



Novato Village

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

August 2022 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

August brings us into the middle of summer. Stay cool and hydrated. Stay connected to family and friends. Enjoy the summer activities Novato Village offers!



Monthly quote:

"Kind words can be short and easy to speak, but their echoes are truly endless." Mother Teresa

Mother Teresa (26 August 1910 – 5 September 1997), also known as Saint Teresa of Calcutta, was an Albanian-Indian Roman Catholic nun who in 1950 founded and was an active member of the Missionaries of Charity. Although her passport name was Mary Teresa Bojaxhiu, she was born Anjezë Gonxhe Bojaxhiu, in Üsküb—now Skopje, capital of North Macedonia. After living in Skopje for eighteen years, she moved to Ireland and then to India, where she lived for most of her life.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Nancy Hackett, Ellen Randall

Volunteers: Anthony "Tony" Onate, Laura Turner

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

NOVATO VILLAGE EVENTS

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

Here's the August 2022 calendar of Novato Village activities...details in this newsletter!

Tuesday, August 2, 9:30am – Village Walkers at Hamilton Levee, 7 Hamilton Landing

Tuesday, August 9, 1:00pm – Book Lovers' Group at Diana Shima's home

Wednesday, August 10, 11:00am – The More You Know...about Aging Action Initiative – Zoom

Thursday, August 11, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1719 Grant Ave

Wednesday, August 17, noon – Lunch at STAR, 1700 Novato Ave

Wednesday, August 24, 4:00pm – Happy Hour at CRAVE, 340 Ignacio Blvd

Saturday, August 27 – Village Viewers Movie Group, time & location TBA

Wednesday, August 31, 4:30pm – Summer Supper at Sam's Place, 1545 S Novato Blvd

Food & Drink

CoffeeTea&Chat

Thursday, August 11, 1:30 – 3:00pm

Creekside Bakery,

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.

Lunch at STAR Restaurant

Wednesday, August 17, noon – 2:00pm

1700 Novato Blvd, Novato

Enjoy lunch at this comfortable, family-friendly restaurant, "The Place to Be in Novato." They exclusively serve the Novato community and are not affiliated with any other restaurant.

Individual checks will be given and credit cards may be used. The restaurant recently updated the seating and decor. Before you enjoy lunch, check out the menu:

<https://www.restaurantji.com/ca/novato/star-restaurant-/menu/#>

One customer's review: "STAR is a very nice place to eat. Meals offered have great food, service, and fair prices. They are busy but know how to handle a crowd. Our food came fast and tasted great. Even as busy as they were, the wait staff was very friendly."

Please RSVP by Monday, August 15 so we can tell the restaurant how many guests we'll have for seating. To RSVP, email Joanne Keenan at jkeenan@pacbell.net or call (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



Returning to the Village Pizzeria in July—a popular restaurant!

Happy Hour at CRAVE

Wednesday, August 24, 4:00 – 6:00pm
340 Ignacio Blvd, Novato

Enjoy meeting Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices! **Please RSVP by Monday, August 22** so we can tell the staff how many guests we'll have for outdoor seating. Also, **please plan to pay with cash, not credit cards.** These are new requests that reflect the changes restaurants have made during COVID, so we appreciate your understanding. To RSVP, contact Marge Jackson at (415) 892-1238 or marge-32@hotmail.com. Marge does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.



Happy Hour at CRAVE in June!



Happy Hour at Rickey's in July!

Education & Presentations

The More You Know...about Aging Action Initiative

Wednesday, August 10, 11:00am – noon

Zoom presentation—link will come by email/mail on Monday, August 8



Please join us by Zoom as we learn about Aging Action Initiative: Addressing Community Issues through the Lens of Aging. Our speaker will be Linda M. Jackson, program director of Aging Action Initiative. Linda says, "I look forward to sharing news about the Aging Action Initiative, to give a short introduction to ageism, and to hear what participants see are the greatest issues seniors are facing in Novato."

Linda is a planner by profession, working 25+ years as a long-range planner for the City of San Rafael and transportation planning manager with the Transportation Authority of Marin. She

joined the Aging Action Initiative to put on training sessions for people working with older adults, and became program director in 2017. Linda's interest is in advocating for older adults, building a collaborative network of professionals working with older adults, and creating innovations that promote the well-being of older adults in Marin.

Exercise

Novato Village Walkers at Hamilton Levee—note one-time date change!

