

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

September 2021 Newsletter

Newsletter Editor: Cherie Sorokin

Cherie Sorokin, editor



Coffee despite COVID! A semi-staged photo from our last coffee outdoors behind Rustic Bakery. We did have masks as you can see, but of course took them off to drink coffee and to eat the biscotti Betty brought. A great time was had by all—including a number of folks who didn't make it into this picture! Come join us this month.

COVID ALERT!

If you are immunocompromised, you can get a booster shot! Boosters are likely going to be available to everyone in September. Call the office if you need help with scheduling or need a ride to the location where the boosters are given.

Also remember that Marin Villages is requesting that members and volunteers wear masks when accepting/giving Marin Villages car rides or services provided in homes, as well as at indoor events/gatherings in private homes **unless it is certain that everyone present is fully vaccinated.**

Better safe than sorry....

WELCOME, NEW MEMBERS!

Members: Judy Sanford and Kate Van Gytenbeek recently joined TPV as members.

Volunteers: Carolyn Wendler joined as a volunteer.

Welcome, and we look forward to seeing you at one of our events soon.

LOCAL VILLAGE EVENTS (open to all unless noted)

Food & Drink

Cocktails at Home with TPV Friends—A Zoom happy hour coming right up!

Friday, September 3, 5:00pm

Did you miss our happy hour at the end of August? If you want to mix your own cocktail and share some conversation with your TPV friends, sign up for our Zoom version of Happy Hour this Friday at 5:00 pm! Please RSVP here to get the link.

<https://marin.helpfulvillage.com/events/3341-tpv-zoom-happy-hour> Hope to see you there!

TPV Morning Coffee

Thursday, September 9, 10:30am (second Thursday of the month)

Outdoors behind RUSTIC BAKERY!



- Dutch treat
- Join us at the tables in back outside
- If it's too hot, cold or windy to be outside, we'll decide at the time whether we can safely move indoors
- Masks are ok, but not required if you are fully vaccinated and we're outside (Vaccination is, of course, highly advised!)
- Masks are required to enter and order coffee, or to sit inside, etc.
- If you need a ride, please RSVP by calling the office! Otherwise no RSVP needed. (415) 457-4633

Lunch at the Tiburon Tavern

Tuesday, September 14, noon



Tiburon Tavern is now operated by the owners of Luna Blu. New vibe, new menu. Let's try it out. **We'll be outdoors on their front patio.**

- Dutch treat, with \$25 -\$30 being a good guess on cost for lunch and non-alcoholic beverage. (Yes, prices going up!)
- Please RSVP at the following link. We have a reservation for 6 people, but can expand (or contract) depending on response. <https://marin.helpfulvillage.com/events/3340-lunch-at-tiburon-tavern>
- The deadline for RSVPing is Friday, September 10. Be sure to indicate if you need a ride.

MARIN VILLAGES EVENTS

Not Home Alone—Labor Day

Monday, September 6, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd., Novato



Hostess with the Mostest Donnalee Wells has arranged another Not Home Alone gathering for Labor Day. Come meet new friends and enjoy the food and lively conversation. Please RSVP to Donnalee by text, phone, or email, (415) 302-9244 or donnaleewells@comcast.net.

Dr. Wynn Canio—Should I Have Surgery?

Monday, September 27, 3:00pm



Dr. Canio, geriatrician at Kaiser, will be back with us via Zoom to talk about all the issues we should consider when making decisions about whether or not to have surgery in later years. Please sign up here so you receive the Zoom link.

<https://marin.helpfulvillage.com/events/3239-zoom-event-with-dr-wynn-canio---%22should-i-have-surgery%3F%22>

Marin Villages' Thrift Boutique Pop-up Shop

September 30 - October 2, 11:00am – 4:00pm

Northgate Mall, Terra Linda

Formerly the rummage sale, our **Ultimate Thrift Boutique Pop-up Shop** has changed name and location—it will now be held at the Northgate Mall. Watch for the flyer and more specific news about this great fundraiser in the next couple of days/weeks. It's going to be awesome! Thanks to those of you who donated items. Now we just have to corral our friends and neighbors to come by and buy! All proceeds benefit Marin Villages.

TIBURON COMMUNITY EVENTS

Tiburon Police Living and Growing Together Meetings

Tuesday, September 14, 6:00 – 8:00pm

As noted last month, the new police chief wants to engage the community in discussion about the kind of policing we want in Tiburon. You can participate by attending the resident community circle scheduled to be live and in-person at the Tiburon Town Hall.

Registration will be required and attendance might be limited, so keep checking for registration information via *The Ark*, or the Town website or the Police website. The easiest way to register will likely be via the Town's *Tiburon Talk* newsletter later this month. If you haven't signed up for Tiburon Talk, you can do so here: <http://www.townoftiburon.org/218/Sign-Up-for-Tiburon-Talk>

Mondays with the mayor!

The second and fourth Mondays of the month, Tiburon Mayor Holli Thier hosts a virtual coffee via Zoom. Sign up at HolliThierTiburonTownCouncil@gmail.com.

Library virtual programs for seniors

There's always something going on at the library! Lots of programs in September on care-giving, especially for loved-ones with dementia, plus virtual book groups, chess online and more!

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

OTHER COMMUNITY EVENTS

Marin Society of Artists exhibition

Visible/Invisible is the current Marin Society of Artists exhibition. It runs Thursdays – Sundays, noon til 4:00pm, through October 2. There is a Zoom reception on Friday, September 3 at 4:00pm at which you can chat with the artists. Sign in here: <https://marinvillages.us14.list-manage.com/track/click?u=298bf212a03f85b6cabdc8b0c&id=22c044f8e0&e=34d3a44f02> The passcode is MSA. Check the Marin Society of Artists website for additional exhibitions.

<https://www.marinsocietyofartists.org/about-3>

Belvedere's 125th Birthday Bash

Saturday, September 4, 5:00 – 9:00pm

The community of Belvedere is throwing itself a party at the Belvedere Community Park and we're all invited. And you thought you were old!

Classes at the Intergenerational Center

Lots of art classes, yoga and other classes are available from the Corte Madera Intergenerational Center—still on Zoom for now. Check out the variety!

<http://www.agefriendlycortemadera.com/intergenerational-center-1.html>

AND MORE...

Touch wood, disasters have been happening around us, but not here so far. But let's not get complacent and think it won't happen here. Get ready! Be prepared! An ounce of prevention is worth a pound of cure! Choose your favorite adage, but don't put off the things listed below!

Remember to sign up for fire and other disaster alerts if you have a cell phone or voice over internet phone. Register with AlertMarin (www.alertmarin.org) and with Nixle (text your zip code to 888777). Note that landlines are already registered with AlertMarin.

Check out the Get Ready Marin website for helpful information if you haven't already.

<https://readymarin.org/>

Create an emergency plan with your family or closest family friends so everyone knows where to meet up or where you will be if separated and what escape routes you have identified.

Keep your emergency kits and “go bags” where you can easily find them. Include a mask and bandana to help protect against smoke. Don’t forget sturdy shoes and long pants and a jacket. Prepare pet carriers and pet food, if you have pets.

Always keep your cell phone fully charged and your gas tank at least ½ full in case electricity is lost.

Evacuate via car, rather than on foot. Only call 911 if you have no means of transportation and need to evacuate.

HOW ABOUT A LITTLE HUMOR TO END ON A HAPPIER NOTE?

Two things to make
your day better:

1. Do not watch the News.
2. Stay off the bathroom scale.

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. Member and volunteer referrals are our best recruiting tools!

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