



Tiburon Peninsula Village

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

February 2021 Newsletter

Look who just popped into Tiburon!



Bernie became an internet meme with his winter coat and mittens at the inauguration. Here he is, thanks to the photo wizardry of Cherie Sorokin's granddaughter, enjoying the fresh air on the Tiburon plaza!

LOCAL VILLAGE EVENTS (open to all unless noted)

Food & Drink

Tiburon Peninsula Village Morning Coffee

Thursday, February 11, 11:00am



No agenda, just a chance to catch up with other TPV members and volunteers. Maybe we can share a few vaccination adventures? Zoom link will be sent a few days before Feb 11, and again early on Feb 11.

Groups

Mill Valley Men's Group (TPV members and volunteers welcome)

Wednesdays, February 3 & 17, 11:00am

This is an informal gathering of guys on the first and third Wednesdays of the month via Zoom, with no particular agenda beyond the company of friends. Men in all villages are invited to join this group. Contact Alan Hayakawa at alan.hayakawa@gmail.com or (415) 384-8998 to get more information or to be put on the reminder list for upcoming meetings.

San Rafael Movie and Discussion Group (also open to TPV members and volunteers)

Sundays, February 7, 14, 21, 28, 7:00pm

Every week this group gathers via Zoom to discuss a film selected from Netflix that people watch in advance. Attendees can join the talk or just listen. If you are interested in joining the mailing list send a note to karenkasavana@gmail.com or call her at (714) 403-3345.

MARIN VILLAGES EVENTS

Recording of Marin Villages Program with a COVID Survivor



Here is the link to the program held last week with Frank Cutitta, TPV volunteer Colin Crawford's friend. Well worth watching if you weren't able to catch it "live" last week. The link will be posted for about a week longer. <http://bit.ly/FrankCutittaSurvivingCOVID>

Develop Your Personal Profile

A program with Dominican University students. Sign up to meet with a Dominican occupational therapy student to develop your own Personal Profile—a document that can speak for you if

you are hospitalized and unable to speak for yourself. This program is part of an effort to help make healthcare more age-friendly. Three 45-minute sessions will be scheduled for each participant. Village members who participated in this program last year really enjoyed it. Call or email the office to sign up. info@marinvillages.org or (415) 457-4633

COMMUNITY EVENTS

AARP Program on Understanding and Avoiding Financial Abuse

Tuesday, February 2, 2:00 pm

Sponsored by the Village Movement California. Learn how to protect yourself and loved ones! Register here to receive the Zoom link. <https://vekeo.com/aarpcalifornia/>

Talking Tech for Seniors

Mondays in February and March, mostly at 10:30am, a few at 1:00pm

Sponsored by Vivalon (formerly Whistlestop). A series of free tech workshops to teach seniors how to use computers, phones, the internet, Zoom, etc. Take one class or the whole series. Call Vivalon Guest Services to sign up or for more information. (415) 456-9062

Belvedere Tiburon Library Monthly Events

Lots to choose from for seniors, ranging from chess to trivia to presentations on important topics. Check the library calendar

https://www.beltibrary.org/events?field_audience_value%5B%5D=Seniors

Dominican University Healthy Seniors Program

An intergenerational program with Dominican OT students to promote healthy independent living. The program will run eight weeks starting February 8. Choice of Monday mornings or afternoon, or Thursday morning sessions. Space is limited. Email

healthyseniors@dominican.edu or call (415) 458-3753 to sign up.

TIBURON GENERAL PLAN UPDATE LAUNCHED

The Town of Tiburon is conducting a survey on setting priorities in connection with the General Plan Update that is scheduled to take the next two years to complete. You can participate in the survey by logging in to the newly created website dedicated to the General Plan Update at <https://createtiburon2040.org/>.

KEEP SAFE

Remember, even if you have already received your COVID shots, Marin is still in the purple tier—masks and social distancing are still required, and indoor activities with those not in your social bubble should be avoided. Keep washing your hands, too. We aren't out of the woods yet.

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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