



Anderson Valley Village

Monthly Newsletter February 2023

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 **60 members (46 memberships) and 47 trained volunteers** ready to lend a hand!

NOTE: Starting in March our monthly gatherings will be held on the 3rd Sunday of the month from 4 to 5:30 – thank you!

Happy Birthday to our wonderful members and volunteers:

Evette Thomas

Judith Auberjonois

Kathy Janes

Donde Robb

Alister Robb

(don't see your name? send me your birthdate)





Wow, we had a great turn out at our Gathering of local organizations and a good time was had by all! It was both informative and entertaining – no shortage of local characters in this community. And it was incredible to see what so many dedicated volunteers have been able to accomplish and people that are supported in this community! We hope that this will inspire others to join the ranks and help build on this momentum – standing on the shoulders of giants, as they say! Stay tuned, another similar gathering is planned in June with a whole new set of wonderful local organizations.

Call out to Our Wonderful Community!

Please lend your skills, passions and ideas for the greater good! We are looking for participants (members, volunteers and beyond) for the following opportunities:

- 1) We are **looking for writers interesting in sharing their work** at our Gathering, probably March. This is always a fun event with an amazing variety of authors. Anyone interested should call Lauren 895-2606.
- 2) We are also looking for folks to help **breath new energy into our committees** – including the AV Village Events, Membership, Volunteer Committees and more, depending on interests. Let the coordinator know if you would like to be on one – thank you!!

Upcoming Village Events!

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

Please Note: Our gatherings are open to everyone, but COVID Vaccinations are REQUIRED - please bring your vaccination card (one time) as proof. Masks optional.
Thank you in advance for your understanding.

AV Village Weekly Walking Group

**Every Tuesday
9:30 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.

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

Community Sing

1st and 3rd Sunday of the month

3:30 to 5 PM

Lauren's house

Come sing! Call Lauren for more info at 707 895-2606.

AV Village Monthly Gathering: Heart Health

Sunday, February 12th

3 to 4:30 PM

Anderson Valley Senior Center

Refreshments served

Door Prize awarded to the lucky winner!

Dr Rochat of the AV Health Center will speak about heart health and what you can do to maintain it! A member will be sharing her collection of antique Valentine's cards, as well!

Please RSVP with the coordinator – thank you!

***Our next Monthly Gathering, Sunday March 19th 4 to 5:30 pm will be Local Writer's sharing their work.**

*** Note new time and new day of the month (3rd Sunday of the month).**

AV Village Book Conversation: Regeneration - Ending the Climate Crisis in One Generation

Tuesday, February 28th

3:30 to 5:00 PM

Sandra Nimmon's house - call for address

We are still reading the book "Regeneration - Ending the Climate Crisis in One Generation" by Paul Hawken - finish reading the book (from pg. 193 to the end). If you are interested, please contact Lauren for location and more details laurenk@pacific.net or (707) 895-2606.

Women's Grief Support Group is beginning a new group in April 2023

Many of us have experienced the loss of a spouse, family member or friend. These losses can be life-changing and bring on emotions that are challenging to explain and understand.

The Women's Grief Support Group is offering a monthly meeting to provide attendees with a basic understanding of the grief and loss process as well as an opportunity to share your own feelings and emotions in a confidential and supportive environment. A caring and healing environment can facilitate growth and healing in ourselves as well as others.

Preregistration is required for participation in the group. We recommend that you contact Mary O'Brien at 707-895-3618 or 707-367-9728 at your earliest convenience. There is no charge for this group.

Another Field Trip with Mary this Summer – Open to All!

On Sunday, June 25th, the AVV is sponsoring a trip to see Gabriella Lena Frank's opera, *El Ultimo Sueno de Frida y Diego*, at the San Francisco War Memorial Opera House beginning at 2 pm. Gabriela is a very talented musician, teacher, and composer who has lived in Anderson Valley almost 8 years. I have reserved 16 seats: 10 in Balcony Row F at \$71 each, and 6 seats in Balcony Rows G and H at \$36 each. Since this is the only matinee, there are no reduced price seating. Despite that, seats are filling up fast. I will need your reservation by Thursday, February 2nd, which is just two weeks away. You can email me (Mary O'Brien) at mheobrien@gmail.com or call me at (707) 895-3618 or (707) 367-9728 to place your order.

If you go to sfopera.com, you can see a description of the opera, which will be performed in Spanish with English supertitles.

Tech Support?!

We are considering changing the way we conduct our tech support events, as they have unfortunately been ill attended. Usually there are about 15+ high students eager to help and only a couple of people there to receive it. And the students have a limited time availability, last time it was from 11:30 to 12:30 on Tuesday, which might not be a good time for folks. We are trying to figure out a new way to approach this by having it more organized, like having our volunteers share certain tech topics they are interested in. If you are interested in sharing your knowledge of a tech topic (like using an iPhone, QuickBooks, Facebook, etc.) or if there is a tech topic you are wanting specific help with, please let me know and we will set up an event. Remember that for our Village Members there is one on one support with our regular tech support volunteers to help configure a cell phone, PC and Mac, setting up a printer/ TV and using social media, just let me know. Our Tech Support Events, as with all our events, are open to everyone. Thank you for helping us support our community!

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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