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



TIBURON PENINSULA VILLAGE NEWSLETTER

NOVEMBER 2020

HAPPY THANKSGIVING, ALMOST!



How are you planning to celebrate Thanksgiving this year?

If the pandemic and need to shelter in place is turning this into “just another day,” why not sign up for Marin Villages’ Not Home Alone Zoom at 4:00pm on Thanksgiving Day? Please join and, if you’d like, share your ideas of three characters you’d like to dine with given the opportunity. Should be a lively discussion! There will also be a movie recommendation for viewing online after the gathering. RSVP to the office: info@marinvillages.org. A Zoom link will be sent to you once you RSVP and again on the Wednesday before.

If you have other fun ideas for how to celebrate this day, please share them! We’re all in this together. Email Cherie so she can arrange to share your good ideas with others. cheryl.sorokin@gmail.com or (415) 789-5305

LOCAL VILLAGE EVENTS (open to all, unless noted)

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. Be sure to tell the office whether you will be using a desktop computer, a laptop, a tablet, or smart phone, and what type, or if you just want to use a landline to listen in. info@marinvillages.org or (415) 457-4633. Don't miss out on programming and connections that Zoom makes possible!

Conversation, Food & Drink

TPV Coffee Hour (open to TPV members, volunteers, and guests)

Thursday, November 12, 11:00am



This is an opportunity to chat with fellow TPV members. Maybe applaud or cry at the election results this month? The Zoom link will be sent to all TPV members and volunteers. No need to RSVP, but do put the date on your calendar and try to join us if you can!

TPV Happy Hour (open to TPV members, volunteers, and guests)

Tuesday, November 17, 4:30pm



BYO beverage of choice and let's toast each other, Marin Villages, and whatever else strikes us as "toast-worthy"!

MARIN VILLAGES EVENTS

Mill Valley Village Men's Group (TPV members and volunteers welcome!)

Wednesdays, November 4 and 18, 11:00 am

This is an informal gathering of guys with no particular agenda beyond the company of friends. It meets on the first and third Wednesdays of

the month. Contact Alan Hayakawa (alan.hayakawa@gmail.com or (415) 384-8998) to get more information or to be put on the reminder list for upcoming meetings.

San Rafael Village Movie Discussion Group (TPV members and volunteers welcome!)

Sundays at 7:00pm

Every week this group gathers to discuss a film selected from Netflix that people watch in advance. Attendees can join the talk or just listen. If you are interested in joining the mailing list send a note to karenkasavana@gmail.com or call her at (714) 403-3345.

A Conversation and Mini Performance: Marin Symphony Executive Director Todd Brody

Wednesday, November 18, 3:00pm

Those of you who attend the Marin Symphony regularly know that Todd Brody is a professional musician (flute) and also the executive director of the Symphony. He will talk about the dual nature of his career path, as well as about why music can be so comforting. He will also play the flute for us. RSVP to the office to receive the Zoom link.

info@marinvillages.org or (415) 457-4633.

Not Home Alone

Thanksgiving Day, November 26, 4:00pm

A way to safely enjoy getting together for Thanksgiving! See description above. RSVP to info@marinvillages.org or (415) 457-4633.

COMMUNITY EVENTS

COVID 19 and Mental Health: Fresh Perspectives

Thursday, November 5, 10:00 - 11:00am

This is a presentation to the Marin Commission on Aging. Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19; understand recommended actions addressing the effects of the pandemic on mental health; hear an overview of mental health and psychosocial supports available throughout the world. No RSVP required.

To join the Zoom meeting:

<https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2I6bkVRZEdLZEISQT09>

Meeting ID: 889 9940 5569
Passcode: 286826
Dial in number 1+ (669) 900-6833

SAVE THE DATE! Tiburon Library Presents Elaine Petrocelli on Books
Tuesday, December 1, 11:00am
\$50 to attend, with options for \$100 and \$250 tickets that include a raffle

Elaine will present her coveted book selection of the best fiction and nonfiction and children's books of the year, offering personal anecdotes and commentary about the books and their authors, as well as sharing how to easily order books online and a fun way to shop for holiday gifts. Participate live, or watch at your convenience within 48 hours of the event. Enter the raffle to win a personal consultation with Elaine and an in-store concierge shopping experience with one of her Book Passage colleagues. [Register here now!](#)

TPV QUESTIONS FOR YOU

Besides the two TPV programs we offer each month (coffee and happy hour), are there other programs you might attend if we offered them? For instance, book discussions, movie discussions, discussions of current events? Curated programs of music? Regular group meetings with someone trained in how to deal with feeling of isolation or depression? Please email Cherie to let us know.
cheryl.sorokin@gmail.com

AND MORE...

Stay Safe!

The cold weather is coming! Three important things to remember:

1. Get your flu shot!
2. Really try to avoid indoor restaurant dining and other gatherings indoors with large groups. Indoor situations are especially risky as the virus can pass through the air from droplets and from aerosols (which are smaller than droplets). Think how cigarette smoke wafts through the air and affects people at some distance from the smoker. It's a useful analogy to keep in mind in trying to protect yourself.
3. Don't get complacent. Wear a mask outside, and also inside if others are around you, socially distance, wash your hands, limit trips you don't really need to take, and keep the air flowing

indoors (the virus loves poor ventilation!).

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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