



THE VILLAGE SQUARE

A monthly gathering place for all our news

October 2021



Does any month say *pumpkin* more than October? Whether you're a carver, a decorator, or a pumpkin-spice-in-anything craver, it's hard to avoid this iconic emblem of fall this month. Cooling weather brings thoughts of more books, TV, and movies, so if you have read or watched something recently and would like to share it in this newsletter, please send your recommendations to communications@marinvillages.org. We'd all love more fall-winter distractions! October also the month when we start to see the first signs of the holidays, which can really detract from enjoying the moment. So go visit a pumpkin patch, bake or buy a fall pie, pull on a cozy sweater, and savor your favorite warm drinks. No need to look ahead just yet—October is perfect just the way it is.

COVID UPDATE

Get your flu shot!

With all the news about COVID, it's easy to forget that this is the time of year for **flu shots**, too. Marin County Public Health is partnering with Safeway to offer flu shots *in addition to* COVID-19 Pfizer booster vaccination at their Northgate clinic. You can schedule both at this link.

<https://mhealthcheckin.com/covidvaccine> The California Department of Public Health is also scheduling flu shots on their website, at <https://myturn.ca.gov/>. And, of course, you can always call your doctor and find out if they are doing flu shots, as well. The important thing is to get one!

Booster shots are important, too...

Clinics and health services throughout the county are offering Pfizer COVID vaccine booster shots now. If you are homebound, a mobile vaccination unit can come to your home and administer the booster there. To use this option, you can fill out this online form:

<https://marincountyhc.jotform.com/211785878697076>

MARIN VILLAGES NEWS

A very happy birthday to our October nonagenarians!



Three cheers and best-year-ahead wishes our amazing nonagenarians! **Helen Dennis** is turning 92 this month; **Jean Wanvig** and **Bruce Wrisley** get extra cheers for turning 93 and 94, respectively. And hats off to **Nida Devoto** on her 96th! Pumpkin-spice cake, anyone?

Any shutterbugs out there?

We are looking for any experienced photographers who might be willing to **help volunteer to photograph Marin Villages events**, both in the local villages and Marin Villages-wide. Don't be shy—if you would like to see your photos in our various communications, please step up! Send a quick email of interest to Matt at volunteers@marinvillages.org.

Free rides on Marin Transit for seniors

Older adults (age 65 or older) and people with disabilities can ride for free on Marin Transit local, fixed-route service countywide through March 2022! This will be a six-month pilot starting October 1, 2021 and will continue through March 31, 2022. Demand response services (paratransit, Catch-A-Ride, Dial-A-Ride, and Connect) and Muir Woods Shuttle will be exempt from the free fare offerings. This offering is also not valid on Golden Gate Transit routes. Seniors must have a valid Medicare Card, DMV ID card/license, or senior ID from another California transit service. Persons with disabilities must have a DMV Disabled Placard ID, RTC card, Medicare card, or ID card for persons with disabilities from another transit service. Personal service assistants will not be eligible for free rides and will continue to pay 50% off the adult cash fare (\$1) when accompanying a person with disabilities.

MARIN VILLAGES PROGRAMS

Annual Volunteer Appreciation Zoom party!

Sunday, October 24, 4:00 – 5:00pm

Join us on Zoom as we gather to celebrate our incredible Marin Villages volunteers, whose hard work, dedication, and friendship toward our members are an inspiration. Don't miss it—we'll share stories, draw for some fantastic prizes, and have more surprises, too! See you there! To register, go to <https://marin.helpfulvillage.com/events/3468>

Bocce ball!

Friday, October 29, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Everyone is welcome to join in whether as a roller or as an observer. This is as much a social event as a bocce game, so do not be shy about joining us if you have not played bocce before. If you are tempted to play, we are fortunate to have many who are ready to assist you in learning the game. The equipment you will need is simple: a good sun hat, sensible shoes, comfortable clothes, something to drink. Bring a snack to share with the group if you are able. For questions, please call Larry Meredith, (415) 860-2535. If you need a ride, contact the Marin Villages office, (415) 457-4633.

