

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 2022 Calendar of Events

*"Do your little bit of good where you are; its those little bits of good put together that
overwhelm the world." ~Desmond Tutu*

NEW MEMBERS AND VOLUNTEERS

Welcome to our newest members: Daphne White, Bob Ewing, and Charnell Benner

We look forward to seeing you at our social events and activities!

Welcome to our newest volunteers: Kingston Cole, Daphne White, Lori Summer

We thank you for your service! Please join us at social events and activities, too.

San Rafael Village Buddy Program

Our mission is to keep you connected and support you as you age safely in your home. We do this by offering many direct services, such as companionship visits, transportation, and handyman services, to name a few, and we also offer a variety of social events, clubs, and activities. But we realize it isn't always comfortable to ask for help or join a new group. That's why we created the Buddy Program. A volunteer from San Rafael Villages, your new Buddy, who is familiar with the services and activities, will get in touch with you and help you get started on the journey to new friends, fun, educational events, and the services you need to thrive. Interested? Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

SAN RAFAEL VILLAGE EVENTS

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

Movie Group

Sundays, May 1, 8, 15, 22, 29, 7:00pm

Zoom

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 2, 2:00pm

“You are never alone when you have a good book at your side.” Come talk about your summer reading list. So many good books out there! We will be meeting this month in person at the home of Marilyn Sharp. Please RSVP to Valerie Stilson (415) 479-1439 or valerie.stilson@sbcglobal.net.

Card and Game Players!

Friday, May 6, 1:30pm

Join fellow Villagers in an afternoon of fun! Revisit some of your old favorite card and other games and maybe learn some new ones. And, of course, always good company. We will meet on May 6 at the home of Lorraine Voskanian this month. A minimum of three is required and maximum of six. If more than that respond, they will be put on a waiting list. For more information and the address, RSVP to Lorraine at (415) 479-2709.

San Rafael Village Celebration!

Wednesday, May 11, 4:00 – 6:00pm

San Rafael Village is celebrating you—our amazing volunteers, all of our 100 members, and being together again! Please join us at the home of Lorraine Voskanian. We will have wine and other beverages, appetizers and special guest Matthew Dawe, Marin Villages’ Volunteer Coordinator. Put this party on your calendar; it will be a fun-filled afternoon! RSVP to Lorraine at (415) 479-2709 or lorrainev875@msn.com.

Writers’ Group

Wednesdays, May 11 & 25, 1:00pm

This group continues to meet twice a month at the home of Susan Mines. We talk about writing—any kind of writing, hopefully yours! Short stories, long stories, your novel, poetry, prose. We talk about why we write or why we don’t, we listen kindly to one another, and we make editorial comments only if asked. This group is currently closed, but a waiting list is being made. For more information, please contact Valerie Stilson at (415) 479-1439 or Valerie.stilson@sbcglobal.net.

San Rafael Village Walk

Thursday, May 19, 10:30am
Richmond

During WWII, Richmond, California was a very important place. The area was busy 24/7 as men and women worked to quickly produce the ships needed for the war effort. We combine a flat, paved walk along the lovely shoreline while learning of the important WWII events that happened here. Fascinating information is found in the Rosie the Riveter Museum and signage along our walk. We will walk about 2 – 3 miles on the out-and-back trail. There are benches to stop along the way and restrooms. You may also choose to join us for an optional lunch at the Assembly Marketplace. Interested? Contact Carole at csherick@gmail.com or (415) 300-5220. We will be traveling by private cars. The number of villagers accommodated will depend on the number of drivers.

Villages Book Club

Thursday, May 26, 12:30pm
Zoom

May's book selection is *Burning Questions* by Margaret Atwood. You don't have to read the book first; just come meet us and see for yourself what a lively group of readers we are. Everyone welcome. For more information, please call Karen Gray at (714) 403-3345.

Did you know...

...that you can join in most of the activities and events at our other Marin Villages? There are five other villages: Novato, Twin Cities, Ross Valley, Mill Valley and Tiburon Peninsula. Check out their calendars on the Marin Villages website, www.marinvillages.org.

Village Business**Program Committee**

Friday, May 13, 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.

Membership/Volunteer Committee

Wednesday, May 18, 12:30pm

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492- 8041 or cartersolo@comcast.net.

Steering Committee

Friday, May 27, 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.

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



All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Mother's and Others Day dinner. Please **bring cash** for your meal. 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



Come for some fun and exercise—and friendly competition. "Lessons" available! Put on soft-soled shoes and head over to Albert Park.

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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