

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

May 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!

Welcome to our newest volunteer: Susan Lachtman

Welcome to our newest members: Sandy Sverdloff and Gilda Meyers

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)

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. 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.

Movie Group

Sundays, May 2, 9, 16, 23, 30, 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.

Book Chat

Monday, May 3, 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. Contact Val Stilson at Valerie.stilson@sbcglobal.net or (415) 479-1439.

NEW ACTIVITY

San Rafael Village Walking Group

Tuesday, May 11, 11:00am

Join fellow Villagers for about an hour walk, on a level, paved pathway with benches along the way for those who want to rest. You will enjoy the beautiful views on the Jean and John Starkweather Trail in East San Rafael. Meeting place is the intersection of Spinnaker Point and Plymouth Cove near Pickleweed Park. Let's get moving! Contact Judy at judycpa@msn.com or (415) 203-0925 if you have questions and to let her know you will be there.

Wednesday Coffee Chat

Wednesday, May 12, 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, May 13, 2:00pm

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.

Happy Hour!

Thursday, May 13, 5:00pm

Join the happy San Rafael Villagers at our always fun Happy Hour. Pour a beverage of your choice, grab a snack and share stories and experiences together. Look for a flyer with further information and save the date!

Read Aloud

Wednesday, May 19, 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, May 27, 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, May 12, 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, May 14, 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, May 21, 2:30pm

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

Marin Villages' Spring Annual Fund Appeal

Marin Villages' spring annual fund appeal is underway—a major source of revenue for our organization!

As you know, Marin Villages has been busy since COVID started. Since March 2020, we've fulfilled **7,000** member requests, including **3,803** companionship calls, **1,122** errands for groceries and other needs, **905** rides to needed medical appointments, and more than 1,000 other service requests! We also got members and volunteers trained on Zoom early in the pandemic so that we could stay in touch and keep some of our groups going. Please consider a donation to help us all keep doing this good work. You can donate here:

https://marin.helpfulvillage.com/fundraising_campaigns/8-annual-fund-spring-2021-campaign—and pass it on to your friends! And then please join us at the event below...

Marin Villages Donor Recognition Event

Sunday, June 6, 5:00pm



Join us for a short program and a wonderful performance by Nancy Gilliland, who will entertain with songs from the Great American Songbook. Please RSVP here: <https://bit.ly/MVDonorEvent>
This will be a really fun event!

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