



ROSS VALLEY VILLAGE

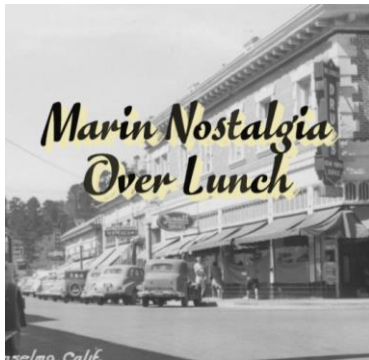
March 2019

Marin Village Members and Volunteers: Join us for our luncheon with speaker and local history buff Jason Lewis.

Details:

Saturday March 2 11:30 am- 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



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. Jason created 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.

Want to know what we discussed at the February Ross Valley Villages Steering Committee Meeting-in candlelight with Valentines chocolates and cards around us?

Despite the power outage from the big storm, the committee met in Loulie Sutro's home by candlelight with Valentine's décor. We were so happy to welcome three guests to our meeting this month.



Volunteer Claudia Gardner and Members Gay Conway and Marcia Hagan brought good ideas, feedback and depth to our conversations about event and future planning for members and volunteers. We learned important information from them on how to better meet member's needs. We created some goals for 2019 and began discussions of how we can bring in more volunteers to meet our member's requests.

We will continue our planning discussions in March and April and we welcome all volunteers and members who are interested in listening, participating or who would enjoy the conversations and coffee.

NEXT Ross Valley Villages steering committee meeting

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

Location: Suellen Lamorte's home. Call the office for directions or for a ride to the meeting.

Our New Members Coffee-The Beginning of a New Annual Tradition

Ross Valley Village hosted the first coffee welcoming new members for those who had joined in 2018. We knew right away that we were filling a need for both the members and the steering committee because we all had such a nice time! Everyone got to know one another and how they used the Village services in this intimate setting. Despite a very rainy morning, we had a good turnout at Loraine Berry's lovely home where there was a lush view of nature from every window. Everyone socialized over coffee and appetizing treats and eventually all 14 of us gathered around the large dining room table for a morning of conversation.



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.

San Anselmo Library Speaker Series: *How to Write Stunning Sentences with Nina Schuyler* **Saturday, March 16 11am, San Anselmo Council Chambers**

Craft stunning sentences with author Nina Schuyler! In this class, you will learn how to write suspenseful sentences, and sentences with rhythm and sound, which can be hard-hitting or as soft as a spring-scented wind. You'll learn how to write a long sentence, one with precise imprecision, and one so precise, you will see dust on the mantle. This class is applicable to all genres, fiction, nonfiction, or poetry.

Ross Valley and Twin Cities Villages Wine and Cheese Social

Monday, March 19 3-5pm

St. Johns Episcopal Church, Ross

Come get to know and socialize with Village members and volunteers at our spring happy hour and bring a guest.

Breakfast with friends at Fairfax Cafe

Wednesday, March 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.

Coffee at Farmhouse Local with Twin Cities Villages

Thursday March 21, 10-11:30am

Farm House Local 25 Ward St. Larkspur

Just show up have coffee pastry and conversation. Park in the main lot, if driving.

Ask an Expert Monthly Gathering:

Friday, March 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: *"Are my Ducks in a Row? Part One: Wills and Trusts"*

Friday, March 22, 1-2pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

You've heard it's important to have a will or a trust. What are these documents and why do they matter? Join us for a discussion of legal documents to express your wishes for how your finances will be handled if you become ill or after your death. Planning now can give you peace of mind and avoid hassle, heartache and costs later. Come learn basics of estate planning from local attorney, Lisa Fialco.

San Anselmo's Afternoon Book Buzz (Monthly: fourth Tuesdays)

Tuesday, March 26, 2pm at the San Anselmo Public Library

Afternoon Book Buzz, the San Anselmo Public Library's daytime book discussion group, reads a variety of fiction titles: from thought-provoking reads like Orhan Pamuk's *Snow* to bestsellers like *The Martian* and *All The Light We Cannot See*. We meet on the fourth Tuesday of the month at 2pm in the Historical Museum to discuss the books we have chosen over light refreshments. No registration is necessary and everyone is welcome to attend.

Next Meetings:

February 26: *Clock Dance* by Anne Tyler

March 26: *The Angel's Game* by Carlos Ruiz Zafon

Age Friendly Special 5th Friday Forum: *"Resources for Veterans"*

Friday, March 29, 1-4pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Veteran volunteer, Mark Seely, will be available to meet with veterans and their families to discuss such issues as health, disability compensation, vocational rehabilitation and employment, education and training and VA life insurance.

Save the Dates

Ross Valley Villages steering committee meeting

Thursday, April 11 10:00 am -12:00

Location: TBD. Call the office for directions or for a ride to the meeting.



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.