



Novato Village

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

April 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

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

"Rain, rain, go away, come again another day." This rhyme is appropriate right now! There are a few versions and variations of the rhyming couplet but this is the most common modern version.



What is the origin of this rhyme? It's not new. Similar rhymes can be found in many societies, including ancient Greece and ancient Rome. The modern English-language rhyme can be dated to at least to the 17th century when James Howell in his collection of proverbs noted: "Rain, rain, go to Spain: fair weather come again." A version very similar to the modern version was noted by John Aubrey in 1687 as used by "little children" to "charm away the Rain..."

Quote of the month:

"We do not inherit the Earth from our ancestors; we borrow it from our children."

~Ralph Waldo Emerson, the 19th century American essayist and poet...and others.

This quote is attributed to many people. It has been called an Amish saying, a Ralph Waldo Emerson quote, a Native American proverb, a quote by Wendell Berry, Oscar Wilde, Chief Seattle, Moses Henry Cass, Dennis J. Hall, Helen Caldicott, Lester Brown, David R. Brower, Taghi Farvar, the Audubon Society, and Anonymous. It certainly resonates with many generations of people.

<https://quoteinvestigator.com/2013/01/22/borrow-earth/>

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Diane Drews, Lou Livoti

Thank you for giving your time and energy to our village. We look forward to seeing you at an event soon!

NOVATO VILLAGE EVENTS

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

Here's the April 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, April 6, 9:30am – Village Walkers at Las Gallinas Sanitary Valley District, canceled if raining

Tuesday, April 11, *1:30pm* – NEW TIME – Village Book Lovers' Club, at a member's home

Wednesday, April 12, 11:00am – The More You Know...about Treasures in Your Home, Zoom

Thursday, April 13, 1:30pm – CoffeeTea&Chat at Creekside Bakery, 1407 Grant Avenue

Saturday, April 15, time and location TBA – Village Viewers Movie Group

Tuesday, April 18, 10:30am – Novato Village Steering Committee meeting

Wednesday, April 19, noon – Lunch at Boca Pizzeria, 454 Ignacio Blvd.

Thursday, April 27, *4:00pm* – Happy Hour at Toast, 5800 Nave Dr.

Food & Drink

CoffeeTea&Chat

Thursday, April 13, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave, Novato

Drop in to meet lively friends and enjoy flowing conversation. 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.



Rainy March—good time for CoffeeTea&Chat indoors at Creekside!

Lunch at Boca Pizzeria

Wednesday, April 19, noon – 2:00pm

454 Ignacio Blvd., Pacheco Plaza Shopping Center

Boca Pizzeria has always been a little neighborhood gem. Boca is an Italian restaurant inspired by the regions of Rome and Emilia-Romagna. They make authentic 12-inch Neapolitan wood-fired pizzas made with long-fermented dough from 00 Caputo flour, hand-stretched mozzarella, and San Marzano tomatoes. The pizzas are cooked for no more than two minutes in a 900-degree Italian wood-burning oven to create one of the best pizzas you'll ever taste. Our seating will be in the outdoor covered patio. But that's not all...they feature a variety of Italian entrees at lunch. Lunch menu link:

<https://www.bocapizzeria.com/wp-content/uploads/2023/01/BPN-CM-Lunch-Menu-Jan-2023.jpg>

Yelp review: "We go here regularly. We love the pizzas and the salads. There is outdoor seating. The chairs are comfortable and it is not too loud. You can see into the kitchen. The place has a lively feel. I often see large family groups as well couples."

Please RSVP by Monday, April 17 so we can tell the restaurant how many guests we'll have for seating. Be prepared with *cash only*. To RSVP, email Joyce Applen joyceapplen@gmail.com or call her (415) 497-5095. Joyce does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.



Our March lunch adventure was at Star Restaurant

Happy Hour at Toast

Thursday, April 27, *4:00 – 6:00pm*

5800 Nave Dr., Hamilton Shopping Center

The good news for April's Happy Hour at Toast...weather permitting, we will sit outside! Hostess Marge Jackson invites you to Toast at Hamilton Shopping Center. Toast welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices! **Please RSVP by Monday, April 24**, so we can tell the staff how many guests we'll have for seating. Please plan to pay with cash, not credit cards. To

RSVP, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com. Marge does not arrange rides. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.



March guests had a good time. Come join us at Toast!

Education & Presentations

The More You Know...about Treasures in Your Home—featuring Valetta Ciarla, Fine Estate, Inc.

Wednesday, April 12, 11:00am – noon

Zoom

Do you have items in your home that *you* treasure but your younger family members do not seem to value or want to inherit? Have they told you, “No, I don’t want that set of china dishes (or insert: *silverware, collectable figurines, table linens, furniture, jewelry, etc.*)” You know these treasures have value but what will you do with them if your family doesn’t want them? Learn what in this presentation! There are people who really want your treasures. Valetta Ciarla, a director at Fine Estate Inc., will explain the process of making that happen. The Zoom link will be sent by e-blast on Sunday, April 9.



