



Tiburon Peninsula Village

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

May 2022 Newsletter

Cherie Sorokin, editor



Did you know the lily of the valley is considered the flower for May, even though many of us in the U.S. think of tulips instead! Per the website [TimeandDate.com](https://www.timeanddate.com), May comes from the Latin *Maius*, probably referring to the **goddess Maia**. She embodied the concept of growth, both in nature and in business. Others connect *Maius* with *Maijores*, the ancestors or “the greater ones.” Also per the same website: “The full moon of May is known as the Flower Moon, named after the blooming flowers in the Northern Hemisphere, where these traditional full moon names originated.” It will also be a blood moon (tinged red). The total lunar eclipse of the Flower Moon will be visible from North and South America, Europe, Africa, and parts of Asia on May 15 – 16, 2022. We should be able to see it here in Tiburon, assuming the sky is not cloudy!

Healthy Marin!



Another reason to appreciate that we live in Marin County: The average Marin resident can expect to live 85.2 years, among the longest in the state and nation!

This statistic and the important factors that help support health and longevity in our community were cited in the recently released 2022 County Health Rankings and Roadmaps issued by the University of Wisconsin and the Robert Wood Johnson Foundation. The report measures community health and well-being over time, including such factors as longevity, access to high-quality health care, clean air, water, green space and healthy foods. Marin has been ranked No. 1 for 12 of the 13 years the rankings have been compiled.

BUT—As noted in County’s [press release](#), “Marin falls short in the same two areas year after year: high rates of health inequities between communities, and substance use. Life expectancy among African American residents in Marin County is 78.2 years, a difference of seven years from the county-wide average.” Poor access to affordable housing and reliable internet were other factors noted as lacking and affecting well-being in Marin. So, still lots of work to be done to address these particular issues before we pat ourselves on the back too much for our otherwise high ranking as a healthy community!

Although not mentioned in the report, but your newsletter editor at least would like to think influential in our County’s longevity figure, is the fact that Marin has embraced the Village movement, which specifically addresses and helps counter [issues of ageism](#) as well as problems with isolation and loneliness among older adults—pernicious factors which can affect longevity.

In Marin it’s hard to feel too negative about aging when you can stay engaged with and get help from such good friends through Marin Villages! We certainly can pat ourselves on the back for that!

TIBURON PENINSULA VILLAGE EVENTS

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

Food & Drink

TPV Morning Coffee

Thursday, May 12, 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

- Doesn't appear that masks will be required to enter and order coffee, or to sit inside, etc., but along with the County, we do still recommend masks when indoors.
- If you need a ride, please RSVP by calling the office! Otherwise no RSVP needed.

TPV Lunch at Salt and Pepper

Thursday, May 19, 11:30am



Join TPV friends for lunch at this Tiburon favorite spot. We are aiming for outside or the back patio, if the weather permits. Bring a sweater or jacket in case it gets windy! \$10 per person. TPV will pick up the rest of the tab.

Please RSVP to the office so we know how many spaces to reserve, and be sure to let them know if you need a ride. And watch your email in case we need to cancel because of COVID variants or weather variants, or any other kind of variant. (415) 457-4633

OTHER MARIN VILLAGES EVENTS

Health & Fitness for Life!

Monday, May 3, 11:00am – noon

Zoom



Join Taylor Lewis and fellow Marin Villages members to learn ways to optimize your physical activity to feel better, move with fewer restrictions, and improve your quality of life. This discussion will give you insight into the foundations of strength, endurance, and flexibility. While regular physical activity and exercise should be customized based on the individual and their unique abilities and goals, you will get exercise strategies to consider that you can implement within the comfort of your own home or in your local gym. Taylor is a San Rafael-

based personal trainer and doctoral candidate specializing in health and human performance for older adults. To register, use this link: <https://marin.helpfulvillage.com/events/4230>

Men's Coffee at the Sweetwater in Mill Valley

Wednesdays, May 4 & 18, 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 or (415) 250-6155) with questions and to be included on the mailing list.

Not Home Alone Early Mothers and Others Day Dinner

Sunday, May 8th, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



Join Donnalee Wells, Marin Villages' own Pearl Mesta, and other Marin Villagers for early dinner. This event will be on the covered and heated patio. Please **bring cash** for your meal. You will be able to order off the menu. All attendees must be COVID vaccinated and boosted, and masks are required. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. (415) 457-4633

Bocce Ball

Friday, May 27, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Experienced, or not, put on your soft-soled shoes and join other Marin Villagers at Albert Park for some light exercise and a few laughs. Look for the happiest group on the courts. That will be the Marin Villages' bocce lovers!

And more!



Check out the Marin Villages calendar on our website. Lots of activities are listed there and members and volunteers are welcome to attend most. www.marinvillages.org

COMMUNITY EVENTS

Great Books Group at the Belvedere Tiburon Library

This group meets the second Tuesday of each month (except in August) at 2:00pm on the library patio. New members are welcome to join anytime. For more information call the library at (415) 789-2656 or email Alyce Sporer Mars at asporer@yahoo.com.