Not Home Alone—Halloween

Sunday, October 31, 2:00pm

McInnis Park Club Restaurant, 350 Smith Ranch Road, San Rafael



Join other Villagers for an early dinner at The Club restaurant at McInnis Park on Halloween! Costumes fun but optional. Please RSVP to Donnalee Wells. donnaleewells@comcast.net or (415) 302-9244 (call or text)

COMMUNITY PROGRAMS

Age Friendly Marin iPhone Training (2 parts, on Zoom)

Monday & Tuesday, October 25 & 26, 2:00 – 3:00pm

The Fairfax Library is partnering with California Phones to offer an online iPhone training. This is a two-part training, meeting via Zoom for one hour on both days. Pre-registration is required, and space is limited to 10 participants. To participate you will need a computer, Internet service and a valid email address. To register please email or call Contessa Bunn. CBunn@DDTP.org or (510) 302-1176

Age Friendly Forum: Medicare

Wednesday, October 27, 10:30 – 11:45am

The next Age-Friendly Speaker Series presentation will clear up confusion about Medicare and let you in on upcoming changes for 2022. Come learn about all your Medicare choices and the changes, whether you're just getting started or need to consider options during open enrollment. Even if you joined us last year, there are multiple plans newly available. Topics include Medicare Advantage plans, prescription drug plans, supplemental plans, the low-income assistance program, and more.

Join Zoom meeting

<https://us02web.zoom.us/j/88202955648?pwd=RHpXTzJkQzNTUFTnpQmt5YnBWT2srQT09>

Meeting ID: 882 0295 5648 Passcode: 572332

Join by phone at (669) 900-9128

New Housing Elements discussions (by town in Marin County)

Various dates, October 6 – November 8

Join in the housing element conversations in **your town**. This is an opportunity to advocate for more affordable and safe housing for older residents. This new countywide website lists all town events and meetings, includes housing element FAQs, and provides links to each jurisdiction's project updates. To find out more, go to www.housingelements Marin.org

CHECK THIS OUT...

This epic **Air New Zealand safety video** is everything. Lord of the Rings fans, click now!

<https://www.youtube.com/watch?v=qOw44VFNk8Y>

Anybody else see a version of their family in this video of a **polar bear mama waiting for her next meal** with her daughter and son? <https://www.youtube.com/watch?v=HmnKbBmYii8>

There's something about watching these **boys greet their little sister** after school that I can't stop watching. <https://www.youtube.com/watch?v=K0kWJ5BO-HQ>

In honor of the Giants being in the playoffs... I had no idea **Frank Sinatra** knew his way around a tap shoe! <https://www.youtube.com/watch?v=r2luDoV9TI>

When a song about **spooky, scary skeletons meets electro swing**.
<https://www.youtube.com/watch?v=ZNhu5C8mSCY>

With animation today being so realistic, it's hard to remember how groundbreaking it was when Walt Disney started creating cartoons. This **Disney Halloween cartoon, "The Skeleton Dance,"** must have been eye-popping for the audience in 1929 when it was created.

<https://www.youtube.com/watch?v=vOGhAV-84il> And just for fun, here are some humans doing the same skeleton dance! <https://www.youtube.com/watch?v=PQchTOqFAa0>

BOOKS OR MOVIES WE CAN'T STOP THINKING ABOUT

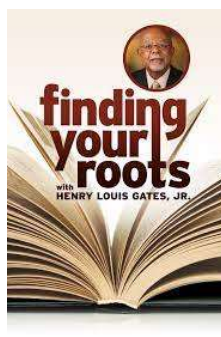
Books



The Midnight Library, by Matt Haig

Nora Seed feels she has lived her life all wrong and let everyone down. Then a decision she makes lands her in the Midnight Library, a place filled with books where each one contains a different life that she might have lived if she had made different choices. She gets a chance to try out lives and choose a path she didn't follow, but as you can imagine, it's not that straightforward. A beautiful book about the choices we make and those we don't, and how regrets can weigh us down. Snuggle into your favorite reading spot and read this book with time to savor it. *Danielle, Marin Villages staff*

TV



Finding Your Roots, PBS

Henry Louis Gates, Jr. and his team dig into the ancestries of culture-makers and celebrities, introducing them to family pasts they were not aware of. Each episode has a theme and interesting discussions with the artists as they look through the histories and gain new understandings of how they got to where they are. There are already seven seasons to watch, and an eighth starting January 4. Plenty to keep you busy through the cold-weather months! *Danielle, Marin Villages staff*

HUMOR

Ah, autumn...

In case you miss summer berry picking...

Fall entrepreneur...



Yep, that's right, kid.



Gardening wisdom

Always plant trees so that the prevailing wind blows the autumn leaves next door.



Nothing like the great outdoors!



Pesky neighbors...



BEFORE WE GO

Is there anything happier than this **lab jumping into the biggest leaf piles ever**? Happy autumn!

https://www.youtube.com/watch?v=D6S_TMd7Jkw

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org