

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

October 2022 Calendar of Events

"Youth is the gift of nature, but age is a work of art" ~Anonymous

NEW MEMBERS AND VOLUNTEERS

New members: Chris Chapin, Antoinette Doyle, Pat Bauer, and Etty Dolin

New volunteers: Ginger Valen, Larriecce Stuart

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

SAN RAFAEL VILLAGE EVENTS

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

Coming soon!! A trip on the **Smart Train** to Santa Rosa. It has been quite a few years since a group of San Rafael Villagers traveled on the "new" train to Santa Rosa, and enjoyed lunch before returning home. It's quite a pleasant journey. We hope to do this in the fall, so if you haven't ridden the train before, there is a bit of advance preparation you must do. To ride you must have a Clipper card or Smart app on your mobile phone. San Rafael Village member Adele Flake has offered to guide you through the process. You can contact Adele at adeleflake@comcast.net or (415) 246-8005. We look forward to traveling together on the train soon.

Movie Group

Sundays, October 2, 9, 16, 23, 30, 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, October 3, 2:00pm

Would you like to share reading recommendations? Would you be interested in hearing what other Villagers are reading? If so, consider joining us in the San Rafael Book Chat. We will meet this month at the home of Marilyn Sharp. After the meeting, for those who would like, we are going to an early supper at a restaurant near Marilyn's, to be chosen at the meeting. For more information, contact Val Stilson at valerie.stilson@sbcglobal.net.

Writers' Group

Wednesdays, October 5 & 19, 2:00pm

This group continues to meet every other week 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 Valerie.stilson@sbcglobal.net.

San Rafael Village Coffee

Wednesday, October 12, 2:00pm

1423 Grand Avenue, San Rafael

Join us for the always fun monthly coffee, hosted this month by Suzie Pollak. Enjoy chatting with Village friends in Suzie's lovely shaded garden. And consider bringing a friend or neighbor to meet our friendly group. Beverages, snacks, and ice cream treats will be provided. Please enter Suzie's yard around the corner at the back gate on Watt Avenue. Look for the balloons! RSVP to Joy at joy@ejbloom.com or (415) 717-0173.

San Rafael Village Walkers

Thursday, October 20, 10:30am

Starkweather Shoreline Trail, San Rafael

The Starkweather Shoreline Trail is a level walk of about two miles. This is an out-and-back walk with benches to stop along the way. You can turn back at any point. Directions to our starting point behind the Target Store: take the first right into the parking lot, park in a spot in the far right corner. The trail starts below the lot. Contact Carole at (415) 300-5220 or csherick@gmail.com to confirm or to answer any questions.

Home Safety and Fall Prevention workshop

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.

Villages Book Club

Thursday, October 27, 12:30pm

Zoom

This month's book is *Horse*, by Geraldine Brooks. 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.

San Rafael Village Happy Hour!

Thursday, October 27, 4:00pm

Vin Antico, 881 Fourth Street, San Rafael

We will be gathering this month at one of our favorite Happy Hour spots, Vin Antico! We had a big crowd last year at this restaurant, which has amazing appetizers and great drink selection. As always, San Rafael Village will provide the appetizers and you will be responsible for purchasing your own beverages. Don't miss it, this promises to be a lot of fun! And, you can bring a friend for only \$10.

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,

https://marin.helpfulvillage.com/events?all_villages=1.

Village Business

Program Committee

CANCELLED THIS MONTH

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, October 12, 10:30am

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, October 21, 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

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).

Eating Well to Stay Healthy

Tuesday, October 25, 3:15 – 4:15pm

Zoom



Please join us as Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community. This time she will address the topic of nutrition. We know that good nutrition helps prevent chronic disease and it's never too late to make improvements to support healthy aging. Join us to learn to choose healthy foods to help make every bite count. To register, please use this link:

https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr_-wynn-canio---%22eating-well-to-stay-healthy%22

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.

COMMUNITY EVENTS

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.

For our vision-impaired members

Vision Impaired of Marin offers many different events and groups. Check out their website for more information.

Talking Books Club

Friday, October 21, 10:00am, (meets on the third Friday of each month)
San Rafael Commons Lounge, 302 Fourth Street, San Rafael

Come with a book title and we will vote. Books will be ordered through the National Library Service for the Blind and delivered to your home. We can assist in registration for free audio books and a free talking books device. To participate contact (415) 459-5066 or info@bvim.org. Facilitated by Larriecce Stuart.

SAN RAFAEL VILLAGE ANNOUNCEMENTS

Attention theater lovers!

Sandy Levitan is a Marin Village 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.

AND MORE...

Pop-Up Thrift Boutique

Thursday – Saturday, October 6 – 8, 11:00am – 4:00pm

Northgate Mall, in the former H&M in the middle of the mall



The Pop-Up Thrift Boutique is back and better than ever! We hope you will invite friends, neighbors and family to come for some epic shopping. There will be signs in Northgate directing you to the space. See you there, and masks **are** required for entry.

Third Act

Do you want to be more active in helping to fight global warming, saving our democracy, and working to affect the outcome of the midterm elections this November? San Francisco Village members from the SFV Climate Action and Defending Democracy groups want to introduce you to Third Act, (<https://thirdact.org/>) a growing national movement of older adults from across the US. “Experienced Americans” are the fastest-growing part of the population. This means the power of this group of older adults is crucial to making the necessary changes to protect our planet and our society. Founded by long-term climate activist Bill McKibben, Third Act aims to bring those of us in the third act of our lives into renewed social and political activism on these issues. Working together, we can counter the despair we often feel on our own about these massive challenges.

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