



Tiburon Peninsula Village

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

November 2021 Newsletter



November 1 is celebrated as Dia de los Muertos in Mexico and now in many other locations. You can join the fun and celebrate your own ancestors and others at the Dia de los Muertos party San Rafael will hold at the Al Boro Community Center, 50 Canal St., on November 6 from 3:00 – 6:00pm. Or if you aren't up for crowd, how about watching **Coco** on your computer? (About \$4 on YouTube). **Coco** is a charming, award-winning film from Disney that is well worth watching or re-watching!



Meanwhile—Halloween just flew by. Here are a few photos from the Marin Villages Not Home Alone Party at McInnes pulled together by Donnalee Wells This event was sold out!



Betty, Julie & Cherie from TPV



Cowgirl BJ



A table of lively conversation

Weather craziness

Hope you fared ok in the wild weather we had at the end of October and will do so again with the storms slated for this week and the coming months. The potential for power outages has moved up on the Things to Worry About list. Do you know where your LED lantern and transistor radio are? Good time to pull out your Marin Villages emergency fanny pack if you didn't already do so earlier this fall when fires headed the list of dreadful possibilities.

COVID alert!

Masks

With apologies to Shakespeare, to mask or not, that is the question! Effective November 1, for fully vaccinated individuals, masks are no longer required by law in indoor public spaces in Marin but are still recommended because wearing masks is remains a critical tool for preventing the spread of the virus! Furthermore, Marin's change to the local mask mandate doesn't change the mandate establish by the State of California, so masks are still required in many situations.

Everyone is required to wear masks in the following settings:

- Public transit
- Healthcare settings (including long-term care facilities)
- Adult and senior care facilities
- Indoors in K-12 schools, childcare, and other youth settings
- State and local correctional facilities and detention centers
- Homeless shelters, emergency shelters, and cooling centers

Masks are required for unvaccinated people and recommended for everyone in indoor public places, like:

- Retail
- Restaurants
- Theaters
- Family entertainment centers
- Meetings
- State and local government offices that serve the public

Additionally, individual businesses and organizations may decide to continue to require visitors to wear masks, and we are expected to respect those requirements.

Bottom line: At least keep a mask with you, if not on your face, whenever you go out! They are still going to be needed for some time.

Boosters

Booster shots are now readily available for Pfizer, Moderna and Johnson & Johnson vaccines if:

- you are 65 or older, or
 - you are 50-64 years old and you have underlying medical conditions, or
 - you live in an assisted living facility
- and
- you received your last vaccination 6 month ago or more.

To schedule a booster, try your healthcare provider or Marin Public Health first, but after that, if you need help with scheduling or need a ride to a location where the boosters are given, call the office. Boosters are pretty readily available at many pharmacies in Marin and Marin Public Health has a site for both boosters and flu shots set up in Northgate. If you can't leave your house because of mobility, fragility, or other concerns, call the office for assistance. It may be possible to receive your booster at home from one of the mobile assist units.

LOCAL VILLAGE EVENTS (open to all unless noted)

Food & Drink

TPV Morning Coffee

Thursday, November 11, 10:30 am (second Thursday of the month)



- Dutch treat
- Join us at the tables in back outside unless the weather makes inside more inviting. Look for Cherie and the Marin Villages tent card on one of the tables.
- Masks are ok, but not required if you are fully vaccinated and we're outside.
- Masks may or may not be required to enter and order coffee, or to sit inside, etc., but nonetheless advisable.
- If you need a ride, please call the office! Otherwise no RSVP needed. (415) 457-4633

TPV Pre-Thanksgiving Lunch

Tuesday, November 23, 11:30am

Salt and Pepper in Tiburon



- Dutch treat and indoors (unless the weather is amazingly wonderful)
- **RSVP to the office by November 17** so I can confirm how many we will be. Tentative reservation is for 8 – 10 people. (415) 457-4633
- Be sure to indicate when you RSVP whether you need a ride

Exercise

Walks! Just about every local village except TPV has a walking group. But just because we don't have one is no excuse for not getting out there to exercise a bit. Check the calendar on our website for dates and locations. www.marinvillages.org

MARIN VILLAGES EVENTS

Men's Coffee Group

Wednesdays, November 3 & 17, 11:30am

Sweetwater, Mill Valley



Gentlemen, meet with others to discuss life and enjoy coffee at the same time! Join the Men's Group on the first and third Wednesday of each month for discussion of various topics. Men from all local villages are invited to participate. Contact Irv Gubman (irvgubman@gmail.com) with questions.

