



San Rafael Village

April 2019 Newsletter

2019

CALENDAR YEAR

APRIL

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	01	02 Death Café 2:00	03 First Wednesday Coffee - 2:00	04	05	06
07	08 Movie Group 4:00	09	10 Membership/ Volunteer Committee 1:30	11	12 Women's Support Group 10:00 Program Committee 1:30	13
14	15	16 Scrabble 2:30	17 A Walk with Our Dogs 1:00	18	19 Steering Committee 1:30	20
21	22 Apple Tech Workshop 1:00	23 Lunch Out! 12:30	24 Great Books Group 1:00	25 Senior Stroll Bahia- Ranger Led Walk 10:00 Book Club 2:00	26 Memoir Writing Group 2:00	27
28	29	30	01	02	03	04

Information on San Rafael Village Events for April 2019

Tuesday, April 2

2:00PM

DEATH CAFÉ

Expertly facilitated by Jackie Hewitt, participants share issues and concerns and listen to experiences of others. This will be the last meeting until November MUST RSVP TO BE INCLUDED. Call Marin Villages at 415-457-4633 or info@marinvillages.org to RSVP.

Wednesday, April 3

2:00PM

FIRST WEDNESDAY COFFEE

This gathering is always fun and lively. Join friends from San Rafael Village and bring a friend or neighbor. This month's hostess is Lynne Nebenzahl, 823 Butternut Drive, Terra Linda. Questions? Contact Joy Bloom at 415-717-0173 or joy@ejbloom.com

Monday, April 8 at approx. 4:00PM **MOVIE GROUP**

We meet for late afternoon movie and dinner. On the Thursday before the second Monday of each month (our monthly movie date), those Villagers on the movie-goers list will receive notice of which movie has been selected. If interested in becoming part of this group and receiving monthly notices, contact Joan Hartwell at joanjh@aol.com or 415-479-9101.

Wednesday, April 10 1:00PM **MEMBERSHIP/VOLUNTEER COMMITTEE**

Help us recruit new members and volunteers. Contact Jane Solomons at 415-492-8041 or cartersolo@comcast.net for more information.

Friday, April 12 10:00-12:00PM **WOMEN'S SUPPORT GROUP**

Donna Posard, a San Rafael Village member, is facilitating this group, which will consist of no more than 10 San Rafael Village women. She has led support groups for several decades. Each participant will be expected to attend monthly meetings. Each meeting will be on a different topic and suggestions are welcome. **THIS GROUP IS FULL AT THIS TIME**

Friday, April 12 1:30PM **PROGRAM COMMITTEE**

Help us plan and implement the many social events and programs offered by San Rafael Village. Contact Carole Sherick at 415-479-0930 or csherick@gmail.com for more information.

Tuesday, April 16 2:30PM **SCRABBLE**

This is a casual game on the third Tuesday of the month. If you are interested in playing, please contact Barbara Rozen at b.roze@att.net or 415-472-6610.

Wednesday, April 17 12:45PM **A WALK WITH OUR DOGS**

Bring your dog to the Hamilton levee for an hour walk along a flat, scenic, dog-friendly path. All Villages welcome! We will meet at the entrance to the path at the end of the parking lot by Hanger 7. Please be prompt (dogs don't like to wait). Rain cancels event. Call Sparkie at 415-250-3172 or oksparkie@aol.com to RSVP. Directions: Nave Drive to Main Gate Drive. Continue on Marin Gate Drive and stay right onto S. Palm Drive. Right on Hanger Road and first left at the Hangers.

Friday, April 19 1:30PM **STEERING COMMITTEE**

Are you interested in helping guide and further develop San Rafael Village? Do you have organizational and administrative skill you can contribute to the Steering Committee? If so, please contact Sparkie Spaeth at oksparkie@aol.com or 415-250-3172.

Monday, April 22

1:00PM

APPLE TECH WORKSHOP

Tech workshop with Trish King. Trish works one on one helping members and volunteers with problems using Apple devices – iPhone, iPad, and MAC. Each individual session is one half hour. To register for a place in this or subsequent workshops, contact Ginni Saunders at Ginnisaunders@gmail.com.

