



Tiburon Peninsula Village

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

October 2022 Newsletter

Cherie Sorokin, editor



"I'm so glad I live in a world where there are Octobers!" Perhaps a slightly over-exuberant quote about the month from the book Anne of Green Gables, but it is true that October often is one of the best months of our year here in southern Marin. Let's hope it's so this year!

Pop Up with us!

It's here! Our great, you have to see it to believe it, Pop-Up Thrift Boutique! We've been talking about it, and collecting treasures from your storage units, attics, kitchens and living rooms for a while, and it's finally here!



Hope to see many of you there. And please alert 10,000 of your closest friends to come, too! You'll be amazed at what we have collected and how elegant the store looks, not to mention the incredible bargains!

Don't forget the special preview night just for members and volunteers. For \$10 you can come Monday night and have first pick before we open the sale to the general public on Thursday! We really do have some beautiful items—great gifts for the holidays as well as everyday treasures. Use this link to sign up. <https://marin.helpfulvillage.com/events/4645-pop-up-thrift-boutique-preview-sale-and-reception>

If you want to volunteer to help during the sale, please email thriftboutique@marinvillages.org.

How's your health? Have you gotten your shots?

You may have heard the pandemic is over... Well, maybe, maybe not, but probably good insurance to get that next booster. Pfizer boosters are now available in multiple locations in Marin. Moderna boosters seem to be in more difficult to find, at least as of this writing. Talk to your doctor about scheduling your next booster. Don't let the November and December holidays, or any other days, get spoiled by the Coronavirus!

And what about your annual flu shot? No time to get overly casual about the possibilities of getting the flu. We know the shots help, even if they aren't always exactly right on target for the strain that may appear in a given year despite the best predictions of the medical profession. Morphing viruses are tricky targets.

Shingles and pneumonia vaccines are also important. Again talk to your doctor about what makes sense for you. Get prepared for the winter months to come and stay well!

Speaking of health and staying well...

Come Zoom with us and Dr. Wynne Canio

Eating Well to Stay Healthy

Tuesday, October 25, 3:15 – 4:15pm

Zoom



Dr. Wynn Canio will hold forth on how to eat well to stay healthy (clue: Oreos are not the best choice for a dinner entrée). Dr. Canio, geriatrician at Marin Kaiser and a Marin Villages favorite,

is again presenting a very special program just for us. She will talk about nutrition and how it's never too late to start watching what you eat and to begin making improvements to support healthy aging and prevent chronic disease. Learn how to make every bite count! Please use this link [https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr -wynn-canio---%22eating-well-to-stay-healthy%22](https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr-wynn-canio---%22eating-well-to-stay-healthy%22) to register, or call the Marin Villages office at (415) 457-4633.

Let's stay safe, too! Is your go-bag ready? Do you know your evacuation route?



We've been really lucky here in Marin on the fire and other disaster fronts this year, but emergency preparedness is always important. This is just a gentle reminder to be sure you have a plan in case you have to leave your home suddenly, and that you have an emergency kit ready to grab. The Town of Tiburon is hosting a special "Get Ready Day" on October 16 at McKegney Green. Consider attending this important event. Plus there's a free lunch!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Geri Kuhns just rejoined us as a member in September. Welcome back, Geri; we look forward to reconnecting!

TIBURON PENINSULA VILLAGE EVENTS

All Tiburon Peninsula Village events are open to both members and volunteers from all villages, but if you are a member and need a ride to any of the events below, please call the office. (415) 457-4633 I'm off to Dublin for the Dublin Theater Festival, October 8 – 15, so our main TPV events are both after the 15th this month. I'll have tales to tell and photos to share when I get back and see you at our coffee or happy hour!

Food & Drink

TPV Morning Coffee—NOTE NEW DATE THIS MONTH

Thursday, October 20, 10:30am

Rustic Bakery, Tiburon



- Dutch treat
- Join us at the tables in back outside unless the weather makes inside more inviting.
- Masks are ok, but not required if you are fully vaccinated and we're outside
- We do still recommend masks when you go indoors to order coffee
- If you need a ride, please call the office! Otherwise no RSVP needed.

