



# Tiburon Peninsula Village

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

## February 2023 Newsletter

---

Cherie Sorokin, editor



February is famous for Presidents' Day, Groundhog Day, Mardi Gras, the beginning of Lent, and of course, Valentine's Day. Plus, Susan B. Anthony Day, Random Acts of Kindness Day (a personal favorite—February 17), Abraham Lincoln's and George Washington's birthdays, the Lunar New Year, the Super Bowl, and the Snow Moon. February is also Black History Month, highlighting the many achievements of Black Americans but also reminding us of our difficult historical and, alas, continuing problems with racial discrimination in this country.

In any event, there's a lot going on in just 28 short days! Do you remember why February is the shortest month with just 28 days and 29 in leap years? Is it...

- Because it is usually a terrible month and everyone wants to end it immediately
- Because Julius Caesar said so
- Because Pope Gregory made it so
- Mostly all of the above

You can check your answer out here: [https://ed.ted.com/best\\_of\\_web/MXwQDDs8](https://ed.ted.com/best_of_web/MXwQDDs8)

### Good news on the COVID front?

Well, at least we are back in the state of "low transmission" for COVID in Marin, or were at the time of this writing. But, suggest you still keep those masks on and avoid big crowds where others are not masking up. And of course, keep up the good hygiene practices of frequent hand washing, bump elbows rather than kissing when you greet people, and keep a bit of distance between yourself and others. Most of all, stay home if you don't feel well, COVID or not, and tell your friends to do the same!

### Travel, anyone?

Here's a suggestion you might want hear before you take off:

[https://www.youtube.com/watch?v=8qvr\\_ClsA7E](https://www.youtube.com/watch?v=8qvr_ClsA7E)

### The surf was up!

Check out this video with highlights of the recent 2023 Eddie Aikau Big Wave Invitational in Hawaii. This event only happens when there are monster waves in Waimea, which there were this January! <https://www.youtube.com/watch?v=LJycBaw4bYU>

### Gratitude and the science of happiness, an interesting connection

Did you know that expressing gratitude can make you happier? Watch this video and then maybe try it out and call someone to let them know what a difference they have made in your life! <https://www.youtube.com/watch?v=oHv6vTKD6lg>

---

## 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, February 9, 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.

#### **Afternoon Tea at Caffè Acri**

Wednesday, February 22, 3:00pm

Caffè Acri, Tiburon



- Trying something different!
- Dutch treat
- TPV will buy assorted yummy cookies for the group
- Watch the weather and dress accordingly!
- As, usual, bring a mask. We might need to be indoors.
- No need to RSVP
- Let the office know if you need a ride

---

## 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



Did you know we have a tech help group on Zoom monthly 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](http://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

#### **Chair Yoga and Meditation**

Friday, February 3, 11:30am – 12:30pm

Register on the library website at this link. Space is limited.

<https://www.beltiblibrary.org/event/chair-yoga-meditation-with-diana-estey-2>

#### **Smart Home/Connected Devices**

Tuesday, February 7, 11:00am – noon

Learn about incorporating technology and smart devices into your home! Space is limited.

Register on the library website at this link. <https://www.beltiblibrary.org/event/smart-home-connected-devices#rsvp-now>

#### **ART Talk: A Panel Discussion on Art and Music**

Wednesday, February 15, 6:30 – 8:00pm

Come learn about synesthesia. Hear from artists whose inspiration is music, plus enjoy them in conversation as well as enjoying their art. Wine, slide show, gallery visit and panel discussion!

RSVP on the library website. <https://www.beltiblibrary.org/event/artalk-a-panel-discussion-on-art-and-music>

#### **True Crime with Coffee**

Thursday, February 23, 2:00 – 3:00pm

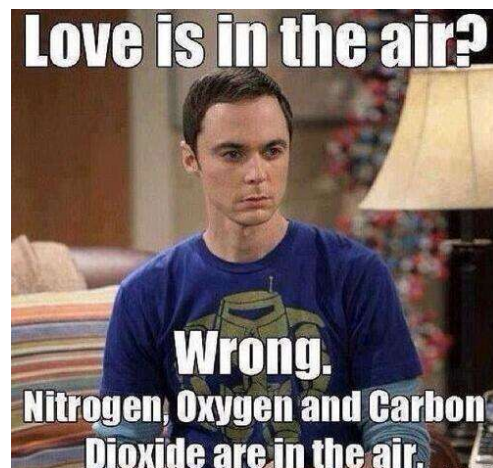
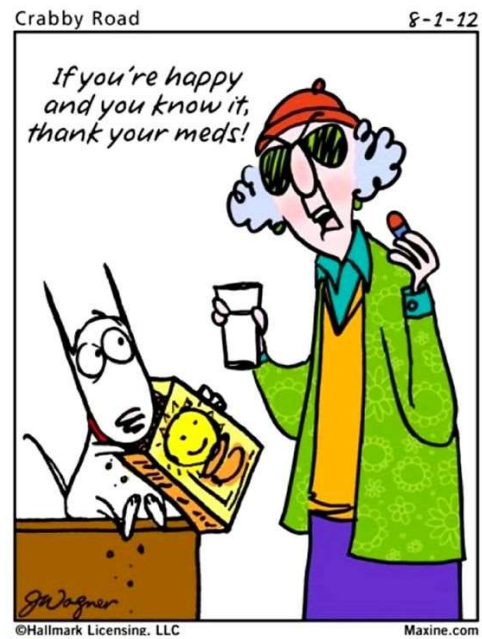
Recurring library book group that discusses history and crime, in the Corner Books room. RSVP

on the library website. <https://www.beltiblibrary.org/event/true-crime-with-coffee-3#rsvp-now>

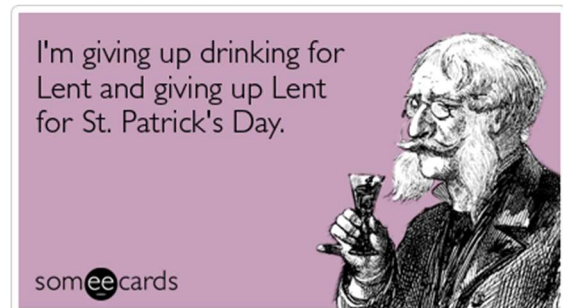
---

---

## REMEMBER TO LAUGH A LITTLE







---

## 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.

---

**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)