

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

September 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

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

There's a new group in Novato Village called Novato Village Hikers, focused on a more rigorous hiking adventure if you are up to the terrain. We'll continue to have Novato Village Walkers for walks that do not have hilly trails, as well.

If you are interested in playing American Mah Jong, we will start teaching and playing the game at the ESCOM Building on the Indian Valley College campus. You must contact the club leaders, so they can plan on the number of people who need lessons or already know how to play. *See the article in this newsletter for details.*

Monthly quote

For attractive lips, speak words of kindness.

For lovely eyes, seek out the good in people.

For a slim figure, share your food with the hungry.

For beautiful hair, let a child run his fingers through it once a day.

For poise, walk with the knowledge you'll never walk alone.

~Sam Levenson

Samuel Levenson (December 28, 1911 – August 27, 1980) was an American humorist, writer, teacher, television host, and journalist.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Carol Molloy, Jim Forman

Volunteers: Melinda Oliveri, Barbara Miller

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 September 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, September 7, 9:30am – Village Walkers at Las Gallinas Valley Sanitary District Pond

Tuesday, September 12, 1:30pm – Village Book Lovers' Group, at a member's home

Wednesday, September 13, 11:00am – The More You Know... about Marin Museum of Contemporary Art (Marin MOCA) – Zoom

Thursday, September 14, 1:30 – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave.

Saturday, September 16, time & location TBA – Village Viewers Movie Group

Tuesday, September 19, 9:30am – Novato Village Hikers at IVC Ken Harth Waterfall Trail

Tuesday, September 19, 3:00pm – Novato Village Steering Committee *NEW TIME*

Wednesday, September 20, noon – Lunch at **kitchen**, 6 Hangar Rd, Hamilton Landing, Novato

Thursday, September 28, 4:00pm – *new* Happy Hour, location to be announced by email

Food & Drink

CoffeeTea&Chat

Thursday, September 14, 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.





CoffeeTea&Chat at Creekside Bakery—August gathering

Lunch at kitchen

Wednesday, September 20, noon – 2:00pm
6 Hangar Rd, Hamilton Landing, Novato



kitchen is a new café just waiting for the Novato Village lunch crowd to check it out. We can make individual payment by credit card or cash. Check the menu link.

<https://www.kitchennovato.com/menu> It offers gluten-free and vegetarian items, and desserts are made on site.

These Yelp reviews are very enthusiastic about **kitchen**!

- Kind, friendly, attentive service and great food. We sat outside and the owner came to check on us to see how we were enjoying our meal. Lots of people outside had their sweet dogs on a lovely day. No complaints. I'll be back to try more of the menu.
- You have to seek this place out. It's a hidden gem between two large hanger type buildings. Terrific soup, sandwiches, salads, and house-made pastries in a casual environment. Lovely and friendly folks. Highly recommended.

Please RSVP by Monday, September 18, so we can tell the restaurant how many guests we'll have for seating. You can pay with credit cards or cash. 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.



August lunch at The Village—Italian Restaurant & Pizzeria was a treat!

September Happy Hour

Thursday, September 28, 4:00 – 6:00pm

NEW LOCATION to be announced by email

We will be announcing a new location for the autumn Happy Hours. Watch for the update in a few weeks. We know you'll have a good time meeting friends and enjoying conversation there.



