



# Tiburon Peninsula Village

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

## September 2023 Newsletter

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Cherie Sorokin, editor



September is here, unless you've been to Costco recently. There it's already October, November, and December judging by their displays.

### The Pop-Up Thrift Boutique is back! Come help!



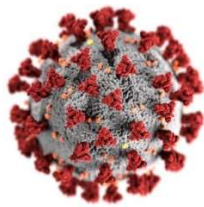
Our Pop-Up stores (yes, three of them!) are really shaping up--donations are flowing and we can use your help now.

We are still accepting donations **Fridays and Saturdays, 11:00 – 4:00**. If you are thinking of making a donation, please do so soon, as we are getting full! If you have any of these gently loved items, we are still especially in need of: kitchenware; linens, including comforters, placemats, towels, table cloths, and decorative pillows; women's purses; and low-heeled shoes.

There are now volunteer shifts for many tasks almost every day of the week. If you are interested in helping receive, evaluate, and sort donations, please email Sue Steele at [xerty.10@gmail.com](mailto:xerty.10@gmail.com). To help placing clothes on hangers, placing in the correct category and by size and color, and sorting and placing tags on items, email Beth Livoti at [llivoti@comcast.net](mailto:llivoti@comcast.net).

Mark your calendars! Sale dates are **Thursday through Saturday, September 28 – 30**. And watch for a separate invitation to our member/volunteer preview sale on Tuesday, September 26, 5:00 – 7:00pm. It's going to be amazing!

### Uh-oh, COVID hasn't gone away, and the Flu and respiratory viruses are out there, too!



No one seems to be calling the spread of Covid-19 a pandemic anymore, but the virus is still around, still spreading and still evolving. New boosters are coming in the fall and are highly recommended for folks over 65. Shots will likely become available in mid-September or early October. We are already in the orange zone again in Marin, so it makes sense to plan for getting the new booster as soon as it's available. Also makes sense to keep a supply of masks on hand as well as test kits, just in case!

And don't forget your Flu shot, either. And maybe the new respiratory virus vaccine as well. Talk to your doctor about scheduling these as well as your Covid-19 booster!

### Fire season and other worries



We've been lucky so far, but it's always a good idea to think about emergency preparedness. Disasters don't just happen to other people. They can happen to us, too! Here are five steps you can take to boost your own preparedness, whether for fire, earthquake, or other disasters that may befall us.

- Register or sign up for AlertMarin.org early alerts for information and evacuations. Here is the link to register: <https://www.marinsheriff.org/services/emergency-services/alert-marin>
- Put an emergency go bag in your car or by the door or someplace handy where you can quickly access it. Do you know where the red bag is that TPV provided when you joined? (If you joined TPV in the last 12 months and didn't yet receive your red emergency bag, call or email Cherie at [cheryl@sorokinsf.com](mailto:cheryl@sorokinsf.com) or (415) 730-0204 to let her know.)

At the very least an Emergency Go Bag should contain

- Water (packets or bottles) and protein or energy bars for at least one – three days
  - Battery-operated lantern or other light source
  - Medicine needed for at least three days
  - Cell phone charger (preferably solar), if you have a cell phone
  - A list of important telephone numbers—family, doctors, friends—whether or not you are taking a phone with you
- Pull together a few extra items you might want to have right at hand as well, e.g.
    - A warm jacket or long-sleeved warm shirt,
    - A sturdy pair of shoes, suitable for walking on rough ground,
    - A fold up cane, in case you have to cross fields or lawns, or other non-paved and irregular areas and might need extra help with balance
    - Pet carrier and food
  - Remove all vegetation and combustibles at least in the 0 – 5 ft. zone around your house exterior walls, or ask your gardener or a Marin Villages volunteer for help, if you need it.
    - Focus first on dead vegetation & leaf litter, including on roofs and in gutters
    - Next look for and remove combustible cloth or other materials stored in the 0 – 5 ft. range, e.g. door mats, patio cushions, or any types of combustible liquids or gas containers.
  - Be sure to keep enough food and water at home to last you at least a week if you have to remain at home, roads are closed or blocked, or your neighborhood is cut off from services. Canned goods and a manual can opener can be life savers.

## Feel like singing? Feel like traveling?

How about traveling and singing together? Here are some videos that let you travel while you sign along, and a few that just evoke the essence of a place you might like to visit!

[https://www.youtube.com/watch?v=k5dkwQY- tk&list=RDk5dkwQY- tk&start\\_radio=1](https://www.youtube.com/watch?v=k5dkwQY- tk&list=RDk5dkwQY- tk&start_radio=1)

<https://www.youtube.com/watch?v=Vol9dZ-t93s>

<https://www.youtube.com/watch?v=uWXUWepSak4>

<https://www.youtube.com/watch?v=JnRaBxcGDt0>

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

[https://www.youtube.com/watch?v=VuKD0ASL\\_so](https://www.youtube.com/watch?v=VuKD0ASL_so)

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## 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!

**Note—no TPV Happy Hour this month. So much to do, so little time! Instead join us at the Pop-Up Shop Preview on September 26 from 5:00 – 7:00pm. Watch for your invitation later this month!**

### Food & Drink

#### **Morning Stroll Followed by Coffee**

Each Tuesday in September (September 5, 12, 19, 26)

Along the Tiburon Waterfront

10:30 to noon or so—**please try to arrive no later than 10:30 so we don't leave without you**



- Every Tuesday 10:30 for about a half an hour walk, and continuing on to 11:30/11:45 or so if you stay for coffee
- Meet at the fountain at the corner of Tiburon Blvd. and Main St.

