

MARIN VILLAGES

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



Director's Corner

Are you having a great summer? I know many members and volunteers have been enjoying the myriad of programs offered by our Local Villages and through our 10th Anniversary activities.

Just think, in addition to the coffees, hikes, happy hours and movie groups, we've been able to enjoy the special 10th anniversary programs. And what a collection of events it has been! We started went from learning how to make Dim Sum to reading poetry with all generations represented; from learning about the benefits of soil (not dirt!) to a conversation with a legendary artist - Georgette Owens. Many of us recently met for the "Dining with Friends" events and, personally, I'm looking forward to seeing if my creative side surfaces at the Sip and Paint event.

Most importantly, though, will be the upcoming "Celebrating Us" party - a time to recognize our incredible volunteers and thank our wonderful members and contributors. I hope you are able to make it (see rsvp link in the following sections).

In the meantime, enjoy the rest of the summer. Come out and join us at one/many of our events or kick back and enjoy some of the articles in the reading corner below!



Welcome to our new June members

Mill Valley Village:

Gail Stein
Hallie Iglehart

Ross Valley Village:

Stan Green
Robin Laury-Gill

Tiburon Peninsula Village:

Kay Dirkzwager

Novato Village:

Bill and Betty Burns
Lynn Wills
Karen Dattola

San Rafael Village:

Patti McWilliams &
Marge Mount
Jack & Norma Nixon



Hello to our new June volunteers

Mill Village Valley:

Mark Jones
Judy Key-Dominguez
James (Tony) Coyle

Ross Valley Village:

Diana Sottile
Johanna Sherlin

San Rafael Village:

Olivia Imamura

Twin Cities Village:

Max Lampert

Novato Village:

Linda Kaulukukui
Karyn Taylor



Join us for some fun activities!!

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:

August 24 - [A Blank Canvas, a Little Wine and Thou](#), Sip and Paint event



No talent required - just a sense of humor and the desire to have some fun on a Saturday afternoon. Participants will have the chance to explore their creative side and create a beautiful wildflower scene of Mt. Tam. Space is limited, so sign up today!

September 8 - [10th Anniversary Member and Volunteer Appreciation Party](#)

Let's celebrate us!! Please plan on joining us for this celebratory party - to honor the members and volunteers who have helped shape Marin Villages and allowed us to thrive these past 10 years. Click on the link above to rsvp!



Mark you Calendars:

October 26 - [Lighting Up October](#) - an Indian Dinner celebrating Diwali Festival

November 17 - [Celebrate Marin Villages 10th Anniversary](#)
Join us at a luncheon with comedian Josh Kornbluth

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.marinvilleages.org



Spiders of Marin

Monday, August 5 10:30AM -12:00
Corte Madera Library, 707 Meadowsweet Dr

Much maligned, spiders often elicit a negative reaction but there's no reason to fear our local species and many reasons to appreciate them. Learn what makes these animals so interesting; their important role in ecosystems, the different properties of silk and how it's employed and the various strategies that spiders use to find a mate, catch prey, and avoid becoming prey themselves.

Join other San Rafael Villagers at this always interesting and informative Marin County Park Ranger lecture.

Marin Villages Volunteer Training

Tuesday, August 20, 11am-12:30pm

Marin Villages Office

4340 Redwood Highway Suite F-142, San Rafael, CA

Contact Diane Castro, 415-457-4633, Marin Villages Office

Volunteer Training - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class. Contact Diane Castro, 415-457-4633, Marin Villages Office to sign up.

Age Friendly Speaker Series Twin Cities Villages - Driving as we Age

Wednesday, August 21 11:00 am -12:30 pm

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

Worried about your driver's license renewal? Wondering if you should still be driving? Many people value driving as a mark of independence. The rules of the road and your hearing, vision and reaction time have changed since you learned to drive.

Learn how to tune up your driving skills and get helpful hints to pass the license renewal exam. This presentation by Jerrod Sieberg, Senior Driver Ombudsman, will provide valuable information and help you continue to maintain your driving privilege as long as you are safe to do so. No rsvp required.

Marin Villages Presentation - Driving No More

Wednesday, August 21, 10:30am-noon

Northgate Mall Conference Room, 5800 Northgate San Rafael, CA

[Click here to reserve a spot](#) or call 415-457-4633, Marin Villages Office



Discussion and workshop on preparing for and managing with the challenges of giving up the car keys, facilitated by member, Bronni Galin, with information from Marin Transit's Travel Navigators.

