



ROSS VALLEY VILLAGE

May 2019

Spring is here along with some opportunities to make new friends, to get active and to learn something new!

Make new friends: Come to the **Lunch by the Bay** or the **Coffee at Farmhouse Local** or the Men's group at the Sweetwater and get to know some other members. See event details below.

Get Active and Try Qi Gong at the Women's club in Fairfax.

The form is a one-hour, participatory seated exercise that balances and enhances the body's whole energy (qi: "chee") system from top to bottom. Working along the same energy pathways (meridians) that are used in acupuncture and acupressure, Tai Chi Qigong requires no special clothing (though looser is better) or equipment, and neither calls on special training or esoteric knowledge, nor makes physical demands on participants.



You will come off the hour relaxed and energized, internally balanced and, usually, blissed. The healing form called Tai Chi Qigong takes its name for the Daoist phrase Tai Chi, meaning The Supreme Ultimate, or the best there is! Do yourself a favor and try it out!

OR



Learn Mah Jongg! This game was popular in the 30's and its recent "comeback," is like "bringing history alive"!

Thursdays, May 2 – June 6

Isabel Cook Center, MT Tam Room, 1000 Sir Francis Drake Blvd. San Anselmo

Classes will begin by learning to play the "American Version". We will be learning the Official Standard Hands and Rules of the National Mah Jongg League, Inc. You will be having fun, as you develop the skills needed to join other players, in this entertaining and challenging game.

Caine Starelli has spent a lot of time in classrooms, teaching a variety of skills. Class fees apply. See San Anselmo Recreation Dept Website Click here: [Mah Jongg](#) or Call Rec. Dept. 415-2584640

Or Volunteer your skills or ideas-Come to the Marin Villages Ross Valley Planning Meeting: We had a member of St. Vincent De Paul and her daughter join our meeting in April and we welcomed their ideas and participation. Consider coming to this month's meeting to help us plan the activities and services you want and need.

NEXT Ross Valley Villages steering committee meeting
Thursday, May 10:00 am -12:00

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

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.

Lunch by the Bay

for Ross Valley and Twin Cities Villages members and Volunteers

Wednesday May 8 seating at 12:00

Jason's Restaurant, 300 Drakes Landing Rd, Greenbrae

Come join others for lunch and conversation. Set price of \$25.00 per member. Guest must pay for beverages ordered. Please RSVP at 415-457-4633 or to info@marinvillages.org.

Breakfast with friends at Fairfax Cafe

Wednesday, May 15 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.

Age Friendly Speaker Series Twin Cities Villages "Technology for Successful Aging"

Wednesday, May 15 11:00 am -12:30 pm

Corte Madera Recreation Center, 498 Tamalpais Drive.

Technology plays an ever more important role. It's how you can connect with friends, communicate with doctors, order groceries, and more. Are you safe online? Are your passwords secure-and how can you keep them straight? Are you better off with a tablet or computer? Who's Alexa? Technology4Life will answer these questions and share tips and tricks for using technology to remain healthy in your home and connected to your family and community. Presenter: Linda Siegel, Technology4Life

Men's group at the Sweetwater with Twin Cities members

Wednesday, May 15 11:00 - 12:15

Location: Sweetwater Music Hall and Café, 19 Corte Madera Ave. Mill Valley.

Coffee at Farmhouse Local with Twin Cities Villages

Thursday May 16 10:00 - 11:30 am

Farm House Local 25 Ward St. Larkspur

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

Poles Class

Monday, May 20 3:00 – 5:00 pm

St. Johns Episcopal Church, Ross

LEARN ABOUT USING POLES FOR 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 Pole Walking, 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. 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.

Ask an Expert Monthly Gathering:

Friday, May 24, 12:30 - 1:00 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: "Ready. Set. Go. Preparing for Fire, Flood, Earthquake"

Friday, May 24, 1:00 – 2:00 pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Your life could depend on being organized and ready should an unwelcome disaster come your way. Thinking and moving as quickly as possible under pressure takes advanced preparation. Get the best advice available, especially geared for older adults, and learn those critical tips to keep you safe if trouble comes knocking at your door.

Age Friendly Fairfax Special 5th Friday Forum "Age Well / Drive Smart"

Friday, May 31, 1:00 – 3:00 pm

You are a good driver, but as you age you may begin to experience functional changes or medical conditions that can affect your ability to drive safely. The good news is you have the ability to change your driving habits or take other corrective steps that can allow you to stay safe on the road. Join CHP Officer Andrew Barclay for this senior driver awareness class.

AND FOR OUR VOLUNTEERS:

ANNUAL VOLUNTEER GATHERING

Thursday, May 30, 4:00 – 6:00 pm

Join the steering committee members and other volunteers for conversation and cocktails in Suellen Larmorte's home and garden

Around Marin Villages

In case you haven't heard already, Marin Villages is celebrating its 10th Anniversary this year. Founded in May of 2009, we have been working diligently this past decade to help our members and volunteers stay active, connected and independent in this beautiful place we call home. There are many activities planned:

Marin Villages 10th Anniversary events

Check our website at marinvillages.org for more details!

June 1st - "Poems from the Heart: Voices Across Generations"

June 29 - "Dig In: Secrets of the Soil", UC Berkeley Scientist, Stephen Andrews

- July 12 - "Dinner with a Legend" – Artist Georgette Owens in Conversation
- July 29 - "Dining Out in Marin" in support of Marin Villages – The Left Bank Larkspur Brasserie
- August 24 - "A Blank Canvas, a Little Wine & Thou" - Sip & Paint
- September 8 - "10 Years Together" – Celebrating Members & Volunteers
- October 26 - "Lighting Up October"- a Diwali Dinner Party
- November 17 - Celebrate Marin Villages 10th Anniversary
 - Luncheon at Novato Country Club with "Act your Age", Comedian Josh Kornbluth

Below is more information on "Poems from the Heart":

10 Celebrating our
10th Anniversary!

#3

You are invited to an inspirational, intergenerational poetry reading:

**Poems from the Heart:
Voices Across Generations**

Poets ages 7-70 read original work

#3 of the 10 fun events celebrating Marin Villages' 10th Anniversary

June 1, 2019 from 2:00 - 4:00
Town Center Community Room, Suite 201
770 Tamalpais Drive, Corte Madera

Family and friends are invited.

Extra!—Meet and listen to former Marin Poet Laureates Poets in the audience,
sign up for the Open Mic following the formal reading.

To Register and for more information, go to marinvillages.org

Suggested Donation \$20.

MARIN VILLAGES
Our Path - Our Choice

Marin Villages is a nonprofit 501(c)(3) organization empowering older adults to stay active, connected and independent. Through our network of volunteers and local villages we are bringing to life a great idea: vibrant local communities of members and volunteers, enriching each other's lives, building new connections and making everyday life easier as we age.
415-457-4633 • 4340 Redwood Hwy, Suite F-142, San Rafael, CA 94903