

Novato Village

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

July 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Independence Day on July 4, 2023 marks the 247th year since the Declaration of Independence was presented to the world. The main purpose of America's Declaration of Independence was to explain to foreign nations why the colonies had chosen to separate themselves from Great Britain. The War for Independence started with General George Washington and the Continental Army at the Battle of Long Island on August 27, 1776 and dragged on for another five years, until the formal surrender of the British to the Americans on October 19, 1781.



Monthly quote

"There is a sacredness in tears. They are not the mark of weakness, but of power. They speak more eloquently than ten thousand tongues. They are the messengers of overwhelming grief, of deep contrition, and of unspeakable love." –Washington Irving

Washington Irving (April 3, 1783 – November 28, 1859) was an American short-story writer, essayist, biographer, historian, and diplomat of the early 19th century. Born and raised in Manhattan to a merchant family, Irving made his literary debut in 1802 writing under the pseudonym Jonathan Oldstyle. He temporarily moved to England for the family business in 1815 where he achieved fame with the publication of *The Sketch Book of Geoffrey Crayon, Gent.*, serialized from 1819 to 1820. He continued to publish regularly throughout his life, and he completed a five-volume biography of George Washington just eight months before his death at age 76 in Tarrytown, NY.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Pip Mead, Richard Micheli

Volunteers: Janet Mowery

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

Thursday, July 6, 9:30am – Village Walkers at Hamilton Levee, Parking Lot 6 on Hangar Ave.

Wednesday, July 12, 11:00am – The More You Know...about Marin Museum of Contemporary Art (MarinMOCA), Zoom

Thursday, July 13, 1:30pm – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave.

Saturday, July 15 – time & location TBA, Village Viewers Movie Group

Wednesday, July 19, noon – Lunch at Moylan's Brewery & Restaurant, 15 Rowland Way

Thursday, July 27, 4:00pm – Happy Hour, Las Guitarras Restaurant, 1017 Reichert Ave

Food & Drink

CoffeeTea&Chat

Thursday, July 13, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave, Novato

Drop in for friendly conversation outdoors on the patio. Get connected to other Novato Village members and volunteers. Bring a friend who might be interested in Novato Village. RSVP is not required. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.





Novato Villagers enjoyed CoffeeTea&Chat at Creekside Bakery in June

Lunch at Moylan's Brewery & Restaurant

Wednesday, July 19, noon – 2:00pm

15 Rowland Way, Novato

Moylan's Brewery & Restaurant is a classic pub located at Rowland Plaza in Novato. Favorite dishes include fish and chips, corned beef sandwiches, as well as tasty wood-fired pizzas, juicy burgers, fresh salads, and other savory sandwiches. Enjoy one of the 14 Moylan's hand-crafted beers with your friends. View the menu at this link: <https://moylans.com/restaurant>

Please RSVP by Monday, July 17 so we can tell the restaurant how many guests we'll have for seating. Be prepared with credit card or cash, please. To RSVP, email: novatovillage@marinvillage.org, or call Joanne Keenan at (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.





June's Lunch at Blazer's Smokehouse and Beer Garden was very popular!

Happy Hour at Las Guitarras Restaurant

Thursday, July 27, 4:00 – 6:00pm

1017 Reichert Ave, Novato



Las Guitarras provides a warm and friendly ambiance. Family-owned and operated for 42 years, with a full bar and outdoor patio, this popular restaurant is a Marin favorite. It is known for its savory variety of traditional and authentic home-style meals in beautiful Old Town Novato.

Please RSVP by Tuesday, July 25 to novatovillage@marinvillage.org so we can tell the staff how many guests we'll have for seating. Please plan to pay with cash, not credit cards. Questions? 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.



Summertime Happy Hour at Las Guitarras

Education & Presentations

The More You Know...about Marin Museum of Contemporary Art/MarinMOCA

Wednesday, July 12, 11:00am – noon

Zoom – link will be sent on Sunday, July 9



Many members of Novato Village are unfamiliar with the art museum, MarinMOCA, which is right here in the city. Learn about this facility located at 500 Palm Drive on the former Hamilton Base and housed in one of the renovated base facilities. It features exhibits that vary over the year. You will learn some of the history of the MarinMOCA organization, when it was created, what it specializes in, and what features a visitor might enjoy.

Did you miss the June 14 “The More You Know...about Marin Villages’ Services for Members”?

Here is the recording from The More You Know Zoom with John Power, CEO of Marin Villages. It was so interesting. John did a great job. Enjoy!

<https://us02web.zoom.us/rec/share/RqBt4417nlukOkLxaeT6dnOXm58mMih2yi-i10OLrsWc9cetqHRPuJX5tQ-SbQmy.2LMTmjygggbeE7xX>

Exercise

Novato Walkers—Hamilton Levee Walk

Thursday, July 6, 9:30 – 10:30am

7 Hamilton Landing (enter levee between Hangers 5 & 6), Novato

We’ve enjoyed the Hamilton Levee going both north and south. This time we will head south towards the Bay Trail Scenic Overlook. The Hamilton Levee is a flat, open path. Meet us at the levee wearing walking shoes and dress for the weather. Bring a water bottle, sunscreen, and walking sticks if you wish. **RSVP PLEASE** so we don’t start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or text or phone (415) 652-9073.

Books

Village Book Lovers' Group

No meeting in July

The Book Lovers' Group will be on summer break in July! The books for August & September are:

Transcendent Kingdom by Yaa Gyasi

Hail Mary by Andy Weir

The next meeting will be Tuesday, August 8, at the home of Diana Shima.