Tuesday, August 2, 9:30 – 10:30am

7 Hamilton Landing (enter levee between Hangers 5 & 6)

Joanne Keenan will lead the walk on a special day, TUESDAY, August 2. The Hamilton Levee is a flat, open path; no mask if social distancing, but have your mask handy in case other walking groups get too close. Meet us at the levee wearing walking shoes and mask, and bring a water bottle, sunscreen, and if weather warrants it, a jacket, or hat if you wish. **RSVP PLEASE** so we don't start walking without you. If you are interested in walking with this group, please let Joanne Keenan know at jkeenan@pacbell.net or call (415) 883-5729 or text her cell at (415) 309-5729.

Books

Book Lover's Group

Tuesday, August 9, 1:00pm

Diana Shima's home

The next meeting will be held at Diana Shima's home. Directions and parking instructions will be emailed to you the week of August 5. These books have been selected for the next three months:

August - *The Strange Library* by Haruki Murakami

September - *Calling Me Home* by Julie Kibler

October - *Between Sisters* by Kristen Hannah

For more information contact Diana at dianashima3@comcast.net. Enjoy the great weather and coming summer. See you in August!

Fun & Games

Novato Village would like to start a bocce ball program...

Are YOU interested in learning how to play? There will be instructors. Do you already know how to play? What day of the week works for you? Do you prefer a morning or afternoon time? How many times in a month would you like to play? Please let Joanne Keenan know at

jkeenan@pacbell.net or (415) 883-5729. A committee is checking into the location and fees at Margaret Todd Center's bocce ball court. Learn about bocce ball if you are unfamiliar with the game by viewing this YouTube video; it runs 1 minute 35 seconds:

<https://www.youtube.com/watch?v=mJV-nWmrlqc>

Groups

Village Viewers Movie Group—note one-time date change!

Saturday, **August 27**, time and location to be announced.

In July, we saw *Elvis*, starring Austin Butler and Tom Hanks. It was very well done. The acting was spot-on and the story was told in a creative and interesting way. We highly recommend seeing this movie.

The August movie will be followed by lunch or early dinner. (Please note that the movie this month is the **fourth** Saturday in August.) The movie, time, and location will be announced the Wednesday prior to the event by email. Everyone is welcome, so hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email ilangtpa@gmail.com.

Village Business

Novato Village Steering Committee Meeting

Tuesday, August 16, 10:30am

Beth Livoti's home

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

OTHER MARIN VILLAGES EVENTS & INFORMATION

Attention, theater lovers!

Sandy Levitan is a Marin Villages volunteer. She is also a theater lover with extensive knowledge of local theater. She'd love to share this passion with you and introduce other villagers to local theater offerings. If you are interested, please send Sandy your name and contact information. When she comes upon a theater experience she is enthused about, Sandy will send you a note and include the date she will be attending, always matinees. You can choose to purchase a ticket for the same performance and meet up with Sandy and other Marin Villagers. Often the attendees go out to dinner together and enjoy a meal while discussing the play. Sandy's contact information is sandralevitan12@gmail.com or (415) 246-1912.

Men's Coffee at the Sweetwater

Wednesdays, August 3 & 17, 11:30am

This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" restaurant twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Summer Sangria Supper

Wednesday, August 17, 5:00pm

Whipper Snapper Restaurant, 1613 4th Street, between F & G, San Rafael

Hosted by San Rafael Village

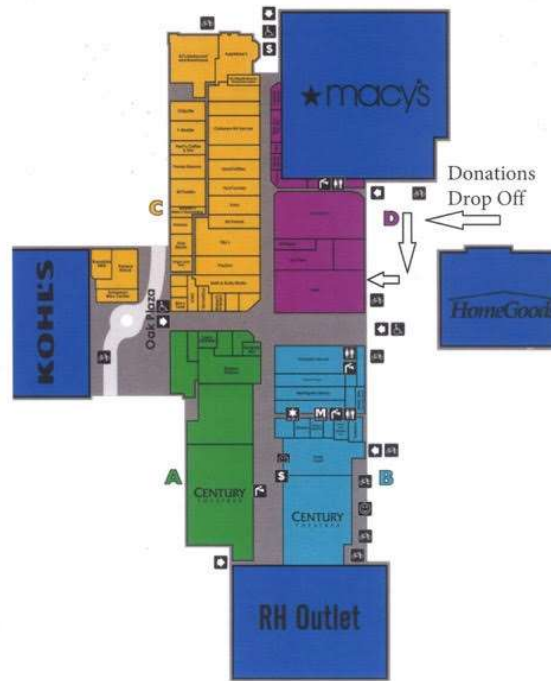


All Marin Villages members and volunteers are welcome! Please join your hostess, Valerie Stilson, as we celebrate with other Villagers on the private and charming Whipper Snapper outdoor patio. While this is a no-host meal, a complimentary glass of sangria will be provided. First come, first served, and space is limited to 20 guests. All attendees must be vaccinated and boosted. Please bring cash for your meal. RSVP is required to Valerie Stilson at valerie.stilson@sbcglobal.net. If you need a ride, please call the Marin Villages office. (415) 457-4633

The Pop-Up Thrift Boutique is taking donations!

