

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

August 2023 Newsletter

Cherie Sorokin, editor



August in Tiburon: fog in the morning, sun by mid-day, warm afternoons, and sometimes still just perfect for eating dinner outdoors in the evening! How lucky are we to live in such a great place? Even if the coldest winter someone (maybe Mark Twain, maybe not) ever spent was a summer in San Francisco, looks like temperatures in Tiburon in August this year are expected to be in the daily 55 – 85 degree range after the first week of the month. Perfect!

[The Pop Up Thrift Boutique is back!](#)



This weekend we started collecting gently used goods for our Pop-Up Thrift Boutique which will be held at the end of September/beginning of October.

We will be collecting items each Friday and Saturday from 11:00am – 4:00pm from now until we reach capacity. The sooner you can donate the better, as we don't have as much space this year. Curbside drop-off is located between the Northgate Mall entrances on the east side of the mall just opposite the parking area for the HomeGoods store. Look for the Marin Villages sidewalk sign! If you can't drive up to Northgate and need someone to pick up your donation, please contact me, Cherie, at cheryl@sorokinsf.com or (415) 730-0204.

Let your friends know we are taking donations! This year we are accepting women's clothing, accessories, shoes and purses; jewelry, artwork and collectibles; kitchenware; home décor items, including small scale furnishings, rugs, lamps and baskets; games and puzzles; linens; and luggage. Please make sure everything is in good condition!

Because of space constraints, we can't take large furniture; men's clothing or shoes; sports equipment; kids' clothing; kids toys or games; tools or gardening equipment; computers, monitors, or other electronics; office supplies; holiday decorations; books; CDs & DVDs (no VHS or Betamax, either!)

Want to volunteer to help receive and sort donations on Fridays and Saturdays? It's fun! I'll be up there most Fridays, and some Saturdays. Happy to give rides to and from if needed. Please call the office if you are interested in volunteering. The more the merrier!

Feel like dancing?

Here are a few videos of some fun dance routines. Warning, trying to dance along may cause pain in various parts of one's anatomy!

<https://www.youtube.com/watch?v=af-PpBPnp0c>

<https://www.youtube.com/watch?v=uAJ9y6xM9Fw>

<https://www.youtube.com/watch?v=w3dkziSqBfE>

<https://www.youtube.com/watch?v=S3EMPjUdAAg>

On the other hand, these older adults threw caution to the wind and it didn't seem to have any ill effects (except for maybe one guy....) <https://www.youtube.com/watch?v=BZAFUJWQFXM>

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

Each Tuesday in August (August 1, 8, 15, 22, 29)

Along the Tiburon Waterfront

10:30 to noon or so—please try to arrive no later than 10:30 so we don't leave without you



- **Every Tuesday 10:30 start continuing on to 11:30 or noon if you stay for coffee**
- 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
- 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

TPV Morning Coffee and Chat

Thursday, August 10, 10:30 – 11:30am (Note we are back to our regular second-Thursday schedule)

Rustic Bakery, Tiburon



- Join us on the boardwalk at the tables [in back outside](#)
- 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

Tuesday, August 22, 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!
- 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, August 30, 3:30pm (half an hour later this month!)

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!
- No need to RSVP
- Let the office know if you need a ride

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, August 2 & 16, 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).

Not Home Alone—Summer Sangria Supper

Wednesday, August 16, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., between F and G Sts., San Rafael



Join your hostess Donnalee Wells and other Marin Villagers and volunteers and let's celebrate summer with an early supper at Whipper Snapper Restaurant. Whipper Snapper is a charming, family-owned restaurant established in 2008 by chef/owner Bill Higgins, former executive chef for cha-cha-cha restaurants in San Francisco. The food is amazing. It is always a fun time and great to get together with old and new friends. First come first served, space limited to 30 guests. **RSVP is required.** Please **bring cash** for your no-host meal and bar drinks. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited.

You will be able to choose one of the following entrees. Price includes entree, choice of small mixed greens salad with coconut vinaigrette dressing or cup of gazpacho, plus tax and 20% tip.

Grilled fish tacos \$30

Slow roasted pork shoulder \$39

Chicken Caesar salad \$34

Farmers market grilled vegetable quesadilla \$28

Technology/Computer Help Office Hours

Wednesday, August 16, 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>!

Bocce

Friday, August 25, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! 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! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages' office. (415) 457-4633

And more!

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

COMMUNITY EVENTS

National Night Out!

Tuesday, August 1, 4:00 – 7:00pm
Zelinsky Park (behind the library)



- Get to know your first responders in Tiburon and Belvedere as well as representatives from other local organizations!
- Check out the latest police and fire equipment!
- Bouncy house for children
- Live music
- Free tacos!

There's always something going on at the Tiburon Library

ARTalk—Photography

Wednesday, August 2, 6:00 – 8:00pm

Join Amos Nachoum, a professional wildlife photographer and explorer, for a stimulating presentation. Registration required and there is a wait list for this event.

<https://beltib.libnet.info/event/8405111?registration=true>

Virtual Travel

Friday, August 4, 11:00am – noon

Learn about virtual reality and enjoy fun new experiences without ever leaving the library.

<https://beltib.libnet.info/event/8872989?registration=true>

Hootenanny at the Library

Friday, August 11, 3:30 – 5:00pm

Drop in and bring your guitar, ukulele, or musical voice to the hootenanny at the library! All levels are welcome.

Art Reception

Thursday, August 17, 6:00 – 8:00pm

A new exhibition showcasing local artists bringing people together.

AND MORE...

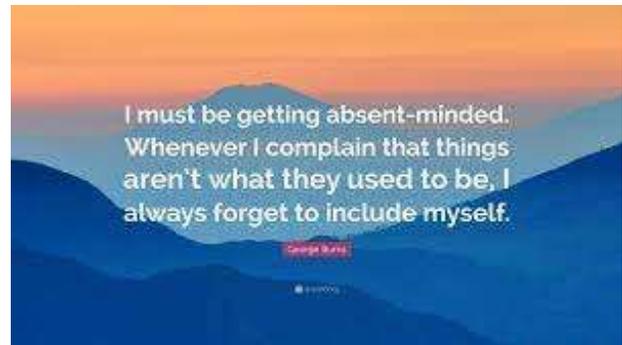
Photos from our July happy hour

We had two tables again on the deck at Sam's for our happy hour this month. What a great way to enjoy a glass of wine and some nibbles with Marin Villages friends. If you haven't yet attended one of our happy hours, do join us on August 22!



REMEMBER TO LAUGH A LITTLE

I think the me who buys groceries and the me who actually has to cook the meals are **two entirely different people.**



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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