August Happy Hour at Las Guitarras—see you at a new place in September

Education & Presentations

The More You Know about Marin Museum of Contemporary Art (Marin MOCA)

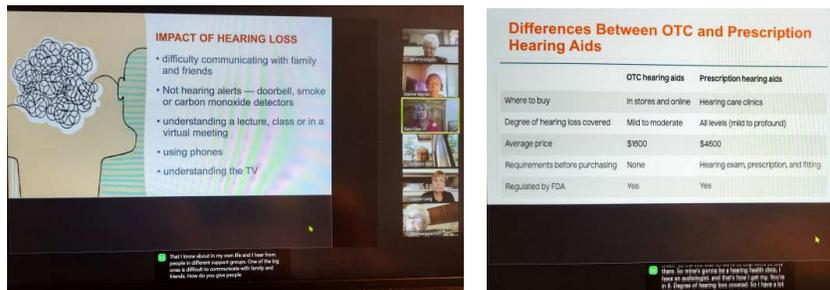
Wednesday, September 13, 11:00am – noon

Zoom presentation—link will be sent to all on Sunday, September 10



Our guest speaker is William Otton, Board Member of MarinMOCA and an artist himself. 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 many features a visitor will enjoy.

Below are photos from our Zoom about hearing loss in August and a link to the Zoom recording: https://us02web.zoom.us/rec/share/NxZTtVVGU1OEeKiHQnr48vR9r-TdwFg3SlalcEkWYcYjRb5J5Y_yixEHh5eylzm.28C0THcbBJW5ww91



	OTC hearing aids	Prescription hearing aids
Where to buy	In stores and online	Hearing care clinics
Degree of hearing loss covered	Mild to moderate	All levels (mild to profound)
Average price	\$1900	\$4600
Requirements before purchasing	None	Hearing exam, prescription, and fitting
Regulated by FDA	Yes	Yes

SAVE THE DATE!

Physician's Order for Life-Sustaining Treatment (POLST) presentation

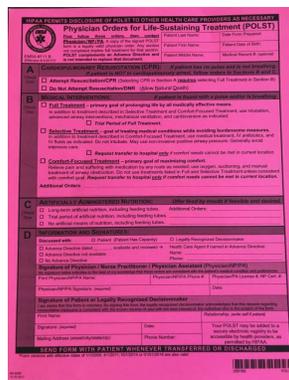
Wednesday, October 11, 2:00pm – 3:30pm

Beth Livoti's home

This *important health document* will be explained at an in-person session limited to 12 people. **RSVP will be required.** It's important to have a basic understanding of the POLST as we age. Learn what a POLST is and hear the answers to these basic questions:

- When & why does a person need to have a POLST in place?
- Does the document need to get changed or updated, under what circumstances?
- What if a person doesn't have a POLST... what could happen?
- Does a person ask the general practitioner/internist to start a POLST or hand the completed document to the doctor?

It is imperative a person have a POLST if they are a DNR, do not attempt resuscitation. Or if they do not want to be on a ventilator under any circumstance. The POLST would need to change if the patient changes their mind regarding medical intervention. Physicians often prefer the patient comes with a completed POLST. However this is something they can complete with the patient. Contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 to **RSVP** and for the address.



This is what the POLST document looks like

Exercise

Novato Village Walkers—Las Gallinas Pond

Thursday, September 7, 9:30 – 10:30am

Las Gallinas Valley Sanitary District, 300 Smith Ranch Rd, San Rafael

We hope to see you at Las Gallinas Valley Sanitary District on Thursday, September 7. This flat, packed-gravel, wide path goes around Pond 1 (and for the more adventuresome, we can walk around Pond 2, as well) at Las Gallinas Valley Sanitary District. The walk around Pond 1 will take about 45 minutes. For those who want to walk a little further, walking around Pond 2 will take at least another half hour. **Please RSVP** to pbailey49@aol.com or (415) 652-9073.

Directions: From Hwy 101 in San Rafael, take the exit for Smith Ranch Rd east approximately 0.7 miles. Drive over the railroad tracks and turn left just after passing under the vined trellis to stay on Smith Ranch Rd. (If you go through the park entrance, you have gone too far.) Follow Smith Ranch Rd 0.8 miles to treatment facility. Park on the left. There are 10 parking spaces; however, this is a popular walk so carpooling is recommended. Also, traffic on Hwy 101 south from Novato to Smith Ranch Rd may be heavy at 9:00am so please leave enough time to get to the start of the walk by 9:30am.



