

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

December 2022 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...



Steering Committee Co-Chairs Beth Livoti and Linda Henderson say:

We wish everyone a magical holiday season.

We hope you enjoy the blessings of happiness and health.



Monthly quote:

"Devote yourself to loving others, devote yourself to your community around you, and devote yourself to creating something that gives you purpose and meaning. You notice there's nothing in there about salary. If you're trying to show off for people at the top, forget it. They will look down on you anyhow. And if you're trying to show off for people at the bottom, forget it. They will only envy you. Status will get you nowhere. Only an open heart will allow you to float equally between everyone." ~Morrie Schwartz

Morris S. "Morrie" Schwartz - December 20, 1916 – November 4, 1995. Morris S. "Morrie" Schwartz was an American professor of sociology at Brandeis University and an author. He was the subject of the best-selling book *Tuesdays with Morrie*, written by Mitch Albom, a former student of Schwartz. He was portrayed by Jack Lemmon in the 1999 television film adaptation of the book. ~Wikipedia

NOVATO VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

Here's the December 2022 calendar of Novato Village activities...details in this newsletter!

Thursday, December 1, 9:30am – Village Walkers at Las Gallinas Valley Sanitary District, canceled if raining

Thursday, December 8, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1719 Grant Ave.

Tuesday, December 13, 11:30am – Holiday luncheon at The Key Room, 1385 N. Hamilton Parkway

Saturday, December 17, time and location to be announced – Village Viewers Movie Group

Wednesday, December 28, *3:00 – 5:00pm* – Happy Hour at Rickey's, earlier start time

Plan ahead!

Thursday, January 12, 10:30am at the Buck Institute

The Final Journey: Acceptance, Control and Loving Life, a symposium featuring B.J. Miller, MD

Tickets go on sale December 1

Food & Drink

CoffeeTea&Chat

Thursday, December 8, 1:30pm – 3:00pm

Creekside Bakery, 1719 Grant Ave.

Ladies & gentlemen—drop in to meet lively friends and enjoy flowing conversation! Come and get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.



November's Coffee and conversation at Creekside Bakery—always a good time!

December Holiday Luncheon at The Key Room

Tuesday, December 13, 11:30am (doors open) – 2:00pm

1385 N. Hamilton Parkway

RSVP Required, limited seating



We hope to see you at Novato Village's Holiday Party! We have a few seats still available—no walk-ins! **An RSVP is required**, and *the last day to RSVP is Wednesday, November 30*. Cost is \$45 for all members, volunteers, and non-members. Luncheon includes salad, main course, sides, and dessert with coffee, tea, water, non-alcoholic beverages, wine.

MENU

Starter: Organic baby greens with roasted beets, pickled onions, roasted chickpeas, quinoa, and apple cider vinaigrette

Entrée: Choose one

- Breast of chicken stuffed with spinach and brie, glazed with orange-cranberry gastrique
- Filet of organic salmon with mild chimichurri sauce on the side
- Vegetarian entrée upon request. *Limited to 10 orders.*

Sides: Sautéed green beans with slivered almonds | Scalloped potatoes with Gruyere cheese

Dessert: Choice of caramel apple tartlets with crème Chantilly **or** fruit cup (no added sugar)

For payment, please mail a check for **\$45** payable to **Beryl Bourke** and send to **Beryl Bourke, PO Box 1244, Novato, CA 94948**. Indicate your choice of entrée (chicken, salmon, vegetarian) and dessert (caramel tart or fruit cup) with your payment.

For questions, contact Joanne Lang, novatovillage@marinvillage.org or Marge Jackson (415) 892-1238. If you are a member and you need a ride, please call the Marin Villages office a few days in advance. (415) 457-4633

Happy Hour at Rickey's

Wednesday, December 28, 3:00 – 5:00pm **(note earlier start time!)**

InnMarin, 250 Entrada Dr.

Hostess Beryl Bourke invites us to one of our favorite locations: Rickey's at the InnMarin. Rickey's welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices!

Please RSVP by Monday, December 26, so we can tell the staff how many guests we'll have for outdoor seating. Please plan to pay with cash, not credit cards. To RSVP, contact Beryl Bourke. (415) 990-8146 (mobile) or berylbourke@gmail.com. Beryl does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.



