



# ROSS VALLEY VILLAGE

## April 2019

### A Nostalgic Day with Jason Lewis seeing pictures of a by-gone Marin.

Ross Valley and Twin Cities Villages held a luncheon for over 100 Marin Villages and guests on Saturday, March 2 in Drake's Landing community room. Longtime resident and Marin history buff, Jason Lewis, gave a fascinating presentation on Marin History from the 1950's to the present showing photos and videos of significant buildings, movies and people and events in the past.



*Loulie Sutro welcoming guests*

Marin Villages' founder, Loulie Sutro, opened the event sharing her story of the how she adopted the model from Boston while serving on the Marin Grand Jury. Jason engaged the guests with questions about their own memories and had them share how long they had lived in Marin. Everyone visited and enjoyed the plentiful luncheon buffet provided by volunteers.

Everyone learned that in 2018 volunteers dedicated 17,000 hours on behalf of the organization, including giving 6,500 rides to medical appointments shopping and events and 55 companionship visits and walks.

See more pictures on our website – [marinvillages.org](http://marinvillages.org)



*Jason Lewis - Speaker*

Celebrating our 10<sup>th</sup> year Marin Villages is proud to be an important part of Marin's recent history.

### Ross Valley Villages March Happy Hour with Twin Cities members and volunteers



On March 18, 14 members, volunteers and Marin Villages staff member Diane Castro all visited with each other over wine and appetizers at St. John's in Ross.

With attention to learning about each other in order to develop new friendships everyone shared a little about themselves with the group before general socializing. As with all events we learned that we have members with a diversity of talents and backgrounds, who are all looking to get to make new friends and acquaintances.

**Ross Valley Villages Steering committee welcomes Victoria Saxe as a new member of the committee. Thanks to her ideas we are looking into creating a knitting group and a painting group. We are happy to have her join and welcome others to come to our meetings if you like to plan events or want to use your skills and time to help Marin Villages better support our members. We appreciate your ideas.**

**NEXT Ross Valley Villages steering committee meeting**

**Thursday, April 11 10:00 am -12:00**

**Location: Loulie Sutro's home. Call the office for directions or for a ride to the meeting.**

**What's Happening in Ross Valley Villages**

If you would like to participate in any of the activities below and need transportation, please call the office at 415-457-4633 to arrange a ride.

**Breakfast with friends at Fairfax Cafe**

**Wednesday, April 17, 9:30 to 10:30 am (3rd Wednesdays)**

**33 Broadway, Fairfax**

Join us for our informal monthly social hour over coffee and breakfast (you cover the cost) Make new friends and keep the old--bring your neighbor, friend, a family member or show up on your own! A joint event by Age Friendly Fairfax.

**Age Friendly Speaker Series Twin Cities Villages "Who can help me with this?"**

**Wednesday, April 17 11am -12:30 pm**

**Corte Madera Recreation Center, 498 Tamalpais Drive.**

An informative panel of service providers offers answers to the big and little questions that challenge older Marin County residents. Facilitator: Chloe Cook, Marin County Aging and Adult Services

**Coffee at Farmhouse Local with Twin Cities Villages**

**Thursday April 18, 10-11:30am**

**Farm House Local 25 Ward St. Larkspur**

Just show up have coffee pastry and conversation. Park in the main lot, if driving.

**San Anselmo Library Speaker Series: Talking Tomatoes with Marin Master Gardener Joe Jennings**

**April 20, 2019, 11:00 AM - 12:00 PM @ Council Chambers**

Learn about the joys of growing your own juicy ripe tomatoes in Marin County with Marin Master Gardener Joe Jennings! You'll hear about the basics for planting, watering and maintaining your plants, which varieties grow well in our area, methods for scaffolding along with drought management strategies. Joe Jennings grows vegetables year- round in his home garden. He graduated from Whitman College and earned an MBA from the University of Washington.

**Age Friendly Fairfax Monthly Forum: "Are my Ducks in a Row? Part Two: Conversations and Medical Planning "**

**Friday, April 26, 1-2pm**

**Fairfax Library, 2097 Sir Francis Drake Blvd.**

Now is the best time to learn the options and issues you'll need to address in your later years regarding your health. Beginning with a heart to heart conversation with yourself and your family will greatly support the process of getting prepared and then moving on to your paperwork, including having an Advance Directive for Healthcare, a POLST, and making final arrangements.

### Ask an Expert Monthly Gathering:

Friday, April 26 12:30-1 pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Meet one-on-one if you have concerns or questions about resources for older adults in Fairfax and Marin. Stay for the Fairfax Forum right after. See below.

### Save the Dates

#### Lunch by the Bay for Ross Valley and Twin Cities Villages members and Volunteers

Wednesday May 8 Jason's Restaurant, 300 Drakes Landing Rd, Greenbrae

Come join others for lunch and conversation. Set price of \$25.00 per member. Guest must pay for beverages ordered. Please RSVP at 415-457-4633 or to [info@marinvillages.org](mailto:info@marinvillages.org).



#### Poles Class

Monday, May 20 3-5pm

St. Johns Episcopal Church, Ross

**LEARN ABOUT USING POLES FOR HIKING, WALKING, EXERCISE, HEALTH AND FITNESS**

Join well known fitness and wellness educator JAYAH FAYE PALEY as guides us in how to use hiking poles for walking, balancing and for maintaining mobility and independence. When PoleWalking, you feel taller and more confident! Learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.

### Join us in Celebrating our 10th Anniversary!



#### # 1 Event – The Art of Dim Sum

Join us for this unique event combining fun and fundraising. Learn to make Dim Sum from an expert! And leave with the recipes.

Spend an afternoon devoted to Dim Sum with chef and author of the book, *Dim Sum: The Art of Chinese Tea Lunch*, Ellen Blonder. This special, hands-on make and feast event combines fun and fundraising at the Livoti's fabulous kitchen in Novato.

[Click here to reserve](#) your spot with a donation of \$75 per person (of which \$60 will be tax deductible) or call the office at 415-457-4633 Space is limited to 25.