



Novato Village

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

March 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-Chairs Beth Livoti and Linda Henderson say: Remember to move your clocks one hour ahead on Sunday, March 12, the start of Daylight Savings Time. "Spring forward, Fall back."



Enjoy St. Patrick's Day—everybody is Irish on March 17!

Quote of the month:

"How wonderful would it be, while we discover faraway planets, to rediscover the needs of the brothers and sisters orbiting around us?" - Pope Francis, TED 2017

Pope Francis appeared via video on the TED 2017 stage in Vancouver, Canada, offering his thoughts in an 18-minute talk that covered everything from the viability of a happy future (it's still possible, says the Pope) to the discovery of new planets. Read the article and see the video [here](#).

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Rose Dias

Volunteers: Larry Gorski, Meredith Burrell

Thank you for giving your time and energy to our village. 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 March 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, March 2, 9:15am – Village Walkers at Rush Creek Lagoon, canceled if raining

Wednesday, March 8, 11:00am – The More You Know...about Vision Impaired of Marin, Zoom

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

Tuesday, March 14, 1:00pm – Village Book Lovers' Group, meeting at a member's home

Wednesday, March 15, noon – Lunch at Star Restaurant, 1700 Novato Blvd.

Friday, March 17, 2pm – Let's Paint Some Eggs! Sue Lyttle's home, 2041A Mill Road, Novato

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

Tuesday, March 21, 10:30am – Novato Village Steering Committee meeting

Thursday, March 23, *4:00pm* – time change: Happy Hour at TOAST, 5800 Nave Dr.

Food & Drink

CoffeeTea&Chat

Thursday, March 9, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave, Novato

Drop in to meet lively friends and enjoy flowing conversation. 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 and conversation—always fun at Creekside Bakery. Come join us!

Lunch at Star Restaurant

Wednesday, March 15, noon – 2pm
1700 Novato Blvd, Novato

Join us at Star Restaurant. You will get an individual check and can use a credit card or cash. There are photos of the menu at this link:

<https://www.menupix.com/menudirectory/menu.php?id=5562459> . Two Yelp reviews are quoted here: “Love the atmosphere. Comfortable and pleasant. I'm an old-timer who has seen the changes at that location over the years and I'm not surprised to see Stars lasting as long as it has. Good. Food. Nice people.” And “I have been coming here for years. The food like the decor is basic. There are enough food options to cater for most people's needs. You will be very limited if you happen to be vegan. The staff are always friendly and efficient. Never had a bad experience here. I guess that's why I keep returning.”

Please RSVP by Monday, March 13 so we can tell the restaurant how many guests we'll have for seating. To RSVP, email Joanne Keenan at 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 or (415) 457-4633.



Enjoying lunch at China Palace in February—Year of the Rabbit

Happy Hour at TOAST

Thursday, March 23, 4:00 – 6:00pm (note later start time)
Hamilton Shopping Center, 5800 Nave Dr., Novato

Guys and gals: hostess Marge Jackson invites you to TOAST at Hamilton Shopping Center. TOAST welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices!

Please RSVP by Monday, March 20, so we can tell the staff how many guests we'll have for seating. Please plan to pay with cash, not credit cards. To RSVP, contact Marge Jackson, (415) 892-1238 or 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.



February's Happy Hour at Toast. Join us at the Happy Hour in March!

Education & Presentations

The More You Know...about Vision Impaired of Marin—a Zoom event

Wednesday, March 8, 11:00am – noon

Zoom link will be sent on Sunday, March 5

As we age, our vision changes. How can we deal with it? **Vision Impaired of Marin (VIM)** is a new partner with Marin Villages. Enjoy this Zoom meeting, get inspired with new ideas about managing vision changes, and meet our speaker, Suzanne Tremoloda, President of Vision Impaired of Marin. Several Novato Village members are also involved with this group. One of our members, Annabella Denisoff, is the facilitator of the Support Group for VIM and art class coordinator.



ESCOM
Emeritus Students
College of Marin

The Beginnings

- COM Emeritus College (ESCOM) was founded in 1973 with a Title 1 grant
- We offered clubs, lectures and concerts in the community for older adults, while helping with Community Education
- In 1974, we had 1500 emeritus students
- In 1976, other Emeritus Colleges were started throughout California with us as a national model

The ESCOM presentation in February—you are invited to the 50-year ESCOM celebration on October 14!

Exercise

Novato Village Walk

Thursday March 2, 9:15 – 10:30am [note earlier meet-up time]

Rush Creek Lagoon

Novato Village Walkers will meet at 9:15am on Binford Road near the entrance to Rush Creek. Take Atherton Ave. exit going north on Hwy 101, turn right on Atherton Ave. Make the first left off Atherton Ave onto Binford Road. Park on Binford Road. We will proceed to a small parking lot at the head of the trail for Rush Creek Lagoon. The walk, starting at 9:30am, is a flat, wide, firm dirt-packed trail. We will be walking about one mile out to the lagoon. This is an out-and-back walk. Please RSVP because we don't want to miss you at the parking spot: Pat Bailey pbailey49@aol.com or (415) 652-9073.



