

# Novato Village

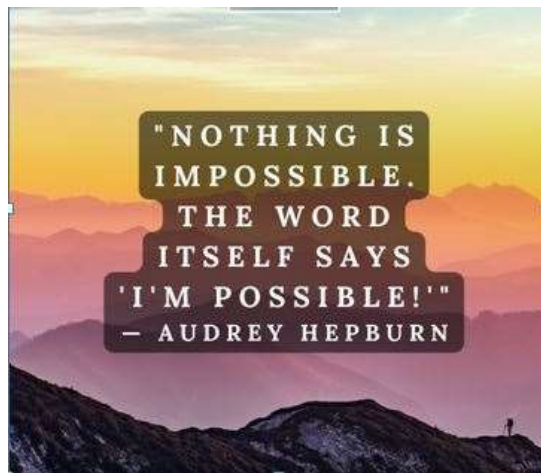
Empowering older adults to remain active, connected,  
and independent in the place they call home

## January 2023 Newsletter

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### NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-Chairs Beth Livoti and Linda Henderson want you to know...



Happy New Year! May 2023 bring you memories to cherish and opportunities to enjoy life.

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### WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Rebecca McDougall, Helen Hampson, Bernice Corley

**Volunteers:** Ginni Saunders, Jan Fickling, Susan Weliky, Lisa Jackler, Sandy Williams

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

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### NOVATO VILLAGE EVENTS

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

Here's the January 2023 calendar of Novato Village activities...details in this newsletter!

**Thursday, January 5, 9:30am** – Village Walkers at Las Gallinas Valley Sanitary District, canceled if raining

**Tuesday, January 10, 1:00pm** – Village Book Lovers' Group, meeting at Beth Livoti's home

**Thursday, January 12, 10:30am** – The Final Journey: Acceptance, Control and Loving Life, a symposium featuring B.J. Miller, MD, at the Buck Institute – ***tickets available!***

**Thursday, January 12, 1:30pm** – CoffeeTea&Chat at Rustic Bakery, 1407 Grant Avenue

**Wednesday, January 18, noon – 2:00pm** – Lunch at Mamita, 340 Ignacio Blvd

**Saturday, January 21, time and location to be announced** – Village Viewers Movie Group

**Thursday, January 26, \*3:00 – 5:00pm\*** – Happy Hour at TOAST, earlier start time, new location

## Food & Drink

### **CoffeeTea&Chat**

Thursday, January 12, 1:30 – 3:00pm

Rustic Bakery, 1407 Grant Avenue

Ladies & gentlemen—Creekside Bakery will be closed for vacation in January, so we'll meet at Rustic Bakery. We look forward to seeing you. Plan to meet lively friends and enjoy flowing conversation! Come and 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](mailto:info@marinvillages.org). For more information, contact Marge Jackson, (415) 892-1238 or [marge-32@hotmail.com](mailto:marge-32@hotmail.com).



*Creekside Bakery in December featured festive decor!*

### **Lunch at Mamita's (formerly Crave)**

Wednesday, January 18, noon – 2:00pm

340 Ignacio Blvd



Mamita Cocina Mexicana brings the flavors of the Oaxaca and Puebla regions of Mexico to Novato. On their website, they say, “We serve prime meats and seasonal produce cooked over an oak wood grill and seasoned with chilis and spices delivered fresh from Oaxaca. Bring your friends and family and enjoy margaritas on our patio.” Lunch menu link:

<https://mamitamarin.com/lunch-2/>

**Please RSVP** by Monday, January 16 so we can tell the restaurant how many guests we’ll have for seating. To RSVP, email Joanne Keenan at [jkeenan@pacbell.net](mailto: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](mailto:info@marinvillages.org) or (415) 457-4633.

### **Happy Hour at TOAST—new location & new day!**

Thursday, January 26, 3:00 – 5:00pm (note earlier start time!)

Hamilton Shopping Center, 5800 Nave Dr



The Happy Hour starts at 3:00 during the very short days of winter. Hostess Marge Jackson invites us to a NEW location: TOAST at Hamilton Shopping Center. TOAST welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters. This lively American eatery offers a range of comfort dishes in an airy space with toast-inspired decor.

**Please RSVP** by Monday, January 23, so we can tell the staff how many guests we’ll have for outdoor seating, weather permitting. Please plan to pay with cash, not credit cards. To RSVP, contact Marge Jackson, (415) 892-1238 or [marge-32@hotmail.com](mailto: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](mailto:info@marinvillages.org).

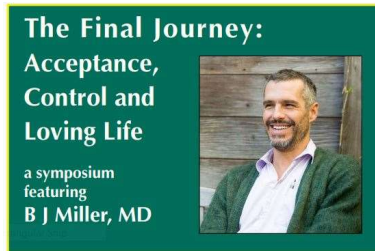
### **Education & Presentations**

#### **The Final Journey: Acceptance, Control and Loving Life**

**A symposium presented by Novato Village featuring B. J. Miller, MD**

Thursday, January 12, 10:30am – noon (doors open at 9:30am)

The Buck Institute for Research on Aging, 8001 Redwood Blvd, Novato



B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community, and presence in designing a better ending. His discussion about end of life will be more existential and will include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health ([mettlehealth.com](http://mettlehealth.com)). This symposium was made possible by the Kenneth A. Berg Living Trust.

