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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

JULY 2020

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Emma Rapp and Melanie Lohman

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

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 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 at oksparkie@aol.com.

Every Wednesday Coffee Chat

Wednesdays, July 1, 15, 22, 29, 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 afternoon you are invited to meet on Zoom at 2:00pm. 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 third Wednesday of each month will be hosted by Val Stilson, who will do a check-in with all participants and then open the discussion to whatever subject is on your mind, from the news to what's in your backyard.

Carole Sherick will send out the Zoom link for the Wednesday Chats to all Village members and volunteers the day/evening prior. Contact Carole at (415) 479-0930 or csherick@gmail.com with any questions or suggestions.

PLEASE NOTE: The Chat on July 8th is cancelled. There will be a Marin Villages presentation on Zoom with Dr. Matt Willis, Marin County Public Health Director. Please contact the office to sign up for this important briefing on COVID-19. See more details below.

Movie Group

Sundays, July 5, 12, 19, 26, 7:00pm

San Rafael Village has a new movie group! We Zoom on Sundays at 7:00pm every week as a highly entertaining but by no means high-brow group to discuss a film selected from Netflix. We invite you to join the talk or just listen. If you are interested in joining the mailing list (Zoom link will only be sent to those who request it), drop a note to karenkasavana@gmail.com or call (714) 403-3345.

Book Chat

Monday, July 6, 2:00 – 4:00pm

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

Dealing with Loss

Monday, July 13, 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, July 23, 12:30pm

Please join 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**Membership/Volunteer Committee**

Wednesday, July 8, 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.

Program Committee

Friday, July 10, 1:30 – 3:30pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930.

Steering Committee

Friday, July 17, 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.

MARIN VILLAGES EVENTS

Dr. Matt Willis—updates on coronavirus and what's in store for the immediate future

Wednesday, July 8, 3:00pm

Dr. Matt Willis, Marin County's public health officer, will be presenting this Zoom program specifically for Marin Villages members and volunteers. He will focus not only on Marin County's efforts to-date to combat the coronavirus, but also on what lies ahead, especially for Marin County's older adults. Many thanks to Marin Villages Board Member Larry Meredith for arranging this special presentation for us! RSVP to the office to register for this event and you will be sent a link to join the program. (415) 457-4633 or info@marinvillages.org

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/14/videos/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.marinvilleages.org) for application forms and online donations.

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