

Tiburon Peninsula Village

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

November 2023 Newsletter

Cherie Sorokin, editor



Don't know about you, but I love Thanksgiving. It works as a festive day, whether celebrated with friends or with family, or both, or even alone, at a restaurant, or at home, or at a friend's house. And, of course, great food, some of which we only eat once a year on this day, which makes it all the more special. No pressure for gifts. Mythology that we all recognize as such and which we can pretty much ignore these days in favor of just focusing on being grateful...even if just for small things. However you celebrate it, I hope you are able to fill your cup with gratitude, along with a bit of bubbly!

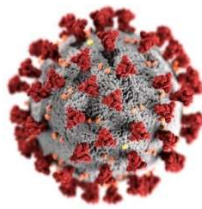
Another November "treat": Daylight Savings Time is retired and we're back to Pacific Standard starting in the wee hours of Sunday, November 5. Don't forget to set your clocks back an hour when you go to bed Saturday night.

Were You at the Volunteer Appreciation Party?

What a great time we had at the Volunteer Appreciation Party last week! Here are a few pictures in case you missed it. I know there were others from TPV present, but these pictures captured Mary Bowles, Ray Reis and Colin Crawford (in each case centered), plus our great office staff Matt, BJ, Karin, and Danielle. John is pictured in the photo with Ray Reis.



Did you get your shots yet?



Now's the time! Get your COVID, flu and RSV shots, and while you are thinking about it, how about the shingles and pneumonia vaccines if you haven't done those already? Better vaccinated than life-terminated! All these vaccines are highly recommended for folks over 65. Wearing masks is a good idea again as well, especially in crowded indoor spaces.

November 11 is Veterans' Day



In this particularly fraught time in the world, it is even more important than ever to remember the valiant service of our military men and women who served us in the past, and those who still serve and protect our country. At the same time let's fervently hope we will be able to avoid putting their battle training to the test in conflicts here or abroad.

You probably know this already,

- Veterans' Day originated as Armistice Day on November 11, 1919, the first anniversary of the end of WWI
- It started to be observed annually in 1926 and eventually became a national holiday in 1938
- In 1954 legislation was passed to change the name to Veterans Day to honor all who served the country during war or peacetime

But did you know as of 2022 there are over 16 million living veterans in the United States, and about 1.8 million of them live in California? Overall, 1.7 million veterans are women, 8.6% of veterans are Hispanic or Latino, 12.7% are Black, 2.1% Asian, and .08% Hawaiian or Pacific Islander and the rest are white (non-Hispanic). About 25% are older than 75, and about 8% younger than 35. Quite a population!

Typically, in Marin County we have a relatively low-key Veterans Day celebration with music, military exercises, and a brief, inspiring address at the Veterans Memorial on the Avenue of the Flags in San Rafael. Because the big auditorium and outdoor parking lot are both closed, not sure if the ceremony will continue to be on the Avenue of the Flags or be moved elsewhere. Best to double check with a veteran you know in Marin for accurate information before you drive up there! But you can also honor our Veterans by tuning in to televised programs that celebrate the day. Or watch this "Songs of Service" video which highlights stories of men and women in our military! It's about 30 minutes, but well worth the time to watch. After that, how about a rousing number from a U.S. military band?

<https://www.youtube.com/watch?v=8cXunlh9n6A>

<https://www.youtube.com/watch?v=bIMBiOD8HIE>

<https://www.youtube.com/watch?v=CXpKJ7IOsRk>

Here's a little Thanksgiving silliness to help make you smile

If you are looking for Thanksgiving-related entertainment, there are some hilarious *Saturday Night Live* skits on YouTube focused on Thanksgiving, but alas not suitable for general distribution in the TPV newsletter. The three silly ones that follow are PG rated!

Remember the Supremes?

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

How about Billy Crystal and Robert DeNiro preparing for the holiday?

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

Need to dance off a few pounds after you finish eating? This might help!

<https://www.youtube.com/watch?v=EhxVexWtE-4>

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

Each Tuesday in November—(November 7, 14, 21, 28), 10:30 to noon or so
Along the Tiburon waterfront



- **Please try to arrive no later than 10:30 so we don't leave without you**
- **NOTE:** November is likely our last month for regular walks 'til spring
- About a half an hour easy stroll along the waterfront, and continuing on to 11:30/11:45 or so if you stay for Dutch-treat coffee at Caffè Acri
- Meet at the fountain at the corner of Tiburon Blvd. and Main
- 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, November 9, 10:30 – 11:30am (back to the second Thursday)
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.
- Look for a happy group of TPV members sitting together outside!

Afternoon Tea

Wednesday, November 29, 3:00pm
At Caffè Acri. Main Street



- Buy your own cup of tea, and TPV will supply the cookies and other goodies
- Watch the weather and dress accordingly!
- Yes, please RSVP to the office so we know to expect you!
- Do let the office know if you need a ride.

SAVE THE DATE**TPV Holiday Lunch**

Saturday, December 16, noon – 3:00pm
Cherie Sorokin's house

Mark your calendars for our holiday gathering! A \$10 donation to Marin Villages will be payable at the door.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, November 1 & 15, 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, November 15, 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. <https://us02web.zoom.us/j/89289995207>!

Not Home Alone—Thanksgiving

Thursday, November 23, 2:00pm

Café Arrivederci, 11 G Street, near 2nd, San Rafael



Join your hostess Donnalee Wells and other Villagers to celebrate Thanksgiving at local Italian comfort-food favorite Café Arrivederci! All Villages members and volunteers are welcome. Menu to be determined, and drinks may be purchased separately at the bar or from the server. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides may be not be available due to the holiday.

