

A diverse and intergenerational up-and-coming Bay Area community to be located in Fremont, California



THIS ISSUE:

- Getting a "Taste" of Cooking for Groups
- 5 Reasons to Live in Cohousing
- Upcoming Events
- Evelyn Gives the Scoop on Local Writing Group

Getting a "Taste" of Cooking for Groups



Common Meals are a big part of life in cohousing, but it's also one of the topics that can give people anxiety. Full disclosure that MPV Members experienced a little bit of that anxiety, but to put fears to rest, we recently attended a class at Spectrum Community Services in San Leandro to learn how to turn a meal for 4 into a meal for 30.

"I hadn't realized what fun it is to cook with a group of friends," said Member Evelyn.

Additionally, the group learned about sanitary procedures when preparing food for a group - wearing gloves, sanitizing dishes, keeping chicken isolated from veggies in food preparation. We even got to don stylish hairnets!

By the end of the class, we had both a fantastic meal, and reassurance that Common Meals ARE possible without stress!

"I'm looking forward to taking my turn at making a common meal and eating meals with my fellow cohousers," Evelyn added.

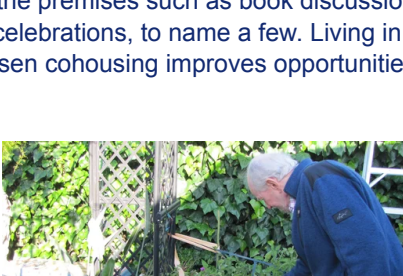
5 Reasons to Live in Cohousing

1. It fits modern living conditions.

Cohousing relieves isolation and allows families with similar values to live in neighborhoods they help design. People who work remotely can find a quiet spot in the Common House to work without distraction. Because the residents share amenities, the cost of living is more affordable.

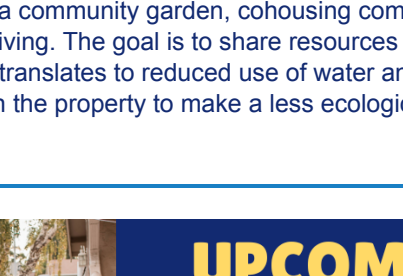
2. It strengthens social ties.

Living in a close-knit neighborhood makes it easier to develop, maintain and build deep connections with others - a kind of extended family particularly valued by teens. Residents encounter one another more often than when living in most housing developments.



3. It increases the family's variety of experiences.

Living in a community of diverse people with many life experiences and interests makes one appreciate different life perspectives. Cohousing communities expand their members' exposure to new ideas and interests through activities on the premises such as book discussions, yoga, movies, theater, and holiday celebrations, to name a few. Living in close proximity with others who have chosen cohousing improves opportunities to share skills and develop new talents.

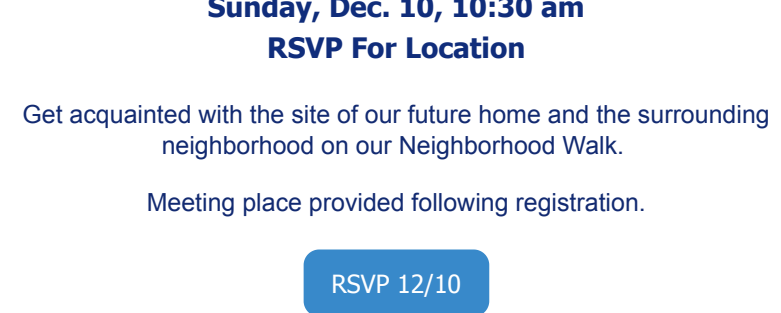


4. It promotes healthy living.

Exercising together in the Common House or outside the neighborhood is an encouraged part of cohousing life. There might be exercise classes offered on a regular basis. Cohousing communities band together to assist residents with newborns, illnesses, in bereavement, or with other needs.

5. It is a more sustainable way of life.

In addition to having a community garden, cohousing communities emphasize sustainable ways of living. The goal is to share resources and thereby conserve them. This translates to reduced use of water and energy. Living units are clustered on the property to make a less ecologically damaging footprint.



**Tour Our Future Neighborhood
Sunday, Dec. 10, 10:30 am
RSVP For Location**

Get acquainted with the site of our future home and the surrounding neighborhood on our Neighborhood Walk.

Meeting place provided following registration.

RSVP 12/10

**Learn About Mission Peak Village
Thursday, Dec. 14, 6 pm
viz Zoom**

We invite you to join us for an online "Learn About," where we will share details of our project, such as timeline, projected home prices, and more. You'll have the opportunity to meet some of our community members and ask any burning questions about our group.

RSVP 12/14

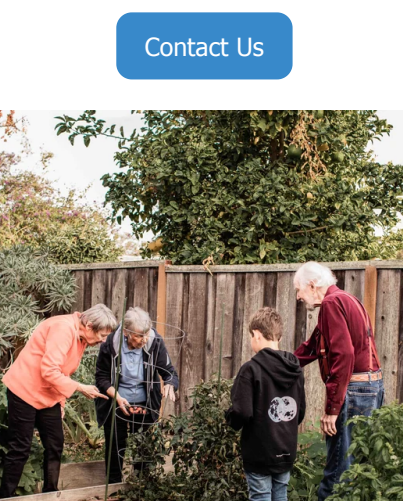
**Coffee & Conversation
Saturday, Dec. 16, 2-3 pm
Suju's Coffee & Tea: 3602 Thornton Ave., Fremont 94536**

We're building cohousing in Fremont. Come hear about why we think cohousing fits in beautifully with our lively, welcoming hometown.

We get together to chat about cohousing and how it builds a sense of community. Come with questions if you have them! RSVP suggested.

RSVP 12/16

Evelyn Gives the Scoop on Local Writing Group for The Fremont Podcast



Evelyn was recently featured on The Fremont Podcast to talk about The Fremont Area Writers (one of the many organizations Evelyn participates with). The episode is smart and funny, and offers a great view of the writing scene around Fremont. Check it out on major podcast platforms.

Evelyn is the author of two books, including one about her Peace Corp experience in Peru. Learn more about Evelyn and her books at evelynlatorre.com.

**Curious About Cohousing?
Become a Mission Peak Village Explorer!**

When you become an Explorer, we throw open the doors for you! You have access to all of our meetings and social events. You will learn more about our mission and values, the status of the community's development and investment structure, how to reserve a home and any other questions you may have. This is your opportunity to fully explore the value of living at Mission Peak Village!

[Contact us](#) for more information and to become an Explorer today!

Contact Us



Questions about Mission Peak Village?

Call Kelli at **510-413-8446** or [email us](#) for more information.

