

# Tiburon Peninsula Village

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

## May 2021 Newsletter

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### REMEMBER MAY POLE DANCING?

This is just a stock photo off the internet, but brought back memories of May pole dancing which used to be a common activity at this time of year many, many years ago. Did you ever do it, or watch others trying to keep those ribbons moving in the right direction? Email Cherie if you have a story to share about your own May pole adventures. [cheryl@sorokinsf.com](mailto:cheryl@sorokinsf.com)

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### ARE YOU VACCINATED, YET?

Nag, nag, nag, but sure hoping the answer is yes, or that at least you have scheduled your appointment. This is such a crucial step in fighting COVID-19 and getting us to herd immunity. Protect yourself and our community! If you need help, feel free to call or email the office and ask for assistance. (415) 457-4633 or [info@marinvillages.org](mailto:info@marinvillages.org)

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

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. [info@marinvillages.org](mailto:info@marinvillages.org) or (415) 457-4633

### Food & Drink

#### **TPV Morning Coffee**

Thursday, May 13, 11:00am



No agenda, just fun conversation, but we hope to get back to in-person coffees at Rustic Bakery next month. Are you up for that? Come chat about it this month so we know how you are feeling about getting back into in-person gatherings. No need to RSVP, just click on the link on May 13 at 11:00. We'll send a reminder next week, and also the morning of the 13<sup>th</sup>.

### Groups

#### **Mill Valley Men's Group** (TPV members and volunteers welcome)

Wednesdays, May 5 & 19, 11:00am

This is an informal gathering of guys on the first and third Wednesdays of the month (on Zoom for now), with no particular agenda beyond the company of friends. Men in all villages are invited to join this group. Contact Irv Gubman, [irvgubman@gmail.com](mailto:irvgubman@gmail.com), to get more information or to be put on the reminder list for upcoming meetings.

#### **San Rafael Movie and Discussion Group**

Sundays at 7:00 pm

Every week this group gathers on Zoom to discuss a film selected from Netflix that people watch in advance. Attendees can join the talk or just listen. If you are interested in joining the mailing list send a note to [karenkasavana@gmail.com](mailto:karenkasavana@gmail.com) or call her at (714) 403-3345.

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## MARIN VILLAGES EVENTS

We're in the midst of our spring annual fund campaign. If you can help out with a donation of any size, we'd be most appreciative. It takes a village to keep a village going! Please use this link to donate: [https://marin.helpfulvillage.com/fundraising\\_campaigns/8-annual-fund-spring-2021-campaign](https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign)



And then come join us for a lovely thank-you event on June 6 featuring songstress **Nancy Gilliland**, who will entertain with songs from the Great American Songbook. There will be some other fun surprises, plus a raffle item or two. But to be eligible for the raffle you need to RSVP in advance! Please RSVP here: <https://bit.ly/MVDonorEvent>. This will be a really fun event.

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## TIBURON COMMUNITY EVENTS



**Mondays with the Mayor!** The second and fourth Mondays of the month, Tiburon Mayor Holli Thier hosts a virtual coffee via Zoom. Sign up at [HolliThierTiburonTownCouncil@gmail.com](mailto:HolliThierTiburonTownCouncil@gmail.com).

**Library virtual programs for seniors.** There's always something going on at the library! Check out the list of virtual events:

[https://www.beltiblibrary.org/events?field\\_audience\\_value%5B%5D=Seniors](https://www.beltiblibrary.org/events?field_audience_value%5B%5D=Seniors)

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## OTHER COMMUNITY EVENTS

### **Baseball Day with OLLI**

Wednesday, June 2, 10:00am – 12:30pm

For many years the Osher Lifelong Learning Institute has hosted a Baseball Day program. It's moved to Zoom this year, but that shouldn't faze fans of this sport. Join Mick Chantler, Joan Ryan, and Mike Krukow as they take a look back at the 1989 Bay Bridge World Series and also regale fans with some fun facts about the game. (Just how many left-handed players have hit homeruns on Tuesdays, anyway?) Cost is \$35. You can sign up starting May 10 at <https://www.dominican.edu/academics/adult-and-continuing-education/osher-lifelong-learning-institute-olli/courses-clubs-and-workshops/olli-events>

The Marin Villages Tuesday updates always have a list of community programming or events that may be of interest. You can access the updates on our website if you can't find the most recent one in your email. <https://marin.helpfulvillage.com/newsletters>

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## AND MORE...

**TPV Walking group?** Anyone interested in an "easy stroll" at Blackies Pasture or in the Beach Road/Main Street/waterfront area of downtown of Tiburon? Weekly? Twice a month? If you are interested, please email Cherie. We are considering whether to put a group together like this for TPV members this summer. [cheryl@sorokinsf.com](mailto:cheryl@sorokinsf.com)

### **Emergency preparedness (wildfire as well as earthquake)**

The drought heightens the risk of wildfires and the need for emergency preparedness. And, of course, the possibility of earthquakes is omnipresent in California. Time to consider again how prepared are you if there is a disaster or need to evacuate. Here are three important steps you can take:

#### *1. Is your phone number in the AlertMarin system or Nixle?*

To register with Nixle, simply text your zip code to 888-777. You can also register your cell phone or Comcast phone line with AlertMarin at [www.alertmarin.org](http://www.alertmarin.org). Note that your landline telephone (listed or unlisted) is already registered with AlertMarin, so you will automatically get alerts at that number.

*2. Do you know two possible evacuation routes from your home, as well as the nearest Community Refuge Area that offers a safe space in case evacuation is not possible?*

Your primary evacuation route is usually the one you would take to the grocery store! Take the fastest and most familiar route to a wide, primary road on the valley floor, away from the fire if possible.

*3. Is your go-bag ready?*

A backpack, fanny pack, and/or small case with essential items should already be packed and located near the door to grab and go in an emergency. Do you know where the fanny pack is you received from TPV last year? At the very least move it near the front door! Here are two good sources for checklists: [http://readymarin.org/dev/wp-content/uploads/2013/11/GrabGo-Checklist\\_readymarin.pdf](http://readymarin.org/dev/wp-content/uploads/2013/11/GrabGo-Checklist_readymarin.pdf)

<https://www.firesafemarin.org/firewise/17-site-content/100-wildfire-evacuation-guide>

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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. Member and volunteer referrals are our best recruiting tools!

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