Our Zoom presentation in March: learning about Vision Impaired of Marin

By the way...are you struggling with your vision?

Please see below, under Community Events, about Marin Villages’ partnership with Vision Impaired Marin.

Exercise

Village Walkers at Las Gallinas Valley Sanitary District – canceled if raining

Thursday, April 6, 9:30 – 10:30am

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

We hope to see you at Las Gallinas Valley Sanitary District on Thursday, April 6. We hope there is not an April shower that would force us to cancel. This flat, packed-gravel, wide path goes around Pond 1 (and for the more adventuresome, we can 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.



In March, we enjoyed walking at Rush Creek. We had three ladies in red with us!

Books

Village Book Lovers' Group

Tuesday, April 11, *1:30pm* NOTE: new start time

Meeting at a member's home—directions will be sent by email, so RSVP!

Despite inclement weather, six hearty souls showed up for the March meeting. A lively discussion ensued regarding Amos Towles' book, *The Lincoln Highway*.

The schedule of books for the spring:

April – *The Nature of Fragile Things* by Susan Meissner

May – *Still Life* by Louise Penny

June – *The World That We Knew* by Alice Hoffman

Directions will be emailed out on Sunday, April 9, to those who **RSVP to Diana Shima**. Contact dianashima3@comcast.net for more information about the Village Book Lovers' Club.

Groups

Village Viewers Movie Group

Saturday, April 15th

Time and location to be announced

In March, we saw *Moving On*, starring Jane Fonda and Lily Tomlin. The story is about two estranged women who reunite to seek revenge against the husband of their recently deceased best friend. Along the way, they learn to make peace with the past and each other. As you can see in the photo, *Moving On* got a unanimous “thumbs up” from Novato Village Viewers. The movie, time, and location for April 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.



“Thumbs up” for the movie Moving On in March

Village Business

Novato Village Steering Committee

Tuesday, April 18, 10:30am

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, 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 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 lovely home in Tiburon. 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

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



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>!

Bocce Ball

Friday, April 28, 1:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



It feels like it's been a long time, but the wait is over! We're excited to announce that bocce ball is making its long-awaited return this month. A few specifics because we're probably all rusty after the long layoff: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. It's easy to learn the game, and equally easy to have a great time. See you there!

COMMUNITY EVENTS

The Met: Live in HD: FALSTAFF

Saturday, April 1, 9:30pm, *Live*

Wednesday, April 5, 6:30pm

Century Regency, 280 Smith Ranch Road, San Rafael



Baritone Michael Volle stars as the caddish knight Falstaff, gleefully tormented by a trio of clever women who deliver his comeuppance, in Verdi's glorious Shakespearean comedy. Maestro Daniele Rustioni takes the podium to oversee a brilliant ensemble cast that features sopranos Hera Hyesang Park and Ailyn Pérez, mezzo-soprano Jennifer Johnson Cano, contralto Marie-Nicole Lemieux, tenor Bogdan Volkov, and baritone Christopher Maltman. Music: Verdi, Runtime: 195 minutes, Language: Italian, with English subtitles.

Intergenerational Outing to China Camp State Park (in-person)

Friday, April 28, 10:00am – 1:30pm

China Camp Village Rd., San Rafael

To ensure the health and safety of our members, guests, volunteers and staff, Vivalon kindly requests that those joining us at the Healthy Aging Center be fully vaccinated.



Join California Naturalist Instructors Susan Edwards and Megan Farmer for a free adventure at China Camp State Park in San Rafael! The outing will include activities to connect with and learn about the natural world, and to foster connection between youth and older adults. This will include a 0.7-mile guided nature walk, nature journaling, and games/storytelling. **We will provide free lunch, transportation, and journaling supplies. A bus will take you to China Camp from Vivalon's parking lot in downtown San Rafael.** Sign up alone or with your friends, loved ones, or neighbors! Registration is required, see the information below. This is one of a series of intergenerational outings to parks in Marin County. If you are interested in attending an outing but are not available on April 28, call (415) 456-9062 or email mfarmer@vivalon.org to be added to an interest list for future outings. This program is made possible by a grant from Marin County Parks.

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. To contact them, call (415) 459-5066 or email 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

NOVATO VILLAGE ANNOUNCEMENTS

We recognized our wonderful team of Novato Village volunteers at an open house hosted by Beth Livoti, Joanne Lang, and Pat Bailey on Saturday, March 11. Some photos of the fun event...



AND MORE...

Happy birthday to *Fran Boisson*, Novato Village's newest member of Club 90!



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.

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