

MARIN
VILLAGES



Our Paths - Our Choices

Ross Valley Village

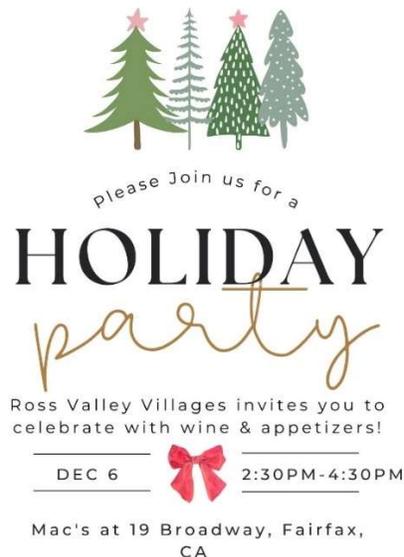
Empowering older adults to remain active, connected,
and independent in the place they call home

December 2022 – January 2023 Newsletter

Merry salutations to our Ross Valley members and volunteers!

The holiday season has definitely begun! We hope you had a lovely Thanksgiving and are ready for more holiday cheer over the coming month.

Come and celebrate the season on Tuesday, December 6, with other Ross Valley members and volunteers, at our holiday party at Mac's in Fairfax. Please check your email inbox for an invitation. If you're a volunteer, please RSVP to Kimberly at kimberly@kimberlyteal.com; if you're a member, please RSVP to Helene at martelhs61@gmail.com. If you're both a member and volunteer, please email Helene.



Can't make it on December 6th or fancy meeting up on a regular basis? Then try out our monthly coffee at Peet's, our book club, or the walking club (once it resumes in January). We can provide rides; read on for the full details for each event.

With love from the Ross Valley Steering Committee

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Say hello to our newest members, Burke Zimmerman and Elizabeth Moore.

Volunteers: Welcome to our newest volunteers, Rita Swenson (who has already become a valued member of our steering committee) and Rita Casey!

We look forward to meeting all our new members and volunteers at one of our future events!

ROSS VALLEY VILLAGE EVENTS

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

Food & Drink

Coffee & Conversation

Friday, December 9, 10:00am

Peet's, Red Hill Shopping Center

Our lovely Angie Jackson will be hosting another coffee meetup at Peet's. The details are below:



To RSVP or arrange rides, please contact Angie at marinresident@yahoo.com.

Table for 8

We are pausing our very successful Table for 8 event for the month of December, but will be hosting another event in January. Please be on the lookout for more information!

Arts & Letters

Asian Art Museum Visit

Monday, January 9, 2023

We are planning a small group outing to the Asian Art Museum. Space is limited. If you are interested, please contact Kimberly Teal at (415) 770-7771. More details will be forthcoming in a future email.

Exercise

Walking Club

January 20, 2023



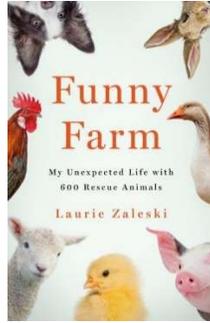
Here's a picture of some walking club members from our most recent walk. It was a beautiful day and full of fun! Our walking club will be on pause for the month of December. We are tentatively scheduled to resume on January 20, 2023. Please contact Sarah Mansbach at Sarah.Mansbach@gmail.com or (415) 926-1640 for more details. If you need a ride, please feel free to reach out and we'd be happy to pick you up.

Books

Book Club

Friday, December 9, 11:00am

Picnic benches by Creek Park in San Anselmo



Our RVV book club is currently reading *Funny Farm* by Laurie Zaleski. This inspiring and heart-warming memoir details Laurie's early childhood and the bravery and kindness that leads to her establishment of the Funny Farm Animal Rescue. We can't put it down! If you are interested in joining us to discuss this book, please RSVP to Kelly at kellau55@gmail.com.



Some of our book club regulars discussing the latest book over coffee and bagels in San Anselmo.

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 donnaleewells@comcast.net. Marin Villages rides are very limited for these holiday events.

Christmas Eve

Saturday, December 24, 2:00pm early dinner
San Rafael Joes, 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

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.

ESCOM

Looking for something to do and to stimulate your brain? Check out Emeritus Students College of Marin (ESCOM). ESCOM is a program of the College of Marin, which provides engaging life-long programs for active adults in Marin County and beyond. It's free to join. If you're interested in looking at what ESCOM offers, use this link <https://escom.marin.edu/>.

