



# ROSS VALLEY VILLAGES

## JULY 2019

### Ross Valley Villages Welcomes New Volunteers!

Ross Valley Villages is happy to have welcomed the following new volunteers in the last few months. With more volunteers we can meet more member requests. Each volunteer brings special skills, talents and interests to our growing community.

We now have volunteers for companionship visits, for errands, gardening, home organizing, walking companions and of course driving and transportation. You may have met some of the people listed below already.



David (Deke) Gerken, San Anselmo  
Linda Smith, Kentfield  
Marlene (Mally) Nielson, San Anselmo  
Diana Tran Wang, Greenbrae

Jane Klinger, San Anselmo  
Victor (Vic) Magnotti, San Anselmo  
Teri Dowling, Ross

### **NEXT Ross Valley Villages steering committee meeting**

Thursday, August 8, 10:00 am -12:00

Location: TBD Call the office in August.

Join us as we visit and plan events for the fall. The best ideas come from our members!

### **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.

#### **DINING OUT WITH FRIENDS**

**WHEN: Monday, July 29, 6:00-9:00pm**

Where: "Dining Out in Marin" in support of Marin Villages  
Left Bank Brassiere, 507 Magnolia Ave., Larkspur, CA

PRICE: \$80.00 - Note: \$25 of this contribution will be tax-deductible

This event is a fun, fundraiser, intended purely as an opportunity to show support for Marin Villages while gathering with friends, neighbors and "Villagers" to enjoy a delicious, price-fixed dinner at the Left Bank Restaurant in Larkspur. Wine is included in this price.



Because seating is limited, sign up early on the website: [marinvillages.org](http://marinvillages.org) Or call 415-457-4633.

## **SIP AND PAINT – “A BLANK CANVAS, A LITTLE WINE AND THOU”**

**Saturday, August 24 3:00 – 6:00**

**Wine and Design Studio, 874 4th Street, Suite 1. San Rafael**

At this Sip and Paint fundraising event, you will be part of the private party for Marin Villages, where you will create memories and masterpieces! It is a fun painting class for all experience levels.



Come alone or bring your friends and enjoy wine and small bites while you create your art masterpiece. At the Wine & Design studio, everything will be provided for you – glasses, paintbrushes, canvases etc. – as a local artist guides you through the evening, stroke by stroke.

Tickets are \$75/each. Note: \$40 of this ticket price will be tax-deductible.

## **Get out and move this summer!**



### **YOGA**

**Fairfax Chair Yoga**

**Age Friendly Fridays 1-2PM**

The Fairfax Library, every 1st and 3rd Friday

### **San Anselmo Recreation Hiking Adventures and Yoga**

**Fridays in July starting 7/5**

**Meeting locations shared at registration. Fee \$25**

Connect with nature to rejuvenate, replenish and nurture yourself. We will pause to do some simple yoga amidst the beauty of nature. We will also hike in silence for 20-30 minutes. Average 4-6 miles. Moderately challenging. Directions to trailheads given at time of registration. With nature guide Donna Simonsen who also teaches gentle yoga. Pre-registration required. Do one or all. [Click here to register](#)



### **San Anselmo Recreation Leisure Walks**

**Fridays in July 2-3:30 Meeting locations shared at registration**

**Fee: \$20**

Join us for easy and fun walks in the flat lands and gentle slopes of Marin. We will take time to do bird watching, admire wildflowers and meditate on the beautiful scenery around us. This is a great opportunity to get outside, meet new people and enjoy the magic of nature. Walk approx. 2 miles. Guide: Donna Simonsen

Link to registration: [San Anselmo recreation](#)

### **Let's Play Bocce – Twin Cities Village activity**

**Friday, July 26 12:00 noon – 2:00 p.m.**

**Where: Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael**

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts.



