

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

August 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-chairs Beth Livoti and Linda Henderson say...

Enjoy those lazy, crazy, hazy days of summer! Remember that song by Nat King Cole? We wish you happy times in the month of August. Remember: stay hydrated—drink fluids, especially water, use sunscreen when out in the daytime, don't let the mosquitoes get you, or the ticks, if you are walking in a grassy, wooded area.



Monthly quote

"Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning. You notice there's nothing in there about salary. If you're trying to show off for people at the top, forget it. They will look down on you anyhow. And if you're trying to show off for people at the bottom, forget it. They will only envy you. Status will get you nowhere. Only an open heart will allow you to float equally between everyone." ~ Morrie Schwartz

Morris S. "Morrie" Schwartz (December 20, 1916 – November 4, 1995) was an American professor of sociology at Brandeis University and an author. He was the subject of the best-selling book *Tuesdays with Morrie*, written by Mitch Albom, a former student of Schwartz. He was portrayed by Jack Lemmon in the 1999 television film adaptation of the book.

NOVATO VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Here's the August 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, August 3, 9:15am (earlier time) – Village Walkers at Rush Creek Preserve, Binford Rd., Novato

Tuesday, August 8, 1:30pm – Village Book Lovers' Group, at a member's home

Wednesday, August 9, 11:00am – The More You Know... About Options for Better Hearing, Zoom

Thursday, August 10, 1:30pm – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave.

Wednesday August 16, noon – Lunch at Village Pizzeria, 1200 Grant Ave.

Saturday, August 19, time & location TBA – Village Viewers Movie Group

Thursday, August 24, 4:00pm – Happy Hour, Las Guitarras Restaurant, 1017 Reichert Ave.

Food & Drink

CoffeeTea&Chat

Thursday, August 10, 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.



July: Novato Villagers enjoy Creekside Bakery's ambiance

Lunch at The Village–Italian Restaurant & Pizzeria

Wednesday, August 16, noon – 2:00pm

1200 Grant Ave, Novato

The Village—Italian Restaurant & Pizzeria is a charming Italian restaurant bringing sophisticated dining to Novato. They offer a variety of pizzas, but the restaurant is much more than just your average pizza joint. The menus not only feature classic and traditional Italian dishes, but also a variety of daily specials. A quote from the website, “At the The Village—Italian Restaurant, we pride ourselves on creating delicious, homemade dishes that stay true to our promise of delivering authentic Italian flavors.” Check out the menu here:

<https://www.novatovillage.com/lunch>.

Please RSVP by Monday, August 14, so we can tell the restaurant how many guests we’ll have for seating. Please plan to pay with cash, not credit cards. 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.



Moylan’s lunch was a treat in July!

Happy Hour at Las Guitarras Restaurant

Thursday, August 24, 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, August 22 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.



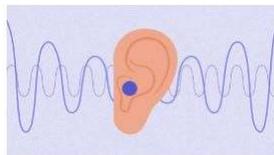
Novato Villagers enjoy Las Guitarras at the July Happy Hour

Education & Presentations

The More You Know...About Options for Better Hearing

Wednesday, August 9, 11:00am – noon

Zoom



Learn essential information you need about hearing loss, over-the-counter hearing aids, and cochlear implants. Approximately one in three people between the ages of 65 and 74 has hearing loss, and nearly half of those older than 75 has difficulty hearing. Our presenter will be Sara Oser, co-founder, Hearing Loss Association of America (HLAA) North Bay Chapter. Sara facilitates the Hearing Other People's Experiences (HOPE) support group, writes the newsletter, and is a leader on the steering committee. The website for the organization is www.hearinglossnorthbay.org. No need to RSVP; the Zoom link will be sent to everyone by email on Sunday, August 6.

Exercise

Novato Village Walkers—Rush Creek Preserve

Thursday, August 3, 9:15 – 10:30am [note earlier meet-up time]

Rush Creek Lagoon, Binford Rd., Novato

Novato Village Walkers will meet at 9:15am on Binford Road near the entrance to Rush Creek

Preserve. 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 the head of the trail for Rush Creek Lagoon. The walk 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: Joanne Lang, (916) 716-5800 or email jlantpa@gmail.com.



Seven Hamilton Levee walkers in July

Books

Village Book Lovers' Group

Tuesday, August 8, 1:30pm

Meeting at the home of Diana Shima—RSVP for directions

The books for August and September are:

Transcendent Kingdom by Yaa Gyasi

Hail Mary by Andy Weir

Directions will be sent to those who RSVP by Monday, August 7. Email your RSVP to Diana Shima at dianashima3@comcast.net. Come join us!

Groups

Village Viewers Movie Group

Saturday, August 19

Time and location to be announced by email

In July, the movie was *Sound of Freedom*, starring Jim Caviezel, Mira Sorvino and Bill Camp. The story was based on a true story about Tim Ballard and what he did to save a brother and sister from human trafficking. It was well done and a real eye opener. We highly recommend it. The time and location for August 19 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 novatovillage@marinvillage.org. Hope to see you there!