August walk—Rush Creek Preserve is always delightful!

NEW GROUP!

Novato Village Hikers—Ken Harth Waterfall Trail at Indian Valley College campus
Tuesday, September 19, 9:30 – 11:00am
1800 Ignacio Blvd, Novato

Barbara Miller, a Novato Village volunteer, has set up a new hiking group! She says: “Join us for our first *Novato Village Hikers* group to hike the Ken Harth Waterfall Trail. Meet in the upper FREE parking lot #5.”



Ken Harth Waterfall Trail

Please bring water, walking sticks if you use them, and a hat, and wear sturdy shoes or hiking boots. This is approximately a 2-mile hike over some rocky terrain with moderate up and down hills. The hike should end around 11am depending on the pace. Here is a map of the trails at

Indian Valley: https://www.parks.marincounty.org/-/media/files/sites/marin-county-parks/parks-and-preserves/maps/map_indianvalley_ignaciovalley_030723.pdf

Please RSVP to BEMiller249@gmail.com or (415) 298-9514 by September 10 so Barbara knows how many will be doing this hike. Look for her near her white Prius.

Books

Village Book Lovers' Group

Tuesday, September 12, 1:30pm

Meet at Sandra's home—directions will be sent if you RSVP by Monday, September 10

Diana Shima says, "On a beautiful summer's day, six members gathered at my house to discuss our current book. During the meeting we selected titles 'til the end of the year. They are as follows:"

September - *Hail Mary* by Andy Weir

October - *Lessons in Chemistry* by Bonnie Garmus

November - *Queen of Dirt Island* by Donal Ryan

December - *The Sound of a Wild Snail Feeding* by Elizabeth Tova

The next meeting will be held at Sandra's home. **Email your RSVP** to Diana Shima at dianashima3@comcast.net. Come join us!

Fun & Games

Novato Village Mah Jong Club—RSVP required

Tuesdays September 12 & 26, 10:00am – noon

IVC ESCOM Center, 1800 Ignacio Blvd., Novato



This club has been formed to teach people how to play Mah Jong (American rules) and to offer a venue for experienced players to meet. This is not a club where you can 'drop in' with the expectation that you can join a game. **You must contact the club leaders**, so they can plan on the number of people who need lessons or just want to play. **RSVP contacts:** Linda Henderson linda_h@peak.org or Pat Bailey pbailey49@aol.com

Photo above: One of the oldest sets of Mah Jong tiles was discovered in 1870 in the tomb of Wu Pei-chi, a high-ranking Qing dynasty official. The set had 144 tiles and had simple designs that were similar to those in other Chinese tile games at the time.

Groups

Village Viewers Movie Group

Saturday, September 16

Time and location to be announced by email

In August, the movie was *Oppenheimer*, starring Cillian Murphy and Emily Blunt. The story was about Robert Oppenheimer and a team of scientists appointed to work on developing the atomic bomb. The movie was touching and led to a good discussion.



The Village Viewers Movie Group says thumbs up!

The time and location for the September 16th movie 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 write to this email: novatovillage@marinvillage.org.

Village Business

Novato Village Steering Committee

Tuesday, September 19, 3:00pm—**note time change!**

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, 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) or (415) 250-6155).

Technology/Computer Help Office Hours

Wednesday, September 20, 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, 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

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. The fair will have over 130 exhibitors, food, live music, dancing, and other entertainment, along with costumes and booth decorations. Enter the raffle to win free prizes. **Attendance and parking are free.** Free transportation to and from downtown San Rafael, as well. Look forward to seeing you there!

NOVATO VILLAGE ANNOUNCEMENTS

[The Pop-Up Thrift Boutique is coming to life—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 it 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. 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.

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!

AND MORE...

Novato Villagers and guests had a delicious Summer Supper at Sam’s Place on Wednesday, August 30. Some photos from the event.





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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