

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

November 2021 Calendar of Events

"We don't stop playing because we grow old. We grow old because we stop playing."

~George Bernard Shaw

NEW MEMBERS and VOLUNTEERS!

Welcome to our newest members and volunteers!

Members: Mike Johnson, Renata Stendhal, Mary Love, Ralph and Margaret DeRango

Volunteers: Heather Morris

We look forward to seeing you at our social events and group activities!

LOCAL VILLAGE EVENTS (open to all unless noted)

Our world is coming back! We are delighted to be seeing and greeting each other and carefully beginning to return to live activities. What interest groups are you especially looking forward to returning to? What new groups would you like to see offered? Please contact Carole Sherick at csherick@gmail.com or (415) 479- 0930 to share your thoughts.

Book Chat

Monday, November 1, 2:00pm

Would you like to share reading recommendations? Would you like to know what other Villagers are enjoying reading? Join us at Book Chat! We will be meeting this month in person at the home of Marilyn Sharp (916) 837-4464. RSVP to Valerie Stilson at Valerie.stilson@sbcglobal.net or (415) 479-1439.

Movie Group

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

San Rafael Village loves our movie group! We meet **on Zoom** on Sundays at 7:00pm every week to discuss, in our highly entertaining but by no means high-brow group, a film selected from

Netflix. We invite you to join the talk or just listen. If you are interested in joining the mailing list (invitations are only sent to those who request them), contact Karen Gray at karenkasavana@gmail.com or (714) 403-3345.

Wednesday Coffee Chat

CANCELED THIS MONTH due to Marin Village COVID policy about gatherings indoors in larger groups.

Attention Card Players!

Tuesday, November 16, 1:00pm

Join fellow Villagers in an afternoon of fun! Revisit some of your old favorite card games and maybe learn some new ones. And, of course, always good company. We will meet at the home of Jo Ann Kirkhart. All are asked to be fully vaccinated and wearing masks indoors. Bring your calendar so we can set future play times. RSVP to Carole Sherick at (415) 300-5220.

Walk at Las Gallinas Wildlife Ponds

Thursday, November 18, 10:30am

This easy, flat 2.2-mile trail that loops around the ponds offers a good winter outing, as the trail is a hard-packed gravel road that dries quickly after a rain. There is a 1-mile extension that continues along a levee with native salt marsh and agricultural fields. Benches are placed at key locations around the ponds where wildlife watchers can sit and observe.

This wildlife spot is one of the best birding spots in Marin because of the variety of habitat. The ponds and nearby marshland are big draws for ducks and waterfowl, while the surrounding natural weedy land beckons songbirds, and the agricultural fields provide food for winged and four legged opportunists. Optional lunch after walk at The Club at McInnis Park. Interested? Contact Carole at csherick@gmail.com or (415) 300-5220.

Not Home Alone – Thanksgiving

Thursday, November 25, 2:00pm

Our hostess with the mostest is inviting you to join her and other Villagers for Thanksgiving dinner at The Club at McInnis Park! Always a fun time and opportunity to share the holiday with old and new friends. RSVP to Donnalee at donnaeewells@comcast.net or text or call (415) 302-9244.

Villages Book Club

Wednesday, December 1, 12:30pm (note new date due to holiday)

The book for November is *The Lions of Fifth Avenue*, by Fiona Davis. You don't have to read the book first; just come meet us and see for yourself what a lively group of readers we are. This will also be a holiday party for the group and will be held at Karen's home. For more information, please call Karen Gray at (714) 403-3345.

Village Business

Program Committee

Friday, November 12, 1:30pm

Join us to help plan and implement activities and social events for our members and volunteers. Contact Carole Sherick at csherick@gmail.com or (415) 300-5220.

Membership/Volunteer Committee

Wednesday, November 17, 1:00pm

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Steering Committee—Canceled this month

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com or (415) 250-3172.

COMMUNITY EVENTS

Healthy eating for YOU

Tuesday, November 9, 3:00 – 4:00pm

This online presentation sponsored by Village Movement of California will define what eating healthy really means as an individual. We will discuss obstacles to eating a healthier diet and include options, tools and resources to promote healthy eating habits. RSVP at this link:

<https://villagemovementcalifornia.org/events/?eid=13704>

San Rafael Library Drop-In Tech Support at Pickleweed and Northgate

Pickleweed: Wednesdays and Thursdays, 4:00 – 6:00pm

Northgate: Saturdays, 12:00 – 4:00pm

Did you get a new device and need a little help getting set up? Do you need assistance creating an email account? Interested in utilizing some of the library's digital offerings, like ebooks or streaming services, but don't know how to get started? The library is now offering drop-in tech support! Come by and chat with one of their awesome WebStars; these tech-savvy teens are available to assist you with all your basic technology questions.

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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