TPV Happy Hour

Tuesday, October 25, 4:30pm

On the deck at Sam's in Tiburon



Can we squeeze in one more outdoor gathering on the waterfront before it gets too cold?

- Bring a jacket if need be, but join us!
- TPV will host one drink per person, plus some appetizers
- Please RSVP to the office so I can let Sam's know how many we will be (415) 457-4633
- Let the office know if you need a ride!

Arts & Letters

Painting lessons, anyone?

TPV member Diana Bradley, who is a fabulous artist, has offered to give painting lessons to a small group on Monday mornings if anyone in TPV is interested. Please call her directly to discuss details. (415) 435-0737

Fun & Games

Dominos at Diana Bradley's home

Wednesdays at 5:00pm

TPV member Diana Bradley is hosting a weekly gathering to play dominos for an hour each Wednesday at her home on Peninsula Road in Belvedere. Please call Diana directly if you are interested. (415) 435-0737

OTHER MARIN VILLAGES EVENTS

Men's Coffee at the Sweetwater

Wednesdays, October 5 & 19, 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" patio 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).

Home Safety and Fall Prevention

Monday, October 24, 2:00 – 3:15pm

Marin Villages Conference Room, 4340 Redwood Highway, Suite F-138, San Rafael



Please join San Rafael Village and guest speaker, Evan Edelist, as he talks with us about home safety factors outside and inside the home, and solutions to help protect you and others. He will identify where falls and safety concerns happen in the home. Evan is a Credentialed Professional Gerontologist (CPG) in San Rafael and a Volunteer for Marin Villages. Evan's company, Marin Gerontology, is a 501(c)(3) nonprofit healthcare and wellness organization providing older adults solutions for emergency management, environmental gerontology upgrades, and lifesaving hi-tech products and services. This event is in-person, and masks are required. RSVP is required since seating is limited; please use this link:

<https://marin.helpfulvillage.com/events/4648-home-safety-and-falls-prevention---in-person->

[event-with-evan-edelist](#) If you need a ride or help to sign up, please call the Marin Villages office at (415) 457-4633.

Bocce ball

Friday, October 28, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



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! No experience necessary.

Not Home Alone Halloween early dinner and costume party

Monday, October 31, 2:00pm

The Club Restaurant at McInnis Golf Center, San Rafael



All Villages members and volunteers are welcome! Costumes are fun but optional. Join your hostess Donnalee Wells to celebrate Halloween with other Villagers at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. There will be a set menu that includes a chicken, fish, or vegetarian entree, dessert and coffee. The price, including tip and tax is \$30. Drinks may be purchased separately from the bar. First come, first served, space is limited. RSVP is required. Please bring \$30 **cash** for your meal. No separate checks or credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text: donnaleewells@comcast.net or (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride (415) 457-4633.

And more!

Check out the Marin Villages calendar on our website (www.marinvillages.org) and watch for more announcements of programs in the monthly *Village Square*, which is emailed on the

second Tuesday of the month. There's lots to do and practically a group for everything! You just need to look. Have an idea for something that interests you, but we don't yet have a group for? Call Cherie to suggest it! (415) 789-5305

OTHER COMMUNITY NEWS & EVENTS

Pop Up 94920+ at the Belvedere Tiburon Library

Thursday, October 6, 5:30 – 8:30pm

Wine and cheese plus TED-style talks featuring famous folk and local luminaries. These Pop-Ups are fundraisers for the library. Cost is \$75 (or more if you are so inclined). Register and buy your ticket on the library website.

