



# ROSS VALLEY VILLAGE

## June 2019

### **Volunteer Appreciation Fiesta Party held in a San Anselmo Garden**

Members and Volunteers gathered in the garden of Suellen Lamorte for her annual Volunteer Appreciation party. Guests enjoyed Mexican appetizers and margaritas while learning more about each other and with some people reconnecting after many years. Special mention was made of our most active volunteers, Sue Torres and Ron Burlick who together fulfilled over 110 requests and volunteered over 210 hours last year.

**We are grateful to everyone who volunteers to serve our members and hope you all know that Marin Villages couldn't exist without you!**



*Loulie Sutro and Diane Castro*



*Suellen Lamorte*



*Sara Robinson & Helen Hayes*



*Diane Grialou*



*Carolyn Jones & Loraine Berry*



*Claudia Gardner*

### **Pole Walking class in May draws a big crowd and requests for another in the Fall**

20 Village members and volunteers came to St. Johns for a class with Jayah Faye Paley on how to shop for, adjust settings and use hiking poles for walking, balancing and for maintaining mobility and independence. Jayah gave clear instructions and offered an interactive class that was fun for everyone. By the end of the class we had all learned how to use poles to stabilize ourselves when going up and down stairs, curbs and ramps or while just walking. Jayah also teaches classes on using poles for hiking and many were interested so we will be arranging with her to meet at a local park, such as Phoenix lake for class on using poles outdoors on varying terrain.

### **Ross Valley Villages is looking for members and volunteers interested in starting a knitting/needlework group. Call the Marin Villages office if you are interested.**

#### **NEXT Ross Valley Villages Steering Committee Meeting**

**Thursday, June 13 10:00 am -12:00**

**Location: Loraine Berry'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.

#### **Men's group at the Sweetwater with Twin Cities members**

**Wednesday, June 5<sup>th</sup> and June 19<sup>th</sup>, 11-12:15**

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

#### **Ross Valley Seniors**

**June 6th, 12-2 pm**

**Fairfax Women's Club, 46 Park Rd, Fairfax**

Come socialize, enjoy the luncheon, and hear from Lorne Peterson of ILM Movies as he shares his experience working in the movie making business.

#### **Happy Hour at Left Bank Brasserie (Twin Cities and Ross Valley Villages)**

**Tuesday, June 18<sup>th</sup>, 3:00 p.m. - 5:00 p.m.**

**Left Bank Brasserie, 507 Magnolia Ave., Larkspur**

Come join us for conversation, snacks and beverages. This is a great time to connect with other Villagers and make new friends! Everyone is welcome!

#### **Breakfast with friends at Barefoot Cafe**

**Wednesday, June 19<sup>th</sup>, 9:30 to 10:30 am (3rd Wednesdays)**

**1900 Sir Frances Drake, 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.

### **Ask an Expert Monthly Gathering**

**Friday, June 28<sup>th</sup>, 12:30-1 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: "Getting Around in Marin"**

**Friday, June 28<sup>th</sup>, 1-2pm**

**Fairfax Library, 2097 Sir Francis Drake Blvd.**

What are all the transportation options available for older adults? We'll learn about the Marin Access suite of programs offered by Marin Transit, including travel navigators, paratransit and the Catch A Ride subsidized taxi program; also volunteer driver programs available from Marin Villages and Whistlestop; Marin Transit and Golden Gate Transit local bus services; Clipper cards; and Tech Tips for Transportation classes that teach you how to use technology and apps such as Marin Transit Connect, Lyft or Uber to get around.

## **AROUND MARIN VILLAGES**

### **"Soils and Health: Getting Dirty is Good at Any Age"**

**Saturday, June 29<sup>th</sup>, 10:00 – 12:00 (noon)**

**Jason's Community Room**

**300 Drake's Landing, Greenbrae**

Stephen Andrews will give a talk entitled: "Soils and Health: Getting Dirty is Good at Any Age". In his talk, Stephen will address the importance of soil microbes to human health and wellness.

Stephen is a soil scientist, educator, and natural resources consultant. Known variously throughout the Bay Area as the Dirt Dude, Soil Sommelier, and Compost Crusader, Stephen has been indoctrinating classes of UCCE Master Gardeners, landscape and gardening professionals, and UC Berkeley students with his mantras of "compost, compost, compost" and "mulch, mulch, mulch" for more than two decades. After attending a talk given by Stephen, you'll have a new appreciation for the ground beneath your feet.

A \$30 donation to Marin Villages is being requested to attend this event. To purchase a ticket and RSVP, call the office at 415-457-4633 or [click here](#).

### **"Dinner with a Legend" – Artist Georgette Owens in Conversation**

**Friday, July 12<sup>th</sup>, 5:30 – 9:00pm**

**Home of Cherie Sorokin, Tiburon**

Join us in a conversation with legendary artist and Marin Villages' member, Georgette Owens. At age 98, one might say this astonishing woman has lived a multitude of lives. Her careers have straddled many spheres: she's a force in the world of art, an artist who achieved many honors, including a lifetime achievement award from World Contemporary Art '98. She has also been a decorator and renovation consultant for the St. Regis and Cartier and a jewelry designer. Her career has connected her to the likes of Salvador Dali, Andy Warhol, Jean Cocteau, Colette, Jackie Kennedy, Cartier, Rex Harrison, Daryl Zanuck and New York Mayor John Lindsey, to name just a few. This intimate event will be facilitated by Suzie Pollak, a recipient of Marin's "Cultural Treasure" Award. This event is limited so sign up early. A \$75 donation to Marin Villages is being requested to attend this event (\$50 is tax deductible). To purchase a ticket and RSVP, call the office at 415-457-4633 or [click here](#).

## **Other Marin Villages 10th Anniversary events**

**Check our website at [marinvillages.org](http://marinvillages.org) for more details!**

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

## **County Events**

### **Marin County Commission on Aging**

**June 6th, 10-11 am:**

**Margaret Todd Senior Center, 1560 Hill Road, Novato**

“Mosaic of Family Caregiving,” will bring into focus the multi-faceted role of a family member providing care for a loved one; learn the six aspects of family caregiving.