November's lunch at Chipotle Mexican Grill, Vintage Oaks

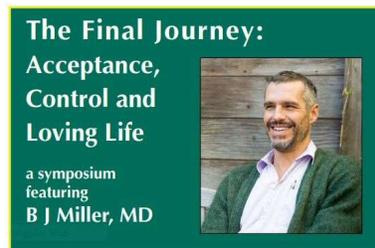
Education & Presentations

The Final Journey: Acceptance, Control and Loving Life

A symposium presented by Novato Village featuring B. J. Miller, MD

Thursday, January 12, 10:30am – noon (doors open at 9:30am)

The Buck Institute for Research on Aging, 8001 Redwood Blvd, Novato



B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community, and presence in designing a better ending. His discussion about end of life will be more existential and will include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health (mettlehealth.com). This symposium was made possible by the Kenneth Berg Trust.

Cost is \$10 for all Marin Village members and volunteers; \$20 for others. Sign up and purchase tickets at this link: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md>

The first 25 people to sign up will receive a free, autographed copy of Dr. B.J. Miller's book, *A Beginner's Guide to the End: Practical Advice for Living Life and Facing Death*. We look forward to seeing you at this superb opportunity to meet B.J. Miller, MD, ask him questions, and learn about managing your own life journey.

Exercise

Novato Village Walkers – canceled if raining

Thursday, December 1, 9:30 – 10:30am

Las Gallinas Sanitary District, 300 Smith Ranch Rd, San Rafael

We will enjoy a flat, packed-gravel, wide path around Pond 1 (or if more adventuresome we will walk around Pond 2 as well) at Las Gallinas Valley Sanitary District. The walk around Pond 1 will take about 45 minutes. For those who want to walk a little further, walking around Pond 2 will take at least another half hour. Please RSVP to pbailey49@aol.com or (415) 652-9073.

Directions: From Hwy 101 in San Rafael, take the exit for Smith Ranch Rd east approximately 0.7 miles. Drive over the railroad tracks and turn left just after passing under the vined trellis to stay on Smith Ranch Rd. (If you go through the park entrance, you have gone too far.) Follow Smith Ranch Rd 0.8 miles to treatment facility. Park on the left. There are 10 parking spaces; however, this is a popular walk so carpooling is recommended. Also, traffic on Hwy 101 south from Novato to Smith Ranch Rd may be heavy at 9:00am so please leave enough time to get to the start of the walk by 9:30am.



A beautiful walk at the Bel Marin Keys Levee in November

Books

Village Book Lovers' Group – no meeting in December!

Resuming on Tuesday, January 10, 2023, 1:00pm

Meeting at Beth Livoti's home

It was decided at the last meeting that the December meeting would be skipped. In January the group will meet at Beth Livoti's home. The book will be *Taste* by Stanley Tucci. In February we will be reading *Persuasion* by Jane Austen. We wish you all a very happy holiday season. Cheers, Diana Shima dianashima3@comcast.net.

Groups

Village Viewers Movie Group

Saturday, December 17

Time and location to be announced

In November, we saw *Ticket to Paradise*, starring George Clooney and Julia Roberts. What a fun movie! It's light but at the same time enlightening. Life may not go how you envision it; you reject the outcome and then accept it. The movie took us through the process with all its twists and turns.

The December movie will be followed by lunch or early dinner. The movie, time, and location will be announced the Wednesday prior to the event by email. Hope to see you there. Contact Joanne Lang, with questions or movie suggestions at (916) 716-5800 or email jangtpa@gmail.com.



November's movie group!

Village Business

Novato Village Steering Committee

Friday, December 16, 10:30am – NOTE: this is a one-time-only date change
Beth Livoti's home

Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, December 7 & 21, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Choose Your Not Home Alone Holiday Event!



Join Donnalee Wells and other villagers and volunteers for one, two, or three of these holiday events at different restaurants. Always a fun time and a great opportunity to share the holidays with old and new friends. First come, first served, space is limited. PLEASE BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP to Donnalee Wells at (415) 302-9244 or donnaewells@comcast.net. Marin Villages rides are very limited for these holiday events.

