



Tiburon Peninsula Village

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

June 2023 Newsletter

Cherie Sorokin, editor



It's June and summer flowers are coming! I particularly love sunflowers. Did you know they thrive in every state of the U.S. and at least for most gardeners are among the easiest of the "showy" flowers to cultivate and grow? Green thumb or not, and whether or not you have 40 acres to plant as pictured above, maybe try growing at least one or two sunflowers on your deck or patio this summer. Flowers bring happiness!

Not gone yet!

In Dr. Matt Willis's video mid-May he reported that only 10 people were currently hospitalized with COVID in Marin. We have moved into the low level of risk category for COVID infections, and death rates from COVID in our county have declined significantly. He attributes this to Marin's high level of vaccinations, which has helped residents here avoid infections and also helped reduce the severity of illness in those who do get infected. But he also pointed out that immunity from infection does wear off, and everyone over 65 is strongly encouraged to get a second bivalent booster. These boosters are widely available in Marin so please do consider making an appointment for one for yourself, and the sooner the better! Wish they had been available before my trip to NY, which was the source of my own recent infection!

If you haven't already seen it, you can check out Dr. Willis's advice in this video!

<https://www.youtube.com/watch?v=5-5W0rfwUy0&t=12s>

What do you know about Juneteenth?

In 2021, the federal government recognized June 19th, or elided together "Juneteenth," as a federal holiday. The date of June 19, 1865 was the date 250,000 enslaved Blacks in Texas finally received news of their emancipation when the Union Army made its way into Galveston. The emancipation of slaves had been officially declared by Abraham Lincoln two years earlier but ignored by states under Confederate control. Starting in 1866 the date came to be celebrated in Galveston and became an official Texas state holiday in 1980. It has been a well-known day celebrating liberation, culture and joy in many Black communities across the country for years but was unknown to many Whites until the declaration of the Federal holiday. There are sure to be a number of programs on TV and locally here in Marin celebrating Juneteenth this year, but you can also learn more about its importance and history from the links below to articles from the *Smithsonian* and *The New York Times*.

<https://nmaahc.si.edu/explore/stories/historical-legacy-juneteenth>

<https://www.nytimes.com/article/juneteenth-day-celebration.html>

You might also want to listen to this rousing rendition of *Lift Every Voice and Sing*, known as the Negro National Anthem. It is closely associated with Juneteenth.

<https://www.youtube.com/watch?v=EYN7wfypURE>

Our spring fundraising campaign is on!

If you have previously donated to Marin Villages, by now you should have received a letter from John Power, our executive director, letting you know our annual spring fundraising campaign is on and we'd love to hear from you again. If you haven't yet become a donor, now is good time to think about becoming one! We are so grateful for all the donations we receive from our members and volunteers and donors. They make it possible for us to continue growing and to expand our services and gatherings which contribute so meaningfully to our lives. Thank you in advance for helping us out. No gift is too small (or large 😊)! You can donate from our website www.marinvillages.org or just send a check to Marin Villages at 4340 Redwood Highway, F-142, San Rafael, CA 94903.

Fun videos you can hum along with!

Hard to think of June without thinking of Rogers and Hammerstein's *June is Busting Out all Over!* <https://rodgersandhammerstein.com/song/carousel/june-is-busting-out-all-over/>

How about this version of *Love is All* from *Playing for Change*? Sung and played by kids from around the world! <https://www.youtube.com/watch?v=q4T37EaW4eU>

Here's one called *June Gloom*, but it's about love, not the weather! Pretty, though.
<https://www.youtube.com/watch?v=fnTCi8uWEaE>

And then there's this one with some great advice!
<https://www.youtube.com/watch?v=uWXUWepSak4>

TIBURON PENINSULA VILLAGE EVENTS

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 (unless it's raining!)

Tuesdays, June 6, 13, 20, 27, 10:30-ish to noon or so
Along the Tiburon waterfront



- **Something new!**
- **Every Tuesday 10:30-ish, to 11:30 or noon**
- Meet at the fountain at the corner of Tiburon Blvd. and Main St.
- Easy stroll from the fountain to Caprice Restaurant and back, with breaks to rest if needed along the way
- Followed by Dutch-treat coffee or tea at Caffe Acri
- ONLY IF NOT RAINING!
- 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
- NOTE: Look for Ray Reis or Diana Bradley if you don't see Cherie

TPV Morning Coffee and Chat

Thursday, June 8, 10:30 – 11:30am
Rustic Bakery, Tiburon



- Not interested in exercise before your morning coffee?
- Then join us on the boardwalk at the tables in back outside
- 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.
- If you don't see Cherie, look for a happy group of TPV members sitting together outside!

TPV Happy Hour

Monday, June 19, 4:30pm

On the deck at Sam's



- TPV will buy one drink per person plus appetizers for the group
- Watch the weather and dress accordingly!
- Masks not required if you are fully vaccinated and we're outside
- Yes, please RSVP to the office so we know to expect you!
- Do let the office know if you need a ride

Afternoon Tea at Caffe Acri

Wednesday, June 28, 3:00pm

Caffe Acri at the Corner of Main St. and Tiburon Blvd.



- 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 if too windy.
- No need to RSVP
- Let the office know if you need a ride

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, June 7 & 21, 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).

Fathers and Others Day Not Home Alone

Sunday, June 18, 2:00pm

Pacific Catch, 133 Corte Madera Town Center 



Let's celebrate the "Pop stars" in our lives! Fathers, uncles, grandfathers and others. All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Marin Villagers for an early Fathers and Others Day dinner. First come, first served. Please **bring cash** for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnalewells@comcast.net or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride. Volunteer rides are limited on holidays.

Technology/Computer Help Office Hours

Wednesday, June 21, 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!

