



NOVATO VILLAGE

February 2019 Newsletter

We encourage members and volunteers to bring guests to Novato Village events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event. Also, check out marinvillage.org to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

Tuesday, February 12 Book Lovers' Club	2:30-4:00pm
Wednesday, February 13 Monthly Coffee	10:30am-noon
Tuesday, February 19 Steering Committee	2:30-4:00pm
Wednesday, February 20 Happy Hour at Wild Fox	4:00-6:00pm
Wednesday, February 27 Let's Play Boggle	1:30-3:30pm
Wednesday, February 27 Monthly luncheon	Noon-1:30pm
Wednesday, February 27 Great Books Club	1:00-3pm

BOOK LOVERS' CLUB

When: Tuesday, February 12, 2:30-4:00pm

Where: Creekside Bakery, 1719 Grant Ave, Novato

Contact: Nancy Bodan-Gonser nbg51@comcast.net

On Gold Mountain by Lisa See will be discussed.

MONTHLY COFFEE

When: Wednesday, February 13, 10:30am-noon

Where: Community Room, NovaRo III, 31 Pinheiro Circle, Novato

Directions: 101 north to San Marin exit, left on San Marin Dr., left on Redwood Blvd., right on Pinheiro Circle

Parking: Street parking is available on Pinheiro Circle and also on Redwood Blvd. (Please be careful not to park in designated resident spaces. Thanks!)

Contact: Marge Jackson marge-32@hotmail.com

STEERING COMMITTEE

When: Tuesday, February 19, 2:30-4:00pm

Where: Marin Community Foundation

Contact: Jean Gunn jmbgunn@gmail.com

HAPPY HOUR AT WILD FOX

When: Wednesday, February 20, 4:00-6:00pm

Where: Wild Fox, 225 Alameda Del Prado, Novato

Contact: Marge Jackson marge-32@hotmail.com

MONTHLY LUNCHEON

When: Wednesday, February 27, noon-1:30pm

Where: Mary's Pizza Shack, 121 San Marin Drive, Novato

Contact: Joanne Keenan jkeen@pacbell.net

LET'S PLAY BOGGLE

When: Wednesday, February 27, 1:30-3:30pm

Where: Beth Livoti's home. Contact Beth for address.

Contact: Beth Livoti llivoti@comcast.net

GREAT BOOKS CLUB

When: Wednesday, February 27, 1-3pm

Where: Home of Ginny Saunders. Contact Ginni or Paula for address

Contact: Paula Weinberger p.weinberger41@gmail.com or Ginni Saunders ginnisaunders@gmail.com

The group will discuss two readings from the 'Death' section in the CounterParts Anthology: "Immoderation of Ifat" by Sara Suleri, and "Now We are Five" by David Sedaris. Next month the group will begin a new anthology, Great Conversations #2, published by the Great Books Foundation. It can be purchased through Amazon. Members and volunteers from all villages are always welcome! Since we're starting with a new anthology in March, it's a great time to join.



Coffee get-together at NovaRo and lunch at Boca Tavern

MARIN COUNTY SEEKING SENIOR PEER COUNSELORS

Are you 55 or older and looking for a volunteer commitment that will provide the opportunity for personal growth? The Marin County Senior Peer Counseling program is seeking committed, compassionate volunteers to provide supportive counseling to seniors in Marin. The Peer Counseling Program will offer its six-week training session, beginning in mid-February 2019. The program provides supportive counseling to seniors in Marin County.

Volunteers will receive education on issues of aging, training in basic counseling skills and extensive information on community resources. Trained volunteers make weekly visits to clients in their homes, and help them deal with aspects of aging while providing emotional support and practical resources to help comfort and empower them. Weekly group supervisions led by a mental health professional provide volunteers with support to be successful in their role. **For more information, please contact Rachel Gila, R.N. Rgila@marincounty.org or 415-473-2871.**



A few years ago, a friend turned me on to *AgeSong Marin*, and after participating in one of their groups I started feeling even more positive about growing older and really enjoying life.

Our group included eight women and men in their sixties through nineties and we met every week for two months. We were informally led by two supportive facilitators who shared insightful readings, many related to this unique stage of our lives.

We would then talk about our reactions to the readings, which often grew into terrific discussions about what was going on in our lives. For me, the experience of AgeSong was transformative. It widened my circle of friends, and it opened my mind to all the many choices that are in the realm of possibility for me.

Throughout time, humans have been storytellers. It's those stories that help us maintain the memory of who we were and who we are now. Sharing stories and memories makes sense of our lives and helps us see patterns which integrate our life experiences. AgeSong offers a unique opportunity to connect with others and ourselves through our stories.

- AgeSong Marin website

AgeSong groups meet in locations throughout Marin and the fee for participation is affordable (plus, scholarships are available.) And here's some really good news....Marin Village members and volunteers receive a 25% discount.

Check out AgeSong Marin's website agesongmarin.org (it's packed with lots of good information) or call (415) 234-5040.

WHAT'S HAPPENING AROUND TOWN?

Though the following are not Marin Village sponsored events, they may be of interest to members and volunteers.

Event: Convert Your Extra Bedroom into \$\$\$\$ (Junior Accessory Dwelling Unit Expo)

When: Thursday, February 7, 9-11am

Where: Whistlestop, 930 Tamalpais Ave., San Rafael

Admission: free

Registration: <https://SanRafaelJADU.eventbrite.com>

California recently streamlined requirements for converting a bedroom/bathroom into a legal rental called a **Junior Accessory Dwelling Unit** (abbreviated JADU, pronounced "Jaydoo.") The conversion process is now more cost-effective, and will provide the opportunity for older

homeowners to earn extra income every month. This event will provide information regarding costs and planning. Architects, builders and planners will be there to explore options and answer questions.

Event: Novato Live Concert Series: live acoustic performance by Amanda Brown

When: Saturday, February 9, 6-8pm (doors open at 5:30 pm)

Where: Novato City Hall, 901 Sherman Ave., Novato

Admission: free

More info: novato.org/concerts

Event: Caregiver Support Group

When: Wednesday, February 13, 10-11:30am

Where: Margaret Todd Senior Center, 1560 Hill Rd., Novato

More info: call the Alzheimer's Association at 415 472 4340

Sponsored by the Alzheimer's Association and Marin Adult Day Health Center, this is a resource for family members who are caregivers of persons with memory loss due to Alzheimer's disease or a related dementia.

Event: Health Services Day

When: Wednesday, February 20, 9:30am-noon

Where: Margaret Todd Senior Center, 1560 Hill Rd., Novato

Admission: free

A wide range of no-cost medical services will be offered including: acupuncture, blood pressure checks, dental screenings, fall prevention tips, glucose testing, hearing/vision screenings, walker/cane adjustments, memory screenings, etc.

Event: Healthy Aging Workshop

When: Thursday, February 21, 12:30-2:30pm

Where: Whistlestop, 930 Tamalpais Ave., San Rafael

Admission: free

Registration: 415-456-9062

Wells Whitney, Buck Institute for Research on Aging Board Member, will present his "healthy aging score card" designed to help evaluate how to improve your quality of life.

Event: Novato Live Concert Series: live acoustic performance by Trace Repeat

When: Saturday, February 23, 6-8pm (doors open at 5:30 pm)

Where: Novato City Hall, 901 Sherman Ave., Novato

Admission: free

More info: novato.org/concerts