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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

AUGUST 2020

INCREDIBLE GARAGE SALE!

Successful?? How about *amazing*?!! THANK YOU to organizer **Beth Livoti** and her **crew of dedicated volunteers** who managed the garage sale with social distancing, masks, limiting to 15 customers at a time, and earning the Novato Village treasury \$4,800 to help with member scholarships. Wow!



Beth and part of her crew

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Michael Creamer and Maureen Vernes

Volunteers: Dr. Larry Mazzotta, Nancy Stewart, and Jean Ledoux

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

LOCAL VILLAGE EVENTS (open to all, unless noted)

Food & Drink

Zoom Coffee—make the coffee or tea at home and Zoom with us
Wednesday, August 12, 11:00am

No need to RSVP; the Zoom link will be sent to everyone by email. Our guest will be **Gloria Dunn-Violin**. Gloria is a professional speaker,

seminar leader, and consultant. She has advised people on effective methods to redefine, re-energize, and recreate oneself once one has *retired* from a working/employed position. Are you feeling like you are living the same day over and over during this COVID time? Do you know someone who is feeling that way? She understands the sense of *time disorientation*, and offers strategies to help pre- and post-retirees understand the huge transition to retirement, as well as showing them how to adapt to this new phase in their lives. These methods are effective during this stay at home time, as well! Revive your definition of YOU!

Gloria says, "I've been fortunate to work at what I love to do to help people have their best life possible." Her recent book, *Revivement: Having a Life After Retirement*, is a guide to support people as they transition to retirement. Gloria has hosted a cable interview talk show with business professionals and has her own website, www.havingalifenow.com. Join us to get on the Revivement bandwagon and re-energize your life!

Zoom Happy Hour—enjoy your favorite drink at home and come Zoom

Wednesday, August 26, 4:00pm

No need to RSVP; the Zoom link will be sent to everyone by email. We'll play the game "Facts in Five" once more. It was popular at the last few Happy Hours. 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.

Exercise

NEW!! Hamilton Levee Walk

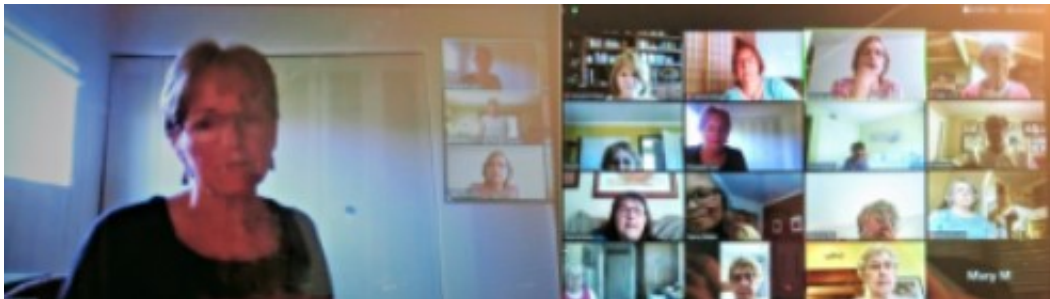
Thursday, August 6, 9:30am AND 1st Thursday of the month in the future.

Hamilton Levee, 7 Hamilton Landing (enter levee between Hangers 5&6)

It's a flat, open path; no mask if social distancing, but **have your mask handy** in case other walking groups get too close. Meet us at the levee wearing walking shoes and **mask**, and bring a water bottle, sunscreen, and jacket—hat if you wish. If you are interested in walking with this group, please let Margaret Jackson know at marge-32@hotmail.com or call her at (415) 892-1238.

ESSETRICS, Aging Backwards® with Elizabeth Lynn, Certified ESSETRICS Instructor
Mondays 9:00 – 10:00am
Zoom

Elizabeth Lynn gave her presentation on Zoom to Novato Village members in July. She is inviting you to enjoy a more youthful feeling body and improved overall health! **ESSETRICS, Aging Backwards®** is perfect for seniors or those just getting back into exercise. With music, it is a safe and slow-paced full-body workout of standing and floor exercise that simultaneously stretches and strengthens all 650 muscles, gently improves mobility, reawakens your body's balance reflexes and provides relief from pain and joint stiffness. **ESSETRICS, Aging Backwards®** draws from various modalities including the flowing movements of Tai-chi for health and balance; ballet for strength, flexibility and good posture; and physiotherapy for healing and pain relief. **Voluntary donations, thank you. Contact Elizabeth Lynn at fitnesswellness102@gmail.com**



