



Novato Village

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

March 2024 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-Chairs Beth Livoti and Linda Henderson remind you... Tuesday, March 5, is the Presidential Primary Election in California. Remember to vote, and if you need a ride to your polling place, please call the office in advance at (415) 457-4633 to request one.



Enjoy St. Patrick's Day on Sunday, March 17th—may you find a four-leaf clover!



Monthly quote

"Be careful about reading health books. You may die of a misprint." ~ *Mark Twain*

Samuel Langhorne Clemens, known by the pen name **Mark Twain**, (November 30, 1835 – April 21, 1910) was an American writer, humorist, essayist, entrepreneur, publisher, and lecturer. He was praised as the "greatest humorist the United States has produced," with William Faulkner calling him "the father of American literature." -Wikipedia

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: no new members this month

Volunteer: Mary Stompe

Thank you for giving your time and energy to our village. We look forward to seeing you 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 March 2024 calendar of Novato Village activities...details in this newsletter!

Thursday, March 7, 9:30am – Village Walkers, Indian Valley Campus trail

Monday, March 11, 10:00am – Novato Village Steering Committee, Beth Livoti's home

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

Wednesday, March 13, 11:00am – The More You Know...about Vivalon, Zoom

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

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

Tuesday, March 19, 9:30am – Novato Village Hikers, Ken Harth Waterfall Trail

Wednesday, March 20, noon – Lunch at Moylan's Brewery & Restaurant, 15 Rowland Way

Wednesday, March 27, time TBD – Happy Hour, **new location to be announced**

Food & Drink

CoffeeTea&Chat

Thursday, March 14, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave., Novato

We'll see you at Creekside Bakery in March. Join us to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. For more information, contact hostess Joanne Lang, (916) 716-5800 or novatovillage@marinvillage.org. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.



It was a chilly but cheerful day in February at Creekside Bakery

Lunch at Moylan's Brewery & Restaurant

Wednesday, March 20, noon – 2:00pm

Moylan's Brewery & Restaurant, 15 Rowland Way, Novato

Moylan's Brewery & Restaurant has served Novato residents and visitors since 1995. One customer's Yelp review: "Our server was attentive (didn't keep bugging us about ordering since we clearly were talking, then talking with each other ABOUT what we MIGHT order) and settled in as he saw we were ready to order. Friendly service, accurate, attentive." **Please RSVP** by Monday, March 18, so we can tell the restaurant how many guests we'll have for seating. Plan to pay with 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. Menu link: moylans.com Moylan's serves vegan dishes.



We celebrated the Year of the Dragon at China Palace in February

Happy Hour—watch for details in an email

Wednesday, March 27, time TBD

Location: we're working on it

We're working on the location and time for the Happy Hour in March. We promise there will be a Happy Hour! Keep an eye out for the details, coming via email. We'll be confirming the new location in early March. **Please plan to RSVP when the location is announced**, so we can tell the staff how many guests we'll have for seating. Please plan to pay with cash. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. Meanwhile, we enjoyed our visit to Blacksteer Steakhouse & Saloon in February. It's located at the former Rickey's Restaurant, InnMarin, Novato.



Education & Presentations

The More You Know...about Vivalon

Wednesday, March 13, 11:00am – noon

Zoom

Did you know that Vivalon, once called Whistlestop, has relocated to 999 3rd St, San Rafael? Join our Zoom to learn some of this organization's history and what is being planned for the future. It was founded in 1954 and initially provided transportation, nutrition, social connection, and advice for Marin County's older adults. What's new? Learn from Michele Levine, Vivalon's Healthy Aging Programs manager. Tune into this Zoom presentation and find out what's changed. The Zoom link will be sent to everyone by email on Sunday, March 10 using the novatovillage@marinvillage.org e-blast. We'll see you on Wednesday, March 13!

Exercise

Novato Village Walkers—IVC of College of Marin (COM) (canceled if raining)

Thursday, March 7, 9:30am

Indian Valley Campus, 1800 Ignacio Blvd—use free Parking Lot #5

Does this location seem familiar? Yes, it's the same trail we would have taken in February, but the weather canceled the walk. We will start at the Indian Valley COM *free parking lot #5 (on the left) just before you get to the large pay parking lot* adjacent to the baseball field located at the very end of Ignacio Blvd. The plan is to walk from the parking lot to Indian Valley Rd. It's a very level walk—a wide path, no hills, about a mile round-trip. This is a firm, dirt-packed path. Please RSVP to Pat Bailey at pbailey49@aol.com or text or phone (415) 652-9073.



Some photos taken along the trail we'll visit on March 7th. The trail is flat and the water is under bridges.

