

[View this email in your browser](#)

MARIN
VILLAGES



Our Paths - Our Choices

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



SAN RAFAEL VILLAGE CALENDAR OF EVENTS

AUGUST 2020

“Aging is an extraordinary process whereby you become the person you always should have been.” ~ David Bowie

LOCAL VILLAGE EVENTS (open to all, unless noted)

Due to the shelter in place order, our groups and meetings will be held on Zoom. If you need technical assistance on Zoom use, please contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net. Please note that other Marin Villages are also hosting Zoom activities that you are welcome to join. Check out their monthly calendars at www.marinvillages.org.

If you have suggestions for Zoom groups/activities or non-Zoom ideas for San Rafael Village, please contact Sparkie at oksparkie@aol.com

Movie Group

Sundays, August 2, 9, 16, 23, 30, 7:00pm

San Rafael Village has a new movie group! We meet on Zoom on Sundays at 7:00pm every week to discuss, in our highly entertaining but

by no means high-brow group, a film selected from Netflix. We invite you to join the talk or just listen. If you are interested in joining the mailing list (invitations are only sent to those who request them), contact Karen Gray at karenkasavana@gmail.com or (714) 403-3345.

Book Chat

Monday, August 3, 2:00 – 4:00pm

Please join us on Zoom to share and talk about what you have been reading lately! Val Stilson will send out the Zoom link to the group the evening prior to the meeting. Please RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net. Hope you can join us!

Every Wednesday Coffee Chat

Wednesdays, August 12, 19, 26, 2:00pm

Don't miss the opportunity to visit with some of your San Rafael Village friends and perhaps meet new ones on Zoom! Most chats will have a designated topic to get the conversation going, but the talk could go anywhere. All are encouraged to contribute their "two bits" to the discussion. Or you could just be a listener. The third Wednesday of each month will be hosted by Val Stilson, who will do a check-in with all participants and then open the discussion to whatever subject is on your mind, from the news to what's in your backyard. Carole will send out the Zoom link for the Wednesday Chats to all Village members and volunteers the day/evening prior. Contact Carole Sherick at (415) 479-0930 or email cscherick@gmail.com with questions or suggestions.

The August 5th Wednesday Chat is cancelled this month. Instead join us the next day for a Zoom Happy Hour!

Happy Hour!

Thursday, August 6, 5:00 – 6:00pm

Join San Rafael Village in our first ever Zoom Happy Hour! Grab a snack and pour your beverage of choice and Zoom in to meet your Village friends for an hour of lively conversation. Get ready for some fun as we travel virtually to anywhere you wish. A link to sign in for Happy Hour will be sent to all villagers the day before. Questions? Contact Carole at (415) 479-0930 or cscherick@gmail.com.

Dealing with Loss

Monday, August 10, 2:00pm

Dealing with Loss is a support group coming together once a month on Zoom. **There is still one slot available for a new participant.** This is an intimate exchange of like-spirited people reaching for deep personal sharing, support, and learning new tools. It is facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. Contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and for the Zoom link.

Villages Book Club

Thursday, August 27, 12:30pm

Please join us this month! You don't have to read the book first; just come meet us and see for yourselves what a lively group of six readers we are. Everyone welcome. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Village Business

Membership/Volunteer Committee

Wednesday, August 12, 1:00 – 3:00pm

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Program Committee

Friday, August 14, 1:30 – 3:30pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930.

Steering Committee

Friday, August 21, 1:30 – 3:30pm

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com or (415) 250-3172.

MARIN VILLAGES EVENTS

Advance Healthcare Directives

Tuesday, August 11, 3:00pm

Don't put off thinking about end-of-life choices! Dr. Mits Tomita, a retired family practice physician, will Zoom with us to discuss advance healthcare directives. This discussion will be hosted for Marin Villages by Compassion & Choices, a nonprofit working to improve individuals' personal end-of-life choices. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

Growing Up in Ireland During the Troubles

Wednesday, August 26, 3:00pm

Colin Crawford, a Marin Villages volunteer whom many of you know from our Zoom training workshops, will talk about his experiences growing up in Belfast, Northern Ireland, in the 70s and the issues and realities of life there at that time. It was a period of unrest and danger that spawned a civil rights movement, sectarian violence by Catholic and Protestant paramilitary groups, and the collapse of government and direct rule from the UK. You must RSVP to the office to receive the Zoom link for this program. (415) 457-4633 or info@marinvillages.org

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) for application forms and online donations.

Copyright © 2020 Marin Villages, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).



