

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

July 2023 Calendar of Events

"Strangers are just friends waiting to happen" ~ Bob McKuen, poet

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: George McNeil, Michele Van Heusden

Volunteers: Savannah Redfern

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

SAN RAFAEL VILLAGE EVENTS

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

Movie Group

Sundays, July 2, 9, 16, 23, 30, 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.

Book Chat

Monday, July 3, 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. If you are new and would like to join, contact Marilyn at (916) 837-4464 for more information.

San Rafael Village Coffee

Wednesday, July 12, 2:00pm

BUT, it is not a coffee! To celebrate summer we will have an ice cream social! Bring your sweet tooth to the Peacock Gap home of Yvonne Brown. It is always a good time when we visit with our Village friends. RSVP to Joy Bloom at joy@ejbloom or (415) 717-0173.

San Rafael Village Walkers

Thursday, July 20, 10:30am

Las Gallinas Wildlife Ponds

The Las Gallinas ponds are one of the easiest and most accessible nature preserves, with level gravel paths surrounding the ponds in a 2-mile loop. The gravel trail here is wide and flat and you can shorten the distance by turning back whenever you wish. The paths wind atop levees through the wetland bordering San Pablo Bay, and offer amazing views of Marin. How fortunate we are that the reclamation project of our sanitary district has created this amazing place to enjoy hundreds of bird species that float in, out, and around the reclamation area, as well as other creatures that call it home. Binoculars are suggested. RSVP to Carole Sherick at csherick@gmail.com or (415) 300-5220.

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

Monday, July 24, afternoon time will be announced when movie is selected

Century Regency Theater, 280 Smith Ranch Road

San Rafael Villages has recently organized three Monday afternoon movies in a *real theater* followed by dinner, which were lots of fun! If you are on the email list, you'll receive notification on the prior Wednesday with these details: 1) the selected movie 2) the time to arrive and 3) where we will dine. Bring cash if dining. Open to all Village members and volunteers. To be placed on this email list (or to receive a phone call with the movie info), contact Barbara Olson at barbara@olson.org or (415) 847-6078.

Villages Book Club

Thursday, July 27, 11:00am (note new time)

Book Club is now meeting in-person in participants' homes. This month's book selection is *The Bean Trees*, by Barbara Kingsolver. 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, July 12, 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

Friday, July 14, 2:00pm

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

Friday, July 21, 2:30pm

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**Not Home Alone—4th of July early dinner**

Tuesday, July 4, 2:00pm

McInnis Club Restaurant, 350 Smith Ranch Road, San Rafael 



Come one, come all, in your red, white, and blue attire and celebrate the 4th of July with other Villagers! All members and volunteers are welcome! Join Not Home Alone hostess Donnalee Wells and other Villagers for a 4th of July early dinner in the private dining room at The Club Restaurant at McInnis Park Golf Center. First come, first served, and space is limited to 30 guests. **RSVP is required.** Please bring cash for your no host meal, and all attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Rides are limited due to the holiday. Please make arrangements for your own transportation. You will be able to choose one of the following entrees (price includes tax and tip):

Bay Shrimp Louie \$26
Linguine with Salmon \$30
Chicken & Prawns Piccata \$33
Rustic Pot Roast \$34
Pasta Puttanesca \$29

Drinks can be purchased at the bar.

Men's Coffee

Wednesdays, July 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 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, July 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>!

COMMUNITY EVENTS

Vivalon Library Thursday

Thursday, July 6, 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.

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** <https://bvim.org/luncheons>

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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