Bocce Ball

Friday, November 5, 1:15 – 3:00pm
Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and head over to Albert Park in San Rafael. Join Marin Villages members from all around Marin in some fun bocce. New-to-the-game and expert players both welcome. Usually there's a nosh or two brought by members to share.

Not Home Alone—Thanksgiving

Thursday, November 25, 2:00pm



Turkey Day is almost here! Don't spend it alone. Come join Donnalee Wells, Marin Villages' hostess with the mostest, and other Marin Villagers for Thanksgiving dinner at The Club at McInnis Park! Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served and space is limited. Cost will range from \$35 to \$48 or thereabouts, depending on your menu choice. **RSVP ASAP** to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

Stay Tuned



We're working on another Zoom presentation by Dr. Wynne Canio, geriatrician from Kaiser. The date and topic will be listed in the Village Square email that comes out next week.

TIBURON PENINSULA COMMUNITY EVENTS

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! Check out the list of virtual events. https://www.beltibrary.org/events?field_audience_value%5B%5D=Seniors

OTHER COMMUNITY EVENTS

Healthy Eating for YOU

Tuesday, November 9, 3:00 – 4:00pm

Just in time for the season of overeating! This online presentation sponsored by Village Movement of California will define what eating healthy really means as an individual. The program 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>

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!

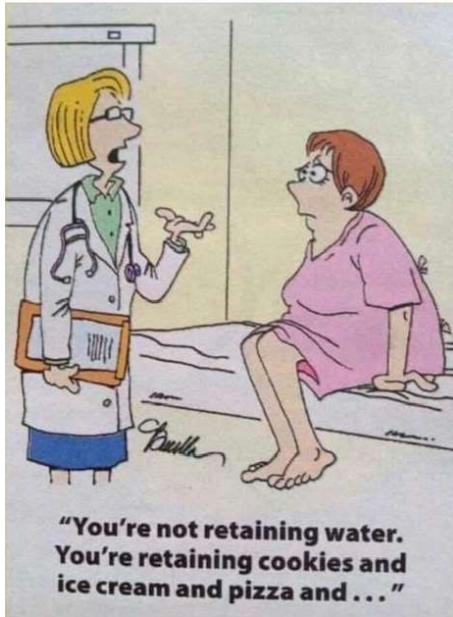
<http://www.agefriendlycortemadera.com/intergenerational-center-1.html>

AND MORE...

Did you know that there is a Beaver Moon in November? Yep. Happens on Friday, November 19, with peak illumination in the wee hours (around 2:00am). It will also be accompanied by a partial lunar eclipse. If you are up at 1:00am, take a look outside to see the eclipse and then hang out till 2:00am when the moon will be at its brightest. Why the name Beaver Moon? It seems the Almanac references the monthly full moons with names tied to early Native American, Colonial American, and European folklore. The Beaver Moon apparently refers to the time of year when beavers begin to take shelter in their lodges, having laid up sufficient stores of food for the long winter ahead. During the time of the fur trade in North America, it was also the season to trap beavers for their thick, winter-ready pelts.

Not likely to get up at 1:00 or 2:00am to watch? Maybe this video of beautiful pictures on full moons will suffice! <https://www.youtube.com/watch?v=Nt7msefHQno>

REMEMBER TO LAUGH A LITTLE



**It amazes me
how much
exercise and
extra fries
sound alike.**

Lazy is a very
strong word.



I like to call it
"selective
participation"



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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