Workshops are held in Ginni's Novato home.

Tuesday, April 23

12:30PM

LUNCH OUT!

Our popular Lunch Out! is a great way to try local restaurants, meet new friends and introduce new people to San Rafael Village. This month's restaurant is yet to be determined. An announcement will be sent early in the month. For questions and to RSVP, contact Valerie Stilson at 415-479-1439 or

valerie.stilson@sbcglobal.net

Wednesday, April 24

1:00PM-3:00PM

MARIN VILLAGES GREAT BOOKS GROUP

This month we will be starting a new anthology, **Great Conversations#2** published by The Great Books Foundation. (This is part of a six part series). It can be purchased from the Great Books Foundation or Amazon. Selected readings will be decided at the meeting.

If you have questions, please email Ginni Saunders at ginnisaunders@gmail.com. The Great Books Group meets at the Novato home of Ginni Saunders.

Thursday, April 25

10:00-11:30AM

SENIOR STROLL BAHIA-RANGER LED WALK

This open oak woodland at the edge of San Pablo Bay wetlands is a fabulous spring destination.

Wildflowers dot the lush grassland, the fresh green leaves on the trees are alive with birds and butterflies move across the landscape. The Bahia trail is a fairly level trail. Bring binoculars!

Directions: meet at the Bahia trailhead near the end of Bahia Drive in Novato. From Hwy 101 in Novato, take the exit for Atherton Avenue east approximately 1 mile. Turn left onto Bugela Lane, which turns into Bahia Dr. at the "Y". Follow Bahia Dr. approximately .05 miles. Trailhead is on the left before Bahia Dr. ends.

Or carpool from Smith Ranch park and ride. Contact Carole at csherick@gmail.com 415-479-0930.

Members needing rides should call the office at 415-457-4633.

Thursday, April 25

12:30PM

BOOK CLUB

Note the time change! This Club meets on the fourth Thursday of each month at the home of Karen Gray. All members and volunteers are welcome to join us. This month's book will be chosen at the March meeting. Our get-togethers are always interesting and fun and we welcome all readers. If you have questions or interest, please call Karen at 715-403-3345.

Friday, April 26

2:00PM

MEMOIR WRITING GROUP

Susan Mines facilitates our Memoir Writing Group. This group has been meeting monthly for over 2 years and welcomes new members. Contact Susan at souzele@comcast.net or 415-479-0351 for information.

Do you enjoy live theater? Sandy Levitan, a San Rafael Village volunteer, would like to share her love of and knowledge of theater with you. She invites you to join her in enjoying the talent and versatility of live theater in our own community. In the month of April, Sandy will be seeing the following productions: "A Perfect Ganesh" at Ross Valley Players, "You're a Good Man Charlie Brown" at Novato Theater and "Jazz" at Marin Theater Company. Sandy is also offering to host a group of play goers to discuss the productions they've seen.

If interested in participating, please contact Sandy Levitan at sandralevitan@comcast.net

COMING IN MAY...

Beginning Thursday, May 9th, San Rafael Village will be expanding its End of Life support and explorations by offering Dealing with Loss; a six session support group coming together once a month. This intimate exchange of like spirited people ready for deep personal sharing, support and learning new tools will be facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. It is a forum to share, support and encourage each other as we move through one of life's greatest challenges. Participants should be able to commit to the full series of six sessions to optimize the experience for all. Will continue on the first Tuesday of each month at 2:00PM.

Space is limited. Contact Jackie Hewitt at 707-849-9786 to answer any questions and secure your place in the group.

Dealing with Loss will be six sessions, (six months) and alternate with the Death Cafe which will reconvene in November.



1 Event – The Art of Dim Sum

Join us for this unique event combining fun and fundraising. Learn to make Dim Sum from an expert! And leave with the recipes.

Spend an afternoon devoted to Dim Sum with chef and author of the book, *Dim Sum: The Art of Chinese Tea Lunch*, Ellen Blonder. This special, hands-on make and feast event combines fun and fundraising at the Livoti's fabulous kitchen in Novato. [Click here to reserve](#) your spot with a donation of \$75 per person (of which \$60 will be tax deductible). Space is limited to 25.