

MARIN VILLAGES



Assisting Marin's older adults to remain active, connected and independent in the place they call home



Director's Corner

It's Older Americans Month! Imagine, a whole month dedicated to us!! It's a bit exciting. I almost feel like going into a local business and ask if they give special discounts to mark this important month.

Historically, Older Americans Month has been a time to acknowledge the contributions of older persons, in particular those who defended our country. Every President since Kennedy has issued a formal proclamation asking that the entire nation pay tribute in some way to older persons in their communities.

The 2019 theme, Connect, Create, Contribute, sounds a lot like what Marin Villages tries to encourage each day:

- Connect with friends, family, and services to keep us active, independent and and part of the community we love.
- Create by engaging in activities that promote learning, health, and personal enrichment.
- Contribute time, talent, and life experience to benefit others.

Join me in celebrating Older Americans Month. Come to a happy hour. Sign up for a Poles Balancing class. Enjoy a lunch out. Attend a speaker's series. We have a full calendar on our website - marinvillages.org - and many activities listed below.

Let's get out there and greet people with a "Happy Older Americans Month."

You deserve to be celebrated!





Welcome to our newest members

Hello to our newest volunteers

Mill Valley Village:

Shahla Ansari-Jaberi Deborah Bertola Paul & Susan Shensa Julian Williams Trond & Suzanne Grenager

Ross Valley Village: Tamra McTaggart

San Rafael Village: Janis Silva Albert Lozano Daphne Ahlenius Kimberly Call Mill Village Valley:

Susan Baker Guy Lampard San Rafael Village:

Susan Buster Rita Lakin Corienne Bannier

Ross Valley Village:

Marlene (Mally) Nielson

Novato Village:

Cynthia Simpson & Carlie Tilton
Rozalind Webb

In Memory

Please keep the following member who passed away in April in your thoughts:

Mill Valley Village: Suzanne Gary





Marin Villages

Empowers Older Adults to be Active, Connected and Independent

Mark your calendars

We hope you will be able to join us at one of the many events celebrating our 10th year. To register, just click on the links below:

May 19 - Major Donor Appreciation Party

June 1 - Poems from the Heart - a Marin Villages' Intergenerational Poetry Reading

June 29 - <u>Soil and Health: Getting Dirty is Good at Any Age</u> with Soil Scientist Stephen Andrews

July 12 - Dinner with a Legend - Artist Georgette London Owens, in Conversation.

August 24 - A Blank Canvas, a Little Wine and Thou, Sip and Paint event

September 8 - 10th Anniversary Member and Volunteer Appreciation Party

October 26 - Lighting Up October - an Indian Dinner celebrating Diwali Festival

November 17 - Celebrate Marin Villages 10th Anniversary with Comedian Josh Kornbluth

Look for more details as the events develop!!

Events "Around the Villages"

Below is a glimpse of activities happening in our many local villages. For a complete listing of all of our events, please see our website calendar at www.marinvillages.org

Novato Village Garage Sale

Friday, May 10 & Saturday, May 11, 8:30am-4pm

Where: The Livoti's garage, 140 Garner Court, Novato.

Come on by and say hello to the Novato Village members and volunteers - and maybe find a special treasure to buy!

Mill Valley Age-Friendly Fair

Friday, May 10th, 11 - 2pm

Where: Mill Valley Community Center

If you are interested in agencies, community services or programming for ages 55+ please come to this new Informational Fair. The fair offers

over 60 booths filled with resources from A to Z. Come and visit the vendors for information about retirement planning, health screening, smart phones, computer classes, travel possibilities, housing, nutrition and more. Get answers to your questions, enjoy the music and don't forget to grab a new community center brochure and check out all the programs offered. Say hello at the Mill Valley Village table!

Marin Pizza Supports Twin Cities Village Night

Wednesday, May 15 5:30 p.m. - 8:30 p.m. Where: Marin Pizza, 107 Corte Madera Town Center

Enjoy a slice of pizza and Marin Pizza will donate 10% of its revenue from these sales to Twin Cities Village. Everyone is welcome to our "Pizza Party!"

Poles Class

Monday, May 20 3-5pm

Where: St. Johns Episcopal Church, Ross

Join well known fitness and wellness educator Jayah Faye Paley as she 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.

Apple Tech Workshop

Monday, May 20 1:00PM

Where: Contact office for Ginni's info on location

Tech workshop with Trish King. Trish works one on one helping members and volunteers with problems using Apple devices - IPhone, IPad, and MAC. Each individual session is one half hour. To register for a place in this or subsequent workshops, contact the office at 415-457-4633 Workshops are held in Ginni's Novato home.

