



Novato Village

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

February 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

From Beth Livoti and Linda Henderson, Novato Village Steering Committee co-chairs:

There are many holidays and festivities in February, the shortest month of the year. Groundhog Day, Lunar New Year celebration ends, Armed Forces Day, Abraham Lincoln's Birthday, Super Bowl Day, Valentine's Day, Presidents' Day, Mardi Gras, George Washington's Birthday, and many lesser-known days. But let's celebrate more LOVE & HUMOR.



Monthly quotes:

***What the World Needs Now Is Love* - Song by Jackie DeShannon, 1965**

*What the world needs now is love, sweet love
It's the only thing that there's just too little of
What the world needs now is love, sweet love
No not just for some, but for everyone..."*

"All you need is love. But a little chocolate now and then doesn't hurt." ~Charles Schulz

Charles Schulz, (November 26, 1922 – February 12, 2000)—American cartoonist who created *Peanuts*, one of the most successful American comic strips of the mid-20th century.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Carol Molloy, June Purpura, Janet Demers, Elena Levitskaya and Jules Schindler, Andy Woerheide, Fran Boisson

Volunteers: Barbara Derana, Amanda Ralph, Dotti Kuchem

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 February 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, February 2, 9:30am – Village Walkers at Las Gallinas Valley Sanitary District, canceled if raining

Tuesday, February 7, 10:30am – Novato Village Steering Committee meeting

Wednesday, February 8, 11:00am – The More You Know...about ESCOM!, Zoom

Thursday, February 9, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1407 Grant Avenue

Tuesday, February 14, 1:00pm – Village Book Lovers' Group, meeting at Diana Shima's home

Wednesday, February 15, noon – Lunch at China Palace, 7089 Redwood Blvd.

Saturday, February 18, time and location TBA – Village Viewers Movie Group

Thursday, February 23, *3:00 - 5:00pm* – Happy Hour at TOAST, 5800 Nave Dr.

Food & Drink

CoffeeTea&Chat

Thursday, February 9, 1:30 – 3:00pm

Creekside Bakery, 1407 Grant Avenue

Ladies & gentlemen—drop in 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. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.



Coffee at Rustic Bakery in January

Lunch at China Palace

Wednesday, February 15, noon – 2:00pm

7089 Redwood Blvd

At last! China Palace, a favorite Novato restaurant, is open for dining-in. Several Yelp reviews in January 2023: "Quite easily the best Chinese restaurant in Novato in my opinion. So happy that

they are back to eat-in dining.” “Amazing food! I've been coming here since high school and this place never disappoints me. Great deals and amazing cooking.” “Love this place. Always good. Always good service. Always fresh, quality ingredients.” “Great ambience, very friendly service, large portions, and delicious food. Enjoyed the almond chicken, and the sizzling rice soup. Will be back.”

Lunch will be a fixed menu with shared appetizers and entrees. Cost for everyone will be \$25.00, which includes tax and tip. Shared menu: pot stickers, fried wontons, chicken entrée, beverage.

Please RSVP by Monday, February 13 so we can tell the restaurant how many guests we'll have for seating. To RSVP, email or call either of our hostesses: **Sue Lyttle**, suelyttle@comcast.net or (650) 799-6000 or **Beryl Bourke** at berylbourke@gmail.com or (415) 898-9970 home/(415) 990-8146 mobile. Our hostesses do not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



Novato Villagers were graciously welcomed at Mamita Cocina Mexicana in January

Happy Hour at Toast—new location & new day!

Thursday, February 23, 3:00 - 5:00pm (note earlier start time)
Hamilton Shopping Center, 5800 Nave Dr.

A new location for Novato Villagers to try. Toast is located at the Hamilton Shopping Center. We went to check it out...



New location for Happy Hour—at Toast. See you there in February!



Happy Hour at Rickey's in December

Education & Presentations

The More you Know...about ESCOM! featuring Gary Gosner and Leonard Weingarten

Wednesday, February 8, 11:00am – noon

Zoom link will be sent on Sunday, February 5



The **Emeritus Students College of Marin** program (ESCOM) was founded at the College of Marin (COM) in 1973. *Join us on Zoom to celebrate the 50th anniversary* of this pioneer program in the innovative use of community colleges for adults. The organization enhances the lives of its greater community with a diverse selection of clubs, events, and classes offered online or at COM's Kentfield and Indian Valley campuses.

Gary Gosner is the president of *ESCOM*. He has worked producing community programs and theatre productions for over 20 years. He is a member of Rotary International and works with the SF Bay Area Theatre Critics Circle. **Leonard Weingarten** is *ESCOM's* vice president and has a rich background in developing, marketing, and managing successful business, civic and educational partnerships and programs.

