

# Tiburon Peninsula Village

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

## April 2023 Newsletter

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Cherie Sorokin, editor



Are you planning to fool someone on April 1? No one seems to know the origin of April Fools Day, but it's a tradition to pull a prank on the first day of April in many cultures. Some say it's related to the vernal equinox or the first day of spring in the Northern Hemisphere when Mother Nature tends to fool us with changing and unpredictable weather. Based on this year's weather I'd say that seems about right. Crazy rain and hail one day, and then beautiful sunshine the next! Here's hoping we're not "fooled" by the weather too many more days this spring!

### April 22 is Earth Day!

The first Earth Day was celebrated in 1970 in recognition of the need for a more active, widespread stewardship of our planet. It's still a good day to stop and really think about how we each can help make a difference, even if only in a small way. If you are home on the 22<sup>nd</sup>, think about your own recycling and waste-reduction efforts. If you are out and about, keep an eye out for trash you can help pick up and dispose of properly!

This brief video is a quick reminder of how we all can invest as stewards of the Earth!

<https://www.youtube.com/watch?v=ihPpNHix3vE>

## How About a Little April in Paris with Ella?

Enjoy this video of Ella Fitzgerald performing live:

<https://www.youtube.com/watch?v=AZxrvslGt5w>

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## WELCOME, NEW MEMBERS!

**Parvin Ramazannia** joined us mid-month. Parvin, we are looking forward to seeing you soon at one of our coffees, teas, happy hours or other activities!

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## TIBURON PENINSULA VILLAGE EVENTS

So sorry the weather foiled our plans for several events in March. Hoping Mother Nature will be kinder to us this April! As long we don't have a repeat of the gale-force winds, hail, and driving rain, we will just move indoors for the events listed below. If the weather is dreadful, watch your email or call the office to see if we have to cancel.

All Tiburon Peninsula Village events are open to both members and volunteers from all villages, but if you are a member and need a ride to any of the events below, please call the office. (415) 457-4633. Make sure to do so early enough to allow time for our volunteers to respond to your request!

### Food & Drink

#### **Morning stroll followed by coffee**

Tuesday, April 11, 10:30 am

Along the Tiburon waterfront

- **Something new!**
- Meet at the corner of Tiburon Blvd. and Main
- Easy 30-minute stroll along Tiburon's waterfront
- Followed by Dutch-treat coffee or tea at Caffè Acri
- Please RSVP so we know whether or not to expect you to join us!
- If you need a ride to and from our starting location, please let the office know

#### **TPV Morning Coffee and Chat**

Thursday, April 13, 10:30 am

Rustic Bakery, Tiburon



- Not interested in exercise before your morning coffee?
- Then join us on the boardwalk at the tables in back outside unless the weather makes inside more inviting
- Masks not required if you are fully vaccinated and we're outside
- We do still recommend masks when you go indoors to order coffee or if we have to be indoors because of the weather
- If you need a ride, please call the office! Otherwise, no RSVP needed.

### **Afternoon Tea at Caffe Acri**

Wednesday, April 26, 3:00pm

Caffe Acri at the corner of Main and Tiburon Blvd.



Afternoon tea was such fun the first time we did it, let's try it again. Maybe it will be warm enough by the end of April for us to sit outside!

- Dutch treat
- TPV will buy assorted yummy cookies for the group
- Watch the weather and dress accordingly!
- As usual, bring a mask. We might need to be indoors
- No need to RSVP
- Let the office know if you need a ride

### What about Happy Hour?

Our Happy Hour at Sam's will return in May! Stay tuned.

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## OTHER MARIN VILLAGES EVENTS

### Men's Coffee

Wednesdays, April 5 & 19, 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).

### Not Home Alone—Easter

Sunday, April 9, 2:00pm

Cherie Sorokin's home, Tiburon



Wear your favorite Easter bonnet and join Donnalee Wells and other Marin Villages members and volunteers for an early Easter supper at Cherie Sorokin's home. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served **by reservation**, and space is limited to 30. Please BRING \$30 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 menu will include appetizer; salad; lamb, fish, and vegetarian entrees; and dessert.

### Technology/Computer Help Office Hours

Wednesday, April 19, 4:00 – 5:30pm

Zoom



Did you know we have a tech help group on Zoom monthly where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful Marin Villages tech volunteers? Even if you'd just like to sit in to learn a little more about technology, you are welcome to participate! Bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. Here is the Zoom link, but also watch for announcements in the *Village Square* email in case there is a change in date or time. Please join us at this link: <https://us02web.zoom.us/j/89289995207>!

### **And more!**

Check out the Marin Villages calendar on our website ([www.marinvillages.org](http://www.marinvillages.org)) and watch for more announcements of programs in the monthly *Village Square*, which is emailed on the second Tuesday of the month. There's lots to do and practically a group for everything! You just need to look. Have an idea for something that interests you, but we don't yet have a group for? Call Cherie to suggest it! (415) 730-0204

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## COMMUNITY EVENTS

### **Celebrate Nowruz**

Saturday, April 1 (no joke!), 3:00 – 5:00pm  
Main Street, Tiburon

This is a Persian New Year celebration. Food, dancing, fun and free!

### **The Ross Historical Society and Moja Library present *Vanished San Francisco***

Thursday April 6, 11:00am  
Marin Art and Garden Center

Highlighting landmarks and locations we might remember, but are no more! A donation of \$10 is requested. No RSVP needed.

### **There's always something going on at the Tiburon Library**

- Del Mar Emerging Artists exhibition is up in the library lobby through April 15

- Fridays at 11:00am—Pranayama Techniques and Meditation—exploring the benefits of yoga breathing techniques in a restorative seated position
- Thursday April 20, 2:00 – 3:00pm. True Crime and Mystery discussion group

### 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>

### **April events:**

April 5 – Zoom Support Group with guest speaker Denice Barness who will discuss the visit to your eye doctor

April 15 – Talking Book Club

April 19 – Zoom entertainment with Bread & Roses

April 20 & 27 – Art class

April 25 – Sausalito Ferry to SF Ferry Building & lunch

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## REMEMBER TO LAUGH A LITTLE

There are some friends you know will never pull an April Fools' Day prank. Because they think it's still March. (Oh, so familiar to the date-challenged among us!)

Believe nothing and trust no one this April Fools' Day. So it's just like any other day.

A and C were going to prank their friend... but they just letter B.

What do you call a realistic prankster? A practical joker.

**Babies born on  
March 31 are the  
easiest to prank on  
April Fools' Day.**

They were literally  
born yesterday!



RD

**Why do eggs like  
April Fools' Day?**

They love  
practical  
yolks.



RD



**Today's the day  
to propose. If they  
say yes, great.  
If they say no, just  
say, "April Fools'!"**

woman's day



**What if April Fool's  
Day is actually  
April 2 and we've all  
be fooled into  
thinking it's April 1?**

woman's day

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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-marin-villages---donate> to contribute.

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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)