Cloudy, breezy day... but always lovely views at Las Gallinas Valley

Books

Village Book Lovers' Group

Tuesday, March 14, 1:00pm

Meeting at a member's home—directions will be sent by email, so RSVP!

The meeting location in March will be announced. Directions will be mailed out on Sunday, March 12 to those who **RSVP to Diana Shima**. March book selection: *The Lincoln Highway* by Amor Towles. April's book selection: *The Nature of Fragile Things* by Susan Meissner. For more information, contact: Diana Shima: dianashima3@comcast.net.

Fun & Crafts

Let's Paint Some Eggs!

Friday, March 17, 2:00 – 4:00pm; small fee applies, details below
2041A Mill Road, Novato, parking behind the house



Festivals celebrating spring have long used the egg as a symbol of new life. Easter will be here soon and the Spring Equinox is Monday, March 20. Let's celebrate with an egg painting workshop at Sue Lyttle's home. The fee will be \$2.00 per egg. Paint and eggs (either wood or polystyrene) will be available to participants. You may paint as many eggs as you wish. Sue will have lots of eggs, all sizes available. She will supply the paint and sealer. **Space is limited; there is room for only 8 participants at a time.** You can **reserve a place by phoning or texting Sue Lyttle** at (650) 799-6900. If lots of people want to do this, Sue will make a waiting list for Friday, March 24.

Groups

Village Viewers Movie Group

Saturday, March 18

Time and location to be announced

In February, we saw *80 for Brady* starring Jane Fonda, Lily Tomlin, Sally Field and Rita Moreno. The story was based on a true story about four best friends that live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl. The reaction to the movie was a mixed bag; some hated it and others loved it. The March 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.

Village Business

Novato Village Steering Committee

Tuesday, March 21, 10:30am

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, March 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).

Technology/Computer Help Office Hours

Wednesday, March 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>!

Not Home Alone—St. Patrick's Day

Friday, March 17, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early dinner at Whipper Snapper Restaurant, a charming family-owned restaurant in San Rafael established in 2008 by Chef/Owner Bill Higgins, former executive chef for Cha Cha Cha restaurants in San Francisco. The food is amazing and it is 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. 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-menu will include an entrée choice of corned beef and cabbage, fish, or chicken.

COMMUNITY EVENTS

Intergenerational Outing to China Camp State Park

Sunday, March 5, 10:00am – 3:00pm

China Camp State Park, China Camp Village Rd., San Rafael



Join two naturalists—in-person—for a free adventure with your grandkids, nieces, nephews, young neighbors... at China Camp State Park! Enjoy a free *intergenerational* adventure at China Camp State Park in San Rafael! Take them on a 3/4-mile accessible nature walk led by two naturalists followed by a free lunch, nature journaling, and games on the shore of San Pablo Bay. Vivalon is currently taking registrations for **PAIRS of youth and older adults** in order to foster intergenerational connection. Find someone between the ages of 14 and 30 to sign up with you! Transportation, lunch, and supplies are provided. **Registration required**, see information at this link: <https://vivalon.org/event/intergenerational-outing-to-china-camp-state-park/>

Friends of the Mill Valley Library In-Person Book Sale

Saturday, March 11, 11:00am – 4:30pm

Mill Valley Library 'SmartGarden,' 375 Throckmorton Avenue, Mill Valley



Mark your calendar for the Friends of the Library's in-person book sale. With thousands of books to choose from, this is the place to find pretty fabulous deals on high quality best sellers, with an excellent inventory of fiction and non-fiction items including children's books. In the

meantime, you can shop our online book sale (<https://friendsmvl.org/shop>) 24/7 and pick up prepaid purchases at the Library.

For our vision-impaired members

Come to our Zoom event on Wednesday, March 8, to learn more! 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, support, 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 – **Zoom support group** <http://www.bvim.org/support-groups>

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

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

AND MORE...

Here's How Long Shelf-Stable Pantry Items Actually Last: *They keep for a long time, but nothing is forever.*

By Audrey Bruno, *SELF Magazine*



Although it's tempting to believe that "shelf-stable" is code for "good to use forever," the truth is that even preserved goods may no longer be safe to eat—or taste as good as they should—after a certain point. How to tell they've reached that point, though, can be a little tricky. There's no standardized food dating system, and though a best-buy or sell-by date on the container can sometimes be a helpful reference point, it won't always tell you exactly when it's time to throw something out.

"[The date] can help the consumer know the time limit to purchase the product or use by for its peak quality," Mary Anne Amalaradjou, PhD, an associate professor of food microbiology at the

University of Connecticut, tells SELF. After that date passes, she says, an unopened product should still be safe to consume if stored and handled properly—it just might not taste as good as it did within the date's time frame. Once you open the package, it's a different story: The life span of many ingredients falls drastically, sometimes to just a few days.

Fortunately, there are a few ways to keep tabs on the food in your pantry, from visual indicators to basic use-by guidelines from experts. That's important, since often "you cannot see, taste, or smell pathogens—the germs that make us sick," Wade Syers, MS, extension specialist for food safety at Michigan State University, tells SELF...

Use this link to see the very thorough and very helpful list—your pantry will thank you!

<https://www.self.com/story/expired-shelf-stable-pantry-items>

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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