



**A monthly publication of Clayton Valley Village**  
**January 2024 Edition**

A Message from our President. Our Events held in December, the 2024 CVV new Board, upcoming Events, and lots more. **Check out our Ads only \$25.00 and it goes out to 500 local residents. Contact us at [village.clayton@gmail.com](mailto:village.clayton@gmail.com) to advertise in our newsletter.**

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**Clayton Valley Village Wishes You An Amazing 2024**

**Join Us as a Member or Volunteer**

[Member Application](#)

[Volunteer Application](#)

[Clayton Valley Village Web Page](#)

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## President's Message



Joyce Atkinson

### Happy New Year!

I know 2024 will be filled with lots of fun activities and hopefully not too much rain! The first Monthly Mixer will be held on Tuesday, January 16th at Rocco's. The Events Committee is busy

arranging for welcoming venues for the rest of the year. Also, be sure to save the afternoon of February 4th for our annual meeting. (More information next month.)

If you like to travel, be sure to check out CVV's newest Interest Circle – CVV Happy Trails Travel. They are already planning trips. Although it is an Interest circle, individuals outside of CVV may participate.

The five Strategic Planning goals are in the hands of five very capable committees. I know we will be hearing from these committees very soon.

I am sure that you all enjoyed the lovely Poinsettias as much as I did. It really brought in the Holiday Spirit!

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## Clayton Valley Village 2024 Board Members

### 2024 Clayton Valley Village Board



Joyce Atkinson-Pres



Marilyn Wollenweber-Past Pres



Arlene Lewandowski-Sec



Joanne Wasak- Treas



Linda Pinder-Board



Margaret Bachman-Board



Anita Stranik-Board



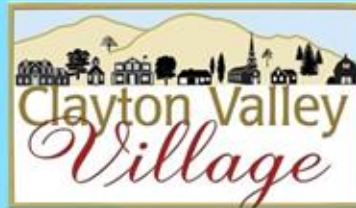
Maria Xiaris-Board

# What's New

## at Clayton Valley Village

### Social

- Happy Hours/Birthday Celebrations
- Out to Lunch Bunch
- Hikes/Mah Jongg/
- ROMEO (Really Old Men Eating Out)
- Annual Sunday Supper
- Movie Group
- Bocce Group
- Bag Lunch Spinners
- Happy Trails Grp Travel



A Snapshot Jan –Dec 2023

### Service Request Examples

- Grocery Shopping
- RX Deliveries
- Driving to medical or self-care appointments
- Gardening Tasks
- Computer/Tech help
- Light Blubs changed/Alarm batteries swapped out

### Learning Events

- Senior Programs
- Health and Wellness Workshops
- Gardening Sites Visits
- CVW Informational Events

Service Requests	Driving Hours	Volunteer Hours	Events	New Members
763	1,087	1,509	109	16

- Number of Members – 71 with ages ranging from 62-102
- Number of Volunteers – 49 with ages ranging from 30-86

If you're interested in becoming a Member or Volunteer email [village.clayton@gmail.com](mailto:village.clayton@gmail.com) or call 925-626-0411

**IN MEMORY OF  
GLENDORIS SARGENT 1931-2023  
A VALUABLE CVV FOUNDING MEMBER**



Glendoris Ruth (Kilbury) Sargent was born in Newton, IA on February 3, 1931, to Paul and Carol Kilbury. The family moved to Southern California when Glen was 8 years old. She attended UCLA for 3-1/2 years, leaving school to marry Laurence Sargent. Their daughter Toni (Eshyah) was born in 1952. Glen and Laurence divorced, and she enjoyed life as a single woman, working as a legal secretary. In 1990, Glendoris and her second husband, Walt, moved to a home on Mt Dell Drive in Clayton. They bought several homes which they rehabbed and sold, and traveled the world together, and were happily married for over 30 years until Walt's death in 2013. He was definitely her soulmate.

Eshyah and Glendoris moved to Las Vegas in 2022 so that Glen could get the kind of care she deserved without breaking the bank; she had developed dementia. She lived at The Oakmont of Las Vegas for about 18 months; Eshyah lived 2 miles away and visited often. Glen passed away August 28. She was well-loved by everyone who met her. She loved to laugh and was ALWAYS up for a margarita! She was a founding member of Clayton Valley Village where she worked on the Events Committee.

# Heartfelt THANKS TO OUR VOLUNTEERS!

Our CVV Volunteers have made a major contribution to the health and well being of our CVV members in 2023. Here's a tribute to our six top performers.

