Coffee Social

Drop in for coffee and conversation. We have board games, puzzles, books and cards available or just discuss current events. 55+ come and join us. Pick up a monthly calendar of activities, no registration required.

13 classes - Tuesdays - 1/7-3/31

Location: Community Center, Terrace Lounge
Free Drop-In.

NEW The Classic Card

This unique opportunity was created for our Adult Community Age 55+ to engage in our core programs, travel opportunities, and special luncheon events at a reduced cost.

For a \$60 Annual fee, this card will cover the Tuesday afternoon bridge (1pm-4pm) and, Wednesday Mah Jongg class (1pm-4pm). You will also receive a \$5 discount on any of our Day Tripper excursions, the Valentine Dance, and on any special luncheons throughout the entire year.

We want to thank our aging community for being such a special part of all we do together at the Community Center and encourage you to stay connected and take advantage of The Classic Card beginning January 2020.



Day Tripper-Oxbow Public Market

Oxbow Public Market, located in the Oxbow District of Napa, has become the local gathering place for great food and wine in downtown Napa and throughout the Napa Valley. The 40,000 square foot marketplace, which includes a scenic outdoor deck with seating along the Napa River, features a diverse tenant mixture of local food vendors, artisan cafes and an organic produce outlet for local farms. Join our trip today for unique shopping and a no-host lunch experience of your choice. Register early, seating is limited. Please arrive 15 minutes prior to departure for parking, we depart promptly at 10am. Register at front desk only.

Instructor: MVR Staff - 1 class - Tuesday - 1/15

Location: Community Center, Lobby

Depart from lobby 10am promptly.

Discount \$5 from registration with proof of Classic Card.



Day Tripper-St Clair Brown Winery/ Brewery

We are a boutique urban winery, Nano-brewery, and culinary garden located in the city of Napa. St. Clair Brown was founded in 2010 by colleagues, and longtime friends, Winemaker/ Brewmaster Elaine St. Clair and President Laina Brown. We opened our doors in 2013, launched our Nano-brewery in 2018, and hope to be here for the rest of our lives. Arrange your own no host tasting and enjoy the view and organic gardens. Register at the front desk only.

Instructor: MVR Staff - 1 class - Thursday - 2/20

Location: Community Center, Kitchen

Registration at the front desk only. \$5 discount with proof of Classic Card. Trip departs from lobby.

Valentine Dance Social

Come and share the Love this special day. Sign up with your friends, partners, spouses or just you and your smile are all welcome. Enjoy live music, dancing, appetizers, drinks and of course sweet treats here at the Mill Valley Community Center. Sign up early, reservations are limited and drop in is not available the day of the event. Reservation required by February 6th without exception. Register at the front desk only, discount given with proof of Classic Card.

1 class - Tuesday - 2/11

Location: Community Center, Cascade Room

Registration at the front desk only.

\$5 discount given with proof of Classic Card.

Age Song- Life's Third Act

Small lively conversation groups for seniors who want to be with others the same age to talk, listen and laugh about aging. The group is led by two senior facilitators. Marin Village members receive 25% off, and scholarships are available.

Participants must first meet with facilitators prior to enrolling.

Call 415-234-5040 to schedule an interview.

7 classes - Wednesdays - 1/8-2/26

Location: Community Center, Tamalpais Room

Bridge from A to B

We will cover the mechanics of playing a bridge hand, including basic notions of bidding, defense and the play of the hand. Although no one can completely master the intricacies of bridge in a few weeks, by the end of the class you will be able to sit at a bridge table and feel confident playing the game of bridge.

Instructor: Jim Cohen

6 classes - Wednesdays 1/8-2/12

6 classes - Wednesdays 2/19-3/25

Location: Community Center, Terrace Lounge- seating area

Bridge from C to D

If you are comfortable with the materials covered in Bridge from A to B, then you are ready for this second course. We will begin to explore the world of conventions (Stayman, Jacoby Transfers, Blackwood, etc.) and continue to develop proficiency with bidding, defense, and play of the hand.

Instructor: Jim Cohen

6 classes - Wednesdays 1/8-2/12

6 classes - Wednesdays 2/19-3/25

Location: Community Center, Terrace Lounge- seating area

Dominos

Looking for some fun and a challenge? Join our drop in Domino group for an afternoon of play with no instruction given. All Seniors welcome. No registration required.

12 classes - Mondays - 1/6-3/30

Location: Community Center, Terrace Lounge

No class 1/20 2/17

Free drop in.

Heart Health Boston Scientific – Atrial Fibrillation

A rare opportunity to hear from your local cardiology experts about Atrial Fibrillation (AFib), the most common cause of disabling strokes. Learn more about options, including lifestyle changes, medications, and the latest procedures that can treat this common heart rhythm disorder. Sponsored by Mary Velasco, MBA.

Instructor: Boston Scientific - 1 class - Saturday - 1/25

Location: Community Center, Terrace Lounge

Class is FREE, but registration is required for materials.

If no registration class will be canceled.

Line Dancing and More!

Want to get exercise, have fun, and learn dances you can do without a partner? Ever wanted to go to a wedding and jump in when everyone is doing the Cupid Shuffle? How about the Wobble? The Tush Push? No pressure, just good times! In order to receive classic card discount you must register at the front desk and provide proof of card.