Rosenberg Institute Spring Lecture Series

This series of weekly scientific seminars from the Estuary & Ocean Science Center of the Rosenberg Institute of Marin Biology & Environmental Science here in Marin starts Wednesday May 4 at 3:30pm (and continues on following Wednesdays). Register on the [Belvedere Tiburon library website](#).

TIBURON PENINSULA VILLAGE NEWS

Last month's trip to Marin MOCA



Although we agreed we didn't "get" some of the art, this intrepid foursome (Sandi Decent, Cherie Sorokin, Julie Friedman, and Betty Williams) had a great outing to the Marin Museum of Contemporary Art up in Novato. The mural behind us was particularly engaging as we could actually add to it as we stood in front of it.

REMEMBER TO LAUGH A LITTLE

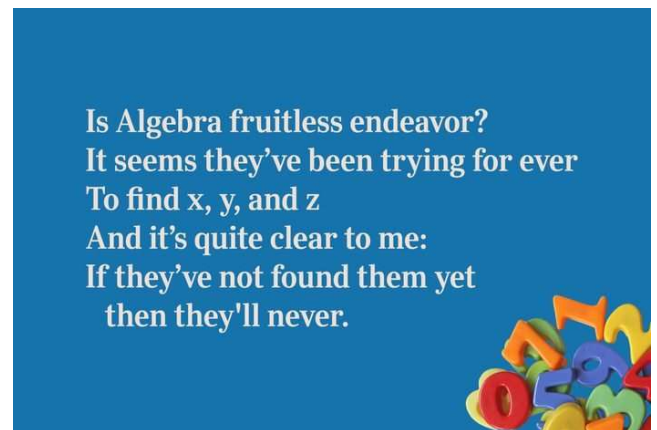
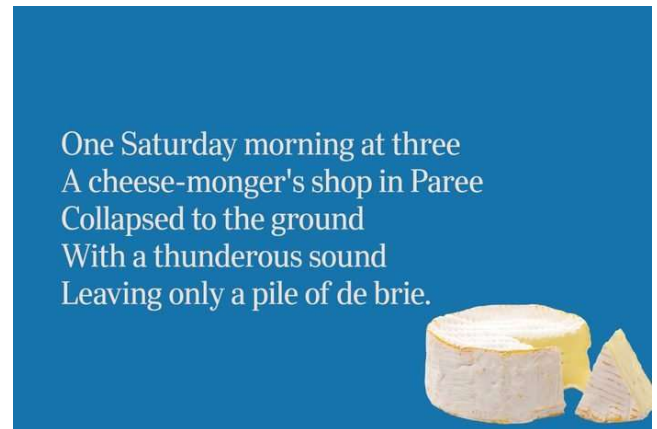
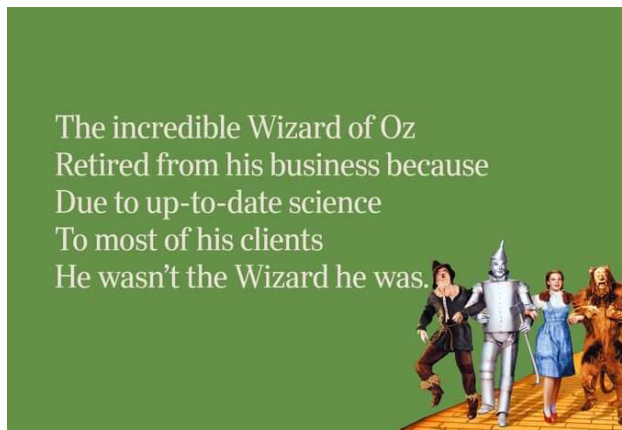
May 12 is National Limerick Day

We may associate limericks with the Irish and even St. Patrick's Day, but May 12 is actually National Limerick Day in the US. Maybe these will inspire you to write a few of your own! If you come up with a few (of the sort we might publish in polite company), send them along to Cherie at cheryl.sorokin@gmail.com. Warning, this is addictive activity!

A circus performer named Brian
Once smiled as he rode on a lion.
They came back from the ride
But with Brian inside,
And the smile on the face of the lion.



*There was a young man of Japan
Whose limericks never would scan.
When they asked him, Why?
He said, with a sigh,
"It's because I always try to get as many words
into the last line as I possibly can."
Author Unknown*



There was a young woman named Bright,
Whose speed was much faster than light.
She set out one day,
In a relative way,
And returned on the previous night.
~Anonymous

TPV's not a place, but an attitude
A group to appreciate with gratitude
Each new friend is without par
Each volunteer a rock star
You say "TPV's the best"; it's not platitude!
~Cherie Sorokin

A wonderful bird is the Pelican.
His beak can hold more than his belly can.
He can hold in his beak
Enough food for a week!
But I'll be darned if I know how the hellican?
~D.L. Merritt

A major, with wonderful force,
Called out in Hyde Park for a horse.
All the flowers looked round,
But no horse could be found;
So he just rhododendron, of course.
~Anonymous

Since 2020 life's been quite annoying
With our lives that virus has been toying
But a limerick a day
Helps keep dark spirits at bay
As do the Marin Villages friends we're enjoying
~Cherie Sorokin

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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