<u>Miles</u>	<u>Volunteer</u>	<u>Time</u>	<u>Number of Requests</u>
956.00	Neil Brennan	89:30	41
840.00	Linda Pinder	111:45	65
839.00	Pete Bardea	131:30	122
615.00	Rosemary Harwood	67:45	41
603.40	Beverly Adams	110:15	53
497.00	Margaret Bachman	59:00	32

Many thanks to CVV 50+ volunteers that keep the wheels rolling, the lightbulbs changed, appointments kept, and numerous other Service Requests completed. Keep it up - we need you!



## January Birthdays

January 19<sup>th</sup> – Joyce Atkinson - Member



January 21<sup>st</sup> – Sue Manning - Member

January 24<sup>th</sup> – Dale McCombs – Volunteer

January 26<sup>th</sup> – Gloria Utley - Member



*Welcome*  
to our New Member!



Marilyn Jessen

# Did You Know?

## Outdoor Fitness Area at Willow Pass Community Park



CONCORD, CA (Nov. 29, 2023) — City leaders, staff, and community members gathered on Nov. 20 to celebrate the completion of two exciting projects at Willow Pass Community Park: the new Salvio Street crosswalk and a brand-new outdoor fitness area.

The park has long served as the City's premier sports complex, with lighted sports courts, ball fields, and athletic fields that support a wide range of activities (pickleball, anyone?).

The new outdoor fitness area is the first of its kind in Concord. Situated west of the pickleball courts, the 2,000-square-foot space features a variety of KOMPAN brand equipment including magnetic "bells" for weightlifting, two stationary bikes with touch screens (control the tension using an app on your phone!), suspension trainers, a multi-purpose net, step/jump box platforms, and more.

Each piece has a QR code, which links to information on how to use that particular station. Additionally, Concord's Recreation Services team is planning to offer instructor-led classes at the fitness area beginning in 2024.

Funding for this project was made possible through Proposition 68, the California Department of Parks & Recreation grant, in conjunction with City funds, which allowed for the renovation of the old infrastructure and the addition of new lighting, fencing, and rubberized surfacing.

The goal of this new facility is to keep residents – of all ages and abilities! – active and healthy by offering a free, accessible place to work out during park operating hours, 6 a.m. to 10 p.m.

## IS A Warranty Right For you



As you navigate the joys of retirement and the comfort of your home, it's essential to ensure that your living space remains a haven of security and convenience. One consideration that often arises is whether a home warranty is right for you.

A home warranty can offer numerous benefits, especially for seniors who may prefer the peace of mind that comes with additional protection for their home appliances and systems. Here are a few points to ponder as you weigh the decision:

1. **Financial Security:** Unexpected repairs or replacements of essential home components, such as heating, air conditioning, plumbing, and electrical systems, can be costly. A home warranty can help mitigate these expenses, providing a layer of financial security and predictability.
2. **Convenience:** Dealing with repairs can be stressful, and finding reliable service providers can be time-consuming. With a home warranty, you have a single point of contact to arrange for qualified technicians to assess and address issues promptly.
3. **Budget-Friendly:** Seniors often live on fixed incomes, making budgeting crucial. A home warranty typically involves a predictable annual fee, simplifying your financial planning and reducing the risk of unexpected expenses.
4. **Peace of Mind:** Knowing that your home is covered by a warranty can bring peace of mind, allowing you to fully enjoy your retirement without the worry of unforeseen home-related expenses.

However, it's essential to carefully evaluate your specific needs, the age of your home appliances and systems, and the terms of the warranty before deciding. Consider consulting with a trusted advisor or a family member for additional insights.

Ultimately, the choice of whether a home warranty is right for you depends on your individual circumstances and preferences.

The cost of replacing home appliances can vary widely depending on several factors, including the type of appliance, brand, features, and where you purchase it. Additionally, the cost may be influenced by local market conditions and availability. Here are estimated average costs for replacing common home appliances as of my last knowledge update in January 2022. Keep in mind that prices may have changed since then.

1. **Refrigerator:** \$800 to \$3,000+
2. **Range/Oven:** \$500 to \$2,000+
3. **Dishwasher:** \$300 to \$1,500+
4. **Washing Machine:** \$400 to \$1,500+
5. **Clothes Dryer:** \$400 to \$1,200+
6. **Microwave:** \$100 to \$500+
7. **Air Conditioner (Window Unit):** \$150 to \$600+
8. **Water Heater:** \$500 to \$1,500+
9. **Furnace:** \$2,000 to \$5,000+

**Garbage Disposal:** \$100 to \$300+

These are general price ranges, and actual costs may fall outside these ranges. Luxury or high-end brands and appliances with advanced features may be at the higher end of the scale.