Yoga Classes with Tamela Smith

Looking for new ways to stay active? Tamela's classes are sure to inspire you to new levels of fitness. The classes are hybrid, in-person at the Women's Club or on Zoom. You are welcome to show up 15 minutes early to chat with each other. Tamela provides modifications for chair or standing. Free for Fairfax residents and a donation is requested for all others. To get more information or RSVP, please contact Tamela at tamelak@comcast.net or yogaforchickens@gmail.com.

Mat Yoga Monday, Wednesday, and Friday, 9:30 – 10:45am

Chair Yoga Monday, Wednesday, and Friday, 11:30am – 12:30pm

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with December and January birthdays!

Roberta Dillon, December 3

Ginny Turner, December 12

Loraine Berry, January 3

Robert Berry, January 15

Sydney Park, January 25

The Steering Committee wants you!

Our Steering Committee is always looking for new volunteers to join our merry group in planning future events and parties. If you're interested in joining us, please reach out to Sarah Mansbach by email at sarah.mansbach@gmail.com, or by phone or text at (415) 926-1640.

AND MORE...

Getting to know you



“One and Many,” the title given to a recent painting by **Elaine Nehm**, aptly encapsulates her belief that every human being has positive potential and that by honoring others’ potential we can establish peace and understanding.

Oldest of three, Elaine was born in San Francisco, but she and her family moved to San Anselmo when she was around five. In this more rural setting, she developed a love for, and a close relationship with, nature. Her mother was skilled in-home arts such as sewing, and her father was a contractor who taught Elaine how to use her hands and body for house remodel and repair. She put sentences together and was potty trained before she was one year old. She has been involved in art since she was a child.

After attending San Francisco State University for two years, Elaine and her husband spent a semester in Vienna where she studied sculpture under Fritz Wotruba at the Academy of Sculpture. Upon their return to Marin, Elaine went back to San Francisco State and, because she believed in educating the whole self, took classes such as trigonometry, chemistry, and philosophy as well as art. Her method of choosing classes was to find ones that were taught by inspired professors, no matter what their field was. While in college she taught pre-kindergarten and first graders at a school that was art-oriented.

Elaine studied aikido for over ten years through which she developed a holistic approach to art. She taught aikido in residential homes for autistic youth, combining it with art and yoga. In the 1980s she worked with printmaker Shoichi Ida, who helped her realize her innovative ideas with prints. She bought an etching press, and established a large studio in Lagunitas, where she held workshops in monotypes and art as a vehicle for self-transformation. She then taught printmaking at the O’Hanlon Center for the Arts in Mill Valley.

In 2017, Elaine began exhibiting in South Korea and has received a number of awards in that country for her excellence in painting, metal work, and sculpture. She further was appointed as an art and cultural ambassador by museums there. Elaine continues to be involved with the art world internationally; in 2022 she was invited to be a juror in the 'A World Without Poverty' online competition in Iran.

Wishing to be kind to nature and the environment led Elaine to printing with organic, self-made pigments. She recently innovated a new medium working with metal sheets using only non-toxic materials to create imagery. She is pictured above in her studio with 'Terre Awakens,' incorporating materials recycled from the metal art process. 'Terre Awakens' is a message of hope and immediacy, a call for healing and survival, a quest for peace among 'One and Many.' You can learn more about Elaine's journey and her work on Facebook. She can be reached at emnehm2018@gmail.com.

Interview & profile by Kathleen Jackson

Recommendations Corner

Line dancing, by Angie Jackson

I recently attended a line dancing workshop in Sausalito and it was a lot of fun. I didn't really know what to expect. I knew that I wanted to dance, again, as I hadn't danced in years. I was never a good partner dancer so I thought line dancing would be just what I was looking for and I'm hooked! It was not country and it wasn't fast. We danced to slow and moderately paced songs. The class was well-attended by women of all ages. There were a couple of men dancing as well.

The class is 90 minutes long. In the first half hour new students learn some basic steps and dance those steps with music. The last 60 minutes of the class is a dance party and attendees dance a routine to music. The teacher lets us know what the steps would be. For those of us who were just learning, it wasn't difficult to pick up the routines. There is no fee for the class but a donation is much appreciated. The instructor has been teaching line dancing for quite a long time.

The link below is a YouTube video that will give you an example of what line dancing is like. I hope some of you will give it a try. It's great exercise for your mind as well as your body.

<https://www.youtube.com/watch?v=6qENOtZ6iq8>

The two links below provide information on how to sign up for an upcoming workshop called "Line Dancing for the Brain and Body," available in Sausalito. The next two classes are scheduled for December 11 and December 26.

<https://sausalito.helpfulvillage.com/events/3657>

<https://sausalito.helpfulvillage.com/events/3658>

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-marinvillages---donate> to contribute.

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(415) 457-4633 www.marinvillages.org