Senior Fair at Corte Madera Community Center Thursday, May 23 2:00 - 4:00

Thursday, May 23 2:00 - 4:00 Where: Corte Madera Intergenerational Center





498 Tamalpais Drive, Corte Madera For more information, click here

Let's Play Bocce

Friday, May 24 12:00 noon -

2:00 p.m.

Where: Albert Park, San Rafael Bocce

Courts, 550 B St, San Rafael

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts. Call the office to let us know you're coming or just show up!



Thursday, May 30 11:00AM Where: Bay Model, Sausalito

Join this San Rafael Village outing to view the work of two award-winning photographers who spent two years capturing images of California's vanishing wildflowers. Most of the photos - shot right here in Marin - will overwhelm you with their beauty. The panels of information accompanying the photos are sure to heighten your awareness of the dangers we face from climate change. Admission is free.

To join this visit, RSVP to Ginni Saunders at ginnisaunders@gmail.com or 415-492-1064. Carpooling available: meet at 10:30AM at Smith Ranch Park n Ride or the overflow parking lot at Trader Joe's (Montecito Plaza).

Reading Corner

If you have articles that you feel might be of interest to other members and volunteers, please feel free to send them to us This month we found a wealth of information through NextAvenue.org



Health

How the Medicare "Annual Wellness Visit" differs from a Annual Physical (Next Avenue)

How to get the health benefits of cannibas without getting high (Next Avenue)

Lesbian, Gay, Bisexual, and Transgender Aging Issues Demand Special Services and Skills (The Spahr Center)

<u>Helping others makes us happier - but it matters how we do it</u> (TedTalk)

Topics of Interest

Firestorm: Wildfires and Climate Change - a public forum May 8th

Reviving Friendships in Real Life (Next Avenue)





How the world oldest persons make their money last (Next Avenue)

How to Choose Hospice Care (Next Avenue)

The Ethical Will - Life is More than about your Possessions (Next Avenue)

Podcast: <u>Listen to Why Older Women Are Often The 'Happiest Demographic' In America from Fresh Air in Podcasts</u> (Apple Music)

7 Hard Conversations to have with Aging Parents (Fatherly)

Can Alexa Fight Loneliness and Isolation (techenhancedlife.com)

Around Town

Community Heritage & History Kentfield Greenbrae Historical Society Special Event Saturday, May 4 11:00 - 4:00 Bon Air Shopping Center



Come on out to the Bon Aire Shopping Center for a viewing of a Marin Nostalgia slide show as well as one on the George Demont Otis paintings. Fire engines will be there. Bands, activities for children, coffee. I imagine some food too. The KGHS pop up store will be open with Greenbrae Kentfield historical book and other memorabilia for sale.

Why your genes aren't your destiny Wednesday, May 15 7:00 -8:30 Osher Marin Jewish Community Center, San Rafael

In this talk, we'll discuss the complex interplay between our genome, our environment, and our epigenome - how our genes express - and explore the key diet, lifestyle, and behavioral factors that determine our "healthspan". It's free.

Click here for more information and to register.

New AgeSong Marin Groups Begin Soon

AgeSong Marin is offering 2 new groups: one in Novato starting May 9 on Thursdays from 12:30 - 2:00; and another in San Rafael to begin Monday, June 24 from 2-3:30. Call 415-234-5040 if you wish to join or check out www.agesongmarin.org to learn more.

AgeSong Marin discussion groups provide conversation and connection for seniors who wish to explore life's third act. Each group of 6-8 participants, led by two facilitators, meets during the day for 90 minutes once a week for 8 weeks at various locations throughout Marin County. The fee is \$80 and Marin Village members and volunteers receive a 25% discount.

Why Can't I Find Work?

Are you in the middle of a job search? Interested in looking for a new career? Check out the YWCA 50+ Workshops and Computer Classes. Click here for the May-July schedule.

We are starting a new Discussion/Focus Group here in Marin! "Longevity Explorers" are circles of older adults who meet regularly to discuss the future of aging. We want to explore new approaches, new products and services. The Group will explore new ideas and learn how we think about growing older, and help developing new and better products and services for future generations. We month there will be a specific objective, product or service.

Call Mitchell Marriot to learn more: Cell 415-246-1751 https://www.techenhancedlife.com/content/longevity-explorers.

Volunteers needed!!

We are always looking for new volunteers and have different opportunities available for all volunteers. If you know anyone who might be interested, please forward this to them. If you have interest in any of the immediate opportunities below, let us know!!



