



San Rafael Village

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

March 2021 Calendar of Events

"We don't stop playing because we grow old. We grow old because we stop playing."
-- George Bernard Shaw

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Sandra Yacopucci and Shari Heifetz

Volunteers: Sandy Sverdolff

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

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, 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, March 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.

Movie Group

Sundays, March 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, March 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. Please RSVP to sanrafaelvillage@marinvillage.org and the Zoom link will be sent to you the day of the event.

Dealing with Change

Thursday, March 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—St. Patrick's Day

Wednesday, March 17, 4:00pm

Looking to celebrate St. Patrick's Day with fellow Villagers? Donnalee Wells is hosting a St. Paddy's Day Zoom, complete with everything green and good company. More information will be sent closer to the date.

Read Aloud

Wednesday, March 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 day of the event. Hope you will join us!

Villages Book Club

Thursday, March 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, March 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, March 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, March 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.

MARIN VILLAGES EVENTS

SAVE THE DATE

Scams and Other Nefarious Doings!

Friday, March 12, 3:00pm



Members of the Marin Financial Abuse Specialist Team will join us for a program on the latest fraud schemes and scams we need to be alert to. Human nature being what it is, there's always someone nefarious out there trying to cheat. Come learn what to watch out for! RSVP to the office at (415) 457-4633 or info@marinvillages.org. Or use this URL to register directly: <https://marin.helpfulvillage.com/events/2703-scams-and-other-nefarious-doings>

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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