Exercise

Village Walkers at Las Gallinas Valley Sanitary District—canceled if raining

Thursday, February 2, 9:30 – 10:30am

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

The old cliché, “The third time is the charm” applies here. We hope to see you at Las Gallinas Valley Sanitary District on Thursday, February 2. Our monthly walk has been canceled the last two months because of rain. This flat, packed-gravel, wide path goes around Pond 1 (and for the more adventuresome, we can 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 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.



Some sightings you may enjoy on the Las Gallinas Valley Sanitary District walk

Books

Village Book Lovers' Group

Tuesday, February 14, 1:00pm

Meeting at Diana Shima's home—directions will be sent by email

Seven hearty souls brooked pouring rain to attend the January group meeting at Beth Livoti's lovely home. February's selection is the classic *Persuasion* by Jane Austen. There is an excellent 1995 BBC version of *Persuasion* on Netflix with Amanda Root and Ciarán Hinds...well worth seeing. In March we will be reading *The Lincoln Highway* by Amor Towles. The meeting in February will be at Diana Shima's home. Directions will be mailed out the Sunday before to those who RSVP. Contact dianashima3@comcast.net for more information about the group.

Groups

Village Viewers Movie Group

Saturday, February 18

Time and location to be announced

In January, we saw *The Fabelmans* starring Gabriel LaBelle, Michelle Williams, and Paul Dano. The story was based on Steven Spielberg's own childhood and introduction to filmmaking in postwar America. The movie was interesting and we highly recommend seeing it. The February

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 jlangtpa@gmail.com.



January movie fans!

Village Business

Novato Village Steering Committee

Tuesday, February 7, 10:30am—NOTE: this is a one-time-only date change
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

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 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 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>!

COMMUNITY EVENTS

Marin Symphony presents: Pops Classic Broadway

Saturday, February 18, 7:00pm

Marin Center Veterans' Memorial Auditorium, 10 Avenue of the Flags, San Rafael



Return to the golden age of Broadway, and hear songs from classic shows such as *Oklahoma*, *South Pacific*, *My Fair Lady*, *Phantom of the Opera*, and many more. Single tickets are available from the Marin Center box office (<https://tickets.marincenter.org/>). Special guest soloist singers will bring back wonderful memories of the best music of the time! Featuring Stuart Chafetz, conductor; Ashley Brown, vocalist; and Ryan Silverman, vocalist.

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. To contact them, call (415) 459-5066 or email 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>

NOVATO VILLAGE ANNOUNCEMENTS

The symposium at the Buck Institute for Research on Aging on January 12th featuring B.J. Miller, MD was a huge success, thanks to the efforts of the large number of Novato Village members and volunteers who worked tirelessly to make it happen. Everyone played his or her

roll to perfection. We sold 250 tickets (a sellout of the auditorium)! Because we had good weather that day, most ticket buyers attended. We are receiving messages from all corners telling us how valuable B.J. Miller's talk was, and how smoothly the symposium ran. Many, many thanks to you all.

The many hands that deserve our thanks for their work on the symposium are: Beth Livoti, Lou Livoti, Linda Henderson, Sue Lyttle, Joanne Keenan, Pat Bailey, Joanne Lang, Joyce Applen, Beryl Bourke, Leslie Goss, Chris Satris, Mark Watson, Lynn Vonderwerth, Jean Gunn, Rebecca McDougal, Susan Weliky, Lenore Keithley, Arlene Van Craeynest, Delore Veenstra, Lisa Jackler, John Power, and BJ Slater. Truly, "It takes a village to accomplish great things!"

~Sue Lyttle and Joanne Keenan, symposium co-chairs



Full house; Marin Villages Executive Director John Power, B.J. Miller, MD, Lou Livoti, MD

We had a few of B.J. Miller's book *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death* left after the symposium. They are **currently available** in the Marin Villages Office for \$15 *for anyone who bought a ticket*, whether or not they were able to attend the symposium. The books are also available for \$20 to anyone else who comes to the office.

Spreckles Theater Presentation: *A Little Night Music*

Sunday, February 19, 2:00pm only

Spreckels Performing Arts Center, 5409 Snyder Ln, Rohnert Park



Join **Sandy Levitan**, Novato 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*. Sandy's seats are rows **F101** and **F102**. Tickets can be purchased online *using the rows listed*. Sandy looks forward to seeing you there. **RSVP** to

sandralevitan12@gmail.com. Driving in carpools is highly recommended. Contact Sandy for more information.

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