



NOVATO VILLAGE

January 2019 Newsletter

We encourage members and volunteers to bring guests to Novato Village events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event. Also, check out marinvillage.org to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

Tuesday, January 8 **2:30-4:00pm**
Book Lovers' Club

Wednesday, January 9 **10:30am-noon**
Monthly Coffee

Wednesday, January 16 **4:00-6:00pm**
Happy Hour at Wild Fox

Thursday, January 17 **1:30-3:30pm**
Let's Play Boggle

Tuesday, January 22 **2:30-4:00pm**
Steering Committee

Wednesday, January 23 **Noon-1:30pm**
Monthly luncheon

Holiday Luncheon



BOOK LOVERS' CLUB

When: Tuesday, January 8, 2:30-4:00pm

Where: Diana Vine's home (call Diana for address)

Contact: Diana Vine 415-883-0144

Strangers in Their Own Land by Arlie Russel Hochschild will be discussed.

MONTHLY COFFEE

When: Wednesday, January 9, 10:30am-noon

Where: Community Room, NovaRo III, 31 Pinheiro Circle, Novato

Directions: 101 north to San Marin exit, left on San Marin Dr., left on Redwood Blvd., right on Pinheiro Circle

Parking: Street parking is available on Pinheiro Circle and also on Redwood Blvd. (Please be careful not to park in designated resident spaces. Thanks!)

Contact: Marge Jackson marge-32@hotmail.com

HAPPY HOUR AT WILD FOX

When: Wednesday, January 16, 4:00-6:00pm

Where: Wild Fox, 225 Alameda Del Prado, Novato

Contact: Marge Jackson marge-32@hotmail.com

LET'S PLAY BOGGLE

When: Thursday, January 17, 1:30-3:30pm

Where: Jean Gunn's home. Contact Jean for address.

Contact: Jean Gunn jmbgunn@gmail.com

STEERING COMMITTEE

When: Tuesday, January 22, 2:30-4:00pm

Where: Marin Community Foundation

Contact: Jean Gunn jmbgunn@gmail.com

MONTHLY LUNCHEON

When: Wednesday, January 23, noon-1:30pm

Where: Boca Tavern, 340 Ignacio Boulevard Novato

Contact: Joanne Keenan jkeenan@pacbell.net

Pre-New Year's Happy Hour



Though the following are not Marin Village sponsored events, they may be of interest to members and volunteers.

MARIN COUNTY SEEKING SENIOR PEER COUNSELORS

Are you 55 or older and looking for a volunteer commitment that will provide the opportunity for personal growth? The Marin County Senior Peer Counseling program is seeking committed, compassionate volunteers to provide supportive counseling to seniors in Marin.

The Peer Counseling Program will offer its six-week training session, beginning in mid-February 2019. The program provides supportive counseling to seniors in Marin County. Volunteers will receive education on issues of aging, training in basic counseling skills and extensive information on community resources. Trained volunteers make weekly visits to clients in their homes, and help them deal with aspects of aging while providing emotional support and practical resources to help comfort and empower them. Weekly group supervisions led by a mental health professional provide volunteers with support to be successful in their role.

For more information, please contact Rachel Gila, R.N. Rgila@marincounty.org or 415-473-2871.

HEAR WHAT MEDICAL EXPERTS ARE SAYING ABOUT HEALTHY AGING

Registration for the 2019 College of Marin Mini-Medical School Program is now open. College of Marin presents the fourth annual Mini-Medical School: Medical Science and Aging. This year's two-part seminar will take place on Saturday, January 26 and Saturday, February 2 from 9:00 a.m. to 12:00 noon in the James Dunn Theatre, Kentfield Campus. The seminars have been developed with a focus on the second half of life, normal human aging, and avoiding diseases. Seminar content is appropriate for passionate and curious adults, both young seniors boomers, maturing adults, and students and community

members of any age who have an interest in the second half of life. This is a complimentary, no-fee seminar. Suggested donation \$25-50. All ages are welcome.

Program partners have included top medical school clinical professors as well as respected researchers from Stanford University; University of California, Davis; University of California, San Francisco; and Kaiser Permanente. Featured topics: : Orthopedics, Sexuality, and Palliative Care. Register at <https://com2019mms.eventbrite.com>

If you have questions or would like to volunteer at this event, please call (415) 485-9500 or email: minimed@marin.edu

EVENT: Community Mural Project

WHEN: Sunday, January 13 1:00-4:00pm

WHERE: Hill Community Room, 1560 Hill Road, Novato (across the courtyard from Margaret Todd Center)

This is the final opportunity for all ages and skill levels to participate in designing Novato's community mural which will demonstrate our town's values of inclusion, respect, diversity, kindness, participation, and so much more. Novato Age Friendly sponsors the event and will provide pizza or snacks.