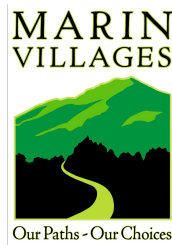


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NOVATO VILLAGE NEWSLETTER

JANUARY 2021

HAPPY NEW YEAR!

Beth Livoti and I would like to take a moment and thank the Steering Committee for the opportunity to work with you all. It is such a willing group of compassionate people that it does my heart good just to be with you. There is always someone who says "Yes." My wish for next year is that we can once again meet in person, all be healthy, and celebrate together. Thank you for being you!

~Roberta Dixon, co-chair, Novato Village Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Kristina Paster

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

LOCAL VILLAGE EVENTS (open to all, unless noted)

All the events below are offered on Zoom. If you are not yet comfortable with Zooming, we can provide one-on-one help. Just let the office know you would like a volunteer to work with you. info@marinvillages.org or (415) 457-4633.

Food & Drink

Zoom Coffee

Wednesday, January 13, 11:00am

Novato Village member **Sue Lyttle** will talk about her travels at the January Zoom Coffee meeting. The late 1980s and early 90s was a time of possibilities for friendship between Americans and Russians. Sue led nine citizen-diplomacy trips to Russia. Groups of American women traveled to Russia, met with Russian women, lived in their homes, and formed friendships. Sue says, "Our purpose, using the topics of sewing, fashion, and small-scale business possibilities, was to encourage creative thinking." No need to RSVP; the Zoom links will be sent to everyone by email.



Sue Lyttle with one of the citizen-diplomacy groups

Zoom Happy Hour

Wednesday, January 27, 4:00 – 5:00pm

Happy Hour is back with the game called ***Facts in Five***. Bring your favorite beverage and a sheet or two of paper with a grid drawn a lot like a bingo card: six squares across and six squares down. Also bring a pencil or pen and your thinking cap. We'll choose five topics and five alphabet letters. You'll have five minutes to name items that match the topics and letters—think you can do it? Come and try it! No need to RSVP; the Zoom links will be sent to everyone by email.

Exercise

Novato Village Walkers – South Levee

Thursday, January 7, 9:30am

South Hamilton parking area

Directions: take Main Gate Rd. or Hamilton Parkway toward Hamilton wetlands, and turn right on Hanger Rd. In less than 1/4 mile, park on the right at the **South Hamilton parking lot**. It's an out-and-back walk that takes about 40 – 50 minutes on a flat, wide, and firm sandy trail. We should have no difficulty maintaining six-foot distancing. Please wear masks. We're looking forward to seeing all you walkers, weather

permitting. Please RSVP to Pat Bailey (415) 883-9156 or pbailey49@aol.com.



Beautiful views from Reservoir (Ammo) Hill in December

Books

Book Lovers' Group

Tuesday, January 12, 1:00pm

This month's selection is *The Spy and the Traitor* by Ben Macintyre, a nonfiction narrative about **spies** of the 20th century, operating during the hot and cold wars. Marcia Sprinkle says, "Please let me know by the night before if you haven't received the Zoom invite so there's time to fix it." Contact her at msprinkle1884@yahoo.com for more information.

Groups

Village Viewers Movie Discussion Group—a two-part announcement!

Wednesday, January 20, 4:00pm

PLUS: Special viewing by Zoom on Wednesday, January 6, 2:00pm

Bring popcorn and join us for the next Village Viewers Zoom movie group. It will always be the third Wednesday of the month. We will be discussing *Lincoln*, starring Daniel Day-Lewis and Sally Field. You can now watch it on Amazon – **OR** – see the announcement below...

View the movie: *Lincoln*

Wednesday, January 6, 2:00pm

Linda Henderson is setting up a Zoom session for anyone who is interesting in watching the movie **Lincoln** via Zoom (no fee). This will take place two weeks before the actual movie group discussion. Linda will send the Zoom link by email to all members. Looking forward to seeing you then! For more information, contact Joanne Lang, jiangtpa@gmail.com or (916) 716-5800. No need to RSVP; the Zoom links will be sent to everyone by email.

Village Business

Novato Village Steering Committee Meeting on Zoom

Tuesday, January 19, 1:30pm

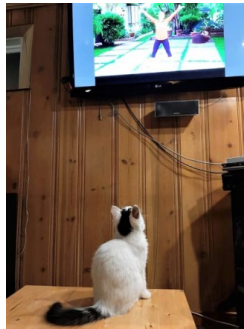
Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for information.

COMMUNITY EVENTS

Essentrics, Aging Backwards

Every Monday, 9:00 – 10:00am

Elizabeth Lynn invites you to join her by Zoom for Essentrics. If you have questions about the class, contact her at fitnesswellness102@gmail.com. Elizabeth says, “Essentrics has many fans!” She thought you would enjoy the photo below of one of them.



