

MARIN  
VILLAGES



Our Paths - Our Choices

# San Rafael Village

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

## February 2023 Calendar of Events

*"In the book of life, the answers aren't in the back" ~ Charlie Brown*

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### WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Joyce Lewbin, Jean Walker, Jeff Hashemi, Cynthia Whiting and Cathy Coe

**Volunteers:** Neil Erickson

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

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### SAN RAFAEL VILLAGE EVENTS

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

In addition to the activities listed below, we would like to offer more, to keep our San Rafael Villagers active and involved. To do so, we need your help. What would you be interested in being a part of and possibly making happen? A few ideas we've thought of:

- Knitting or needlework group
- Monthly afternoon at the movie theater with optional dinner
- Game-playing group
- Mahjong group
- Walks with your dog
- Discussion group focused on a common situation such as "I live alone with no family close by."

We are very open to any feedback on these suggestions and any other ideas you have. Please contact Adele Flake at (415) 246-8005 or [adeleflake@comcast.net](mailto:adeleflake@comcast.net).

#### **Writers' Group**

Wednesdays, February 1 & 15, 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 Val Stilson at [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net).

### **Movie Group**

Sundays, February 5, 12, 19, 26, 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. For the next couple of weeks we will be enjoying *Last Tango in Halifax*. 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](mailto:karenkasavana@gmail.com) or (714) 403-3345.

### **Book Chat**

Monday, February 6, 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](mailto:valerie.stilson@sbcglobal.net).

### **San Rafael Village Coffee**

Wednesday, February 8, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Lorraine Voskanian in her Terra Linda home. Enjoy chatting with Village friends and consider bringing a friend or neighbor to meet our friendly group. Beverages and snacks will be provided. Masks recommended for indoors. RSVP and get address from Adele Flake at (415) 246-8005 or [adeleflake@comcast.net](mailto:adeleflake@comcast.net).

### **San Rafael Village Walkers**

Thursday, February 16, 2:00pm  
Loch Lomond Marina (meet behind Andy's Market)

This month we walk on a short public trail of about ½ mile of level, paved pathway on the enclosing breakwater before turning around. Winter offers the opportunity to see a variety of

bird life up close. Weather permitting, you may choose to sit on the patio overlooking the marina and perhaps enjoy a drink and treat from the market. Come to enjoy the fresh air and view and greet fellow villagers. Friends are very welcome to join you. Questions and/or to RSVP, contact Carole Sherick at (415) 300-5220 or [csherick@gmail.com](mailto:csherick@gmail.com).

### ***A Little Night Music***

Sunday, February 19, 2:00pm  
Spreckles Theater, Rohnert Park

Join Sandy Levitan, Marin Villager and theater enthusiast, to see *A Little Night Music*. This is one of Stephen Sondheim's most beloved musicals, based on the French book and movie, *Smiles on a Summer Night*. Tickets can be purchased online. (Sandy's seats are F101 and F102). Driving in carpools is highly recommended. Sandy looks forward to seeing you there! RSVP to [sandralevitan12@gmail.com](mailto:sandralevitan12@gmail.com)

### **Villages Book Club**

Thursday, February 23, 12:30pm

This month's book selection is *Summer Light and Then Comes the Night*, by Jon Kalman Stefansson. Everyone is welcome! 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. Please call Karen Gray at (714) 403-3345 for more information.

### **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](https://marin.helpfulvillage.com/events?all_villages=1).

### **Village Business**

#### **Membership/Volunteer Committee**

Wednesday, February 8, 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](mailto:cartersolo@comcast.net).

#### **Program Committee**

Friday, February 10, 2:00pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at [csherick@gmail.com](mailto:csherick@gmail.com) or (415) 300-5220.

### **Steering Committee**

Friday, February 17, 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](mailto:oksparkie@aol.com) or (415) 250-3172.

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## **OTHER MARIN VILLAGES EVENTS**

### **Men's Coffee**

Wednesdays, February 1&15, 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).

### **Not Home Alone Valentine's Day**

Tuesday, February 14, 2:00pm

La Toscana Restaurant, 3751 Redwood Hwy, San Rafael



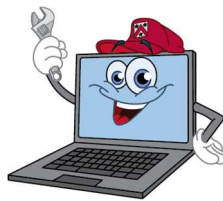
Join Donnalee Wells and other Marin Village members and volunteers for a Valentine's Day early dinner at La Toscana, a charming family-owned Italian Restaurant in Terra Linda. Always a

fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited to 20 guests. Please BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633. The event will be outside on the covered heated patio unless it rains and then it will be indoors. The fixed-price menu includes entree, coffee, tax and tip. Price Range is \$30-\$39. Entree choices are fish, chicken, beef, or vegetarian.

### **Technology/Computer Help Office Hours**

Wednesday, February 15, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

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## COMMUNITY EVENTS

### For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, information, resources and activities. For more information on programs, visit their website, [www.bvim.org](http://www.bvim.org). To contact them, call (415) 459-5066 or email [info@bvim.org](mailto:info@bvim.org).

**Ongoing events:**

First Wednesday of every month - <http://www.bvim.org/support-groups>

Every two – three months - <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month - <http://www.bvim.org/talking-book-club>

**Age Friendly Marin Monthly Forum—Spring out for your health: creating a plan for going out safely and connecting with others**

Wednesday, February 22, 10:30 – 11:45am

Zoom

With many older adults remaining hesitant, fearful, vulnerable, and unsure of how to make that first step back into the community, Age-Friendly Marin is hosting this forum to help. Dr. Lisa Santora, County of Marin Public Health Deputy Public Health officer will review the guidelines for staying healthy in the community and how social connection leads to better health and well-being, and Michael Wilson, County of Marin Behavioral Health, LMFT, will speak about how to address one's fears and to make a plan for going back out into the community. The presentation will also include resources to help you "spring out and mingle." Register at this link: <https://www.eventbrite.com/e/spring-out-for-your-health-registration-529553427557>

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## 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. Often the attendees go out to dinner together and enjoy a meal while discussing the play. Sandy's contact information is [sandralevitan12@gmail.com](mailto:sandralevitan12@gmail.com) or (415) 246-1912.

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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)