



# San Rafael Village

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

## March 2023 Calendar of Events

*"Life is not about waiting for the storm to pass. It's about learning to dance in the rain"*  
~ Vivian Greene, motivational speaker

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Carol Bushnell

**Volunteers:** Ed Schuller

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

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## SAN RAFAEL VILLAGE EVENTS

We are always looking for ways to engage you! Last month we presented some ideas for new activities. Below are some additional possibilities you may be interested in. Movie theaters are very empty these days. Some of you might recall when San Rafael Villagers gathered together monthly at a late-afternoon movie followed with an option for dinner together. Does that appeal to you? Would you be interested in hearing the Marin Symphony, or Live at the Met Opera, or a well-known speaker? How about a monthly needlework group?

We are very open to any feedback on these suggestions and any other ideas you have. Please contact Adele Flake at (415) 246-8005 or [adeleflake@comcast.net](mailto:adeleflake@comcast.net).

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

### **Writers' Group**

Wednesdays, March 1, 15, 29, 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](mailto:valerie.stilson@sbcglobal.net).

**San Rafael Village Happy Hour!**

Thursday, March 2, 4:00 – 5:30pm

Vin Antico, 881 Fourth Street, San Rafael

Join us at one of our favorite Happy Hour spots! A fun time to meet new Villagers and enjoy catching up with friends while nibbling on wonderful appetizers. Everyone is asked to purchase a minimum of one beverage. Guests are welcome (guest fee of \$10). Inside or out, depending on the weather. RSVP to [adeleflake@comcast.net](mailto:adeleflake@comcast.net) or (415) 246-8005.

**Movie Group**

Sundays, March 5, 12, 19, 26, 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. 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](mailto:karenkasavana@gmail.com) or (714) 403-3345.

**Book Chat**

Monday, March 6, 2:00pm

Come and share what you have been reading: books, articles, poetry, even old essays or letters. Tell us why you like or don't like it and what drew you to it in the first place. We often go out to a happy hour together afterwards and always enjoy learning from each other. For more information and to RSVP, contact Val Stilson at [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net).

**San Rafael Village Coffee**

Wednesday, March 8, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Karen Gray in her Terra Linda home. 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 and get address from Joy Bloom at (415) 717-0173 or [joy@ejbloom.com](mailto:joy@ejbloom.com)

**San Rafael Village Walkers**

Wednesday March 15, 2:00pm

Hamilton Wetlands

The Hamilton section of the Bay Trail skirts the old runway of this former Air Force base, which has been returned to its original wetland state. The trail is flat and accessible and welcomes walkers to travel along the wetlands that border San Pablo Bay. This is an out and back walk; you walk the distance you are comfortable with. You'll find neat little lookout areas along the way, with benches and informative placards that tell you all about the bird life in the area and also the wetland restoration project. The views are stunning! Friends are very welcome to join you. Questions and/or to RSVP, contact Carole Sherick at (415) 300-5220 or [csherick@gmail.com](mailto:csherick@gmail.com). When you RSVP, you will be sent directions where to meet to carpool or meet at the trailhead.

**Villages Book Club**

Thursday, March 30, 12:30pm

This month's book selection is *West with Giraffes*. 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](https://marin.helpfulvillage.com/events?all_villages=1).

**Village Business****Membership/Volunteer Committee**

Wednesday, March 8, 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](mailto:cartersolo@comcast.net).

**Program Committee**

Friday, March 10, 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](mailto:csherick@gmail.com) or (415) 300-5220.

### **Steering Committee**

Friday, March 17, 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](mailto:oksparkie@aol.com) or (415) 250-3172.

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## **OTHER MARIN VILLAGES EVENTS**

### **Men's Coffee**

Wednesdays, March 1&15, 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](mailto:irvgubman@gmail.com)) or (415) 250-6155).

### **Technology/Computer Help Office Hours**

Wednesday, March 15, 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!>

### **Not Home Alone—St. Patrick's Day**

Friday, March 17, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early dinner at Whipper Snapper Restaurant, a charming family-owned restaurant in San Rafael established in 2008 by Chef/Owner Bill Higgins, former executive chef for Cha Cha Cha restaurants in San Francisco. The food is amazing and it is 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. Please BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633. The event will be outside on the covered heated patio unless it rains and then it will be indoors. The fixed-menu will include an entrée choice of corned beef and cabbage, fish, or chicken.

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## COMMUNITY EVENTS

### For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, support, information, resources and activities. For more information on programs, visit their website, [www.bvim.org](http://www.bvim.org). To contact them, call (415) 459-5066 or email [info@bvim.org](mailto:info@bvim.org).

### **Ongoing events:**

First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

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## 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 [sandralevitan12@gmail.com](mailto:sandralevitan12@gmail.com) or (415) 246-1912.

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## 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](http://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](http://www.marinvillages.org)