Novato Village Hikers—Indian Valley Ken Harth Waterfall Trail (canceled if raining)

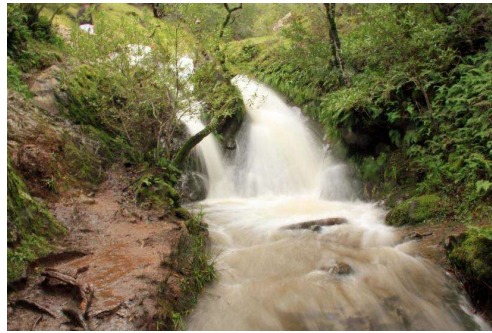
Tuesday, March 19, 9:30 – 11:00am

Indian Valley Campus, 1800 Ignacio Blvd—use free Parking Lot #5

Join Barbara Miller as our Novato Village Hikers group resumes to hike the Ken Harth Waterfall Trail at the Indian Valley Campus of the College of Marin. Meet in the upper FREE Parking Lot #5. Please bring water, sticks if you use them, hats, and hiking boots. This is approximately a

two-mile hike over some rocky terrain with moderate up-and-down hills. The hike should end around 11:00, depending on the pace. **Please confirm** attendance with Barbara by Monday, March 18 by email, text, or phone. bemiller249@gmail.com or (415) 298-9514

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



Ken Harth Waterfall

Books

Village Book Lovers' Group

Tuesday, March 12, 1:30pm

RSVP by Sunday, March 10 to get the location address



Our next meeting will be on Tuesday, March 12th at 1:30pm. The book is *Stiff* by Mary Roach. Directions to Diana Shima's home will be sent out Sunday, March 10 to those who RSVP to Barbara Wein at bwein@mac.com.

Fun & Games

Mah Jong Club

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

ESCOM Center, Indian Valley Campus, College of Marin, 1800 Ignacio Blvd.



This club was formed to teach people how to play American Mah Jong 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. Contact Linda Henderson at linda_h@peak.org, or Pat Bailey at pbailey49@aol.com.

Groups

Village Viewers Movie Group

Saturday, March 16, time and location to be announced by email

In February, we viewed the movie *Bob Marley: One Love* starring Kingsley Ben-Adir and Lashana Lynch. This story celebrates the life and music of Bob Marley, an icon who inspired generations through his message of love and unity. We all liked it. The next movie will be announced the Wednesday before the event by email. Hope to see you there! Contact Joanne Lang with questions or movie suggestions, at (916) 716-5800 or novatovillage@marinvillage.org.



Thumbs up for the movie Bob Marley: One Love!

Village Business

Novato Village Steering Committee

Monday, March 11, 10:00am

Beth Livoti's home

The date and time of the Steering Committee meeting have changed. Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Mill Valley Village Men's Coffee

Wednesdays, March 6 & 20, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, 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 St. Patrick's Day

Sunday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth Street, San Rafael, between F and G

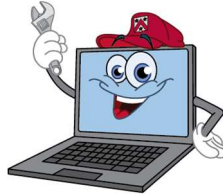


Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early supper at Whipper Snapper Restaurant, a charming family-owned Restaurant in San Rafael. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited. Please bring **CASH** for your meal and drink, no credit cards. RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. If you need a ride, please call the office. (415) 457-4633 The event will be indoors. The fixed-price menu will include your choice of a wonderful corned beef and cabbage entree or choice of a fish, chicken, or vegetarian entree. A more detailed menu will be emailed to you upon your RSVP.

Technology/Computer Help Office Hours

Wednesday, March 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, March 22, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend an afternoon than on the bocce court?! 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

How Sight Works and Common Causes of Low Vision and Blindness + Q & A

Wednesday, March 6, 11:00am – 1:00pm

Zoom link will be sent to those who register



Denise Barsness, CRA, COMT, ROUB, CDOS, has been an ophthalmic imager/technologist for 43 years. She worked 46 years in ophthalmology as a medical and surgical photographer and she is known for her easily understood explanations and analogies. Her husband has a severe vision impairment. Denise recently retired as the technical director of the Sutter Health/CPMC Department of Ophthalmology, Ophthalmic Diagnostic Services after a 30-year career there. To participate call (415) 459-5066 or info@bvim.org. The Zoom link will be sent on Monday, March 4, and again on Wednesday morning, March 6.

Overdose Prevention and Narcan Training

Sunday, March 10, 12:30 – 1:00pm

St. Anthony of Padua Church, 1000 Cambridge St., Novato

An event designed to teach participants about overdose risks, including fentanyl, and how to administer Narcan to reverse an opioid overdose. To register, please use this link.

<https://www.surveymonkey.com/r/9H5M6QQ>

Mind & Body Well-Being for Professionals

Tuesday, March 26, 5:30 – 7:00pm

560 Bugeia Lane, Novato

This talk will be presented by two wellness professionals who will speak to the importance of whole-body well-being for life success. Life can be stressful and overwhelming. Give yourself the gift of time to focus on managing stress, decreasing overwhelm, and improving your well-being! RSVP to (415) 897-9609 or sherri@valleymemorialpark.com

NOVATO VILLAGE ANNOUNCEMENTS

Happy 95th birthday, Marie Lazzari! Patricia Bailey (right) is giving Marie her Club 90 pin. Marie has earned it. ❤️



HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an r 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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