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Novato Village

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

September 2019 Newsletter

We encourage members and volunteers to bring guests to our events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event. Also, check out marinvillages.org to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

Novato Village Events September 2019

Sunday, September 8 **3:00-5:00pm**

Marin Villages special event - free

Tuesday, September 10 **2:30-4:00pm**

Book Lovers' Club

Wednesday, September 11 **10:30am-noon**

Monthly Coffee

Monday, September 16 **2:30-4:00pm**

Steering Committee

Wednesday, September 18

NO Happy Hour at Hilltop 1892

Thursday, September 19

1:30-3:30pm

Let's Play Boggle!

Wednesday, September 25

Noon-1:30pm

Monthly luncheon

Wednesday, September 25

12:30-2:30pm

Great Books group

Saturday, October 26

10:00am-noon

Novato Village Volunteer Appreciation

Saturday, October 26

5:30-9:00pm

10th Anniversary event

Upcoming Activities and Events

BOOK LOVERS' CLUB

When: Tuesday, September 10, 2:30-4:00pm

Where: Panera, 132 Vintage Way Suite F17, Novato, CA 94945

Contact: Sue Derana at sderana@yahoo.com

Book: ***The Buddha in the Attic*** by Julie Otsuka

Note the new location: PANERA is directly across from Jenny Low's Restaurant, near See's Candy.

MONTHLY COFFEE – bring a friend!

We have a great time getting to know each other at this cozy and welcoming meeting spot in central Novato. The coffee, tea and treats are yummy, and the chat is even better. It's fun to hear one another's stories...how people came to settle in California (or why natives remained here)...new and old interests that

folks are exploring...how spouses met....funny encounters, etc. Join us and share your story!

When: Wednesday, September 11, 10:30am-noon

Where: Community Room, NovaRo III, 31 Pinheiro Circle, Novato

Contact: Marge Jackson at marge-32@hotmail.com

Directions: 101 north to San Marin exit, left on San Marin Dr., left on Redwood Blvd., right on Pinheiro Circle.

Parking: Street parking is available on Pinheiro Circle and also on Redwood Blvd. (Please be careful not to park in designated resident spaces. Thanks!)

STEERING COMMITTEE

When: Monday, September 16, 2:30-4:00pm

Where: Marin Community Foundation, 5 Hamilton Landing Suite 200, Novato, CA 94949

Contact: Jean Gunn at jmbgunn@gmail.com

LET'S PLAY BOGGLE!

When: Thursday, September 19, 1:30-3:30pm

Where: Roberta Dixon's home. Contact Roberta for the address.

Contact: Roberta Dixon at dixoncra@aol.com

Boggle is a word game where players attempt to find words in sequences of adjacent letters after scrambling lettered dice housed in a covered plastic grid. All skill levels welcome!

MONTHLY LUNCHEON

When: Wednesday, September 25, noon-1:30pm

Where: Hilltop 1892, 850 Lamont Ave, Novato, CA 94945

Contact: Joanne Keenan at jkeen@pacbell.net

Seasonal Californian fare & drinks served in a scenic hilltop restaurant.

Marin Villages GREAT BOOKS GROUP

When: Wednesday, September 25, 12:30-2:30pm – *note time change*

Where: Ginni Saunders' home – contact Ginni for the address.

Contact: Ginni Saunders ginnisaunders@gmail.com

Great Books Club meets on the fourth Wednesday of each month from 12:30-2:30 at Ginni Saunders' home in Novato. Reading: the Poetry of Christina Rossetti.

For information, contact Ginni Saunders at ginnisaunders@gmail.com

There will be NO Happy Hour this month (September only).

Below is a picture from our last Happy Hour at Hilltop 1892!



Novato Village members at Hilltop 1892 enjoying Happy Hour in August.



Enjoying lunch at El Rey Mexican Bar & Grill in August.

MARIN VILLAGES - We're celebrating our 10th Anniversary!

10 Years Together - Celebrating our Members and Volunteers!!

Sunday, September 8, 3:00-5:00pm

Jason's Community Room, 300 Drakes Landing, Greenbrae

RSVP: <https://marin.helpfulvillage.com/events/1039>

or call the office at 415-457-4633

Join us at this unique event, celebrating the people who have made Marin Villages – YOU! Members, volunteers and guests are invited to this celebratory party to show our appreciation for all the individuals who have helped built the organization. We would appreciate a rsvp, so we can plan for food, beverage and festivities! We hope to see you there.



Marin Villages VOLUNTEER TRAINING

When: Tuesday, September 17, 11am-12:30pm

Where: Marin Villages Office, 4340 Redwood Highway Suite F-142, San

Rafael, CA

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

Click on this link for more information- [Volunteer Training](#) - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class.

MARIN VILLAGES' 10 ANNIVERSARY EVENTS:**October 26 - ["Lighting Up October"- a Diwali Dinner Party](#)**

Join us to "Light up October" at this special Diwali Dinner Party. Tiburon Peninsula Village volunteer, Neelam Kanwar, herbalist and vegetarian chef, will share her family recipes, enticing each dish with special Indian spices.

Attendees will observe as Neelam prepares a special menu, which all will enjoy together. [Click here to reserve a spot.](#)

November 17 – ["Acting Your Age"](#) – Celebrating Marin Villages' 10th Anniversary with comedian Josh Kornbluth

Let's celebrate together!! This fundraising luncheon is the perfect forum to enjoy each other's company, congratulate one another on the incredible organization we've been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian, Josh Kornbluth, will entertain guests with his "Acting Your Age" set. [Click here to reserve your seat.](#)

Though the following are not Marin Village sponsored events, they may be of interest to members and volunteers.

Mindful Eating – a 3 part workshop series– free.

Claire R. Cohn, M.A. Weight Management Coach, Movement Educator & Qigong Instructor

When: 3 Saturdays, September 7, 14, 21 – 1:00-2:00pm

Where: Novato Library, 1720 Novato Blvd., Novato

Registration not required but is strongly encouraged; seating is limited.

In this three part series of free workshops, Claire Cohn will help you understand your relationship to food, respond to cravings, and make better food choices. Each workshop will be interactive and will provide practical tips to prevent weight gain. Come to one, two, or all three workshops.

Take Charge of Life's Changes— free.

Tom Ucko, MBA, MA Psychology / Leadership and Life Coach

When: Wednesday, October 2, 7:00-8:30pm

Where: Novato Library, 1720 Novato Blvd., Novato

Learn to manage yourself and the stress of change that can arise from job loss, career change, retirement, relationship breakup, an empty nest, or divorce. Tom helps clients to develop their emotional intelligence and manage change.

Memoir Workshop— free.

Jean Stumpf, who has conducted memoir classes at Margaret Todd Senior Center and Whistlestop

When: Wednesdays, October 23 & 30, 1:00-3:15pm

Where: Novato Library, 1720 Novato Blvd., Novato

Registration required – please sign up only if you can attend both sessions by calling 415-473-2050.

Do you want to write your memoir yet don't know how to get started? Do you feel overwhelmed when you start to write? Come to this 2-day workshop and learn how to get your life story and memories flowing. Come prepared to interact with other workshop participants through discussion, writing, reading, and listening.



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