

Tiburon Peninsula Village

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

April 2024 Newsletter

Cherie Sorokin, editor



No one really knows the origin of April Fools' Day, but some say it dates back to the year the Gregorian calendar replaced the Julian calendar, moving the first day of the year to January 1, from around April 1. News travelled more slowly in those days, so some people continued to celebrate the new year in April. They came to be known as April Fools and were teased with pranks and hoaxes and, of course, jokes, some of which were decidedly not so funny! There's also speculation that the origin is tied to the unpredictable weather that can play tricks on folks ready for spring to start in early April, only to be fooled by a major snow storm. In any event, pranks and hoaxes caused by Mother Nature or others have become a regular staple on April 1. Remember, if you plan to engage in some pranking of your own, those born on March 31 are the easiest to fool. They were literally born yesterday!

Luck of the Irish?



TPV members Julie Friedman, Ellie Schamber, Betty Williams and Ray Reis all attending the St. Patrick's Day Not Home Alone Lunch and all four won a plant in the raffle! They felt so lucky they bought a lottery ticket on the way home and won \$50 which they split among them! There must have been a leprechaun following them around!

Spring makes you want to sing, doesn't it?

Here are some happy tunes from around the world. Sing along!

<https://www.youtube.com/watch?v=h4bc9UwZsYs&list=RDq4T37EaW4eU&index=13>

https://www.youtube.com/watch?v=xFrGuyw1V8s&list=PLluMnu_IJkEAljUjtV7pcGarsphLZ-Ru

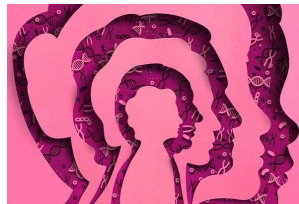
<https://www.youtube.com/watch?v=PrSMPb5yufE>

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

<https://www.youtube.com/watch?v=Ef7UlnZyAfc>

<https://www.youtube.com/watch?v=AZxrvslGt5w>

Ever wonder why we age? Check out this recent article from the *NY Times*



<https://www.nytimes.com/2024/03/20/well/live/aging-biology-dna.html>

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

TPV Morning Coffee and Chat

Thursday, April 11, 10:30 – 11:30am

Rustic Bakery, Tiburon



Join us on the boardwalk at the tables in back outside, unless it's raining or freezing! If the weather doesn't cooperate, we'll enjoy our coffee inside. If you need a ride, please call the office! Otherwise, no RSVP needed. Look for a happy group of TPV members sitting together outside (or inside, if it's cold or rainy)!

Happy Hour at Sam's

Tuesday, April 16, 4:00 – 5:30pm



By popular demand, the Happy Hour at Sam's is back. We may be outside on the deck, maybe inside, depending on the weather. Either way it can be chilly, so dress accordingly. TPV will buy you one drink and some appetizers for the crowd. After that you are on your own. Yes, please do RSVP to the office so we know how many to expect and be sure to let the office know well in advance if you need a ride! (415) 457-4633

TPV Afternoon Tea

Wednesday, April 24, 4:00 – 5:00pm (Note later time for this month only!)

Caffe Acri



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, and do let the office know if you need a ride.

Exercise

Weekly Morning Stroll Followed by Coffee

Each Tuesday (unless it's raining!)

Along the Tiburon waterfront

10:30 to noon or so



- The stroll is back, now that the weather is likely to be more cooperative than it has been the past few months
- 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
- **Please try to arrive no later than 10:30 so we don't leave without you**
- **NOTE: if it does rain, we won't meet**
- Meet at the fountain at the corner of Tiburon Blvd. and Main Street
- 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

OTHER MARIN VILLAGES EVENTS

Mill Valley Village Men's Coffee

Wednesdays, April 3 & 17, 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 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, April 17, 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, April 26, 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

Not Home Alone—Mothers and Others Day

Sunday, May 12, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a Mothers and Others Day early supper on the beautiful patio, weather permitting, at Café Arrivederci; otherwise it will be inside. Menu TBD. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

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 EVENTS

There's always something going on at the Tiburon Library

Join the Civil Grand Jury

Thursday, April 4, 1:30 – 3:30pm

Founders' Room

Learn how to join the Marin Civil Grand Jury, a watchdog organization made up of independent citizens concerned about issues in Marin.

