



Tiburon Peninsula Village

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

May 2023 Newsletter

Cherie Sorokin, editor



Hooray, it's May! So many things to look forward to: warmer, drier weather, wildflowers and garden flowers blooming, Cinco de Mayo, Mothers' Day, Root Canal Appreciation Day (!), Dance like a Chicken Day (!!), month-end sales, the full Flower Moon, not to mention my birthday! And, of course, the end of the month also brings us Memorial Day, a time to remember and honor the efforts of our men and women in the military who have given their lives in service to our country. Whichever way you choose to enjoy the month, I hope at least some of your activities will include TPV and Marin Villages events!

Not gone yet!

Just a quick reminder that COVID is still out there, so avoiding crowded indoor spaces, keeping your entertainment fun to outdoor venues, wearing masks, washing your hands frequently, and holding back on hugs and kisses when greeting friends are all still advisable. I should know. I let down my guard on my recent trip to NYC. Had a marvelous time, but brought back COVID with me. Prior vaccinations and boosters and taking Paxlovid has made the experience more annoying for me than scary, but I have to say it is really annoying not to feel good and to have to isolate from friends and family. Ironically, I was scheduled to get my second bivalent booster the week I returned. Timing is everything! I am testing negative now, thank goodness, though will likely delay any TPV or Marin Villages activities for another few days just to be sure.

Since the second booster has been recommended for our demographic, please do consider making an appointment for one for yourself, and the sooner the better!

Three pieces to get you moving

Covid notwithstanding, whether you are indoors or outdoors or just sitting and enjoying the sun, one of these three number is bound to get your juices flowing. Test it out!

How about some Julie Andrews with a quintessential May song? Remember *Camelot*?

<https://www.youtube.com/watch?v=pliyjiIMH9o>

If that didn't get you up and dancing, how about this Spanish guitar duo? Wow, what energy!

<https://www.youtube.com/watch?v=PMywMM8Nf8s>

Finally, for those of you with a more classical bent, how about Vivaldi's Spring movement from the Four Seasons? Lovely music, lovely young musicians!

<https://www.youtube.com/watch?v=3LiztfE1X7E>

WELCOME, NEW MEMBERS!

Our membership keeps growing! Welcome to **Joan and Don Bekins, Pamela Dekema and Dick Champe**. We are looking forward to seeing you soon at one of our coffees, teas, happy hours or other activities!

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

Morning Stroll Followed by Coffee (unless it's raining!)

Each Tuesday in May at 10:30am (May 2, 9, 16, 23, 30)

Along the Tiburon Waterfront



- **Something new!**
- **Every Tuesday this month**
- Meet at the fountain at the corner of Tiburon Blvd. and Main
- Easy 30-minute stroll along Tiburon's waterfront—ONLY IF NOT RAINING!
- Followed by Dutch-treat coffee or tea at Caffe Acri—ONLY IF NOT RAINING!
- Please RSVP so we know whether or not to expect you to join us!
- If you need a ride to and from our starting location, please let the office know
- NOTE: Look for Ray Reis or Diana Bradley if you don't see Cherie

TPV Morning Coffee and Chat

Thursday, May 11, 10:30am

Rustic Bakery, Tiburon



- Not interested in exercise before your morning coffee?
- Then join us on the boardwalk at the tables in back outside
- Masks 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 Happy Hour

Tuesday, May 16, 4:30pm

On the Deck at Sam's



- TPV will buy one drink per person plus appetizers for the group
- Watch the weather and dress accordingly!
- Masks not required if you are fully vaccinated and we're outside
- Yes, please RSVP to the office
- Do let the office know if you need a ride

Afternoon Tea at Caffe Acri

Wednesday, May 31, 3:00pm

Caffe Acri at the corner of Main and Tiburon Blvd.



Our super volunteer Mary Bowles will host this tea, as Cherie will be in Australia at the end of the month.

- 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, May 3 & 17, 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—Mothers and Others Day

Sunday, May 14, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for an early Mothers and Others Day supper on the beautiful patio at Café Arrivederci. <https://cafearrivederci.com/> Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. All attendees must be COVID vaccinated. There will be a choice of any entrée on their large menu that costs \$25 or more. A 20% tip and 10% for tax will be added. 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.

Technology/Computer Help Office Hours

Wednesday, May 17, 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. Please join us at this link: <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

COMMUNITY EVENTS

Special program hosted by the Tiburon Rotary Clubs on First Responder Resiliency

Wednesday, May 3, 6:00pm

Library Founders' Room

First responders to emergencies inevitably suffer high levels of stress. Come hear about this nonprofit which is working to help alleviate that stress.

There's always something going on at the Tiburon Library

- Happier Hour Wellness Workshop, May 3, 11:00 – noon. Register on the Library website page for seniors. <https://www.beltiblibrary.org/seniors>
- ArtTalk, Transcultural Art of Chinese Tradition, May 4, 6:00 – 8:00pm
- Hootenany, May 5, 3:30 – 5:00pm. Bring your voice and/or guitar or uke to sign and play along.
- Navigating Transportation Apps on your Smart Phone, May 16, 11:00 – noon
- Fridays at 11:00am, Pranayama Techniques and Meditation—exploring the benefits of yoga breathing techniques in a restorative seated position.
- Lots more if you check out the senior pages on the library website....

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, 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>

REMEMBER TO LAUGH A LITTLE

What happens when you tell an egg a joke? It cracks up!

Why is the letter A like a flower? Because a B comes after it!

How do brand new spring flowers greet each other? Hey, bud!

Spring
is Nature's way
OF saying
LET'S PARTY!

ROBIN WILLIAMS



**Has it been over
300 days since I
last put off
spring
cleaning?**

FINALLY MY
WINTER FAT
IS GONE.
NOW I HAVE
SPRING ROLLS.

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