Groups

Village Viewers Movie Group

Saturday, July 15

Time and location to be announced by email

In June, the movie was *Asteroid City*, starring Tom Hanks and Scarlett Johansson. The story was about a world-changing event that disrupted a Junior Stargazer convention. The cinematography was good but the story was hard to follow. The time and location for July 15th will be announced the Wednesday prior to the event by email. Contact Joanne Lang, with questions or movie suggestions, at (916) 716-5800 or write to this email: novatovillage@marinvillage.org. Hope to see you there!

Village Business

Novato Village Steering Committee

Tuesday, July 18, 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

Not Home Alone—4th of July early dinner

Tuesday, July 4, 2:00pm

McInnis Club Restaurant, 350 Smith Ranch Road, San Rafael 



Come one, come all, in your red, white, and blue attire, and celebrate the 4th of July with other Villagers! All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Villagers in the private dining room at The Club Restaurant at McInnis Park Golf Center. First come, first served, and space is limited to 30 guests. **RSVP is required.** Please bring cash for your no host meal, and all attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Rides are limited due to the holiday. Please make arrangements for your own transportation. You will be able to choose one of the following entrees (price includes tax and tip):

Bay Shrimp Louie \$26
Linguine with Salmon \$30
Chicken & Prawns Piccata \$33
Rustic Pot Roast \$34
Pasta Puttanesca \$29

Drinks can be purchased at the bar.

Men's Coffee

Wednesdays, July 5 & 19, 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 the first and third Wednesdays of the 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, July 19, 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

UC Marin Master Gardeners - Edible Flowers: Beyond the Beauty

Thursday, July 13, 1:00 – 2:00pm

Novato Library, 1720 Novato Blvd.



Have you ever wondered if you can eat your flowers? In some cases, you can! Marin Master Gardeners Jenine Stilson and Keri Pon will discuss which flowers or parts of flowers are safe to eat and also some that you should avoid. Many of these edible beauties are easy to grow over the course of a season. They will cover ornamentals, herbs, flowers of fruits and vegetables and even weeds, and give you creative ideas on how to use them.

Free Shred-a-Thon & e-Waste Collection—a community event!

Saturday, July 15, 9:00am – noon, or until the truck is full

Novato Community Hospital parking lot, 180 Rowland Way



Redwood Credit Union is hosting a Shred-a-Thon for the entire community in Novato. Bring the documents you need shredded, plus your e-waste! What paper documents should you shred? Check this link: <https://www.redwoodcu.org/about/community-programs/shred-a-thon/>

Conservation Corps North Bay, a registered E-waste Collector with the State of California, will also be onsite at the event to collect electronics you no longer need, for free! Acceptable e-waste/electronics: <https://www.redwoodcu.org/about/community-programs/shred-a-thon/#accepted>

A Matter of Balance: falls prevention program

Eight Wednesdays starting July 19, 2:00 – 4:00pm

Vivalon Healthy Aging Center, 930 Tamalpais Ave, San Rafael



Join this evidence-based falls-prevention program. Instruction uses cognitive restructuring and exercise to reduce fears of falling and increase your activity level. Registration required. <https://vivalon.org/event/a-matter-of-balance-in-person-3/>

Marin County Parks Summer 2023—*free entry at these locations!*



As of July 1, visitor entry fees will be eliminated at three regional parks and two boat launches. The Marin County Parks Equity Roundtable, representing communities of color, older adults, and other historically under-represented groups, recommended the change, which was approved by the Marin County Board of Supervisors. Funding from Parks Measure A will help make it easier for all people to enjoy McNears Beach Park, Paradise Beach Park, Stafford Lake Park, Blackpoint Boat Launch, and Miller Boat Launch.

Downtown Novato Community Farmers Market

Tuesdays, all summer, 4:00 – 8:00pm

Downtown Novato Center, 7th St

Now through October 26, the Farmers Market will be in full swing in the NEW location behind CVS between 7th St. and Novato Blvd. Lots of FREE parking! The market includes organic, locally grown produce, ready-made foods and great activities for the kids! Join us every Tuesday this season for local fare and a lot of fun. Novato Village has a table at the market to share information about membership. Send a friend to learn more about our Village!



Novato Village table at the Farmers Market

NOVATO VILLAGE ANNOUNCEMENTS

Jean Gunn, a Novato Village Steering Committee member, joins Marin Villages' Board of Directors!



Longtime Marin Villages member and volunteer Jean Gunn was elected to the Board of Directors in March. Jean helped launch Novato Village eight years ago and served as its chair for several years. A longtime resident of Novato, Jean was appointed by the Board of Supervisors to represent District 5 on Marin County's Commission on Aging. Working on many older-adult issues at the public policy and practical levels has given Jean an appreciation of the complexity and breadth of opportunity that Baby Boomers and others face as they age, and created connections to help position Marin Villages as a key community resource. Welcome to the Board, Jean!

50 new Novato Village members got emergency go-bag kits in June...

Be prepared and ready for evacuation if necessary. Let's hope we don't have to use them. Remember where you put the go-bag. Just a few photos...



AND MORE...

Happy Birthday, Beverly Rodgers—Welcome to Club 90!



Fun on the SMART Train to Santa Rosa on June 13!



Tour of the Buck Institute on June 26...the Buck's history, then touring the laboratories



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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