Bocce

Friday, November 24, 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 **Note that this will be weather-permitting in November—watch for an announcement from the Marin Villages office.**

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 NEWS & EVENTS

There's always something going on at the Tiburon Library

Gently Used Art Auction

November 2 – 5, 10:00am – 4:00 pm

Hootenanny at the Library

Friday, November 3, 1:00 – 2:30pm

Register with this link. <https://beltib.libnet.info/event/9394603?registration=true>

Medicare Options

Tuesday, November 28, 11:30am – 1:30pm

Register with this link. <https://beltib.libnet.info/event/9296780?registration=true>

Staying Safe in the Community

Tuesday, November 7, 10:30 – 11:30am

Zoom

Hello Marin Villagers! We are a group of Occupational Therapy Dominican students offering an educational session on staying safe in the community. Want to learn about environmental modifications, community mobility, staying connected, and improving balance that can make your life easier and safer? We have designed a fun and engaging program to teach effective strategies. You can help yourself or someone you know with this information and prepare for the future! To register, please use this link. <https://marin.helpfulvillage.com/events/5523-staying-safe-in-the-community---a-zoom-event-from-dominican-university-ot-students>

Winter vaccines—get them!

As we start to spend more time indoors, we are all more vulnerable to viruses, including flu, Covid, and RSV. The County expects cases of all these to rise in the coming months, but you can protect yourself with vaccines. Marin County Public Health is partnering with Safeway and Marin Community Clinics to increase access to flu, Covid, and RSV vaccines. Please note that this particular vaccine service is not available to Kaiser members—please contact Kaiser directly if you are a member to get details on receiving these vaccines. To find a vaccine clinic and/or make an appointment, please use this link.

<https://www.safeway.com/vaccinations/group-clinic/MarinHHS> Call the Marin Villages office if you need a ride!

Technology For Life

With most communication and business transacted on digital devices, familiarity with your phone is more important than ever. Technology For Life has developed *Virtual Instruction for Technology And Digital Literacy* or VITAL to help people learn the ins and outs of their iPhones. The VITAL program consists of a series of short instructional videos to watch and follow along at your own pace. Each video introduces you to the core functions of your iPhone. If you have an iPhone, consider joining this beta-testing period for VITAL. You will receive a loaner iPad that is preloaded with the VITAL app. You can watch the videos while you are practicing on your iPhone, pause, go back and rewatch, and practice as many times as you like. We estimate it will take about a week to get through all of the videos, and you can keep the loaner iPad for up to two weeks. To sign up, please contact Linda: linda@technology4life.org or (415) 325-5790. Space is limited to 10 students in the beta-testing phase; any names beyond that will go on a waiting list.

AND MORE...

A few photos from Italy

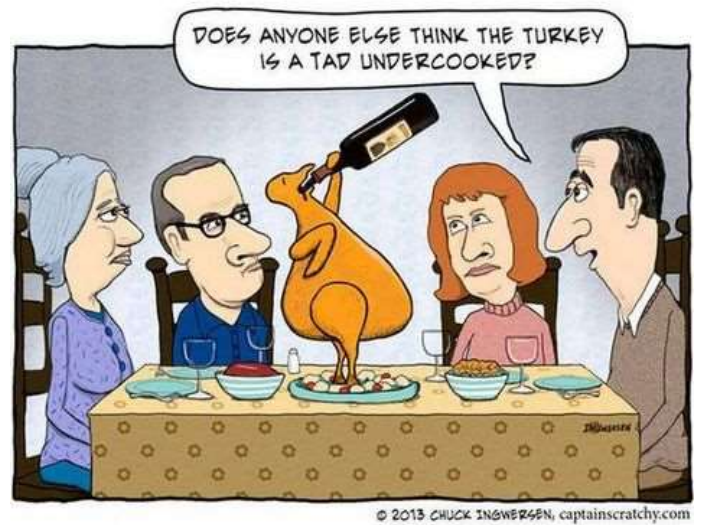
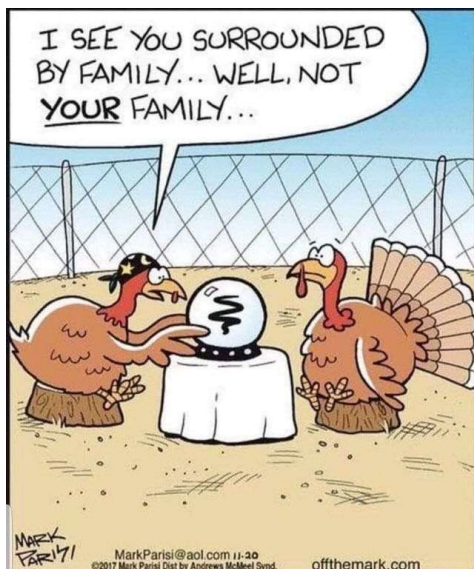
I'm just back from a lovely trip to Ireland and Italy. No pictures from Ireland to share as I was mostly in darkened theaters watching plays, or hearing from directors, playwrights, and actors participating in the Dublin Theater Festival. But, thought you might enjoy a few pictures from my clipper ship cruise and visit to Rome. These are of the ship, a view of the Mediterranean, one of the small villages I visited on the Amalfi Coast, the entry ceiling of the Villa Borghese Gallery in Rome and a photo of the famous Botticelli statue of David in the collection there, and finally St. Peter's Square and a photo of the inside of the basilica. Just a few highlights!







REMEMBER TO LAUGH A LITTLE





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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