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



SAN RAFAEL VILLAGE CALENDAR OF EVENTS

NOVEMBER 2020

Wishing you all a very happy and healthy Thanksgiving!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

New Member: Ed Bosco

New Volunteer: Nicole Mezo

We look forward to seeing you at an event soon! Thank you for giving your time and energy to our village.

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 with 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.

You and Your Library

Friday, October 30, 2:00pm

How many years ago was it you first walked into your local library? Most likely you were holding the hand of one of your parents. You've certainly changed, and so has the library! William Calhoun, a librarian at the City of San Rafael Library, will talk about all the services available from today's library. He will share how to connect with the library from your home, how to check out books, stream movies, download books onto your e-reader, and more. There will be a time after his presentation to ask questions. Find out how valuable your library can be for you as we navigate today's times. Contact Carole Sherick at csherick@gmail.com to get the Zoom link.

Movie Group

Sundays, November 1, 8, 15, 22, 29, 7:00pm

San Rafael Village loves our 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, November 2, 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!

Wednesday Coffee Chat

Wednesday, November 11, 2:00pm

We have changed to once-a-month Coffee Chat on the second Wednesday of the month for the time being, so don't miss it! Join us for

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. 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 csherick@gmail.com with questions or suggestions.

Dealing with Change

Thursday, November 12, 2:00pm

A recent meeting of the *Dealing with Loss* group found each of the seven members in a uniquely positive mindset. Facilitator Jackie Hewitt invited the participants to consider reinventing the intention of the group or disbanding, which it seemed no one wanted to do. Marjorie Kurtzman, a career psychotherapist, inspired their reinventing themselves to greet the larger issue of CHANGE, an issue that everyone is dealing with in these challenging days, be they young or old.

Aging offers both predictable and unpredictable changes, in a world already fraught with them. The outside world seems to be reaching the same tipping point we experience in the aging process, be it in the moment or waiting in the wings. Both require incredible flexibility. The umbrella of change includes loss, positive transformation, and optimism, coupled with skills each of the existing members, through supporting each other, seem to have mastered.

These positive, warm-hearted Villagers who have supported each other through so many life challenges are **opening two spaces for new participants**. Perhaps as you read this it calls out to you to be among this proactive and all-embracing intimate group. If so, please contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and for the Zoom link.

Happy Hour!

Tuesday, November 17, 5:00 – 6:00pm

Join San Rafael Village in our monthly 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. Look for notices about the Happy Hour and get ready for some fun. 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 csherick@gmail.com.

Read Aloud—NEW!

Wednesday, November 18, 6:30 – 8:00pm

Please join us on Zoom to read aloud a short piece from any printed source that has captured your interest—profound, funny, personal, meaningful. Group participation—listening, comments and discussion—is encouraged from all, even if you prefer not to read. Please RSVP to Carole Sherick at (415) 479-0930 or csherick@gmail.com. Carole will send out the Zoom link the evening prior to the meeting. Hope you will join us!

Villages Book Club

Wednesday, November 25, 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 readers we are. Everyone welcome. This month's book is *The Book of Troublesome Creek*. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Not Home Alone – Thanksgiving via Zoom

Thursday, November 26, 4:00pm

Not looking forward to spending Thanksgiving alone? Join Donnalee Wells on Zoom and celebrate the holiday with fellow Villagers. You are encouraged to have something to eat with the group, perhaps a slice of pumpkin pie! Join the fun and good conversation. Think about what three fictional characters you would invite to dinner. A movie to follow will also be suggested. RSVP to Donnalee at ibrakeforestatesales@comcast.net to receive the Zoom link.

Village Business

Membership/Volunteer Committee

Wednesday, November 11, 1:00pm

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, November 13, 1:30pm

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, November 20, 1:30pm

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.

COMMUNITY EVENTS

COVID 19 and Mental Health: Fresh Perspectives

Presentation to the Marin Commission on Aging

Thursday, November 5, 10:00 – 11:00am

Learn how older adults can become more resilient and responsive to the mental health impacts of COVID-19; understand recommended actions addressing the effects of the pandemic on mental health; and hear an overview of mental health and psychosocial supports available throughout the world. No RSVP required. To join the Zoom meeting:

<https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2l6bkVRZEdLZEISQT09>

Meeting ID: 889 9940 5569

Passcode: 286826

Dial in number 1+ (669) 900-6833

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.

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