Cost is \$10 for all Marin Village members and volunteers; \$20 for others. Sign up and purchase tickets at this link: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md> or call the office at (415) 457-4633.

## Exercise

**Novato Village Walkers**—canceled if raining

Thursday, January 5, 9:30 – 10:30am

Las Gallinas Valley Sanitary District, 300 Smith Ranch Rd, San Rafael

We were not able to enjoy this walk in December because it was raining. Let's try again in January. This is a flat, packed-gravel, wide path around Pond 1 (or if more adventuresome we will walk around Pond 2 as well) at Las Gallinas Valley Sanitary District. The walk around Pond 1 will take about 45 minutes. For those who want to walk a little further, walking around Pond 2 will take at least another half hour. Please RSVP to [pbailey49@aol.com](mailto:pbailey49@aol.com) or (415) 652-9073.

Directions: From Hwy 101 in San Rafael, take the exit for Smith Ranch Rd east approximately 0.7 miles. Drive over the railroad tracks and turn left just after passing under the vined trellis to stay on Smith Ranch Rd. (If you go through the park entrance, you have gone too far.) Follow Smith Ranch Rd 0.8 miles to treatment facility. Park on the left. There are 10 parking spaces; however, this is a popular walk so carpooling is recommended. Also, traffic on Hwy 101 south from Novato to Smith Ranch Rd may be heavy at 9:00am so please leave enough time to get to the start of the walk by 9:30am.

## Books

### **Village Book Lovers' Group**

Tuesday, January 10, 1:00pm

Meeting at Beth Livoti's home—directions will be sent by email

The December meeting was skipped. In January the group will meet at Beth Livoti's home, and the book will be *Taste* by Stanley Tucci. In February we will be reading *Persuasion* by Jane Austen. Contact Coordinator Diana Shima [dianashima3@comcast.net](mailto:dianashima3@comcast.net) for more information about the Village Book Lovers' Group.

## Groups

### **Village Viewers Movie Group**

Saturday, January 21

Time and location to be announced

The December movie was canceled. January's movie will be followed by lunch or early dinner, and 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](mailto:jangtpa@gmail.com).

## Village Business

### **Novato Village Steering Committee**

Tuesday, January 17, 10:30am

Beth Livoti's home

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

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## OTHER MARIN VILLAGES EVENTS

### **Men's Coffee**

Wednesdays, January 4 & 18, 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 restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Spend an Afternoon in Bali & Other Adventures**

Tuesday, January 10, 2:00 – 3:30pm

Marcia Jaffe's house



Looking for overseas adventures? Whether you're eager to resume traveling or travel anew, get inspired here! Join Marin Villager Marcia Jaffe as she retraces her personal journey from first visiting Bali to founding the Bali Institute (<https://baliinstitute.com/>), now run by her son and his Balinese wife. She'll share her special insight into Bali's unique beauty and spirit, and lessons she's learned about how to plan travel experiences immersed in local culture. Bring your own travel experiences for discussion, or come to soak it all in. Light refreshments served. To RSVP, please use this link. <https://marin.helpfulvillage.com/events/4834-spend-an-afternoon-in-bali--other-adventures>



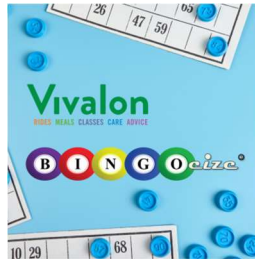


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## COMMUNITY EVENTS

### **Bingocize® 10-Week Workshop**

Starts January 9, Mondays & Wednesdays, 11:00am – noon  
Healthy Aging Center, Vivalon, 930 Tamalpais Avenue, San Rafael



Bingocize® is a health-promotion program that combines the game of bingo with fall prevention exercises (seated or standing). Come play bingo (with prizes!) and meet new people while learning about techniques to reduce falls and increase cognition. Bingocize® is exercise for your body, mind, and spirit. If you're new to Bingocize®, come to the Intro Session on January 4. Join the fun and register at this phone number or email: (415) 456-9062 or [mmurphy@vivalon.org](mailto:mmurphy@vivalon.org).

### **Marin Symphony MASTERWORKS 2: TIME FOR THREE**

Saturday, January 28, 7:30pm and Sunday, January 29, 3:00pm  
Marin Center Exhibit Hall, 20 Avenue of the Flags, San Rafael



What a treat of an all-American program! We introduce the eminent Florence Price to Marin audiences alongside Copland's ineffable *Appalachian Spring*. The amazing Grammy-nominated "classically trained garage band" *Time for Three* stars in Kevin Put's gloriously beautiful new concerto, along with a set of their favorites. Alasdair Neale, conductor. To order tickets: <https://tickets.marincenter.org/orderticketsvenue.asp?p=4483>

*Marin Symphony says: Please note: We are no longer requiring proof of vaccination. All patrons must be masked while inside the venues, unless actively eating or drinking. Should conditions change during the course of the season, we reserve the right to amend the policy.*

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## AND MORE...

December's Holiday Lunch at The Key Room was a festive occasion!



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## 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](http://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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)