- Have you thought about giving up the keys to your car? Are you feeling isolated, unable to drive? Do you know of the services and programs available around Marin?
- This workshop is designed to help us understand the loss associated with giving up those car keys and how to prepare for the challenges ahead. Member, Bronni Galin, will lead a discussion on handing over the keys and how she has managed through the maze of services.
- Marin Transit's Travel Navigators will review the various programs available and the criteria for eligibility.

Directions to the Northgate Conference Center: Park in the Northgate Shopping Mall, near the Theater and Food Court. Enter the Food Court area and take an immediate right. There are elevators to the second floor, where we will meet.

Let's Play Bocce

Friday, August 23

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!

A Midsummer Night's Dream
Sunday, September 1 3:00 - 6:00
Forest Meadows Amphitheater
Dominican University, 890 Belle Ave, San Rafael



Don't miss this wonderful opportunity. We plan to meet when the gates open at 3:00 to make sure we secure good seats AND enjoy some snacks and social time together.

Please feel free to bring something to share. We recommend you bring a cushion to sit on, as seating is "amphitheater." (Cushions can be rented at the event for \$1.00)

We are limited to 20 tickets, so [click here](#) or call the office to reserve a spot now!! Thanks to the Marin Shakespeare Company for some FREE tickets!

Around Town

Upcoming Workshops and Classes at Hospice by the Bay

Hospice by the Bay has many one-time offerings which are free and open to the public. They just ask that folks register at least one week in advance of the event. Below are the titles of the offerings for this season in our Marin location:

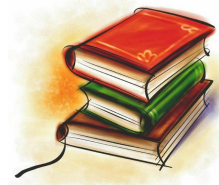
- Hiking & Grief
- Caring for the Body in Grief
- What Now? Practical Tools for the Newly Bereaved
- Bereavement in your 20s and 30s
- Art & Grief
- Mindfulness & Grief
- Resiliency & Grief
- Coping with the Holidays

[Click here to view a pdf version of their Marin calendar.](#)

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.

Thanks to Gabe Gesmer, Sue Steele and Larry Meredith for their contributions. **Click on the underlined link to read!**



Health

[Substance Abuse and Addiction in the Elderly](#) (Addiction Campuses)

[Top 5 Foods to Feed your Brain](#) (AARP - Healthy Living)

[Everything you need to know about how sleep changes as you age](#) (Mattress Clarity)

[Can Alzheimer's be stopped. 5 Lifestyle behaviors are key](#) (NBC News)

[Research Backs these Methods for Reducing Depression and Anxiety \(NextAvenue\)](#)

[Physical Activity and Longevity in the Modern World \(Video - Stanford University\)](#)

Topics of Interest

[How to care for an aging pet \(NY Times\)](#)

[Aging in Place helps you avoid a retirement community or nursing home \(Washington Post\)](#)

[The \\$3.4 Trillion Retirees are not getting from Social Security \(NextAvenue\)](#)

[Police are tackling social isolation with benches created to get people to talk \(CNN\)](#)

Fun

[At 101, this woman published her first book of poems \(Washington Post\)](#)

[How to be happy \(NY Times\)](#)

[What swimming taught me about happiness \(NY Times\)](#)

[Feeling Lonely? Talk with strangers \(NY Times\)](#)

Dining with Friends



John and Kathy Pearson



Sparkie Spaethe and
Patricia Stamm



Suzie Tremolada and Eddie Riviera

Dinner with a Legend



Suzie Pollak, Cherie Sorokin,
Georgette Owens



Dinner with a Legend Event



Georgette Owens and Jim
Allen

Getting Dirty is Good for your Health



Stephen Andrews



Soil vs Dirt



Facial Anyone?

Marin Villages 10th Anniversary Sponsors!

A huge "thank you" to our 10th Anniversary Sponsors! To date, the following individuals and organizations have stepped up to show their support of Marin Villages. Their generosity will help ensure Marin Villages is on good footing for another 10 years of service, fun and friendships.

If you'd like to be a sponsor, please contact Marin Villages at 415-457-4633

Platinum Sponsors - \$10,000



Marin Community Foundation



The Gruber Family Foundation

Gold Sponsors - \$2,500



BrightStar Homecare



Matt Masson, Real Estate
Senior Specialist



Harbor Point Charitable
Foundation

Silver Sponsors - \$1,500

BNY Mellon Wealth Management

Roof Eidam & Maycock, Financial Advisors

McArthur/Love Team, Luxury Property Specialist, Compass

Bronze Sponsors - \$1,000

Bank of Marin

FirstLight Homecare, Marin County

Tiburon Belvedere Rotary Charitable Foundation



Like us on Facebook