



July 2018

SAUSALITO VILLAGE SUPPER CLUB

an idea turned into a reality!

What is better than sharing good food and making new friends? SV Supper Club has just concluded its initial trial run of providing suppers for 24 Sausalito Village members - once a month for 3 months.

The reactions from participants have been nothing but positive: great fun, yummy food, relaxed conversation, warm and hospitable hosts, a charming and peaceful setting. Love, consideration, and kindness permeate the crowd.

Let's continue this program!

With such enthusiastic feedback, we are in the process of negotiating to expand the program in order to serve more people. Depending on demand, there are other options in providing meals while encouraging connections and stimulating the vitality of SV through love and care for one another.

We are thrilled to announce that thanks to our Chef Joey, of our local Presbyterian Church, SV Supper Club will continue for another three months beginning in August through September and October. Space is limited to 24 guests. We were totally sold out in the first two weeks of the announcement last time. **Reserve your place ASAP for one, two, or all three dinners now.**

Second Wednesday of Each Month (August, September, October), 5:00 - 7:00 pm, Sausalito Presbyterian Church Hall, \$15 per dinner (BYOB)

Questions? Contact Concierge at 415-332-3325

Need a Ride? Reserve by 5:00 pm, two days before. CARSS 415.944.5474

Phone to reserve and mail a check to Sausalito Village, PO Box 208, Sausalito CA 94966 at least one week in advance. Please put "SV Supper Club" and include the dates on the memo line of your check.



We're Celebrating with You in July!

Jola Anderson - Holly Bacuzzi - Don Beers - Gale Brewer - Robert Clark

Holland Gray - Brad Hathaway - Judy Holmes - Flo Hoylman

Roy Anderson - Linda Ojeda - Bill Ring - Linda Sempliner

Ted Sempliner - Wilford Welch - Marcia Williamson

Come to the Birthday Toast this month!

Chamarita Room (501 Olima Street) on

“Ask Mike”

Topic: Being consistent with exercise



We've all heard the saying "*Showing up is half the battle*", and this certainly holds true with exercise. For many of us the actual act of exercise is not as challenging as being consistent. Do you find you need a little motivational help to stay on track? Welcome to NORMAL! In this article I'll provide a few suggestions that may

help you become more consistent with your exercise program and therefore get better results.

Find a workout buddy. Having an individual person to workout with enhances the entire exercise experience in a few different ways. First, our sense of accountability increases because we don't want to "let our friend down". So on the days when it may be especially challenging to follow through, knowing someone else is counting on us gets us moving. Second, our natural competitiveness pushes us to not only exercise more regularly, but sometimes with more intensity. Third, it's simply more fun for most of us to exercise with someone else. Reward yourselves with some social time having coffee or a healthy lunch together afterwards!

Join a class. The sense of "belonging" and fellowship is a great source of motivation. Not only do classes encourage consistency, but a great sense of community is rewarding from an emotional sense as well. There are a variety of class types at various clubs: find one or two where you not only enjoy the content, but the company as well! Classes have the added benefit of a qualified instructor to ensure you're performing the exercises safely and effectively.

Hire a professional. Let's face it, some of us need someone else to provide the expertise and push us to do things we would not do on our own. How successful would we have been in school without a teacher? Exercise results are much like education: the more you put into it, the more you get from it.....and many of us need a "tutor" to help us along the way.

At the end of the day, there is no better motivation than positive results. Increasing your frequency and quality of exercise will improve your results, which in turn provides the motivation to stay consistent! So find the best way to provide extra motivation for yourself, and get on your way to a healthier place.



Donor Party Photos

EVENTS HAPPENING IN JULY

Contact the Concierge at 332-3325 for more detail and to RSVP

- Chair Yoga** - Every Monday 10:15am, Campbell Hall
- Bocce** - Every Tuesday 4pm, Dunphy Park
- Breathexperience** - Every Wednesday 10:30am, Private Home
- July 1 - Tales of the Trails**, 7pm, Private Home, RSVP needed
- July 2 - Safeway Trip**, 1pm, RSVP needed
- July 10 - Elderlaw presentation for caregivers**, 3pm, Edgewater Room
- July 11 - Trip to Costco**, 11am, RSVP needed
- July 14 - Caregiver support group**, 10am, 501 Olima Street
- July 16 - Piano Cabaret**, 3pm, Chamarita Room, 501 Olima Street
- July 17 - Balance Workshop**, 11am RSVP necessary, Dance Studio
- July 18 - Trip to Dollar Tree/Sprouts**, 10:30am, RSVP needed
- CANCELLED - Book Club**, 3pm, Private Home, RSVP needed
- July 24 - Hike Mt. Tam**, 10am start
- July 24 - Trip to Trader Joe**, RSVP required
- July 24 - Don't Get Hacked presentation**, 11am Edgewater Room
- July 26 - Lunch About Town**, Seahorse HAPPY HOUR, 4:30

Special THANKS! To Sherrie Faber and her team at First California Realty for printing and mailing the newsletter for all of the Sausalito Village members who do not have computers. Thank you Sherrie for keeping our snail mailers 'connected'! Please think of Sherrie for your real estate needs.