Age Friendly Marin Fall Park Outing to Stafford Lake

Tuesday, October 11, 10:00am – 1:15pm

Stafford Lake, Novato



Join us for a shaded picnic lunch at beautiful Stafford Lake Park. This can be a great place to enjoy birds flitting in the trees, floating on the lake, or foraging along the shore. Marin County Parks Naturalist Shannon Burke will share some of the seasonal highlights of this park as well as other destinations that you might like to explore on your own. For those interested, we'll take an easy walk following the flat, paved pathway that runs along the lake (you determine how long you wish to walk).

There is a free Vivalon shuttle leaving from Bon Air Center at 9:30, and a picnic lunch available for \$6. Or you can drive yourself and/or bring your lunch! The van will depart Stafford Lake for Bon Air Center at 1:15. To RSVP, please use this link: <https://www.eventbrite.com/e/age-friendly-marin-fall-park-outing-to-stafford-lake-novato-registration-424904921057>. To reserve a van seat and/or lunch, call or email Age-Friendly Marin Coordinator Sara Robinson at (240) 838-0868 or SRobinson@MarinCounty.org.

The Best Ways to Safely Age in Place at Home

Thursday, October 13, 4:00 – 6:00pm

650 Bugeia Lane, Novato

The Marin Home Care association is an organization of home care providers working to educate the Marin community about licensed home care choices. Our mission is to provide consumers with convenience and peace of mind by assisting them in finding the licensed home care provider (home care, home health, or hospice) that will best meet their needs. The guest speaker is Lori Frugoli, Marin County district attorney. The event is co-sponsored and hosted by Valley Memorial Park Cemetery and Funeral Home. There will be refreshments, and the guest speaker's presentation begins at 5:00.

Art Talks at the Belvedere Tiburon Library

Thursday, October 13, 7:00 – 8:00pm

At the library

Renee Bott will be in conversation with Donna Seager of the Seager Gray Gallery in Mill Valley. Renee's mixed media art is currently on display at the library as part of the *Renewal* exhibition.

Mill Valley Community Center has re-opened its Active Adults program—check out Tuesdays, in particular

Marin Villages' own JoAnn Haseltine, whom some of you know from our coffees at Rustic Bakery, will once again be on hand on Tuesdays at the Community Center helping to host the Active Adult group, and providing a warm welcome to all. You can check out the full Active Adult schedule here: <https://www.millvalleyrecreation.org/706/Active-Adults-50>

A FEW MEMORIES FROM THE END OF AN ERA

The Queen's Jubilee tea with Paddington Bear

<https://www.youtube.com/watch?v=7UfiCa244XE>

Photos of the life of Queen Elizabeth II <https://www.youtube.com/watch?v=-q0xq1ddwfk>

REMEMBER TO LAUGH A LITTLE

Some groan-worthy puns!

Dad, are we pyromaniacs? Yes, we arson.

She was only a moonshiner's daughter, but I miss her still.

What do you call a pig with laryngitis? Disgruntled.

Why do bees stay in their hives during winter? Swarm.

Just so everyone is clear, I'm going to put my glasses on.

A commander walks into a bar and orders everyone a round.

I lost my job as a stage designer. I left without making a scene.

Never buy flowers from a monk. Only you can prevent florist friars.

How much did the pirate pay to get his ears pierced? A buccaneer.

I once worked at a cheap pizza shop to get by. I kneaded the dough.

I lost my girlfriend's audiobook, and now I'll never hear the end of it.

Why is 'dark' spelled with a k and not c? Because you can't "c" in the dark.

Why is it unwise to share your secrets with a clock? Well, time will tell.

Prison is just one word to you, but for some people, it's a whole sentence.

Scientists got together to study effects of alcohol on a person's walk, and the result was staggering.

I'm trying to organize a hide and seek tournament, but good players are really hard to find.

I got over my addiction to chocolate, marshmallows, and nuts. I won't lie, it was a rocky road.

What do you say to comfort a friend who's struggling with grammar? There, their, they're.

What did the surgeon say to the patient who insisted on closing up his own incision? Suture self.

I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.



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