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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



NOVATO VILLAGE NEWSLETTER

JULY 2020

NOVATO VILLAGE STEERING COMMITTEE WISHES YOU...

Happy Independence Day on July 4th. While it has been a federal holiday in the United States only since 1941, from 1776 to the present day, July 4th has been celebrated as the birth of American independence.

<https://www.history.com/>

Please come to the **Novato Village garage sale** and see what we've got! It will be held Thursday, Friday, and Saturday, July 23, 24, and 25, from 8:00am to 4:00pm. Thank you to our hosts, Beth & Lou Livoti! Please contact Beth for more information. (415) 892-1043 or

llivoti@comcast.net

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Julie Christine

We look forward to seeing you at an event soon!

LOCAL VILLAGE EVENTS (open to all, unless noted)

If you don't already have the [Zoom.us](https://zoom.us) application on your laptop, desktop computer, or smartphone, you can call in to events on any telephone to join in.

Food & Drink

Zoom Coffee—make the coffee or tea at home and Zoom with us
Wednesday, July 8, 11:00am

Please RSVP for the Zoom login information to Joanne Lang, jiangtpa@gmail.com or (916) 716-5800, or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238. Our guest will be **Susan Stompe**, a 50-year resident of Novato and General Plan 'groupie' from the 70s to 2020. She'll present the highlights of the Novato 2035 General Plan revisions in process right now. *You can have input!* Susan has participated in four Novato General Plan updates over the years so she knows the territory.

- General Plans lay the groundwork for development, recreation, circulation and transportation, noise levels, parks and programs, housing and conservation within the community. They must conform to directives from the state, which change from decade to decade. They must address climate change and, especially in Marin, sea level rise. Other issues of immediate importance: the state housing shortage and the economic recovery from the pandemic.
- Specific areas of potential change in the 2035 General Plan include: downtown and along the north end of Redwood Boulevard corridor, changes in the municipal code; perhaps an increase in building size in the Bel Marin Keys Boulevard industrial park from 300,000 sq. ft. to 500,000 sq. ft. and the resulting traffic impact.

Zoom Happy Hour—enjoy your favorite drink at home and come Zoom
Wednesday, July 22, 4:00pm

Please RSVP so you can get the Zoom login from Joanne Lang, jiangtpa@gmail.com or (916) 716-5800, or Margaret Jackson, marge-32@hotmail.com or (415) 892-1238. **We'll play the game "Facts in Five" again**, as it was popular at the last Happy Hour. All you need is a pencil and a piece of 8 ½" x 11" paper. Make a grid

with 5 rows across and 5 rows down, like a bingo card.

A screenshot at the last happy hour—some of us brought our pets to the event.



Education & Presentations

Poured Paint Workshop

Tuesday or Wednesday, July 14 or 15, 10:00am – noon

Two workshop opportunities at Sue Lyttle's studio, 2041A Mill Road, Novato. Paint an abstract masterpiece! No experience needed, just have fun! Sign up at suelyttle@comcast.net. Please include your name, email and phone number. We will be working outside, standing on gravel, in some shade. Pouring paint is messy, please wear old clothes. **Be sure to wear your mask (COVID-19 requirement)**. I will supply gloves and a plastic apron, a small canvas, all paints, and other supplies. The fee is \$5 for supplies. If you work fast and want to do a second canvas, add \$3. Limit of four participants each day, so we can have plenty of social distance. Here are some examples of poured paint:



Exercise

Zoom Special Guest: Meet Elizabeth Lynn, Certified Essentrics–Aging Backwards Instructor

Thursday, July 23, 2:30 – 3:30pm

To RSVP, email Beth Livoti, llivoti@comcast.net or (415) 892-1043. Beth will send out the invitation and Zoom link. Learn about the Essentrics program, an exercise program for older adults. Elizabeth Lynn will explain the philosophy behind Essentrics and demonstrate a 30-minute program. It is a full-body, purposeful movement activity engaging all 650 muscles, rebalancing the body, unlocking tight joints, improving posture, improving body shape while increasing strength and flexibility. <https://essentrics.com/>

Books

Zoom Book Lovers' Group

Tuesday, July 14, 2:30-3:30pm

To RSVP, email Beth Livoti, llivoti@comcast.net or (415) 892-1043. Beth will send out the invitation and Zoom link. The two books being discussed this month add insight and dimension to the protests around the country and how they came about. *Heavy: An American Memoir* by Kiese Laymon is a powerful and provocative memoir. Laymon writes eloquently and honestly about growing up a hard-headed black son to a complicated and brilliant black mother in Jackson, Mississippi. *The New Jim Crow: Mass Incarceration in the Age of Colorblindness* by [Michelle Alexander](#). Although Jim Crow laws have been wiped off the books, many in the African American community remain trapped in a subordinate status--much like their grandparents before them. Former litigator turned legal scholar Michelle Alexander provocatively argues that we have not ended racial caste in America.

