



San Rafael Village

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

May 2023 Calendar of Events

"You're only given a little spark of madness and if you lose that, you're nothing"
~ Robin Williams

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Kimberly Call

Volunteers: Layne Schneider

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

SAN RAFAEL VILLAGE EVENTS

Attention Bridge players!

We would like to start a Bridge Group for San Rafael Village. If you are interested in joining, please contact Diane Heath at (415) 492-1219 or email dianeheath59@hotmail.com. Meeting date and time to be determined depending on the group's preferences.

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

Book Chat

Monday, May 1, 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. This group will meet at the home of Marilyn Sharpe.

Movie Group

Sundays, May 7, 14, 21, 28, 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 or (714) 403-3345.

San Rafael Village Coffee

Wednesday, May 10, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Lorraine Voskanian 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. RSVP and get address from Joy Bloom at (415) 717-0173 or joy@ejbloom.com

San Rafael Village Walkers

Thursday, May 18, 2:00pm

Loch Lomond Marina (behind Andy's Market)

This month we will walk on a short public trail of about a ½ mile of level, paved pathway on the enclosing breakwater before turning around. There are plenty of benches to rest along the way and lots of opportunities to see a variety of bird life close up! After the walk you may choose to sit on the lovely patio overlooking the marina and enjoy a drink and treat from the market. Come to enjoy the fresh air, views and to greet village friends. You are welcome to bring a guest. To RSVP, contact Diane Heath at dianeheath59@hotmail.com or (415) 492-1219.

Movies on the Big Screen (with optional dinner after the movie)

Monday, May 22, time will be announced when movie is selected

Century Regency Theater, 280 Smith Ranch Road

San Rafael Villages is once again organizing monthly Monday afternoon movies in the theater with optional dinner to follow. An email will be sent out on the Wednesday prior to the movie with these details: 1) the selected movie 2) the time to arrive and 3) where we will dine. Bring cash if dining. Contact Barbara Olson at barbara@olson.org or (415) 847-6078 to be placed on the email list to receive info each month.

Villages Book Club

Thursday, May 25, 12:30pm

This month's book selection is *The Seven Husbands of Evelyn Hugo*. 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, May 10, 10:30am

Zoom

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

CANCELLED FOR MAY

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

CANCELLED FOR MAY

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, May 3 & 17, 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—Mothers and Others Day

Sunday, May 14, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for an early Mothers and Others Day supper on the beautiful patio at Café Arrivederci. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. All attendees must be COVID vaccinated. There will be a choice of any entrée on their large menu that costs \$25 or more.

<https://cafearrivederci.com/> A 20% tip and 10% for tax will be added. 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.

Technology/Computer Help Office Hours

Wednesday, May 17, 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

Vivalon Library Thursday

Thursday, May 4, 2:00 – 3:00pm

In-person/remote

The first Thursday of each month a librarian from San Rafael Public Library will assist patrons in accessing and using free digital resources provided to you through your library. Please bring the device you plan on using to access these digital resources (smartphone, iPad or tablet, laptop, Kindle). To register contact Maeve Murphy, (415) 456-9062 x102 or mmurphy@vivalon.org. The Zoom meeting ID will be provided upon registration. You will need to have a valid library card in Marin County, and know your email address and any application passwords. Participants must already be familiar with the basic knowledge of operating their personal devices.

Tai Chi for Arthritis and Fall Prevention

Various dates and times (see below)

Zoom

This is a free virtual online program for Marin County residents ages 60+. This easy-to-learn form of Tai Chi will improve movement, balance, strength, flexibility, relaxation, and overall health-related quality of life while also decreasing pain and preventing falls in older adults. Participants must have access to the internet and a computer or tablet with a webcam.

Tai Chi for Arthritis and Fall Prevention for beginners, or to review and deepen the basic forms

Wednesdays & Sundays, April 26 – June 18, 5:00 - 6:00pm

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=2cf5b94b-423e-45e6-907d-17bd5ef3e0ea>

Tuesdays & Thursdays, May 9 – June 29, 10:00 – 11:00am

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=2d8aeabf-2b4e-4496-83a3-58798744f771>

Tai Chi for Arthritis Part 2, Continuing/Intermediate

Prerequisite: completion of Tai Chi for Arthritis and Fall Prevention for beginners

Tuesdays & Thursdays, May 9 – June 29, 11:30am – 12:30pm

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=7689e7d3-5bf6-469d-8dc7-4658b51d10a0>

Tuesdays & Thursdays, May 2 – June 23, 5:00 – 6:00pm

<https://cityofsausalito.perfectmind.com/24457/Classes/BookMe4LandingPages/CoursesLandingPage?courseId=8b3a76e4-c23f-46eb-9bbe-0bdc0086ffcf>

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>

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 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.

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