

MARIN
VILLAGES



Our Paths - Our Choices

Ross Valley Village

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

June – July 2023 Newsletter

Dear wonderful Ross Valley members and volunteers,

In April, Suellen Lamorte generously opened up her home for a party for the new members of our village. The Steering Committee thoroughly enjoyed getting to meet the new members. Below are some photos from the event.



We hope to see all of you soon.

With love from the Ross Valley Steering Committee xo

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Say hello to our newest member, Paul Hanson!

Volunteers: Warmest of welcomes to our new volunteers: Shari Young, Jaylee Nash, Joanne Vidinsky, Misha Villere and Elizabeth Moore!

We look forward to meeting all our new members and volunteers at one of our future events!

ROSS VALLEY VILLAGE EVENTS

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

Food & Drink

Table for 8

Tuesday, July 18, 12:00pm

Casa Mañana Restaurant



Crowd-favorite *Table for 8* is back. RSVP to Kathleen at kathleenh417@gmail.com or (415) 419-5360 before space runs out for some great times and food ahead! See above for details.

Exercise

Walking Club

Friday, June 23, 9:30am

Claudia Gardner will lead June's walk, in place of Sarah Mansbach. As always, the walk will be on the flat, and last roughly one hour. If you wish to join the club, Claudia can be reached at claudia-gardner@sbcglobal.net or (415) 342-8577. Claudia will send out an email with information about the next walk to the existing Walking Club members.

Volunteer opportunity

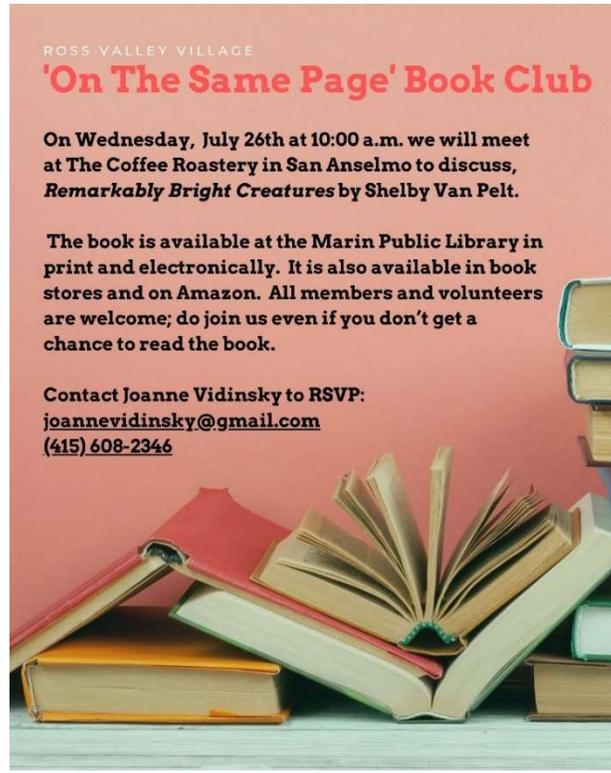
Would any of you be interested in running the Walking Club, be that for every month or a few times a year? It's getting tricky for Sarah to run the club every month. If you are interested in taking on this role, please contact Sarah Mansbach at sarah.mansbach@gmail.com or (415) 926-1640. Sarah can talk you through what the role entails. Thank you!

Books

New book club forming!

Wednesday, July 26, 10:00am

The Coffee Roastery, San Anselmo



Joanne Vidinsky, one of our new members, has kindly offered to start a new book club, as the original one is full. If you'd like to join Joanne's club, RSVP to Joanne at joannevidinsky@gmail.com or (415) 608-2346.

OTHER MARIN VILLAGES EVENTS

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 donnaleewells@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.

Men's Coffee

Wednesday, June 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 the first and third Wednesdays of the 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).

Technology/Computer Help Office Hours

Wednesday, June 21, 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

Friday, June 23, 2:00 – 4:00pm (note the time change!)

Bocce Federation of Marin, 550 B Street, San Rafael



Summer bocce begins! Please remember: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us!

ROSS VALLEY VILLAGE ANNOUNCEMENTS

Birthdays

Many happy returns to all our special members with June and July birthdays.

Cecilia Alighieri June 3
Jackie de Nevers June 5
Donald MacLean June 11
Flor Torrente June 15
Louie Sutro July 2
Marcella Murray July 3
Burke Zimmerman July 4
Janet Carlson July 9
Rosemary Silvia July 10
Brenda MacLean July 11

AND MORE...

Tech tips - news you can use

With the advancement of technology comes great responsibility...to create strong passwords! While your pet's name or street address are easy to remember, they will also be more predictable to hackers and have a higher potential for fraudulent activities. We suggest using passwords that are a combination of uppercase and lowercase letters, numbers and special symbols; think mixed characters that are harder to crack.

Check out this article from *Cyber News* for more advice: <https://cybernews.com/best-password-managers/how-to-create-a-strong-password/>

Recommendations

Summer is upon us! The blue skies are calling us outdoors, and happy hours spent in the sun with a refreshing beverage sound like just what the doctor ordered. Here is a list of local spots that our steering committee have been enjoying recently.

Cucina SA, 510 San Anselmo Ave

Happy hour specials for drinks and appetizers happen Tuesday through Friday 3:00 – 5:00pm. <https://cucina-sa.com/>

Kientz Hall, 625 San Anselmo Ave

Open Tuesday through Sunday, 11:30am – 8:00pm. Pro tip: the rooftop deck is the *best* for people watching! <https://www.kientzhall.com/>

Bungalow 44, 44 E Blithedale Ave, Mill Valley

Great food and drinks await at this bustling restaurant in the heart of Mill Valley! You can make reservations online and opening hours are 5:00 – 9:00pm Tues – Sat, or 5:00 – 8:00pm Sunday and Monday. <https://bungalow44.com/>

Music on the Avenue, Downtown San Anselmo

Music on the Avenue is back June 9 – September 30. Use the link below to see the exciting lineup of music acts that will be sure to get your feet tapping! <https://www.liveontheavenue.org/>

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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