

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

January 2023 Newsletter

Cherie Sorokin, editor



Another year ahead! Who knows what adventures it will bring? But whatever happens, there will still be wonderful friendships among members and volunteers of TPV and Marin Villages. Weather and Covid and other “stuff” notwithstanding, looking forward to seeing you all in January and throughout the year!

Made any New Year’s resolutions?

Consider the advice in this video from a four-year-old! From the mouths of babes?

<https://www.youtube.com/watch?v=Sn36cBi9v6A>

Travel, anyone?

Any travel in your plans for 2023? I’m hoping to get in a few trips. But even if you don’t want to brave the airports, perhaps you can travel vicariously by listening to these great songs that evoke, France, Spain, Italy, and New York. No mask needed!

Paris, France

https://www.youtube.com/watch?v=hU_X6Vr1MY&list=PLpSvML5p0tbCkw5V4D3PXS7C50jTsV5Pf&index=4

Somewhere in Spain

<https://www.youtube.com/watch?v=iGdalhwUFAs&list=PLpSvML5p0tbCkw5V4D3PXS7C50jTsV5Pf&index=35>

Napoli, Italy (played in Brazil!)

https://www.youtube.com/watch?v=VuKDOASL_so

New York, NY

https://www.youtube.com/watch?v=P7P0-F9j_wQ

Mask up!



Hate to sound like a broken record, but this is especially important advice for staying well these winter months.

- Wear a mask in indoor public spaces, or in a crowd
- Get vaccinated/boosted for both flu and Covid
- Keep your distance from others
- Try bumping elbows rather than greeting folks with a kiss on the cheek or a handshake
- Stay home if you don't feel well!

Many thanks!

Heartfelt thanks to those of you who donated to our fall campaign. As of December 20 we had raised a little over \$72,000 and contributions are still coming in. Trite as it sounds, it really does take a village to keep our Villages doing all the great work we do! Thanks for helping us out!

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. Make sure to do so early enough to allow time for our volunteers to respond to your request!

Food & Drink

TPV Morning Coffee

Thursday, January 12, 10:30 am

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 or if we have to be indoors because of the weather
- If you need a ride, please call the office! Otherwise no RSVP needed.

TPV Lunch at Sam's on Main Street

Thursday, January 26, 1:00pm

Hopefully on the deck on the heated benches!

NOTE: Start time is 1:00pm so we don't have to wait in line for Sam's to open!



- \$10 per person—and TPV will pay the rest
- Watch the weather and dress accordingly!
- As, usual, bring a mask. We might need to be indoors.
- Please RSVP so we know how places to reserve
- Let the office know if you need a ride

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, January 4 & 18, 11:30am



Contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155) to get more information or to be put on the reminder list for upcoming meetings. The group is meeting in person again but locations may change each time.

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>

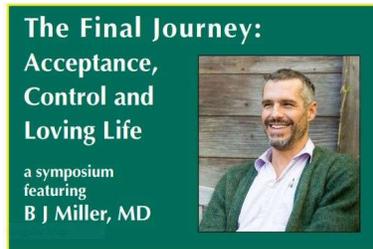


The Final Journey: Acceptance, Control and Loving Life

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). 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>

Tech Help from Marin Villages

Thursday, January 19 (every third Thursday of the month), 4:00 – 5:30pm
Zoom

Did you know we have a monthly tech help group on Zoom where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful Marin Villages tech volunteers? Even if you'd just like to sit in to learn a little more about technology, you are welcome to participate! Bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. Here is the Zoom link, but also watch for announcements in the *Village Square* email in case there is a change in date or time. <https://us02web.zoom.us/j/89289995207>

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) 730-0204

TIBURON PENINSULA COMMUNITY EVENTS

There's always something going on at the Tiburon Library

Healthy Living for Your Brain and Body

Wednesday, January 11, 11:00am

Great information about diet, nutrition, exercise, cognitive activity and social engagement from representatives of the Alzheimer's Association. Register on the library website.

<https://www.beltiblibrary.org/event/healthy-living-for-your-brain-and-body-13#rsvp-now>

Art Talk

Wednesday, January 11, 6:30pm

Topic is contemporary abstract art (on exhibit at the library). Register on the library website.

<https://www.beltiblibrary.org/event/artalk-a-panel-discussion#rsvp-now>

True Crime with Coffee

Thursday, January 12, 2:00pm

Library book group that discusses history and crime, in the Corner Books room. RSVP on the library website. <https://www.beltiblibrary.org/event/true-crime-with-coffee-2#rsvp-now>

Italian and Spanish Conversation Groups

Held weekly at the library

Check the library website for dates and times and level of fluency required.

https://www.beltiblibrary.org/events/list?tribe_filterbar_location_type_custom%5B0%5D=202

Art Workshop: Fun with Pastels

Friday, January 27, 10:30am

Artist Carol Weiss teaches how to create with pastels. NOTE: This workshop might be full by the time this newsletter gets sent. Check with the library to see if there is still space.

TIBURON PENINSULA VILLAGE NEWS

Hope you were able to attend our Holiday Lunch on the 22nd at my house and/or our toast to the new year at Sam's on the 27th of December. Will have pictures to share in a special mailing. Timing didn't work out to include them in the newsletter this month.

REMEMBER TO LAUGH A LITTLE



Funny Pictures on www.LeFunny.net



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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