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Hi, just a reminder that you're receiving this email because you have expressed an interest in Valley Village. Don't forget to add [info@valleyvillage.org](mailto:info@valleyvillage.org) to your address book so we'll be sure to land in your inbox!

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August 25, 2015

## THE village SPIRIT!



enewsletter no. 117

### Walk with Us, Give with Us

Did you know that walking and giving at the same time is good for you? Walking is great for cardio but walking for a cause is great for cardio and your overall well-being. Scientists believe that altruistic behavior releases endorphins in the brain, producing the positive feeling known as the "helper's high."\*



Walk or run with us at the **Village Run/Walk**. Get your friends and family to sponsor you to help further your impact.

Sincerely,  
Your friends at **Valley Village**

\*"helper's high"

### Giving, It's a Good Thing

Gifts for you!

Food Casanovas, prepare yourselves!  
Join us for LA's edible extravaganza featuring a bevy of decadently delicious discoveries of your new favorite gourmet food and beverages.

Our friends from **The Gourmetzia Expo** have given us **several tickets to pass on to our donors as a way to say "thank you!"** for everything that you do to support Valley Village's vital work for people with developmental disabilities.



**The Gourmetzia Expo is happening August 29 - 30 at the Los Angeles Convention Center. Tickets are usually \$30, but for Valley Village supporters, they are Free.**

The Gourmetzia EXPO

Culinary aficionados, food fanatics, taste makers and lovers of edibles and beverages of all kinds can now for the first time discover, buy, sample and experience the finest in trending foods, gourmet and artisan delicacies all under one roof during one delicious weekend.

To receive your free tickets to Gourmetzia, **email us with your first and last name**. We will reply with your reservation information.

Thank you, Gourmetzia, for this wonderful donation!

## Run/Walk with Us Across the Valley

A great way to train and meet people, too

Want to prepare for the **Village Run/Walk** but you don't know where to start? Join our Meetup walking group called **Run/Walk Across The Valley**.

The goal of this group is to walk different routes throughout the San Fernando Valley. Each week we meet will be a new opportunity to see and discover amazing natural wonders of the San Fernando Valley. We will begin easy then challenge ourselves a little more each week we meet leading up to the big main event...The Village Run/Walk on Halloween. The Village Run/Walk is a 5k with the coolest route ever. This route goes across the Valley. It starts in Van Nuys and ends in Valley Glen following the Orange Line. Become a Villager and began your fitness journey to greatness while discovering the San Fernando Valley.



Run/Walk Across the Valley

## Register for the Village Run/Walk or Sponsor a Runner

Be a part of the event, even from your couch!

Get ready for the year's best fun run or walk on Halloween! The **Village Run/Walk 5K Halloween Fun Run** will commence on Saturday, October 31, 2015, with check-in at 7 am and the race starting at 9 am. With the support of Metro, the event's leading partner, the race will begin at the Metro Orange Line Sepulveda Station (15432 W. Erwin St., Van Nuys, CA 91411) and follow the Orange Line to Burbank and Fulton where participants will enjoy a Kiddie K, entertainment, food, and a community resource fair at Los Angeles Valley College.



Village Run/Walk  
Halloween Fun Run

**Valley Village** and **The Village Family Services** will be hosting the 5K with the help of the Chatsworth Chiefs, a

Register or Sponsor a Runner

local cross country track and field training group. **Councilmember Bob Blumenfield** will serve as the Grand Marshall, and additional community supporters include **Assemblymember Adrin Nazarian** and **Councilmember Paul Krekorian**.

#### Ways to Register:

- 1.) **Online**, where you can also find **race map** and other information.
- 2.) Fill out and mail the registration form on the back of **this brochure**.
- 3.) At the event. Onsite registration is open 7 am - 8:30 am.
- 4.) Won't be able to attend? **Sponsor** a runner or become a Virtual Runner.

#### Event schedule:

7:00 am - Registration @ Sepulveda Metro Station  
 9:00 am - 5K Start @ Sepulveda Metro Station  
 10:30 am - Kiddie K @ Los Angeles Valley College

**Be sure to wear your Halloween costumes. You'll be automatically entered into a costume contest!**

## Community-at-Large

### Save the date!

Mark your calendars for Saturday, October 3 for our next **Community-at-Large** event. Valley Village's region-wide day for individuals with special needs is held twice a year at a great venue in the Southland. Keep your eyes open for the announcement for this October's location. We will need volunteers for the event! Community-at-Large is open to everyone with an intellectual and developmental challenge.



Griffith Observatory

If you would like to sign up to be a **partner agency**, **please email us now** to be included in the packet material.

## Sip and Give

### Finish this bottle of wine and keep the bottle as a piece of art

Do you want to see what happens when paint meets wine?

We have a number of talented individuals that attend our Adult Development Center in Winnetka every day that are part of the ceramic arts program. Throughout the year, they create stunning pieces of art that are for sale; fine art, ceramics, hand modeled pieces and more. **For our special events, one of their favorite activities is to design unique art that will help raise money for Valley Village.**

This year, the artists in our program produced beautifully hand painted bottles of Saddle Rock Wine. **Each bottle is unmatched in style and beauty.** We have cabernet sauvignon and chardonnay; all through a partnership with the Malibu Family Winery. All proceeds go back into our ceramics and arts program.



Saddle Rock Wine. Bottle

**Each bottle is just \$40.** A bargain, just for the wine itself!  
**Contact us** for pickup information or to set up a time to  
 come view the bottle selection.

painted by Valley Village  
 Clients

## 2015 Calendar

Aug. 29	Super Saturday at the <b>Rhythm &amp; Joy Festival</b> .
Sept. 7	Labor Day. Office and Day Programs Closed.
Sept. 24	Valley Village Annual Meeting. 5:00 pm. Adult Development Center, <b>Fred Chapa Campus</b> .
Sept. 26	Ice Cream Social for Saturday Program hosted by the Canoga Park Elk's Club.
Oct. 3	Community-at-Large, save the date!
Oct. 31	<b>Village Run/Walk</b> - Halloween Fun Run



## Stay Active



### Form a team

Each of our Valley Village homes are forming teams for the Village Run/Walk. Don't be left behind! Form your own team now!

**VillageRunWalk.org**



### Social media maven?

Facebook junkie? Know how to get more likes? Help Valley Village go for broke on social media!

**Reach out to us.**



### Volunteer

Have some free time and want to be part of the pre-event committees? We can use some hands-on-deck! Make phone calls, copies, send letters! **Email today.**

"Ability is what you are capable of doing. Motivation determines what you do. Attitude determines how well you do it." - Lou Holtz

**DONATE NOW**



**Stay Connected.**  
**Events & Photos are always on Facebook First!**



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[ValleyVillage.org](http://ValleyVillage.org)

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