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MARIN  
VILLAGES



Our Paths - Our Choices

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

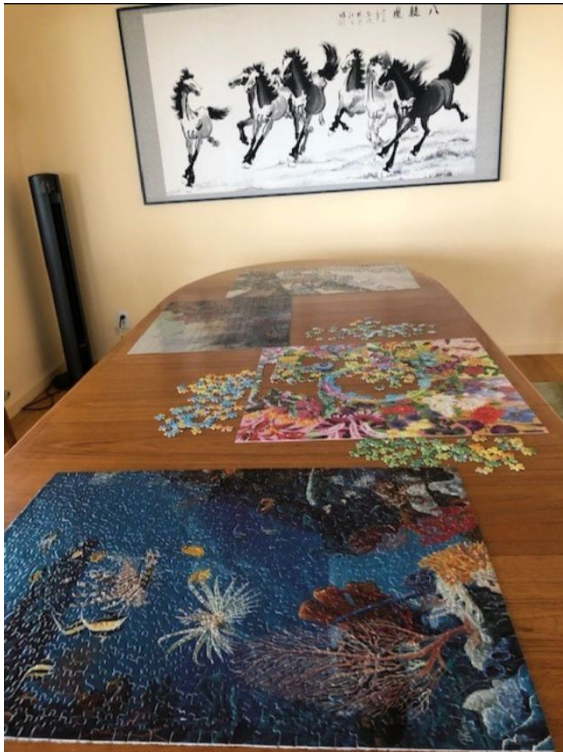


## TIBURON PENINSULA VILLAGE NEWSLETTER

JUNE 2020

### HOW ARE YOU SPENDING YOUR TIME?

Since I'm not using my dining room table for entertaining, I decided to fill it up with 500- and 1000-piece jigsaw puzzles. Normally I don't do them at home—just on long cruises at a communal table. And with good reason: I really do get obsessed. Fortunately, they provide welcome relief from shelter-in-place boredom, guilt that I'm not organizing my closets, and worries about the state of the universe!



How about you? How are you spending your time? Send me a note or a photo suitable for sharing in our next newsletter! Cherie Sorokin  
[Cheryl.sorokin@gmail.com](mailto:Cheryl.sorokin@gmail.com)

If you haven't yet found something fun to do at home, or are looking

for some new and different suggestions, check out the Marin Villages weekly list of Things to Do While Sheltering in Place on our website.

[www.marinvillages.org](http://www.marinvillages.org)

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## LOCAL VILLAGE EVENTS (open to all, unless noted)

Note: Most TPV events during this period of sheltering-in-place do not require an RSVP and will be offered via Zoom. Just put the date on your calendar and click on the link that will be sent to you from TPV a few days before the event, and again on the day itself as a reminder. If you don't have access to the internet or just want to phone in to a meeting rather than joining by video, please call the office for information on the number to call and the meeting ID and password.

### (Virtual) Food & Drink

#### **TPV Coffee Hour via Zoom**

Thursday, June 11, 11:00am

Join Cherie and Gatian and other TPV members and volunteers for a cup of coffee and a chat.

No RSVP required.

#### **TPV Happy Hour via Zoom**

Tuesday, June 23, 4:00pm

BYO beverage of choice and share some good times with Cherie and Gatian and other TPV members and volunteers. No RSVP required.

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## MARIN VILLAGES EVENTS

### **Staying Safe and Sane While Sheltering in Place**

Friday, June 18, 4:30 – 5:30pm

Zoom

Hope you can join this program to hear practical tips on staying safe and sane during the pandemic, offered by **Sue Steele**, MA psychotherapist, and Marin Villages board member, and **Patricia Stamm**, MD, psychotherapist, and Novato Village member. They both are still practicing therapists and have lots of useful information to help us all navigate through the changes in our lives brought about by the



coronavirus. RSVP to the office if you want to attend.

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## COMMUNITY EVENTS

### Library Online

[Click here](#) to find new movies, books, and music to download, stream, and enjoy free with your Belvedere–Tiburon library card!

### Online Events at The Ranch

Dates and times vary. Sign up at [www.theranchtoday.org](http://www.theranchtoday.org). Among the current virtual offerings:

- Live online fitness classes (yoga, Anusara yoga, yoga fusion, Pilates, chair yoga, chair aerobics, Zumba, HIIT)
- Live arts classes (acrylics and oils)
- Live language (German conversation)
- Free fitness and art videos and
- Marin social sports – eSports, Team Trivia, and Bingo

### Fresh Produce from Servino

Servino has been selling fresh produce boxes for contact-less curbside pickup. You may also purchase a box for someone in need, which Servino will deliver and match two boxes of their own for every five purchased through the restaurant. Visit their website [www.servino.com](http://www.servino.com) and click "Online Ordering." Or call (415) 435-2676 for additional information.

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## TIBURON PENINSULA VILLAGE ANNOUNCEMENTS

**Survey!** Please respond to the Marin Villages survey that was emailed on Wednesday! We really want your thoughts about possible new activities and services that might be of interest to you. If you receive this newsletter in the mail, a paper copy of the survey was included for you to fill out and return by mail—or you can call Cherie Sorokin or Gatian to provide your answers over the phone. Thanks for your help!

**Spring Solicitation in Still in Progress** Thanks to those of you who have contributed to our annual Spring Solicitation for donations to Marin Villages. For those of you who haven't yet, it's not too late to

contribute, or to ask your friends and neighbors to help us out!  
[www.marinvillages.org](http://www.marinvillages.org) or (415) 457-4633

**Zoom Training** If you haven't yet learned how to use Zoom, we are happy to offer more one-on-one training for TPV members and volunteers. Just call the office to let them know you are interested, and we will arrange it. (415) 457-4633

**Where's Your Inner Poet?** Don't forget to send in a poem or two for the Marin Villages book we are trying to create! No experience necessary. Let's make sure Tiburon Peninsula Village is well represented. Send your submittals to [Cheryl.sorokin@gmail.com](mailto:Cheryl.sorokin@gmail.com) or Cherie Sorokin, 120 Geldert Dr., Tiburon.

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## HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms and online donations.

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