

# Tiburon Peninsula Village

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

## October 2023 Newsletter

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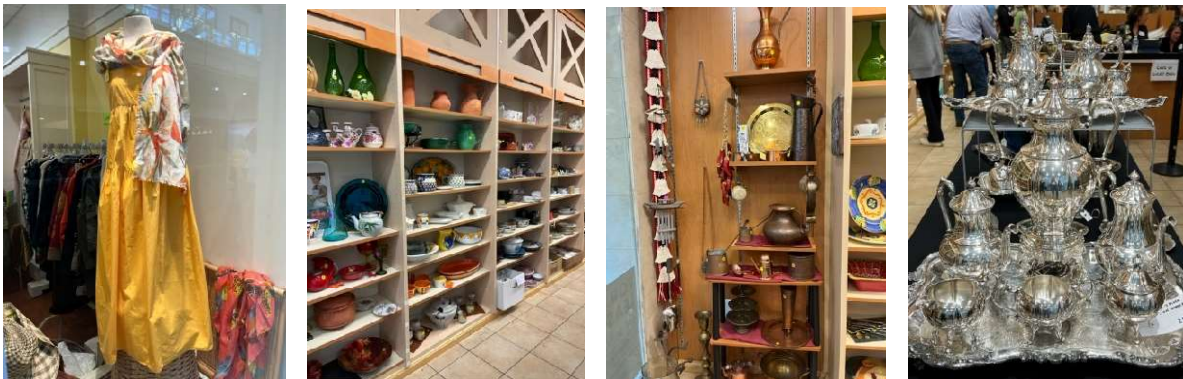
Cherie Sorokin, editor



Don't you love carved pumpkins, even if you don't bother carving one yourself anymore, and even if you don't have trick or treaters come to your door? October always means jack o' lanterns to me!

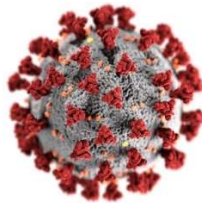
The word October is actually linked to the Latin word "octo" meaning eight, because October was originally the eighth month of the old 10-month Roman calendar year, which back then started in March, before Julius Caesar expanded the calendar to 12 months and moved the start of the year from March to what was then the new month of January. Somehow the eighth month became the tenth month without changing its name--probably about as confusing to the old Roman population as keeping track of dates and times seems to be for us these days!

The Pop-Up Thrift Boutique has come and gone! Hope you found a treasure or two!



There might be a few items still left on October 1 and 2 as we close up shop, if you want to try your luck between 11:00 and 5:00 today or tomorrow.

“I’m not going to miss my shot!”



The headline above was from the hip-hop musical *Hamilton* and definitely didn’t refer to COVID, or flu or RSV. But seems like an apt saying to galvanize getting vaccinated against the ever-increasing list of diseases that can make you very sick or dead. New COVID boosters are now, or shortly will be, available at CVS and Walgreens and through healthcare providers like Kaiser and Sutter and Marin Community Clinics, and Marin Health. Ditto for vaccines against flu, the Respiratory Syncytial Virus, pneumonia, and shingles, just to name a few. All these vaccines are highly recommended for folks over 65. Don’t miss YOUR shot(s)!

Wondering what else to celebrate in October besides Halloween?

Well, how about celebrating the fact that Sally Warren, now in her 90s, recently jumped up and caught a foul ball at a Giant’s baseball game in Chicago when she was there visiting friends and took time out to enjoy some baseball! This was in mid-September, but I think it’s ok to extend the celebration at least through October, don’t you?

But if you're a purist and looking for October events to celebrate, there's also Oktoberfest, October birthdays (you must know someone who has one), Hispanic Heritage month, and colorful, falling leaves...and a host of other things...

<https://www.youtube.com/watch?v=nbh1ep36vjY>

<https://www.youtube.com/watch?v=u6lhpxCPk08>

<https://www.youtube.com/watch?v=s-VIKevAa6Q>

<https://www.youtube.com/watch?v=9tmJmcpUDhM>

<https://www.youtube.com/watch?v=TWsOERt6Gxw>

Want more reasons to celebrate in October? How about 31 possibilities? This non-musical video goes (on and on!) through ideas of something to celebrate on each day of October. Who knew there were so many reasons to celebrate?

<https://www.youtube.com/watch?v=YjmLKXOau3g>

Nothing that tickles your fancy yet? Then make up something of your own to celebrate! October is a great month to just get up and celebrate!

<https://www.youtube.com/watch?v=8Lu41LulQos>

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## 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 October (October 3, 10, 17, 24, 31), 10:30 to noon or so—please try to arrive no later than 10:30 so we don't leave without you

Along the Tiburon waterfront

(NOTE: I'm off to Europe until October 15, but Ray Reis has volunteered to lead the stroll and the conversation at Caffè Aciri afterward on October 3 and 10, so don't let my absence keep you from joining the group.)



- **Every Tuesday 10:30 for about a half an hour walk, and continuing on to 11:30/11:45 or so if you stay for coffee**
- **Meet at the fountain at the corner of Tiburon Blvd. and Main St.**
- **October 3 and 10, look for Ray Reis, rather than Cherie. He'll be the host on these days**
- 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 Caffé 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

Last week, Ray Reis baked an apple cake to share when we stopped at Caffé Acri after the walk!  
Thank you, Ray!



### **TPV Morning Coffee and Chat**

Thursday, October 19, 10:30 – 11:30am (NOTE: it's the THIRD Thursday this month)

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.
- Look for a happy group of TPV members sitting together outside!

### **Happy Hour at Sam's**

Tuesday, October 24, 4:30pm

On the deck of Sam's on Main Street



- 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

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## **OTHER MARIN VILLAGES EVENTS**

### **Men's Coffee**

Wednesdays, October 4 & 18, 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](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Technology/Computer Help Office Hours**

Wednesday, October 18, 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, October 27, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a 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

### **Not Home Alone—Halloween early supper and costume party**

Tuesday, October 31, 2:00pm

The Club at McInnis Park, 350 Smith Ranch Road, San Rafael





Join your hostess Donnalee Wells and other Villagers for the biggest Not Home Alone of the year! All Villages members and volunteers are welcome. Costumes are fun but optional. We'll be at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. Menu to be determined but will include choice of chicken, fish, meat, or vegetarian entree. Drinks may be purchased separately from the bar. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. Volunteer rides may be limited.

### **And more!**

Check out the Marin Villages calendar on our website ([www.marinvillages.org](http://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

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## COMMUNITY EVENTS

### **Get Ready 94920**

Saturday, October 14, 11:00am – 2:00pm

This is a public emergency preparedness event at Zelinsky Park (between the library and Town Hall). Come hear what you need to know!

### There's always something going on at the Tiburon Library

#### **Hootenanny at the Library**

Fridays, October 6 & 20, 3:30 – 5:00pm

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

#### **Mastering Your Photo Collection**

Tuesday, October 17, 11:15am – noon

#### **Author Talk with Alka Joshi**

Thursday, October 19, 6:00 – 7:00pm

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## REMEMBER TO LAUGH A LITTLE



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## 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](http://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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)