Village Business

Novato Village Steering Committee Meeting on Zoom

Tuesday, July 21, 1:30pm

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

MARIN VILLAGES EVENTS

How Long Will This Be Going On? Dr. Matt Willis, Marin County's Public Health Officer

Wednesday, July 8, 3:00pm, Zoom

Dr. Matt Willis, Marin County's Public Health Officer, will be Zooming with us on July 8 at 3:00pm. This is a program specifically for Marin Villages members and volunteers and 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

Happy Organizing: for yourself, your home and your paperwork
Thursday, July 30, 3:00pm, Zoom

Marin Villages volunteer Lori Harvey, a home management consultant, will provide helpful insights into how to organize yourself, your home, and your paperwork, whether the task is cleaning up your desk or figuring out how not to leave a mess for your children to sort through after you are gone. Lori is a professional organizer and home-management consultant when she's not busy volunteering with us. Organization is her middle name! Join us to hear her tips. **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

NOVATO in the know

This is a note from Amy Peele, Novato City councilmember and recent guest at the Novato Village Coffee: "Our Novato newsletter has all kinds of information in it including COVID-19 updates. Folks can sign up for this newsletter. It's kind of like a one-stop shop."

<https://www.novato.org/about-novato/news/city-of-novato-e-newsletter>

Downtown Novato Outdoor Dining, Retail Expanding with Weekend Closure of Grant Avenue

by Press Release Desk, News Partner

The City of Novato, in partnership with the Downtown Novato Business

Association (DNBA), will temporarily **close Grant Avenue to create pedestrian-only access from Reichert to Machin Avenues every weekend this summer. This street closure will occur from 1pm Friday to 7am Monday, starting Friday, June 12.**

This move is to support our local businesses by allowing them to expand beyond sidewalks and into the street while adhering to [County Public Health Orders](#), allowing for better social distancing to make outdoor dining and retail safer and easier for our businesses and community.

"Our community has been interested in closed street programs for Grant Avenue for a while," stated City Manager Adam McGill, "and this is a perfect opportunity to both respond to their request and support our small businesses by expanding their outdoor footprints as we transition deeper into phase two of the shelter-in-place orders."

Novato is proud to be the first community in Marin County to pilot a full street-closure program to help our businesses and restaurants get back in business in downtown Novato. "The opportunity for Downtown retailers and restaurants to expand into the street will help them emerge from this difficult time," said DNBA Executive Director Stephanie Koehler. "The DNBA is grateful to the City for their partnership in making this a reality. We look forward to seeing our downtown come alive again! "

The City and the DNBA welcome shoppers and diners back to Downtown every weekend throughout the summer, with a reminder that all visitors and businesses must continue to follow [County of Marin guidelines regarding social distancing, good hygiene practices, and face coverings](#). For the program to succeed, it will be evaluated closely to ensure the safety of businesses and the health of the community and may cease if protocols cannot be adhered to.

Book Passage Zoom Conversations with Authors

Saturdays & Sundays, 4:00pm

Register now for your invitation using this link:

<https://bookpassage.extendedsession.com/>

Here are the sessions for July:

- Tom Cahill from National Geographic, July 11th
- Ann Patchett, author of popular novel *Dutch House*, July 12th
- Judith Martin, AKA Miss Manners, July 18th
- John Muir Law, founder of Nature Journal Club, with Amy Tan, July 19th
- Mark Neop, #1 best seller (NY Times) *Book of Awakening*, July 25th
- Louise Erlich, author of *The Round House*, July 26th

NOVATO VILLAGE ANNOUNCEMENTS

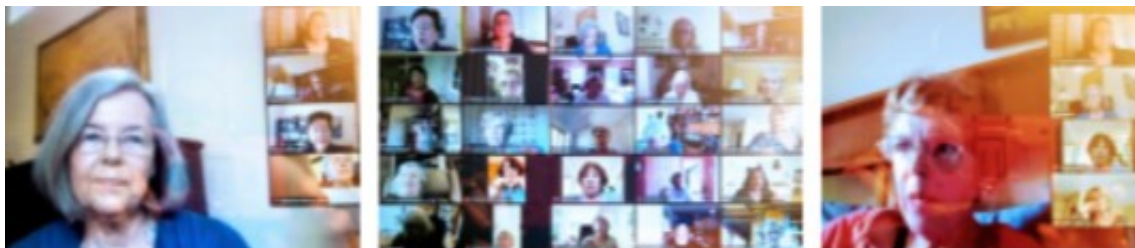
Who is interested in...

...starting a walking group at Hamilton Levee? It's a flat, open path; no mask if social distancing; we need a leader. If you are interested in walking or helping to organize this group, please let Margaret Jackson know at marge-32@hotmail.com or call her at (415) 892-1238.

...Zoom Bingo once a month until we can meet in person? If you enjoy Bingo, let us know so we can organize a virtual game. Please let Margaret Jackson know at marge-32@hotmail.com or call her at (415) 892-1238.

AND MORE...

Staying Safe and Sane, on June 18, was a wonderful event! The speakers were Sue Steele, psychotherapist and Marin Villages board member, and Patricia Stamm MD, psychiatrist, psychotherapist and Novato Village member.



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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