



ROSS VALLEY VILLAGE

February 2019

Marin Village Members and Volunteers: Join us in March for our luncheon with speaker Jason Lewis.



What began as a daydream to revisit the Greenbrae Lanes bowling alley of his youth became an obsession for Realtor Jason Lewis. Although born in San Francisco he moved to Marin at the age of 2 and Marin has been his home ever since. In 2005, before Facebook took off, Jason reached out to the public, asking for their photos of Marin County from the 1950s to the 1980s.

The response was overwhelming and prompted Jason to create a website called MarinNostalgia.org, Marin's first grass-roots virtual museum which is a major repository of Marin lore. During his talk, Jason will share with us nostalgic images, videos, and memories of

Marin that will bring back fond memories for everyone.

Details:

Saturday March 2 11:30 Visiting and Lunch, Speaker begins 12:30. Event ends no later than 2pm

Lunch and Lecture at The Community Room, Greenbrae for all Village Members and Volunteers sponsored by Ross Valley and Twin Cities Villages

TAKE NOTE:

Ross Valley Villages steering committee meeting

Thursday, February 14 10:00 am -12:00

Location: at the home of Loulie Sutro in Kentfield. Call the office for directions or for a ride to the meeting.

The committee welcomes all members and volunteers who might want to help with welcoming new members with phone calls or notes, planning our monthly events or who know they have other skills or ideas to offer. Come to our meeting! We will be happy to give you a ride there.

What's Happening in Ross Valley Villages

If you would like to participate in any of the activities below and need transportation, please call the office at 415-457-4633 to arrange a ride.

Rescheduled from January- New Ross Valley Villages Members Coffee,

Wednesday February 13 10:30-12:00pm

At the home of Loraine Berry in Ross, Call the office to arrange for a ride!

The steering committee invites members who joined last year to a special morning of conversation and getting to know some of our members. We will contact you directly about this event.

Breakfast with friends at Fairfax Cafe

Wednesday, February 20, 9:30 to 10:30 am (3rd Wednesdays)

33 Broadway, Fairfax

Join us for our informal monthly social hour over coffee and breakfast (you cover the cost) Make new friends and keep the old--bring your neighbor, friend, a family member or show up on your own! A joint event by Age Friendly Fairfax.

Ask an Expert Monthly Gathering:

Friday, February 22 12:30-1 pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Meet one-on-one if you have concerns or questions about resources for older adults in Fairfax and Marin. Stay for the Fairfax Forum right after. See below.

Age Friendly Fairfax Monthly Forum: "Fire, Ambulance and Police Services"

Friday, February 22, 1-2pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Handling medical or disaster emergencies when you are overwhelmed or possibly ill can be a real challenge. Come hear from trusted first responders on when it's appropriate (and why) to call 911, and what to expect. If an evacuation is needed due to a disaster (a fast moving fire for instance), how would you be notified and how can you be ready to go if that is mandated.

Around the Villages

Marin County Commission on Aging

February 7, 9-11:00

Whistlestop, 930 Tamalpais Ave. San Rafael

RSVP for the expo at: <https://sanrafaeljadu.eventbrite.com>

Junior Accessory Dwelling Unit Expo- A JADUs (pronounced "jay-doo") is a room rental within an existing residence. JADUs can help alleviate Marin's housing crisis and provide an additional income source for homeowners – including older adults on a fixed income – that can help them remain in their homes.

By attending this presentation, participants will:

- Learn how homeowners with an extra bedroom can convert it into a legal rental unit (a "JADU") to make over \$1,000 each month.
- Get advice from architects, planners, and builders on how to convert your home inexpensively.
- Learn from nonprofits about how to screen renters and write a rental contract.

Twin Cities Village Speaker Series This month's topic is "Staying Alive"

Wednesday February 20, 11-12:30

Corte Madera Recreation Center, 498 Tamalpais Drive, Corte Madera

Marin's first responders emphasize that all residents must be prepared to survive for 5-7 days in their homes following a disaster. Now that firestorms are also a reality in our area, we need to understand about emergency alerts and how to escape. This custom Get Ready class for Older Adults will help you create an emergency plan, evacuation checklist, and strategies to keep you safe .

Presenter: Maggie Lang, RN, Marin County CERT and GetReady Coordinator. In conjunction with Age-Friendly Corte Madera and the Corte Madera Recreation Department.

Save the Date

Saturday March 2 11:30-2:00

Lunch and Lecture at The Community Room, Greenbrae for all Village Members sponsored by Ross Valley and Twin Cities Villages -See info at top of newsletter



Poles Class

Monday, May 20 3-5pm

St. Johns Episcopal Church, Ross

LEARN ABOUT USING POLES FOR HIKING, WALKING, EXERCISE, HEALTH AND FITNESS

Join well known fitness and wellness educator JAYAH FAYE PALEY as guides us in how to use hiking poles for walking, balancing and for maintaining mobility and independence. When PoleWalking, you feel taller and more confident! Learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

We'll be showing different models of poles and tips – including special balance tips. Feel free to bring your own poles. You WILL need rubber tips. Jayah will bring extra (high quality) tips if yours are worn out or missing. Please don't miss this session. It only happens every other year or so.

For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.