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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

DECEMBER 2020

Wishing you all very happy and healthy holidays!

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.

Movie Group

Sundays, December 6, 13, 20, 27, 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, December 7, 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, December 9, 2:00pm

We have changed to a 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, December 10, 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 a space for a new participant**. 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.

You and Your Library II

Monday, December 14, 2:00pm

Join William Calhoun, librarian at the San Rafael Public Library, for a second session on Zoom with Marin Villagers. Last month, we discovered we needed another session to cover all the information about the services available to you from today's library. You can check out books, stream movies, download books to your e-reader and more! There will be time after the presentation for your questions. It is not necessary to have attended the first session, but a **prerequisite is to have a registered library card**. If you wish to attend, please reply to sanrafaelvillage@marinvillage.org to be sent a Zoom link to the event. You are welcome to share the link with friends who may also be interested.

Read Aloud—NEW!

Wednesday, December 16, 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 sanrafaelvillage@marinvillage.org. The Zoom link will be sent out the evening prior to the meeting. Hope you will join us!

Villages Book Club

Monday, December 21, 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. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Not Home Alone—Christmas Eve, Christmas Day, and New Year's Eve

Thursday, December 24; Friday, December 25; and Thursday, December 31, 4:00pm

Not looking forward to spending the holidays alone? Join Donnalee Wells on Zoom and celebrate the holiday with fellow Villagers. You are encouraged to have something to eat with the group to celebrate with others. Always fun and good conversation. A movie to follow will also be suggested. RSVP to Marin Villages at info@marinvillages.org to receive the Zoom link.

Village Business

Membership/Volunteer Committee

Wednesday, December 9, 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—CANCELED THIS MONTH

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, December 11, 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.

MARIN VILLAGES EVENTS

Meet the Marin Villages Board

Thursday, December 17, 4:00pm

Come meet the board of directors of Marin Villages. Can you name them all? A fun opportunity to hear what they love about Marin Villages, and what they are up to when not in board meetings or otherwise volunteering for us! RSVP to the office to receive the Zoom link. (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.

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