



Novato Village

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

October 2022 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

October starts with Fleet Week in the San Francisco Bay Area and ends with Halloween. We hope you enjoy the October holidays, the season of leaves changing color, and stay aware of fire season. Do you have a plan for evacuation, just in case? Remember Tuesday, November 8th is Election Day. Ballots will arrive in the mail this month and voting places have changed. All this and more will be explained in this newsletter. It's a good read!



Monthly Quote: The Voice, by Shel Silverstein

There is a voice inside of you
That whispers all day long,
"I feel this is right for me,
I know that this is wrong."
No teacher, preacher, parent, friend
Or wise man can decide
What's right for you--just listen to
The voice that speaks inside.



Sheldon Allan Silverstein: September 25, 1930 – May 10, 1999 - was an American writer, poet, cartoonist, songwriter, and playwright. Born and raised in Chicago, Illinois, Silverstein briefly attended university before being drafted into the United States Army. Though perhaps best known for his children's books, Silverstein did not limit his audience to children.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Beverly Prevost

Volunteers: Mark Watson, Ed Ross, Anabella Denisoff, Betsy Guthrie, Lenore Keithley

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 October 2022 calendar of Novato Village activities...details in this newsletter!

Thursday, October 6, 9:30am – Village Walkers at IVC Campus, 1800 Ignacio Blvd

Tuesday, October 11, 1:00pm – Book Lovers' Group at Diana Shima's home

Thursday, October 13, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1719 Grant Ave

Saturday, October 15 – Village Viewers Movie Group, time and location TBA

Wednesday, October 19, noon – Lunch at Taki, 452 Ignacio Blvd, Novato

Wednesday, October 26, 4:00pm – Happy Hour at Rickey's, InnMarin, 250 Entrada Dr.

**Watch for the notice... A celebration is being planned on Wednesday, November 2nd.
An e-blast will be sent with details and sign-up for the event!**

Food & Drink

CoffeeTea&Chat

Thursday, October 13, 1:30 – 3:00pm
Creekside Bakery, 1719 Grant Ave

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.



Early September, very hot weather but air conditioned indoors...at Creekside Bakery.

Lunch at Taki

Wednesday, October 19, noon – 2:00pm

Located in Pacheco Plaza Shopping Center, 452 Ignacio Blvd

Novato's go-to sushi and traditional Japanese restaurant has been serving delicious meals for over 25 years. Taki offers a diverse menu of Japanese kitchen dishes & sushi served in an airy space with a koi pond & a patio. Weather permitting, we will eat outdoors, but there will be room inside if it is raining or windy. Check the menu using this link:

<https://www.takisushibar.com/menu--2>

Please RSVP by Monday, October 17 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.



We had a good group at lunch, checking out Perry's Novato!

Happy Hour at Rickey's

Wednesday, October 26, 4:00 – 6:00pm

InnMarin, 250 Entrada Dr.

Hostess Marge Jackson invites us to one of our favorite locations: Rickey's at the InnMarin. Rickey's welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices!

Please RSVP by Monday, October 24, so we can tell the staff how many guests we'll have for outdoor seating. Please plan to pay with cash, not credit cards. To RSVP, contact Marge Jackson, (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.





Novato Villagers enjoying Happy Hour at Rickey's in September

Exercise

Village Walkers at Indian Valley Campus, COM

Thursday, October 6, 9:30 – 10:30am

1800 Ignacio Blvd, Novato, Parking Lot #5, FREE PARKING section

Joanne Keenan will host a walk through the campus to see the new buildings. Many changes have been made in the last few years, including the ESCOM Center, Jonas Center, Pomo Cluster, Library, and more. We will not walk down the hill past the mechanics classes.

Meet at the FREE PARKING section of Lot #5. We'll use paved walkways through the area where many buildings have been remodeled. Bring a water bottle, sunglasses, a hat, wear sunscreen. 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. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.

Books

Book Lovers' Group

Tuesday, October 11, 1:00pm

Home of Diana Shima—directions sent by email

The September Book Lovers' Group meeting was held at Barbara Wein's lovely home in San Marin. On the subject of the book, *Calling Me Home* by Julie Kibler, there was much discussion regarding family and regional issues around racism. Thank you, Barbara; the dolmas were particularly delicious.

The book selections for the next three months are as follows:

- October - *Between Sisters* by Kristen Hannah
- November - *The Last Apothecary* by Sara Penner
- December - *Taste* by Stanley Tucci

At the next meeting we will be starting to select books for 2023. Please bring your favorite reads and authors. The next meeting will be held at Diana Shima's home. Directions will be sent the weekend before the meeting. For more information about this group, contact Diana Shima at dianashima3@comcast.net.

Groups

Village Viewers Movie Group

Saturday, October 15—time and location to be announced

In September, we saw *The Woman King*, starring Viola Davis. This movie was intense; however, the acting and storyline were superb. This film is based on the true story of the Dahomey Amazons, an all-female military regiment of the Kingdom of Dahomey. We highly recommend this movie with a warning that it does contain violence.

The October movie will be followed by lunch or early dinner. The movie, time, and location will be announced the Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email jangtpa@gmail.com.

Village Business

Novato Village Steering Committee

Tuesday, October 18, 10:30am
Beth Livoti's home

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

OTHER MARIN VILLAGES EVENTS

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.

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—note date change for October!

Friday, October 21, 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.

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

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

ESCOM – Emeritus Students College of Marin – Coverage of the 2022 election propositions

Friday, October 7, 11:00am – noon

Online with Zoom

There are some propositions on the ballot for the 2022 midterm election that need interpretation. What does "yes" mean, what are the issues, why is the proposition there? The League of Women Voters of Marin presents a program that should clear the air and provide some clarity to the propositions on the ballot this year. To sign up, use this link:

<https://lp.constantcontactpages.com/sv/Hb93L8m/>. The ZOOM Invitation will follow.

About the League of Women Voters: For over 100 years, the League of Women Voters has been empowering voters and defending democracy. They are a diverse, non-partisan, grassroots group of women and men with a long-standing tradition of educating voters. They envision a democracy where every person has the desire, the right, the knowledge and the confidence to participate.

Age-Friendly Park Outing to Beautiful Stafford Lake Park, Novato

Tuesday, Oct 11, 9:30am – 1:30pm for van riders

10:00am – 1:00pm for those driving themselves

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). Invite your friends! Bring your lunch or for a \$6 fee Vivalon will provide picnic lunches. Stafford has comfortable accessible facilities. There is a free Vivalon shuttle leaving from Bon Air Center at 9:30. Or you can drive yourself. The van will depart Stafford Lake for Bon Air Center at 1:15.

RSVP is needed for this event. 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.

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.

NOVATO VILLAGE ANNOUNCEMENTS

Crafty people!

Novato Village members and volunteers gathered to make autumn wreaths to make your day more colorful. Expect to receive these tokens of the fall season in the next few weeks.



On Wednesday, November 2nd, we will celebrate growing Novato Village to 100+ members!
Please save the date and watch for the details.



AND MORE...

Casual Summer Supper at Sam's Place on Wednesday, August 31 was a real treat! We'll do it again in the coming months.



VOTE: Nov. 8

Voter registration information from Marin County Elections / Registrar of Voters

The Voter's Choice Act is in Marin! Voters have more choices for how, when, and where they vote. All active registered voters are automatically mailed a ballot, early voting is expanded for more days, and voters may vote in-person at any vote center. Click this link to learn more (including vote center locations!): <https://www.marincounty.org/depts/rv>

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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