- Easy stroll from the fountain to Caprice Restaurant and back, with breaks to rest if needed along the way
- Followed by Dutch-treat coffee or tea at Caffe Acri
- 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

### **TPV Morning Coffee and Chat**

Thursday, September 14, 10:30 – 11:30am

Rustic Bakery, Tiburon



- Join us on the boardwalk at the tables in back outside
- If you need a ride, please call the office! Otherwise, no RSVP needed.
- If you don't see Cherie, look for a happy group of TPV members sitting together outside!

### **Afternoon Tea at Caffe Acri**

Tuesday, September 19, 3:30pm

Caffe Acri at the Corner of Main St. and Tiburon Blvd.



- Dutch treat
  - TPV will buy assorted yummy cookies for the group
  - Watch the weather and dress accordingly!
  - No need to RSVP
  - Let the office know if you need a ride
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## OTHER MARIN VILLAGES EVENTS

### **Not Home Alone—Labor Day FULL**

Monday, September 4, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd Novato 



This event has filled up, but stay tuned for the next Not Home Alone soon!

### **Men's Coffee**

Wednesdays, September 6 & 20, 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](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Technology/Computer Help Office Hours**

Wednesday, September 20, 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>!

### **Bocce**

Friday, September 22, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a 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

### **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

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## **COMMUNITY EVENTS**

### **Senior Fair**

Thursday, September 7, 9:00am – 3:00pm

Marin Center Exhibit Hall, 10 Avenue of the Flags, San Rafael



After a three-year hiatus, the Senior Fair is happening again! The theme this year is *We're Back, Baby!* Here is the link for more information <https://www.marinseniorfair.org/2023> Join in the fun and stop by our Marin Villages booth #136 to say hi. Look forward to seeing you there!

## There's always something going on at the Tiburon Library

### **Hootenanny at the Library**

Fridays, September 8 & 22, 3:30 – 5:00pm

Drop in and bring your guitar, ukulele, or musical voice to the hootenanny at the library! All levels are welcome.

### **Family Caregiving Essentials**

Tuesday, September 12, 11:30am – 12:30pm

### **Mark Bittman in conversation with artist and author Bryant Terry**

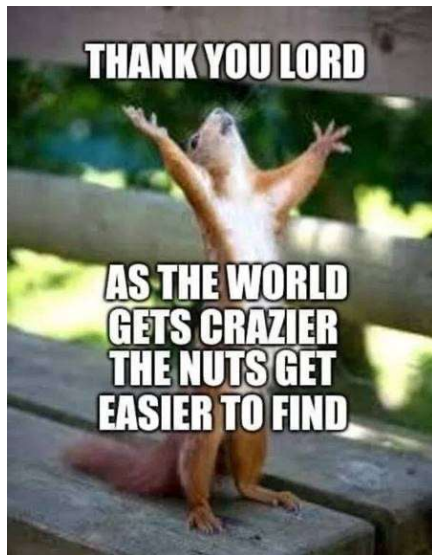
Wednesday, September 20, 6:00 – 8:00pm

A new exhibition showcasing local artists bringing people together.

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## REMEMBER TO LAUGH A LITTLE

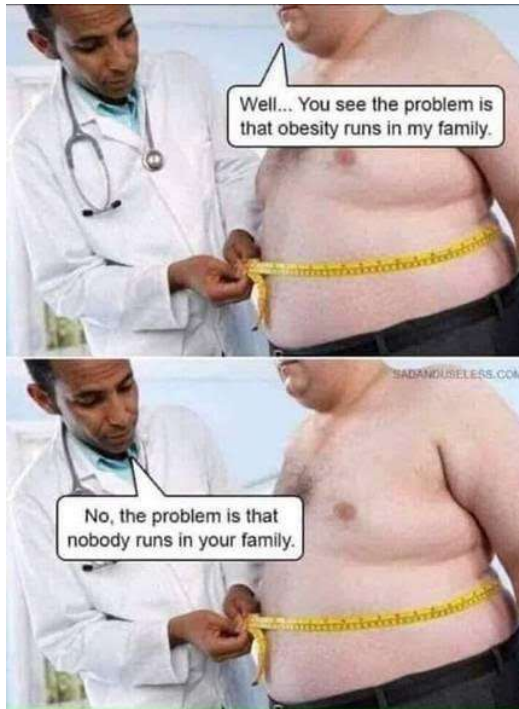
Some random humor passed along by TPV Member Betty Williams...



**Just before I die,  
I am going to  
swallow a bag  
of popcorn  
kernels.**

**My cremation is  
going to be epic!**





### Things that used to hurt my back:

- Jumping off of garages
- Crashing my bike
- Falling out of a tree
- Diving in the shallow end
- Contact sports

### Things that hurt my back now:

- Sneezing
- Washing the dishes
- Brushing my teeth
- Tying my shoes
- Rolling over in bed

**A police officer came to my house and asked me where I was between 5 & 6. He seemed irritated when I answered: "Kindergarten"**

**We've been friends for so long, I can't remember which one of us is the bad influence.**




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## 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.

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