ESSEINTRICS, Aging Backwards® is perfect for seniors or those just getting back into exercise. With music, it is a safe and slow-paced full-body workout of standing and floor exercise that simultaneously stretches and strengthens all 650 muscles, gently improves mobility, reawakens your body's balance reflexes and provides relief from pain and joint stiffness. It draws from various modalities including the flowing movements of Tai-chi for health and balance; ballet for strength, flexibility and good posture; and physiotherapy for healing and pain relief.

Enjoy a more youthful feeling body and improved overall health! We will be using mats for the floor exercises, and for those who wish to modify, please have a chair nearby. Also, you may wish to have a towel to use when on the floor to make your body more comfortable.

Zoom invitation: <https://us02web.zoom.us/j/233324583>

Meeting ID: 233 324 583

Donations are voluntary and greatly appreciated. Donations can be placed through www.paypal.me/fitnesswellness1 or by check to Elizabeth Lynn, 44 Jade Ct. #14, Novato 94945.

Creative Aging Symposium, sponsored by Covia

Thursday, January 28, 9:00 – 11:30am

This year, we celebrate **identity**. Our *third age* is characterized as a period of reflection, synthesis, and exploration of self. Join us to examine how identity is shaped by community, how our sense of self changes and stays the same over the course of a lifetime, and ultimately, celebrate the many ways we make meaning out of life's tragedies, joys, and mundane moments. Through creative demos, interactive experiences, and interviews, we invite you to discover new understandings of what it means to be you.

If you're over 60 and want to join as a participant or want to help someone else join, fill out the online registration form in [English](#) or [Spanish](#).

Once processed, new participants will receive everything they need to get started right away. No access? No problem! Everything we do is accessible by phone, so feel free to register by phone by calling: English (877) 797-7299 Spanish (877) 400-5867

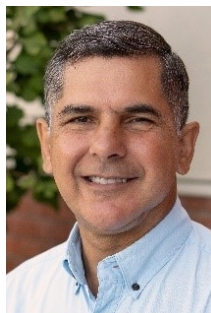
To purchase tickets, please use [this link](#). For more information, including speakers and schedule, visit [our website](#) or call (877) 797-7299. The suggested donation to register is \$10. If this is not possible for you, email us for a ticket at no cost: kwade@covia.org.

Accessibility

- Closed captions will be provided.
- Most of the content is auditory. Any visual content will be described for the audience.
- We can provide a call into the event when it starts, if needed. Sign up to be called in at (877) 797-7299.

NOVATO VILLAGE ANNOUNCEMENTS

Marin Villages' New Executive Director



Starting January 4th, **Marco Maina** will serve as the next executive director of Marin Villages. Marco was selected from a field of nearly 50 applicants. On behalf of the interview committee, Peter Lee shared that Marco comes to us with significant nonprofit leadership experience, having served as executive director for three branches of Habitat for Humanity and four branches of the YMCA in various cities in the United States, Canada, and Brazil. His substantial expertise includes fund development across all mediums and growing membership-based organizations.

Marco lives with his wife and daughter in San Mateo. Peter Lee will be assisting Marco with the leadership transition during the month of January. The interview committee feels confident that Marco is best suited to lead us into the future.

AND MORE...

Holiday Gifts

It was clear we would not have the traditional holiday luncheon in December 2020. The Steering Committee formed a gift committee. Thanks to the *Kenneth Berge Living Trust*, the gift committee was able to purchase a lantern for every member.

Shortly before Christmas, members of the Novato Village Steering Committee Marge Jackson, Joanne Lang, and Linda Henderson met with Sue Lyttle in her garage to assemble holiday gift bags of small lanterns to combine with emergency packs already delivered to members. They worked quickly and efficiently, staying masked and distanced from each other, to insert the lanterns into bags that were decorated with sprigs of pine and holly and tied with a gold bow. The gift-wrapped bags were then delivered to Novato Village members' doorsteps.

The volunteers graciously contributing time either planning for or distributing lanterns included Linda Henderson, Marge Jackson, Sue Lyttle, Joanne Lang, Roberta Dixon, Joyce Applen, Joanne Keenan, Pat Bailey, Beryl Bourke, Jean Gunn, Beth Livoti, Lauren Vreeland Long, and Jean Ledoux. It takes a village! It was such a pleasure to deliver the

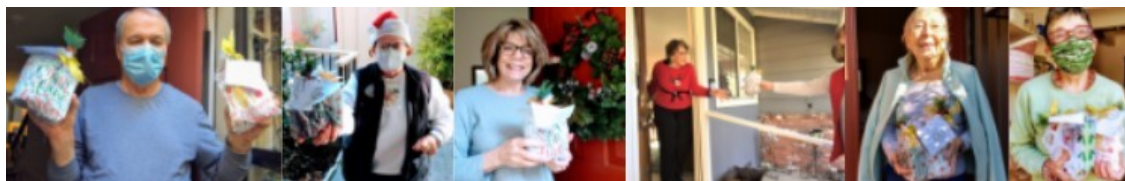
holiday gifts to our grateful members. One member, Michaela Curran, gave a special box of teas for our wonderful office staff to enjoy.



Preparing the gifts



Michaela Curran's tea for the office



Village members receiving gifts

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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