The Marin Harmony Chorus at the Library

Saturday, April 6, 3:00 – 4:30pm

The chorus will be filling the library with songs sure to lift your spirits. Register here:

<https://beltib.libnet.info/event/10321943?registration=true>

The Short Story Hour

Wednesday, April 10, 2:30 – 3:30pm

Thoughtful discussion of classic American short stories. Register here:

<https://beltib.libnet.info/event/9844534?registration=true>

Mail Contacts and Calendars

Tuesday, April 23, 11:00 – noon

An engaging workshop to help you unlock the full potential of your iPhone email, contacts and calendar tools. Register here: <https://beltib.libnet.info/event/10183297?registration=true>

About “Coming About,” with historian Dave Gotz

Wednesday, April 24, 6:00 – 7:30pm

Eight short films about the design and construction of the downtown Tiburon Plaza fountain, “Coming About.” Register here: <https://beltib.libnet.info/event/10432569?registration=true>

Senior Expo 2024

Friday, April 26, 10:00am – 2:00pm

Learn about various services for seniors on the Peninsula. Register here:

<https://beltib.libnet.info/event/10401069?registration=true>

AND MORE...

A few pictures from my cruise to Hawaii

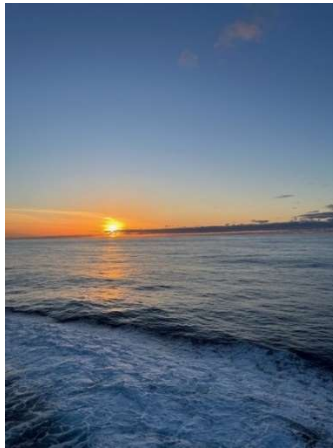
Sometimes the ocean was calm—almost like a pond... Sometimes it was not!



Fortunately, the volcano was at least temporarily calm, but it was blowing off quite a bit of steam along the path leading up to the crater.



One of the beautiful sunsets for which Hawaii is famous.



We stopped in Ensenada, Mexico on the way back. The “Crown Princess” is in the background.



Fish anyone? Every conceivable kind can be found in this market at the port.



It was a great trip, except I had a bad fall on the street in Honolulu and banged up my head and face and needed 10 stitches in my knee. Still recuperating, but grateful I didn't break anything! Here's a goofy picture of me with a temporary towel ice pack on my head and a red and swollen nose, but before the bruises showed up that made me look as if I'd been in a street fight!



REMEMBER TO LAUGH A LITTLE

Memory!

There was a young fellow who thought
Very little, but thought it a lot.
Then at long last he knew
What he wanted to do,
But before he could start, he forgot.

My memory is so bad, I could plan my own surprise party!

I forget things so often, my memory is thinking of suing me for neglect!



Some books you may not have read yet, courtesy of Ginny Doyle!

(Say them out loud if you don't get these on first reading!)

"How to Write Big Books" by Warren Peace
"The Lion Attacked" by Claude Yarnoff
"The Art of Archery" by Beau N. Arrow
"Songs for Children" by Barbara Blacksheep
"Irish Heart Surgery" by Angie O'Plasty
"Desert Crossing" by I. Rhoda Camel
"School Truancy" by Marcus Absent
"I Was a Cloakroom Attendant" by Mahatma Coate
"I Lost My Balance" by Eileen Dover and Phil Down
"Mystery in the Barnyard" by Hu Flung Dung
"Positive Reinforcement" by Wade Ago
"Shhh!" by Danielle Soloud
"The Philippine Post Office" by Imelda Letter
"Things to Do at a Party" by Bob Frapples
"Stop Arguing" by Xavier Breath

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org