Instructor: Laurie Reemsnyder | phototeacher94@yahoo.com

12 classes - Tuesdays - 1/7 – 3/31

Location: Community Center, Cascade Room

No class 2/8

\$5 discount with Classic Card. Must show proof of card at front desk to receive discounted rate.

Mah Jongg

This popular tile game is making a come back. Experienced players are welcome but no beginning instruction is given. Registration is not required.

13 classes - Wednesdays - 1/8-4/1

Location: Community Center, Terrace Lounge

\$5 drop in fee to be paid at the front desk prior to class start or scan your Classic Card for free participation. Receipts will be required to play.



Chair Yoga

Our beloved chair yoga instructor, Rayner Needleman, has decided to retire. We would like to express our great appreciation for her years of outstanding senior engagement and wish her all the best on her next adventure. Her replacement will be difficult to find. Please stay tuned for future class dates and times.



Parkinsons Disease–The Art of Moving

The Art of Moving is a strategic mindful movement practice. It focuses on increasing strength, flexibility, balance, coordination, speech clarity and voice power.

Instructor: Lynda Sheridan

7 classes - Fridays 1/10-2/21, Fridays 2/28-4/10

Location: Community Center, Terrace Lounge

Seniors in Balance: The Tai Chi Way of Moving

Learn the first dozen movements of a short form while developing balance, strength, coordination, focus and awareness. Designed for those new to Tai Chi. You may move into the 10 am class whenever you wish. Register at front desk only.

Instructor: Sandra Smith - 11 classes - Mondays - 1/6-3/30

Location: Community Center, TeenZone Lounge (Field View)

Register at the front desk only. The \$5 drop in fee is to be paid at the front desk prior to the start of class.

Seniors In Balance: Using Tai Chi in your Practice

Apply the Tai Chi way of moving while learning and practicing a complete eight-minute traditional form. We make use of modifications to accommodate limitations of movement.

Instructor: Sandra Smith - 11 classes - Mondays - 1/6-3/30

Location: Community Center, TeenZone Lounge (Field View)

The \$5 drop in fee is to be paid at the front desk prior to the start of class.

Seniors In Balance: Tai Chi/Qigong

Improve your balance and overall well being with a movement program of Tai Chi / Qigong. Scientific research has proven Tai Chi to be the best movement for building balance as well as improving cognition. Its companion movement Qigong in creases ease in the body reduces stress, and strengthens immunity.

Instructor: Shirley Dockstader - 11 classes - Mondays - 1/6-3/30

Location: Community Center, TeenZone Lounge (Field View)

No class 1/20, 2/17

The \$5 drop in fee is to be paid at the front desk prior to the start of class.



Social Bridge

Come make new friends and brush up on your bridge skills. Social bridge is for experienced players who want to get back in the game in a friendly, comfortable and relaxed atmosphere. No instruction given but group play begins promptly at 1pm.

13 classes - Tuesdays - 1/7-3/31

Location: Community Center, Terrace Lounge

The \$5 drop in fee is to be paid at the front desk or scan Classic Card for free participation. Receipts will be required to play. No instruction given.

St Patrick's Lucky Luncheon

Let's celebrate St Patrick's Day this year with a traditional corned beef and cabbage buffet lunch including potatoes, vegetables, and salad followed by a delicious desert. Enjoy music, fun and be sure and wear green to avoid a pinch. Sign up early, reservations are limited and drop in is not available the day of the event. Reservation required by March 12th without exception.

1 class - Tuesday - 3/17

Location: Community Center, Cascade Room

Registration at the front desk only. \$5 discount with proof of Classic Card.

Tai Chi Easy

Tai Chi Easy blends Qigong and carefully chosen Tai Chi exercises. It is simple to learn, and fun to practice. Activate the healer within to help manage stress, improve mood, balance, and stamina. Class is followed by a group gathering over tea.

Instructor: Riley Miller - 14 classes - Fridays - 1/10-4/10

Location: Community Center, Terrace Lounge

\$15 drop in fee is paid at the front desk prior to start of class.

Think About It Thursday: CARA

California Alliance for Retired Americans will present information about a November 2020 ballot issue, The California Schools and Local Communities Funding Act. This measure will restore over \$11 billion per year to California's senior services, parks, libraries, schools, community colleges, health clinics, and other services by closing the corporate loopholes that are a part of Prop. 13. It maintains protections for all residential properties.

1 class - Thursday - 1/23

Location: Community Center, Terrace Lounge

STARDUSTER TUESDAYS!

Slip into your dancing shoes and kick up your heels where there is plenty of room in our elegant Cascade Ballroom to dance the night away to the fabulous sounds of The Starduster Orchestra. The Starduster Orchestra is a traditional big band. While playing music from all periods, they specialize in swing, and other dance music, from the 30's, 40's and 50's. Because they perform original arrangements with original instrumentation, our audiences get to enjoy the swingin' sound of the Big Band Era the way it was played...the excitement of their music compels audiences from eighteen to eighty to get up and dance.

Tuesdays: Jan 21, Feb 18, Mar 17

Time: 7:30pm to 9:30pm

Location: Community Center, Cascade Room

\$15 per person



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