

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

January 2023 Calendar of Events

"Tomorrow is the first blank page of a 365-page book. Write a good one." ~ Brad Paisley,
singer

WELCOME, NEW MEMBERS AND VOLUNTEERS!

New members: Trish Hibben, Amy Glaza, Lisa Gordon and Teresa Carey

New Volunteers: Chris Chapin

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

SAN RAFAEL VILLAGE EVENTS

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

Walking with or without your dog

Are you someone who likes to walk your dog in the company of others? Or maybe just take a walk without your dog and enjoy the outdoors and good conversation and company? I am hoping to find other Villagers to join me on a weekly or biweekly afternoon walk, where the beauty and serenity of nature can be enjoyed and shared. If interested, please call Mary Love at (510) 334-6559.

Movie Group

Sundays, January 1, 8, 15, 22, 29, 7:00pm
Zoom

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. For the next couple of weeks we will be enjoying *Last Tango in Halifax*. 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.

Book Chat

Members of the group will be contacted regarding the meeting date for January

Would you like to share reading recommendations? Would you be interested in hearing what other Villagers are reading? If so, consider joining us in the San Rafael Book Chat. We will meet this month at the home of Marilyn Sharp. After the meeting, for those who would like, we are going to an early supper at a restaurant near Marilyn's, to be chosen at the meeting. For more information, contact Val Stilson at valerie.stilson@sbcglobal.net.

Writers' Group

Wednesdays, January 4 & 18, 2:00pm

This group continues to meet every other week at the home of Susan Mines. We talk about writing—any kind of writing, hopefully yours! Short stories, long stories, your novel, poetry, prose. We talk about why we write or why we don't, we listen kindly to one another, and we make editorial comments only if asked. This group is currently closed, but a waiting list is being made. For more information, please contact Val Stilson at valerie.stilson@sbcglobal.net.

San Rafael Village Coffee

Wednesday, January 11, 2:00pm
207 Riviera Drive, San Rafael

Join us for the always fun monthly coffee, hosted this month by Sparkie Spaeth. Enjoy chatting with Village friends and consider bringing a friend or neighbor to meet our friendly group. Beverages and snacks will be provided. Masks recommended for indoors. RSVP to Joy at joy@ebloom.com or (415) 717- 0173.

San Rafael Village Walkers

Thursday, January 19, 1:30pm
Starkweather Shoreline Trail

We return to one of our favorite walks with marshes, fields, and lagoons on one side and San Pablo Bay on the other. This is about a two-mile walk, out and back, on a level ADA path. This means you can turn around whenever you wish, plus there are benches to stop and rest and enjoy the views along the trail. Interested? Contact Carole Sherick at (415) 300-5220 or csherick@gmail.com.

Villages Book Club

Thursday, January 26, 12:30pm

We will be reading *Daughter of Persia*, by Sattareh Farman. Everyone is welcome! 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. Please call Karen Gray at (714) 403-3345 for more information.

Did you know...

...that you can join in most of the activities and events at our other Marin Villages? There are five other villages: Novato, Twin Cities, Ross Valley, Mill Valley and Tiburon Peninsula. Check out their calendars on the Marin Villages website, https://marin.helpfulvillage.com/events?all_villages=1.

Village Business

Membership/Volunteer Committee

Wednesday, January 11, 10:30am

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

Program Committee

Friday, January 13, 2:00pm

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.

Steering Committee

Friday, January 20, 2:30pm

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.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, January 4 & 18, 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).

Spend an Afternoon in Bali & Other Adventures

Tuesday, January 10, 2:00 – 3:30pm

Marcia Jaffe's house



Looking for overseas adventures? Whether you're eager to resume traveling or travel anew, get inspired here! Join Marin Villager Marcia Jaffe as she retraces her personal journey from first visiting Bali to founding the Bali Institute (<https://baliinstitute.com/>), now run by her son and his Balinese wife. She'll share her special insight into Bali's unique beauty and spirit, and lessons she's learned about how to plan travel experiences immersed in local culture. Bring your own travel experiences for discussion, or come to soak it all in. Light refreshments served. To RSVP, please use this link. <https://marin.helpfulvillage.com/events/4834-spend-an-afternoon-in-bali--other-adventures>

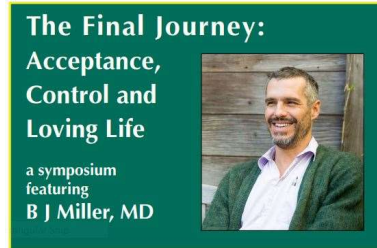


The Final Journey: Acceptance, Control and Loving Life

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>

Technology/Computer Help Office Hours

Wednesday, January 18, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This

opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207!>

COMMUNITY EVENTS

Are you struggling with your vision?

Vision Impaired of Marin (VIM) offers support, fellowship, information and programs. Contact them to participate in their programs. They are here to answer questions and share valuable resources and information. Check out their website, www.bvim.org for more information. To participate in any events, contact them at (415) 459-5066 or info@bvim.org.

Upcoming Events:

January 4 – Zoom Support Group

January 14 – Talking Book Club

January 19 & 26 – Art Class

SAN RAFAEL VILLAGE ANNOUNCEMENTS

Attention theater lovers!

Sandy Levitan is a Marin Village volunteer. She is also a theater lover with extensive knowledge of local theater. She'd love to share this passion with you and introduce other villagers to local theater offerings. If you are interested, please send Sandy your name and contact information. When she comes upon a theater experience she is enthused about, Sandy will send you a note and include the date she will be attending, always matinees. You can choose to purchase a ticket for the same performance and meet up with Sandy and other Marin Villagers. Often the attendees go out to dinner together and enjoy a meal while discussing the play. Sandy's contact information is sandrilevitan12@gmail.com or (415) 246-1912.

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