Are you interested in taking the Smart Train to Petaluma or farther north and having lunch there before returning? If so, please email Cherie at cheryl@sorokinsf.com so we can gauge the interest in this sort of event. **June 30 is the tentative date for this outing.**

Check out the Marin Villages calendar on our website (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

TIBURON PENINSULA COMMUNITY EVENTS

There's always something going on at the Tiburon Library

- Hootenany—Friday June 2, 3:30 – 5:00. Bring your voice and/or guitar or uke to sing and play along.
 - Pranayama Techniques and Meditation—Fridays at 11:00. Exploring the benefits of yoga breathing techniques in a restorative seated position.
 - Lots more if you check out the senior pages on the library website...
-

AND MORE...

May Happy Hour

May's happy hour brought nice weather and lots of TPV members and volunteers enjoying life on Sam's deck. Hope this encourages you to join us this month! See details above, but remember Monday, June 19 at 4:30pm.



Cherie's trip to Australia

After putting together this edition of the newsletter, Cherie jetted off to Australia, and sent back these beautiful photos from the Outback. The first is Cherie on a sunrise walk at Kata Tjuta, the second is a closeup of the Kata Tjuta range, and the third is Uluru (formerly known as Ayers Rock) at sunset.



REMEMBER TO LAUGH A LITTLE

June is the month for love and many, many weddings, so there's never any shortage of humor on love and marriage at this time of year!

"We were married for better or worse. I couldn't have done better, and she couldn't have done worse." - *Henry Youngman*

"My wife, Mary, and I have been married for forty-seven years, and not once have we had an argument serious enough to consider divorce. Murder, yes, but divorce, never." - *Jack Benny*

"My most brilliant achievement was my ability to persuade my wife to marry me." - *Winston Churchill*

"What's the best way to get your husband to remember your anniversary? Get married on his birthday." - *Cindy Garner*

"When a man opens a car door for his wife, it's either a new car or a new wife." *Prince Phillip*

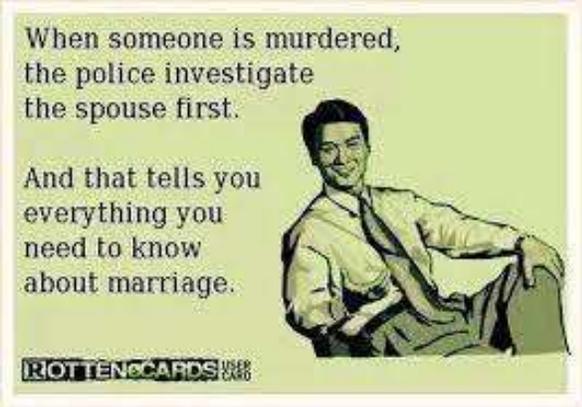
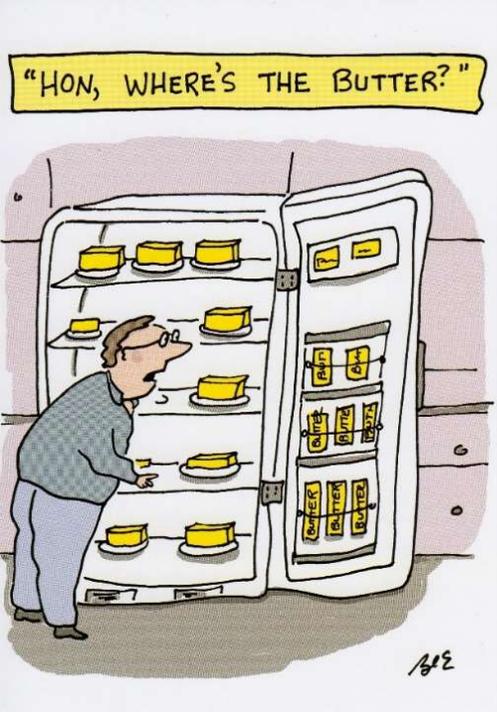
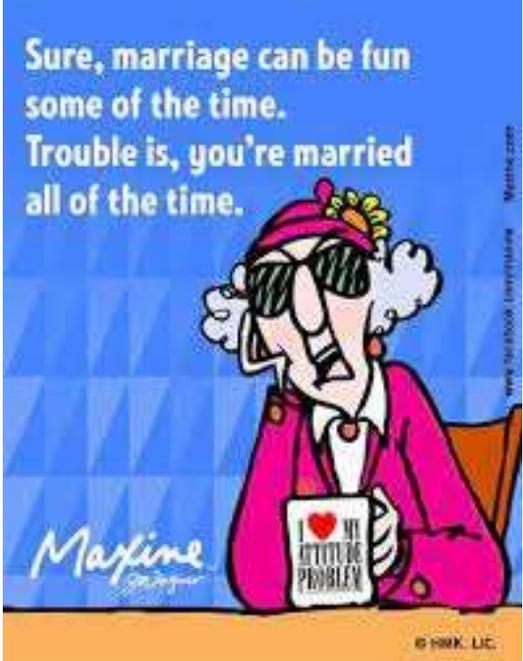
"Keep your eyes wide open before marriage, half shut afterwards." - *Benjamin Franklin*

"Marriage has no guarantees. If that's what you're looking for, go and live with a car battery." - *Emma Bombeck*

"I married for love but the obvious side benefit of having someone around to find my glasses cannot be ignored." - *Cameron Esposito*

"To keep your marriage brimming; with love in the loving cup... Whenever you're wrong admit it; whenever you're right, shut up." - *Ogden Nash*

"Love is a lot like a backache; it doesn't show up on X-rays, but you know it's there." - *George Burns*





"It's a deal - two more years, then we let ourselves go."

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
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