Elizabeth Lynn and Novato Village members at the presentation on July 23

Books

Zoom Book Lovers' Group
Tuesday, August 11, 2:30–3:30pm

We will continue discussing *Heavy: An American Memoir* by Kiese Laymon. It is a powerful and provocative memoir adding insight and dimension to the protests around the country and how they came about. Laymon writes eloquently and honestly about growing up a hard-headed black son to a complicated and brilliant black mother in Jackson, Mississippi. The group will select which book to read for September. To RSVP, email Beth Livoti, llivoti@comcast.net or (415)

892-1043. Beth will send out the invitation and Zoom link.

Fun & Games

Poured Paint Floral Workshop – A workshop at Sue Lyttle's studio
Tuesday, September 8 OR Wednesday, September 9, 10:00am – noon
(No September 9 Coffee)
2041A Mill Road, Novato

Sign up at suelyttle@comcast.net. Please include your name, email, and phone number. IF IT RAINS, THE WORKSHOP WILL BE POSTPONED, and you will be notified of the new date. Paint an abstract flower masterpiece! No experience needed! Just have fun! We will be working outside, standing on gravel, in a shaded area.

Pouring paint is messy, so please wear old clothes. You will be supplied with gloves, and a plastic apron. A small canvas, all paints and supplies are provided. The fee is \$10. Limit of 4 participants each day. Poured paintings take a long time to dry and cannot be easily moved. Please arrange to pick up your finished painting on Saturday, September 12, after the workshop.



An example of floral poured paint

Groups

NEW!! Zoom Village Viewers Movie Group

Wednesday, August 19, 4:00pm

Village Viewers! Grab your popcorn and let's review *Knives Out* on Zoom. First, watch the movie on your own, then we'll discuss it by Zoom. This is a great movie, made in 2019 but with echoes of Agatha Christie's style in the plot, and can be seen on Amazon Prime. Redbox might have it as well. See you on the 19th! I will send the Zoom information closer to the date. Joanne Lang, jlantpa@gmail.com or (916) 716-5800.

Village Business

Novato Village Steering Committee Meeting on Zoom

Tuesday, August 18, 1:30pm

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

MARIN VILLAGES EVENTS

Advanced Healthcare Directives—Don't put off thinking about end-of-life choices!

Tuesday, August 11, 3:00pm

Dr. Mits Tomita, a retired family practice physician and volunteer with Compassion & Choices, will Zoom with us to discuss advance healthcare directives. This discussion will be hosted for Marin Villages by Compassion & Choices, a nonprofit working to improve individuals' personal end-of-life choices. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

COMMUNITY EVENTS

Marin County Free Library

Drake Boulevard History Resources. Explore our new resource and learning page focused on Marin County and the Sir Francis Drake

roadway. Featuring information and perspectives gathered from local, national, and international sources about the indigenous community of Marin--the Coastal Miwok--present when Sir Francis Drake ventured into what is now Marin County. [Click here](#) to learn more.

NOVATO VILLAGE ANNOUNCEMENTS

Meet one of our Novato Village members, Carole Bennett, and her llamas

Carole Bennett has had llamas for years, as they are the perfect animal on small acreage. They eat all the weeds and trim the trees, which prevents “fire ladders.” They are the perfect neighbor, as they are quiet, their poop does not smell, they don’t draw flies, and they are sweet animals. Their poop, in fact, makes the perfect fertilizer for everything, as it comes in nature’s perfect time-released capsules. People often ask if they spit, and she says, about as often as a dog bites a human and for the same reasons—for defense or in serious anger. Carole likes to train her llamas so they can walk in the neighborhood. Everyone loves to see the llamas coming down the street. Her llamas are all named L words using two LLs as in “llama”: Llolita, Llola, Lluna, Llouie, Llovie, Llucy, and Llily.



Carole Bennett with two of her llamas, Llily and Llucy

AND MORE...

We **thank Susan Stompe** for her presentation in July about Novato's 2035 General Plan.



Poured Paint in July was inspiring! This work was created by Maxine Moss, and here are others having fun.



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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