

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

February 2021 Calendar of Events

"We don't stop playing because we grow old. We grow old because we stop playing."

-- George Bernard Shaw

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.

Book Chat

Monday, February 1, 2:00pm

Our daily lives have been very impacted by the pandemic. Much is not so pleasant, but there is one positive aspect—there is more time to stretch out on the couch with a good book! Would you like to share reading recommendations? Would you be interested in hearing what other Villagers are reading? If so, consider joining us in the San Rafael Book Chat. We meet on the first Monday of each month at 2:00pm on Zoom, of course. Contact Val Stilson at Valerie.stilson@sbcglobal.net or (415) 479-1439.

You and Your Library III

Thursday, February 4, 2:00pm

We will meet for a third time on Zoom with William Calhoun, librarian at the San Rafael Public Library. Villagers are enjoying learning about all our library has to offer. Last month, William introduced us to how to download library books on e-readers, both printed format and as an audio book. This month we will review the process and see that all attendees are able to accomplish this. If you wish to attend, RSVP to sanrafaelvillage@marinvillage.org to be sent further instructions and the Zoom link to the event. You are welcome to share the link with friends who may also be interested.

Movie Group

Sundays, February 7, 14, 21, 28, 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.

Wednesday Coffee Chat

Wednesday, February 10, 2:00pm

We have changed to a once-a-month Coffee Chat 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) 300-5220 or email csherick@gmail.com with questions or suggestions.

Dealing with Change

Thursday, February 11, 2:00pm

A recent meeting of the *Dealing with Loss* group found each of the seven members in a uniquely positive mindset. Facilitator Jackie Hewitt invited the participants to consider reinventing the intention of the group or disbanding, which it seemed no one wanted to do. Marjorie Kurtzman, a career psychotherapist, inspired their reinventing themselves to greet the larger issue of CHANGE, an issue that everyone is dealing with in these challenging days, be they young or old.

Aging offers both predictable and unpredictable changes, in a world already fraught with them. The outside world seems to be reaching the same tipping point we experience in the aging process, be it in the moment or waiting in the wings. Both require incredible flexibility. The umbrella of change includes loss, positive transformation, and optimism, coupled with skills each of the existing members, through supporting each other, seem to have mastered.

These positive, warm-hearted Villagers who have supported each other through so many life challenges are **opening a space for a new participant**. Perhaps as you read this it calls out to you to be among this proactive and all-embracing intimate group. If so, please contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and to RSVP.

Not Home Alone—Valentine's Day!

Sunday, February 14, 4:00pm

Looking to celebrate Valentine's Day with fellow Villagers? Donnalee Wells is hosting a Valentine Zoom, complete with valentine treats and good company. More information will be sent early in February. Save the date!

Happy Hour!

Tuesday, February 16, 5:00pm

Please join us on Zoom for the always fun and festive Happy Hour! Pour a beverage of your choice and prepare to be engaged in lively conversation with fellow Villagers. Topic for the evening will be sent out with a reminder closer to the date. RSVP to sanrafaelvillage@marinvillage.org. The Zoom link will be sent out the evening prior. Hope you will join us!

Read Aloud

Wednesday, February 17, 6:30 – 8:00pm

Please join us on Zoom to read aloud a short piece from any printed source that has captured your interest—profound, funny, personal, meaningful. Group participation—listening, comments and discussion—is encouraged from all, even if you prefer not to read. Please RSVP to sanrafaelvillage@marinvillage.org. The Zoom link will be sent out the evening prior to the meeting. Hope you will join us!

Villages Book Club

Thursday, February 25, 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**Membership/Volunteer Committee**

Wednesday, February 10, 11:00am

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

Program Committee

Friday, February 12, 1:30pm

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) 300-5220.

Steering Committee

Friday, February 19, 1:30pm

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.

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org