When considering replacement costs, it's also crucial to account for installation fees, disposal of the old appliance, and any additional features or accessories you may need.

If you're looking for specific and up-to-date pricing, I recommend checking with local retailers, appliance stores, or online marketplaces. Keep an eye out for sales, promotions, and discounts that can significantly impact the overall cost of replacing home appliances. Additionally, consider energy-efficient models, as they may lead to long-term savings on utility bills.

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LAUGHTER IS  
THE BEST  
MEDICINE



## Book, Movie & TV Reviews



A brief review of the series  
Agatha Christie's Criminal Games  
on Amazon Prime

By Barbara Molnar



Note: NOT "Agatha Christie's Criminal Games - the 70s" but the subtitled "Agatha Christie's Criminal Games Les Petits Meurtres d'Agatha Christie".

Agatha's Aghast

Or she would be if she could see how some French actors have turned her well-known mystery stories on their heads. The three main characters comprise Chief Inspector Laurence (Lowrance), the quintessential well-tailored 40-something French male bachelor; Alice (Aleece) Avril, the opposite, an unkept impetuous female newspaper employee currently serving as the local newspaper's "Dear Abbey" staff writer, but with ambitions to become a crime reporter; and the tall, elegant, no-way your Hollywood dumb blond, but good-hearted and eminently likeable Marlene (Marleen), the Inspector's secretary and ultimately a loyal friend to Alice.

They romp through the Poirot and Miss Marple novels with great energy and enough mis-steps to make you wonder how they could ever solve the crimes. But they do - to the viewer's amazement and enjoyment. Yes you need to read subtitles but I consider that a free speed reading course, well worth the extra eye movements.

(You can locate the DVDs on line with some looking but again, well worth it. The Berkeley Rasputin's had sold them in the 1980s but they are not readily available locally).



## Upcoming Events

**Monday, Jan 1<sup>st</sup> – Happy New Year!**

**Thursday, Jan 4<sup>th</sup> – Tai Chi – Clayton Library**

**Friday, Jan 5<sup>th</sup> – CVV Events Committee Meeting**

**Wednesday, Jan 10<sup>th</sup> – CVV Board Meeting**

**Saturday, Jan 13<sup>th</sup> – Happy Trails Travel Meeting**

**Monday, Jan 15<sup>th</sup> – Martin Luther King Day**

**Tuesday, Jan 16<sup>th</sup> – CVV Happy Hour**

**Thursday, Jan 18<sup>th</sup> – Tai Chi – Clayton Library**

**Saturday, Jan 20<sup>th</sup> – Clayton Memory Café – Clayton Library**

**Saturday, Jan 20<sup>th</sup> - ROMEO Visit to Blackhawk Museum - CVV Members and  
Volunteers**





## 4th Qtr Birthday Celebration - Dec 8th



## CVV Explorers Hike - Dec 11th

We took Bart to Walnut Creek then walked to Broadway Plaza, seeing a couple of murals on the way. Then a nice lunch at Boudin and photo at the Christmas tree before heading back. What a beautiful day !



## CVV Holiday Party - Dec 16th

It was so good to have everyone come together to celebrate the Holidays.  
Special thanks to Joanne for offering her beautiful home for the event.