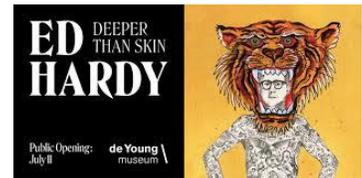
**Get out and learn this summer!**

**Art Talk Tuesday! Ed Hardy: Deeper Than Skin**

**Tuesday July 8 12PM**

**San Anselmo Council Chambers**

Dive deep into the life and work of renowned tattoo artist Ed Hardy with Kathryn Zupsic, a docent from the de Young Museum. Hardy's work has its inspiration in both traditional American tattooing of the first half of the twentieth century and Japan's ukiyo-e era culture. Track Hardy's goal of elevating the tattoo from its "outsider" status to a more important visual art form in paintings, drawings, prints, and more!



**Age Friendly Speaker Series Twin Cities Villages “Keep your money safe”**

**Wednesday, July 17 11:00 am -12:30 pm**

**Where: Corte Madera Intergenerational Center**

**498 Tamalpais Drive, Corte Madera**

Learn valuable advice from members of the Marin County Financial Abuse Specialist Team (F.A.S.T.) to avoid becoming a victim of scams, frauds, “wealthy Nigerian princes” and IRS impersonators, a growing problem right here in our own neighborhood. Marin F.A.S.T. enlightens and educates us on how to protect ourselves against common financial scams. A 2017 study asserts that financial elder abuse costs \$36.5 billion annually. In Marin County alone, financial abuse cases make up 32% of all referrals to Adult Protective Services.

Complimentary light refreshments

**Know the 10 Signs of Alzheimer's**

**Wednesday, July 24, 10:30 AM**

**San Anselmo Library Reading Room**

Alzheimer’s and other dementia cause changes in memory, thinking and behavior that interfere with daily life. Learn about the ten common warning signs and what to watch for in yourself and others in this presentation with the Alzheimer's Association.

alzheimer's association®



**Armchair Travel to Costa Rica and Panama**

**Monday, July 29 6:30PM**

**San Anselmo Library Reading Room**

Lush landscapes, a myriad of plant and animal life, and a dizzying number of things to do, Costa Rica and Panama are well known for their Adventure Tourism and colorful wildlife. These two countries also have plenty of beaches for relaxation and are home to about 7% of the world's biodiversity. Rea Franjetic of Cosmopolitan Adventure Tours will share Costa Rica's latest eco-friendly places to visit, Panama's newly accessible rainforest, and more! Discover Panama and Costa Rica in this armchair travel presentation at your San Anselmo Public Library.



**Art Talk Tuesday! California Photography: Sun and Shadows in the Golden State**

**Tuesday August 13 12PM**

**San Anselmo Council Chambers**

California photographers have explored, developed, and refined the art of image-making in significant ways. From early Pictorialisms to Oakland's revolutionary F64 group to the New Topographics work of the 1960s,

photographers in the Golden State have produced a body of work that rivals their New York peers. Avril Angevine will share how local artists documented the human and natural environments of a very special place.

**Note: Age Friendly Fairfax Forums will be on break for the months of July and August.**

**Get out and meet new people this summer!**

**Twin Cities Village Men's Group at the Sweetwater**  
**Wednesday, July 3 and July 17 11-12:30, No host**  
**Sweetwater Music Hall and Café**  
**19 Corte Madera, Mill Valley**

**Ross Valley Seniors**  
**Thursday, July 11, 12 -2PM**  
**Fairfax Women's Club, 46 Park Rd. Fairfax**



Come socialize, enjoy our annual BBQ luncheon and Team Trivia.

**Breakfast with Friends**  
**Wednesday, July 17, 9:30-10:30AM**  
**Barefoot Café, 1900 Sir Francis Drake Blvd.**

Join us for socializing, coffee and/or breakfast to make new friends and keep the old. (you cover the cost of your meal).

**Happy Hour at Left Bank Brasserie**  
**Tuesday, July 23 \*\* 3:00 p.m. - 5:00 p.m.**  
**Where: 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!

\*\* Please double-check the date to reaffirm beforehand.

## **County Events**

**Marin County Commission on Aging "Disaster Preparedness for Older Adults"**  
**Thursday, July 11, 10-11 am**  
**Tiburon Town Hall, 1505 Tiburon Blvd., Tiburon**

Learn what older adults need to now and do to prepare for natural disasters. Speakers: Lisa Santora, MD, Marin County Deputy Public Health Officer and Jason Weber, Marin County Fire.