Village Viewers give “thumbs up” to the July movie

Village Business

Novato Village Steering Committee

Tuesday, August 15, 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, August 2 & 16, 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).

Not Home Alone—Summer Sangria Supper

Wednesday, August 16, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., between F and G Sts., San Rafael



Join your hostess Donnalee Wells and other Marin Villagers and volunteers and let's celebrate summer with an early supper at Whipper Snapper Restaurant. Whipper Snapper is a charming, family-owned restaurant established in 2008 by chef/owner Bill Higgins, former executive chef for cha-cha-cha restaurants in San Francisco. First come first served, space limited to 30 guests. **RSVP is required.** Please **bring cash** for your no-host meal and bar drinks. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited. You will be able to choose one of the following entrees. Price includes entree, choice of small mixed greens salad with coconut vinaigrette dressing or cup of gazpacho, plus tax and 20% tip.

Grilled fish tacos \$30

Slow roasted pork shoulder \$39

Chicken Caesar salad \$34

Farmers market grilled vegetable quesadilla \$28

Technology/Computer Help Office Hours

Wednesday, August 16, 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!>

Bocce

Friday, August 25, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages' office. (415) 457-4633

SAVE THE DATE: Not Home Alone—Labor Day

Monday, September 4, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd Novato 



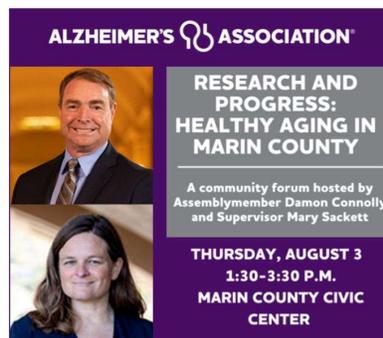
More details to come in August, but you can RSVP now to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited due to the holiday.

COMMUNITY EVENTS

Learn About the Research and Progress on Healthy Aging and Alzheimer's

Thursday, August 3, 1:30 – 3:30pm

Marin County Civic Center, Board of Supervisors Chambers, Room 330
3501 Civic Center Drive, San Rafael



ALZHEIMER'S ASSOCIATION

**RESEARCH AND PROGRESS:
HEALTHY AGING IN
MARIN COUNTY**

A community forum hosted by
Assemblymember Damon Connolly
and Supervisor Mary Sackett

**THURSDAY, AUGUST 3
1:30-3:30 P.M.
MARIN COUNTY CIVIC
CENTER**

This is a time of unprecedented promise in Alzheimer's research and treatment. While Alzheimer's prevention has no definitive answers yet, research has shown that there are ways to reduce our risk of developing it. Marin County is taking the initiative to address healthy aging in our community. Join this forum to learn about the latest advances in Alzheimer's and dementia research, treatment, and care in Marin County. Please use this link to register: <https://tinyurl.com/3u2sry44> or register by phone at (800) 272-3900.

Birds of Marin County Backyards

Saturday, August 19, 11:00am – 12:00pm

Novato Library, 1720 Novato Blvd.



Naturalist and author **Jack Gedney** presents an illustrated talk on the backyard birds of Marin County. Learn how to identify, attract, and enjoy the birds you see around your home and neighborhood. What kinds of birds are in your yard? Which visit feeders and which nest in bird houses? Come to grips with the everyday kaleidoscope of finches and sparrows, titmice and towhees, hummingbirds and orioles in this presentation. This will be a fast-moving 45-minute talk, and you can bring your bird identification puzzles and bird feeding dilemmas for the following question and answer session.

NEW! Hamilton Landing Farmers Market

Thursdays, all summer to December 21, 11:00am – 2:00pm

6 Hangar Ave, Novato

In addition to the Downtown Farmers Market on Tuesdays, there is a new location at the picturesque Hamilton Landing between Hangar 6 & 7, every Thursday from June 8th to December 21st. Enjoy lots of FREE parking. The market includes organic, locally grown produce, ready-made foods, and great activities for the kids. Join us every Thursday 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 ANNOUNCEMENTS

The Pop-Up Thrift Boutique is now taking donations!

The time you've been waiting and holding your treasures for has arrived! We are now taking donations for our Pop-Up Thrift Boutique at the Northgate Mall. You can drop off your gently

used goods **Fridays & Saturdays, 11:00am – 4:00pm**, until we are full. Each year we reach capacity and eventually have to turn donations away, so the sooner you can donate the better. **Curbside drop-off** is located between mall entrances on the east side of the Northgate Mall, just across the parking lot from HomeGoods. There will be a sign on the sidewalk outside, (near the Cinemark Century Theater entrance) letting you know you're in the right place. Just pull right up to the curb at the sign! We will gladly accept women's clothing, accessories, shoes and purses; jewelry; artwork and collectibles; kitchenware; home décor items, including small-scale furnishings, rugs, lamps, and baskets; games and puzzles; linens; and luggage.

Please contact Sue Steele at xerty.10@gmail.com or (415) 966-6614 with questions. Or call the office (415) 457-4633. Also call us if you'd like to volunteer to help collect and sort donations—it's fun!

AND MORE...

Happy 90th birthday, Delore Veenstra!



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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