# Happy Holidays



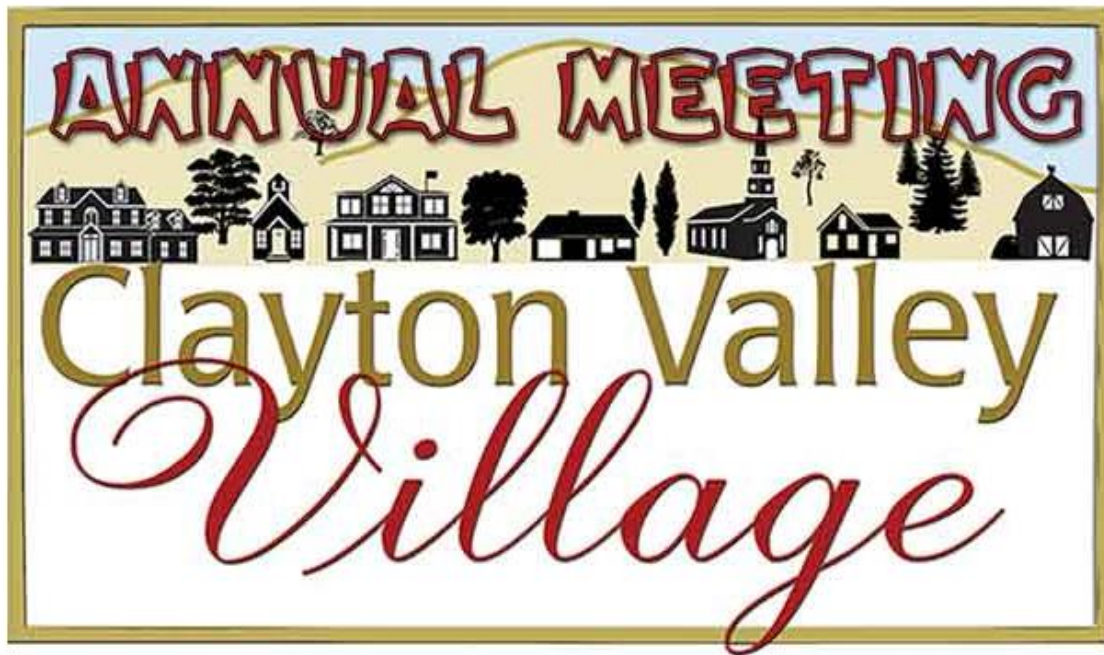
# *Save the Date!*

CVV 2024 Annual Meeting

When: February 4, 2024, 3:00 to 4:00

Where: Clayton Library, Hoyer Hall

Public Welcome - Door Prize



Clayton Valley Village

# HAPPY HOUR



When: Tuesday, Jan 16th - 4:00 PM

Where: Rocco's

2909 Ygnacio, Walnut Creek, CA

Register by Fri Jan 12<sup>th</sup>.

<https://claytonvalley.helpfulvillage.com/events/3117>

Call/Text 925-626-0411 or Email [village.clayton@gmail.com](mailto:village.clayton@gmail.com)



**Join us for our fun-filled January Mixer, socialize with members and** volunteers and if you are new to the Village Movement, discover how you can benefit from becoming a member and/or a volunteer. We invite you to join Clayton Valley Village for a memorable dining experience at Rocco's

Check out our web page

<https://www.claytonvalleyvillage.org/>

## Brown Bag Spinners for Members and Volunteers

### *Brown Bag Spinners*



**Starts Tuesday, January 23, 2024**

**and meets every 4th Tuesday**

**12 Noon to 2 pm**

**Story Room, Clayton Community Library**

Need to get out of your home??  
Tired of looking at your four walls??  
Bring your lunch and contained beverage and  
enjoy company while you eat and then learn  
an easy domino game.

Space is limited. For more information, email or call Arlene Lewandowski -  
Travelmomadl@yahoo.com or 925-672-7038.

**RSVP:** <https://claytonvalley.helpfulvillage.com/events/3101>



### CVV AFFINITY INTEREST CIRCLES

Bocce, Hiking, Mah Jongg, Movie Group

Romeo, Armchair Travelers, Brown Bag Spinners ,

Out to Lunch Bunch, CVV Happy Trails Group Travel

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## Quote of the Month

**"Treat the Earth well.  
It was not given to you by your parents.  
It is loaned to you by your children."**

**– Kenyan Proverb**

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## New Year Affirmations for 2024!

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A word cloud of positive affirmations for 2024. The words are arranged in a circular pattern, with 'positive' being the largest and most central word. Other words include 'happy', 'believe', 'begin', 'dream', 'hope', 'faith', 'achieve', 'trust', 'inspire', 'attitude', 'change', 'create', and 'smile'. The words are in various colors and fonts, creating a vibrant and uplifting visual.

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## 2024 CVV Board of Directors

### Executive Committee:

Joyce Atkinson (President), Marilyn Wolenweber (Past-President)

Arlene Lewandowski (Secretary), Joanne Wasak (Treasurer)

**Members-at-Large** Anita Stranik & Maria Xiaris

**Volunteer Representative Members**, Linda Pinder, Margaret Bachman

Our Village Voice is a free, electronic publication of Clayton Valley Village

Co-Editors: Diane Berger and Bev Adams Email: [village.clayton@gmail.com](mailto:village.clayton@gmail.com)

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