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Empowering older adults to be active,
connected and independent in the place they
call home



SAN RAFAEL VILLAGE CALENDAR OF EVENTS

OCTOBER 2020

WELCOME, NEW MEMBERS AND VOLUNTEERS!

We look forward to seeing you at an event soon!

New Member: Jo Ann Kirkhart

LOCAL VILLAGE EVENTS (open to all, unless noted)

Due to the shelter in place order, our groups and meetings will be held on Zoom. If you need technical assistance with Zoom use, please contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net. Please note that other Marin Villages are also hosting Zoom activities that you are welcome to join. Check out their monthly calendars at www.marinvillages.org.

If you have suggestions for Zoom groups/activities or non-Zoom ideas for San Rafael Village, please contact Sparkie at oksparkie@aol.com.

Movie Group

Sundays, October 4, 11, 18, 25, 7:00pm

San Rafael Village loves our movie group! We meet on Zoom on Sundays at 7:00pm every week to discuss, in our highly entertaining but by no means high-brow group, a film selected from Netflix. We invite you to join the talk or just listen. If you are interested in joining the mailing list (invitations are only sent to those who request them), contact Karen Gray at karenkasavana@gmail.com or (714) 403-3345.

Book Chat

Monday, October 5, 2:00 – 4:00pm

Please join us on Zoom to share and talk about what you have been reading lately! Val Stilson will send out the Zoom link to the group the evening prior to the meeting. Please RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net. Hope you can join us!

Candidate forum with candidates for San Rafael District 4 and San Rafael mayor

Tuesday, October 6, 4:00 – 5:30pm

The Aging Action Initiative and the League of Women Voters of Marin County invite you to a candidate forum focusing on issues affecting older adults in San Rafael. The forum will be moderated by the League of Women Voters of Marin County.

Dealing with Loss

Thursday, October 8, 2:00pm

Dealing with Loss is a support group coming together once a month on Zoom. **There is still one slot available for a new participant.** This is an intimate exchange of like-spirited people reaching for deep personal sharing, support, and learning new tools. It is facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. Contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and for the Zoom link.

Fire Safety and Emergency Preparedness

Friday, October 9, 2:00pm

Now that you have your emergency kits, learn more about how to be prepared for fire and other emergencies. Quinn Gardner, emergency

manager from the San Rafael Fire Department will share important advice and tips on how to stay safe. More information to follow next week.

Wednesday Coffee Chat

Wednesday, October 14, 2:00pm

We have changed to once-a-month Coffee Chat on the second Wednesday of the month for the time being, so don't miss it! Join us for the opportunity to visit with some of your San Rafael Village friends and perhaps meet new ones on Zoom! Most chats will have a designated topic to get the conversation going, but the talk could go anywhere. All are encouraged to contribute their "two bits" to the discussion. Or you could just be a listener. Carole will send out the Zoom link for the Wednesday Chats to all Village members and volunteers the day/evening prior. Contact Carole Sherick at (415) 479-0930 or email csherick@gmail.com with questions or suggestions.

You and Your Library

Monday, October 19, 2:00pm

Save the date for this new presentation from the San Rafael Library. Get all your questions answered about how the library can work for you! Look for more information in early October.

Happy Hour!

Thursday, October 22, 5:00 – 6:00pm

Join San Rafael Village in our monthly Zoom Happy Hour! Grab a snack and pour your beverage of choice and Zoom in to meet your Village friends for an hour of lively conversation. Look for notices about the Happy Hour and get ready for some fun. A link to sign in for Happy Hour will be sent to all villagers the day before. Questions? Contact Carole at (415) 479-0930 or csherick@gmail.com.

Villages Book Club

Thursday, October 22, 12:30pm

Please join us this month! You don't have to read the book first; just come meet us and see for yourselves what a lively group of readers we are. Everyone welcome. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Village Business

Program Committee

Friday, October 9, 1:00 – 2:00pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930.

Membership/Volunteer Committee

Wednesday, October 14, 1:00 – 2:00pm

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Steering Committee

Friday, October 16, 1:30 – 3:00pm

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com or (415) 250-3172.

MARIN VILLAGES EVENTS

Ignore Your Teeth and They'll Go Away—Dr. Earl Johnson

Thursday, October 15, 3:00pm

Marin Villages member and volunteer, Dr. Earl Johnson, retired dentist, orthodontist and professor, will speak and answer questions on why ignoring one's teeth and gums is really a bad idea. Please RSVP to the office to receive the Zoom link. info@marinvillages.com or (415) 457-4633

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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