

MARIN  
VILLAGES



Our Paths - Our Choices

# San Rafael Village

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

## April 2021 Calendar of Events

Happy Spring! Let's all enjoy the warmer weather safely.

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### LOCAL VILLAGE EVENTS (open to all unless noted)

Until things open up a bit more, our groups and meetings will continue to be held on Zoom. If you need technical assistance with Zoom, please contact Jane Solomons at (415) 492-8041 or [cartersolo@comcast.net](mailto: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](http://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](mailto:oksparkie@aol.com).

#### **Not Home Alone on Easter**

Sunday, April 4, 2:00pm

Another fun opportunity for conversation and community with Donnalee Wells on Easter Sunday on Zoom. Come share your favorite Easter, Passover, or other springtime celebration memories. Photos to share would be fun, too! How about bunny ears or an Easter hat? RSVP to [Donneleewells@comcast.net](mailto:Donneleewells@comcast.net) or text her at (415) 302-9244 and she will send you the Zoom link.

#### **Movie Group**

Sundays, April 4, 11, 18, 25, 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](mailto:karenkasavana@gmail.com) or (714) 403-3345.

### **Book Chat**

Monday, April 5, 2:00pm

Please join us on Zoom to share and talk about what you've been reading lately and what you think of it. Val Stilson facilitates this group and will send the Zoom link the morning of the meeting. Please RSVP to Val at [Valerie.stilson@sbcglobal.net](mailto:Valerie.stilson@sbcglobal.net) or (415) 479-1439. Hope you can join us!

### **Wednesday Coffee Chat**

Wednesday, April 14, 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 morning of the Chat. Contact Carole Sherick at (415) 300-5220 or email [csherick@gmail.com](mailto:csherick@gmail.com) with questions or suggestions.

### **Dealing with Change**

Thursday, April 15, 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](mailto:jackiejoyous@gmail.com) or (707) 849-9786 with questions and to RSVP.

**Happy Hour!**

Thursday, April 15, 5:00pm

Join San Rafael Village for our always-popular Zoom Happy Hour! Grab a snack and pour your beverage of choice and Zoom in to meet your Village friends for an hour of lively conversation. Look for notices about the Happy Hour and get ready for some fun as we share new and interesting topics. A link to sign in for Happy Hour will be sent to all villagers the morning of the event. Questions? Contact Carole at (415) 300-5220 or [cscherick@gmail.com](mailto:cscherick@gmail.com)

**Read Aloud**

Wednesday, April 21, 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](mailto:sanrafaelvillage@marinvillage.org). The Zoom link will be sent out the morning of the meeting. Hope you will join us!

*Please note:*

We three San Rafael Villagers started “Read Aloud” on Zoom because we enjoy finding material to share and listening to written pieces that others bring to share. It is disappointing that more villagers have not joined in. Only one person (besides the three of us) signed up in March. We’d love to continue and hope some of you will consider joining us. We would also appreciate any comments you have about the program—format, time, content, anything. Why you like it or why it’s not your cup of tea. Thanks,

~Val Stilson, Marlene Berkoff and Carole Sherick

**Villages Book Club**

Thursday, April 22, 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****Program Committee**

Friday, April 9, 1:30pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at [cscherick@gmail.com](mailto:cscherick@gmail.com) or (415) 300-5220.

### **Membership/Volunteer Committee**

Wednesday, April 14, 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](mailto:cartersolo@comcast.net).

### **Steering Committee**

Friday, April 16, 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](mailto:oksparkie@aol.com) or (415) 250-3172.

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## **MARIN VILLAGES EVENTS**

### **Columbia Sportswear Special for Marin Villages Members and Volunteers**

March 26 through April 18

Marin Villages members and volunteers will again have the opportunity to purchase Columbia sportswear and other great products at a discount at the Columbia Employee store in Richmond: 1414 Harbor Way, near the Rosie the Riveter Museum. Email the office at [info@marinvillages.org](mailto:info@marinvillages.org) if you are interested and they will email you back the invitation. NOTE: You will need both the invitation and the email from the office, which will serve as proof of your association with Marin Villages, in order to take advantage of the discount. Happy shopping!

### **Finding Your Roots—A Personal Journey with Marin Villages Volunteer Colin Crawford**

Wednesday, April 21, 3:00pm

Come hear the fascinating personal story of Colin Crawford's 30-year journey, as the adopted child of a loving family, piecing together his family history, skeletons and all! To receive the Zoom link, RSVP directly by emailing or calling the office. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633

### **SAVE THE DATE: Marin Villages Donor Recognition Event**

Saturday, June 6, 5:00pm

More to come on this fun Zoom event with special entertainment as we get closer to the date.

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## COMMUNITY EVENTS

### **Marin County Area Agency on Aging, 2021 – 2022 Area Plan Update**

Thursday, April 1, 10:00 – 11:00am

Learn about the AAA and Commission on Aging's response to COVID-19 and efforts to advance racial equity; hear from guests about the accomplishments of the year; and collaborations and plans for the year ahead. No RSVP required.

Zoom Link: <https://us02web.zoom.us/j/86877130581>

Meeting ID: 868 7713 0581

Passcode: 803039

### **Age Friendly Marin Forum—*Emergency Preparedness for Aging Adults***

Wednesday, April 28, 10:30 – 11:45am

Your life might depend on being organized and ready should an emergency situation arise. Reacting as quickly as possible under pressure takes advanced preparation. Get the best advice available geared for older adults and learn how to survive. Speakers: Maggie Lang, coordinator, Marin County CERT, emergency preparedness consultant, Mill Valley Fire Department, Southern Marin Get Ready coordinator; Diana Lopez county commissioner, Commission on Aging, HICAP counselor. Zoom info to come via Marin Villages' weekly update in April, or contact [SRobinson@MarinCounty.org](mailto:SRobinson@MarinCounty.org)

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## 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](http://www.marinvillages.org)) for application forms and online donations.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903

(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)