Christmas Eve

Saturday, December 24, 2:00pm early dinner

San Rafael Joe's, 931 Fourth Street, San Rafael
Inside seating

Christmas Day / Donnalee's Birthday Party

Sunday, December 25, 1:00pm early dinner (note earlier time!)
Royal Thai Restaurant, 610 Third Street, corner of Irwin, San Rafael
Inside seating

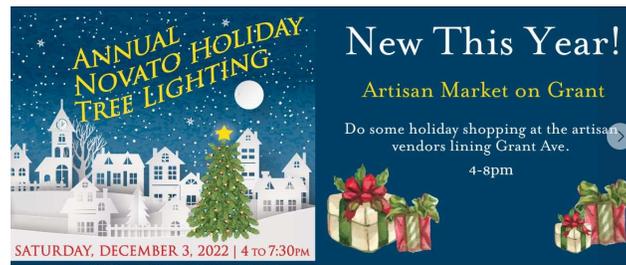
New Year's Eve

Saturday, December 31, 2:00pm early dinner
McInnis Park The Club Restaurant, 350 Smith Ranch Road, San Rafael
Private dining room

COMMUNITY EVENTS

Novato Holiday Tree Lighting Festival

Saturday, December 3, 4:00 – 7:30pm
Sherman Avenue, Downtown Novato



The Novato Community Holiday Tree Lighting Ceremony has been a Novato tradition since 1928. There will be a tree lighting ceremony, special holiday performances, food, hot drinks, entertainment & craft booths, and children's activities. Perfect for the entire family! More information at this link: <https://www.facebook.com/NovatoHolidayTreeLighting/>

Sewer Band 2022 Holiday Concert—Las Gallinas Valley Sanitary District Non-Marching Band

Monday, December 19, 7:00 – 9:00pm
Marin Veterans' Memorial Auditorium, 10 Avenue of the Flags, San Rafael



Join the Las Gallinas Valley Sanitary District Non-Marching Band, affectionately called The Sewer Band, for a free holiday concert that's guaranteed to delight all! This evening of seasonal favorites will bring out the spirit of the holidays and leave you with a song in your heart and a dance in your step.

Community Chanukah Party

Tuesday, December 20, 6:00 – 8:00pm
Chabad of Novato, 695 Delong Ave.



You are invited to a community Chanukah party! Enjoy live Jewish music, latkes & donuts, and fun community games with friends. The event is free, but please RSVP and find more details at this link: <https://patch.com/california/novato/calendar/event/20221220/1994271/community-CHANUKAH-party-music-latkes-doughnuts-2022-novato>

Art Walk: Marin Society of Artists | Art Works Downtown | Youth in Arts

Friday, December 9, 5:00 – 8:00pm

Give the Gift of Art
Support Creativity this Holiday Season

A small image of a golden Chanukah gelt (candy) in a square wrapper.

**Special: 2nd Friday Art Walk
December 9, 5–8pm**
All three organizations will have music, refreshments, & affordable art on display for purchase.

*Limited number of goodie bags for visitors filled with all sorts of artist supplies & discounts.

Locations in San Rafael:
Art Works Downtown
1325–1337 Fourth Street
Marin Society of Artists
1515 Third Street
Youth in Arts
917 C Street

A dark blue gift box with a light blue ribbon tied around it.

Logos for Art Works Downtown, Marin Society of Artists, and Youth in Arts.

The 2nd Friday Art Walk connects art venues throughout downtown San Rafael for an evening of inspiration and community. Enjoy galleries, open studios, art exhibits, and more on the second Friday of each month, anchored by the Art Works Downtown galleries and studio tour. Goody bags with coupons and other neat things will be handed out during the Art Walk on December 9 at these locations:

- Marin Society of Artists Gallery at 1515 Third St.
- Art Works Downtown at 1337 Fourth St.
- Youth in Arts at 917 'C' St.

NOVATO VILLAGE ANNOUNCEMENTS

Attention crafty folks!

Sue Lyttle is going to set up an ongoing series of workshops for art or craft activities to offer to Village members and volunteers. Sue is looking for three or four people, volunteers or members, who would join her to form a committee to gather ideas for activities and organize workshops to be held three or four times a year. Interested? Call Sue at (650) 799-6900.

AND MORE...

Volunteer appreciation

On November 2nd, Marin Villages had a volunteer appreciation party where 120+ Villagers—volunteers and members, many who are both—came together to say thank you! Thanks for inspiring us, Novato Village member and volunteer Marge Jackson and Village member Jean-Marie Campbell! There were many Novato Village volunteers at the event.



Cat bliss

Member Sandi Bowman shared this. Volunteer Peter Roodhuyzen helps a member and her kitty, Zeppé, by assembling Zephlyn's new play tree! He made their day!!



Autumn wreaths

More lovely autumn wreaths—did you get yours?



HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with 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. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org