



Tiburon Peninsula Village

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

March 2022 Newsletter

Cherie Sorokin, editor



We had a great happy hour on the deck at Sam's last month—that day in February was a lot warmer than it has been recently! Thanks to Karin Tucker, our new member volunteer support representative, for capturing about ½ the group that attended in this photo. Haven't yet attended one of our happy hours? Watch for the date of the next one in April!

WELCOME BACK, KAY!

Welcome back to Kay Dirkzwager. We've missed you! Hope to see you at an upcoming event soon!

TIBURON PENINSULA VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

Tiburon Morning Coffee

Thursday, March 10, 10:30am (second Thursday of the month)

Rustic Bakery, Tiburon



- Dutch treat
- Join us at the tables in back outside unless the weather makes inside more inviting. Look for Cherie and the Marin Villages tent card on one of the tables.
- Masks are ok, but not required if you are fully vaccinated and we're outside
- Anybody's guess whether masks will be required to enter and order coffee, or to sit inside, etc., but we do still recommend masks when indoors.
- If you need a ride, please RSVP by calling the office! Otherwise no RSVP needed.

TPV St. Patrick's Day lunch—one day early!

Wednesday, March 16, 11:30am – 1:30pm



Come celebrate St. Patrick's Day with corned beef, boiled potatoes and cabbage, and maybe some green beer at the home of Cherie Sorokin, 120 Geldert Dr., Tiburon. We will regale each other with Irish humor, listen to some Irish music, and maybe even dance a jig! There is no charge for this event. No, you don't have to be Irish to come! This event is open to all fully vaccinated Marin Villages members and volunteers, but space is limited to 20 so RSVP quickly to the office to reserve your spot, and let them know if you need a ride! (415) 457-4633

If the weather cooperates, we will be out on the patio. If not, inside but with windows open to provide ventilation. Masks are recommended if we have to be indoors.

OTHER MARIN VILLAGES EVENTS

Mens' Coffee at the Sweetwater in Mill Valley

Wednesdays, March 2 & 16, 11:30am



Gentlemen, meet with others to discuss life and enjoy coffee at the same time! Join the Men's Group on the first and third Wednesday of each month for discussion of various topics. Men from all local villages are invited to participate. Contact Irv Gubman (irvgubman@gmail.com) with questions and to see whether the group is meeting in person or via Zoom in March.

New Marin Villages Pilot Program: Stronger Memory

Informational session on Zoom

Wednesday, March 16, 3:00 – 3:30pm



Flex your memory muscle in a 12-week guided course that you can do from home! Are you intrigued? Join us at this informational session to learn more and see if it's a good fit for you. To register, use this link: <https://marin.helpfulvillage.com/events/4084-zoom-event---new-pilot-program:-%22stronger-memory%22>

Not Home Alone St. Patrick's Day Early Dinner

Thursday, March 17, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center (opposite Il Fornaio)



Join Donnalee Wells, Marin Villages' hostess with the mostest, and other Marin Villagers for a St. Patrick's Day early dinner—though not sure Pacific Catch will have traditional Irish fare on the menu! This event will be on the covered and heated patio. Space is limited to 20 guests, and it's first come, first served. You will be able to order off the menu. Please bring CASH to pay for your meal. All attendees must be COVID vaccinated (and boosted). Masks required. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office if you need a ride. (415) 457-4633

Walks!



Just about every local village except TPV has a walking group. But just because we don't have one is no excuse for not getting out there to exercise a bit. Check the calendar on our website for dates and locations. www.marinvillages.org

TIBURON PENINSULA COMMUNITY NEWS & EVENTS

Ferry service!

Tiburon has a new mid-day and weekend ferry service to SF and back. In April or May, when the weather is a bit nicer and the Omicron surge is under control, we will plan a trip! Has anyone already tried the new service? If so, let us know what you thought of it!

OTHER COMMUNITY NEWS & EVENTS

Three programs on dementia offered on zoom by the library

The Belvedere Tiburon Library has three programs on dementia-related issues in March.

Tuesday, March 1, 1:00 – 2:30pm via Zoom

An online program that provides participants with a four-step model to address behavioral aspects of dementia

Phone (800) 272-3900 to register

Thursday, March 10, 3:00 – 4:30pm

An online program about the 10 common warning signs of Alzheimer's

Phone (800) 272-3900 to register

Thursday, March 17, 10:00 – 11:30am

An online program to learn how to decode verbal and behavioral communication by someone with dementia.

Phone (800) 272-3900 to register

Marin Commission on Aging—Safe and Healthy Living at Home for Older Adults

March 4, 2022, 10:00am

This month's program hosted by the Marin Commission on Aging is right in line with our Marin Villages mission! It's titled **Safe and Healthy Living at Home for Older Adults**, and will feature Michelle Nochisaki, customer programs manager, Marin Clean Energy; Tonique McNair, assistive technology advocate, Marin Center for Independent Living; Tim Stevens, business development, Home Safety Services; and Jason Weber, chief, Marin County Fire Department.

To join the meeting

<https://us02web.zoom.us/j/8526641821>

Meeting ID: 852 664 1821 Passcode: 94903 | Phone: (669) 900-6833

VALENTINE BOXES ♡

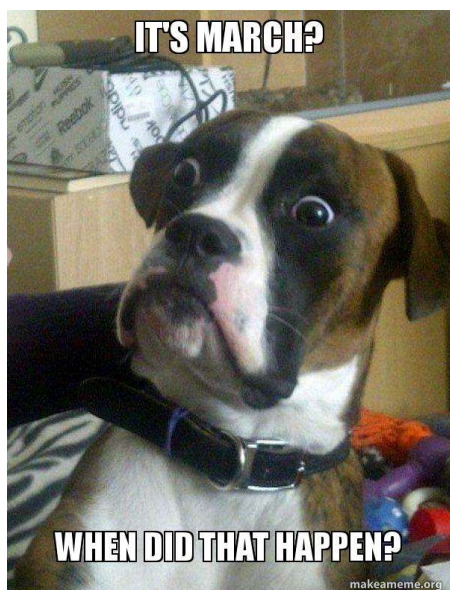


Many thanks to Julie Friedman who again outdid her creative self in making those cute valentine boxes that were delivered to TPV members last month! She also created the Christmas stockings delivered in December. Thank you, thank you, Julie!

KNOW ANYONE WHO MIGHT LIKE TO VOLUNTEER FOR MARIN VILLAGES?

On March 16 at 2:00pm there will be a Zoom for anyone interested in becoming a Marin Villages volunteer. A public service announcement will run in *The Ark* in this week or next, so be on the lookout for it, and tell your friends. We can always use volunteers!

REMEMBER TO LAUGH A LITTLE





And some more Irish humor:

<https://www.youtube.com/watch?v=We9ziUlrT1Y>

HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with 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. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

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