



Anderson Valley Village

Monthly Newsletter
May 2024

Welcome to Anderson Valley Village. We are a locally inspired and managed non-profit organization. Our mission is to help older adults remain active, connected, and independent in the place they call home while enhancing the quality of life in our community. See what's new in the valley.

AV Village Update

*We currently have **69 members (52 memberships) and 51 trained volunteers** ready to lend our members a hand! We rely solely on membership dues and some donations to operate and we really could not do it without your support – Thank you!*

Welcome New Members:

Robyn and Bill Harper
Wynne & Dennis Nord

Happy Birthday to our wonderful members and volunteers:

Judy Basehore
Susan Bridge-Mount
Franois Christen
Pippa Thomas
Anjes De Ryck
Rob Goodell

Welcome **Patty Liddy**, our new wonderful AV Village Coordinator! Patty worked at the Anderson Valley Community Services District for the past ten years and is excited to be involved with the AV Village. Please reach out to her for any little thing.

So, we were on KZYX's Wildoak Living radio show on April 4th (9 to 10 am) check us out in the archives: <https://jukebox.kzyx.org/>

And

For past Valley Chats at the AV Museum check out the AV historical society YouTube channel: <https://www.youtube.com/@AndersonValleyMuseum>

What's up at the AV Village?



Here's a photo from our last gathering. We showcased eight local writers. The stories were hilarious and poignant. We usually showcase a writers event once a year.



Thank you Victor Presley for a tour of the Scharffenberger gardens! This tour was announced at his talk prior to the April Gathering.

Upcoming Village Events!

See these events and more listed on our [Events Calendar](#)

Please note: Our gatherings are open to Everyone, but we recommend staying current on your vaccinations. Thank you!

AV Village Weekly Walking Group

Every Tuesday

9 AM

Meet at the Community Park (near the AV Health Center). Please let Kathy Cox (707) 800-2300 know the night or morning before if you plan on attending.

Moving to the Groove

Every Tuesday

1 to 2 PM

Anderson Valley Senior Center

“Moving to the Groove”, a low impact, senior-friendly exercise class set to music.

Whether you’re sitting or standing, tapping your toes or “sweating to the oldies”, let’s have some fun while keeping our bodies flexible and strong! Contact Margaret Pickens for more details - margway@saber.net

Matter of Balance Exercises

Every Thursday

11:30 AM to noon

Anderson Valley Senior Center

Free - join us to practice the matter of balance exercises with friends. And enjoy the Senior Center lunch afterwards! Contact: Elizabeth Wyant beadwyant1@att.net Or Donna Pierson-Pugh dpp1130@gmail.com

Climate Change Action Group

Thursday, May 16th

2:15 to 3:45

Sandra’s House

We are still reading Hannah Ritchie’s Not the End of the World. Please bring a topic or issue you were surprised either positively or negatively in the book. Contact Lauren for more details: laurenk@pacific.net

AV Village Monthly Gathering and AV Senior Center: Preparing for the Rest of our Lives

Sunday, May 19th

4 to 5:30 PM

Anderson Valley Senior Center

Refreshments served

The Village is introducing a new series of conversations about life, aging and end-of-life. To begin our series we're bringing Dr Mark Apfel to discuss Advanced Care Directives, POLST forms and the Calif. End of Life Option Act (medical aid-in-dying).

Consider carpooling. Village members, let us know as soon as possible if you would like a volunteer driver and we will try to find one or bring a friend that can give you a lift.

More info & to Please RSVP:

Anderson Valley Village: (707) 684-9829, andersonvalleyvillage@gmail.com

Our next Monthly Gathering on Sunday June 16th will be a Volunteer and member Appreciation Party!

Some Resources for Non-Profits:

Get **Canva Pro for Free** for register non-profits! A basic Canva account is free for everyone but Canva Pro, with extra features, has a monthly fee but non-profits can get it for free, you just need to register. Canva is a quick and easy ways to make fliers and more, check it out: <https://www.canva.com/canva-for-nonprofits/>

And

Techsoup offers discounted software and more for non-profits:
<https://www.techsoup.org/>

Pilot Membership Assistance Program

With some generously donated money, AV Villages will begin a Membership Assistance program offering a reduced Membership fee to those who might not otherwise be able to join. If you or your family is interested, please contact. If you are interested in joining the Village at the reduced rate, please contact Anica Williams, 707-684-9829 or Philip Thomas, 707-895-3595.

Anderson Valley Village
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