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MARIN
VILLAGES



Our Paths - Our Choices

Empowering older adults to be active,
connected and independent in the place they
call home



SAN RAFAEL VILLAGE CALENDAR OF EVENTS MAY 2020

*"Aging is an extraordinary process whereby you become the person you
always should have been." ~ David Bowie*

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Ami Diallo

Volunteers: Carolyn Lenert, Diane Emani, Fiona McGowan

We look forward to seeing you all at an event soon! Thank you for
giving your time and energy to our village.

LOCAL VILLAGE EVENTS (open to all, unless noted)

Due to the shelter-in-place order, our groups and meetings will be held
on Zoom. If you need technical assistance on Zoom use, please contact
Jane Solomons at (415) 492-8041 or cartersolo@comcast.net

Please note that other Marin villages are also hosting Zoom activities
that you are welcome to join. Check out their monthly calendars at

www.marinvillages.org.

If you have suggestions for Zoom groups/activities or non-Zoom ideas for San Rafael Village, please contact Sparkie Spaeth at oksparkie@aol.com.

Book Chat

Monday, May 4, 2:00 – 4:00pm

Please join us on Zoom to share what you have been reading lately, and what you think about it! Val Stilson will send out the Zoom link to the group the evening prior to the meeting. Please RSVP to Val at (415) 479-1439 or valerie.stilson@sbcglobal.net. Hope you can join us!

Every Wednesday Coffee Chat

Wednesdays, May 6, 13, 20, and 27, 2:00pm

Don't miss the opportunity to visit with some of your San Rafael Village friends and perhaps meet new ones on Zoom every Wednesday! Most chats will have a designated topic to get the conversation going, but the talk could go anywhere. All are encouraged to contribute their 'two bits' to the discussion. Or you could just be a listener. The first Wednesday of each month will be open to whatever subject is on your mind, from the news to what's in your backyard. Carole Sherick will send out the Zoom link to all Village members and volunteers the evening prior. Contact Carole at (415) 479-0930 or csherick@gmail.com with any questions or suggestions.

Dealing with Loss

Thursday, May 7, 2:00pm

Dealing with Loss is a support group coming together once a month on Zoom. There is still one slot available for a new participant. This is an intimate exchange of like-spirited people reaching for deep personal sharing, support, and learning new tools. It is facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. Contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and for the Zoom link.

Villages Book Club

Thursday, May 28, 12:30pm

Please consider joining us this month! You don't have to read the book first, just come meet us and see for yourselves what a lively group of six readers we are. Everyone welcome. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Village Business

Program Committee

Friday, May 8, 1:30 – 3:30pm

Interested in helping plan activities and social events for San Rafael Village? Consider joining the Program Committee. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930.

Membership/Volunteer Committee

Wednesday, May 13, 1:00 – 3:00pm

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Steering Committee

Friday, May 15, 1:30 – 3:30pm

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com or (415) 250-3172.

COMMUNITY EVENTS

Exercise classes on line from the YMCA

This link will take you to the current day's list of classes. They are at specific times.

<https://www.ymcasf.org/classes-schedule>

11-minute warm-up and stretch class online from YMCA

This class can be done whenever you want. Just click on the link.

<https://ymca360.org/on-demand#/category/14videos/24>

HELP US HELP OTHERS

If you know someone who could use our services, is interested in

volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

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