The time you've been waiting and holding your treasures for has arrived! We are taking donations for the Pop-Up Thrift Boutique at the Northgate Mall. **Starting July 13**, you can drop off your gently used goods either **Wednesdays, 10:00am – 4:00pm**, or **Saturdays, 10:00am – 4:00pm**. The dropoff location is indicated in the image below. It is the back entrance to what used to be H&M, behind Macy's, across the parking lot from Home Goods, and just to the left of Bank of Marin—between the door to Bank of Marin and the entrance to the mall on that side. The door will be open and there will be a sign outside letting you know you're in the right place!

We will gladly take women's, men's, and kids clothing & shoes; jewelry; artwork; kitchenware; home décor; linens; and more. Please note we are NOT accepting books, CDs, skis, women's or men's suits, large furniture, or computers and monitors.



For questions regarding donations, contact Annemarie Clark (amco0616@gmail.com or (415) 519-8331) or Sue Steele (xerty.10@gmail.com or (415) 388-7832). If you'd like to volunteer for intake and sorting, please use this link. <https://signup.com/go/eqnUKfZ>

From John Power, Executive Director, Marin Villages, July 26, 2022

Dear Friends,

If you feel like you know more people who have gotten Covid in the last couple months than you have in all of the last two-and-a-half years, you're not alone. And you may not be wrong.

Right now, according to Marin County Public Health, one in 20 Marin residents has, or carries, the Covid virus. But you can protect yourself by following some familiar advice.

- Max out your vaccines and boosters
- Mask up (ideally with a N95 or KN95 mask)
- Test yourself if you think you have symptoms or have been exposed

We urge all Villagers—members and volunteers alike—to mask up whenever indoors until the risk subsides: in a car and in public and private indoor spaces (including your own home when those from outside of your household are present). Check out all our recommendations [here](#). If you're wondering how likely it is that an indoor event will expose you to Covid, take it from our own Health Department:

TABLE: Estimated likelihood of being exposed to COVID-19 virus in gatherings of various sizes in Marin (July 2022): *Estimated community prevalence 5%*

Number of people present	Likelihood at least one person is infected
10	40%
25	72%
50	92%
100	98%

Here in Marin County, we did a great job staying home, masking up, getting vaccinated, and boosting. But the newest variant on the scene, BA.5, is testing our resolve once again. It's the most transmissible Covid variant to date. Thankfully, for those who are vaccinated and boosted—and that's the vast majority of our Marin Villages community—hospitalizations and deaths are rare. But the risk of getting Covid for a week, two, or longer is high once again.

But hey, we've seen this drill already. We know how to protect ourselves, so let's just remind ourselves to do it.

With summertime weather, neither hot days nor fog have deterred us from gathering outdoors when possible. Keep it up! Layer up. It's the safest way to be together, in person. All our villages are full of opportunities to get exercise and socialize safely outside. Or to stay connected via Zoom.

This is a time to exercise caution and apply what you already know. If you need KN95 masks and/or rapid test kits, we have them for you at the office at no cost to you. Just call and let us know you need them. (415) 457-4633

Are we done yet? No. But we sure do know a lot more about how to stay safe and stay together. Let's keep it up!

NOVATO VILLAGE ANNOUNCEMENTS

St. Anthony's Church rummage sale—mark your calendars

Thursday through Saturday, August 4, 5, 6, 9:00am – 5:00pm & Sunday, August 7, noon – 5:00pm

1000 Cambridge St., Novato



Sunday, August 7 is the \$12/bag super sale!

Summer Supper—a casual patio dinner

Wednesday, August 31, 4:30 – 7:00pm

Sam's Place, 1545 S. Novato Blvd



Save the date! Join us for supper—a casual dinner on the patio at Sam's Place. The first 30 members to sign up will have a choice of four entrees and coffee or tea for just \$20, which includes tax and tip!! There will be a no-host bar and no-host dessert. These four entrée choices come with rolls and butter: fish and chips, chicken marsala, Salisbury steak, or green salad with grilled salmon. **A separate email/letter will tell you more** about this event, the signup date, and how to let us know your entrée choice. It should be a great time!

AND MORE...

Happy 90th birthday, Marge Jackson!



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.

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