



Novato Village

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

October 2023 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Steering Committee Co-chairs Beth Livoti and Linda Henderson say...

October starts with Fleet Week in the San Francisco Bay Area and ends with Halloween. We hope you enjoy the October holidays and the season of leaves changing color, and stay aware of fire season. Do you have a plan for evacuation, just in case?

Remember, Tuesday, November 7th is Election Day. Ballots will arrive in the mail this month and some voting places have changed. See this link for information about the November 7th election in Marin County: <https://www.marincounty.org/depts/rv/election-info/november-7-2023>. **Be sure you register to vote in this election.**



Monthly Quote:

"God, grant me the serenity to accept the people I cannot change, which is pretty much everyone, since I'm clearly not you, God. At least not the last time I checked.

And while you're at it, God, please give me the courage to change what I need to change about myself, which is frankly a lot, since, once again, I'm not you, which means I'm not perfect. It's better for me to focus on changing myself than to worry about changing other people, who, as you'll no doubt remember me saying, I can't change anyway.

Finally, give me the wisdom to just shut up whenever I think that I'm clearly smarter than everyone else in the room, that no one knows what they're talking about except me, or that I alone have all the answers.

Basically, God, grant me the wisdom to remember that I'm not you. Amen."

Father James Martin, SJ is an American Jesuit Catholic priest, writer, and editor-at-large of the Jesuit magazine, *America*. A *New York Times* best-selling author, Martin has authored books including *The Jesuit Guide to Everything: A Spirituality for Real Life*; *Jesus: A Pilgrimage*; and *My Life with the Saints*. **Born:** 1960 (age 62 years), Plymouth Meeting, PA; **Education:** School of Theology and Ministry; **Denomination:** Roman Catholic, Latin Church; **Ordination:** June 1999
Residence: New York, NY

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Tony and Anne Wicks, Hal Hygard, Dorit Gilbert, Ellie McCarthy, Ashira Bouman, Tray-Yun Kuo (goes by Tray)

Volunteers: Amy Milani and daughter, Allie

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

NOVATO VILLAGE EVENTS

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

Here's the October 2023 calendar of Novato Village activities...details in this newsletter!

Thursday, October 5, 9:30am – Village Walkers at Hamilton Levee, 7 Hamilton Landing, Novato

Tuesday, October 10, 1:30pm – Village Book Lovers' Group, at a member's home

Wednesday, October 11, 11:00am – The More You Know...about Novato History Museum, Zoom

Wednesday, October 11, 2:00pm – Physician's Order for Life-Sustaining Treatment (POLST) presentation, Beth Livoti's home

Thursday, October 12, 1:30pm – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave., Novato

Tuesday, October 17, 9:30am – Novato Village Hikers at Bahia Loop Trail, Novato

Wednesday, October 18, noon – Lunch at Beso Bistro, 502 S Palm Dr, Novato

Saturday, October 21, time & location TBA – Village Viewers Movie Group

Thursday, October 26, 4:00pm – Happy Hour, Blazers, 7380 Redwood Blvd, Novato

Food & Drink

CoffeeTea&Chat

Thursday, October 12, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave., Novato

Drop in to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.



September at Creekside Bakery enjoying CoffeeTea&Chat

Lunch at Beso Bistro

Wednesday, October 18, noon – 2:00pm
502 S Palm Dr, Novato

The Beso Bistro website says, “We feature regional coastal Californian fare infused with global flavors to the idyllic setting of Hamilton Field in Novato. We craft all our dishes using locally sourced organic produce, the freshest sustainable seafood available, pasture-raised certified Angus beef, and Mary’s free-range chicken. Each meal is handmade to order and served with a generous helping of love.” That sure sounds inviting—hope to see you there! Lunch menu:

<http://besobistro.com/lunch.html>

Please RSVP by Monday, October 16, so we can tell the restaurant how many guests we’ll have for seating. You can pay with credit cards or cash. To RSVP, email novatovillage@marinvillage.org or call Joanne Keenan at (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633.





*Beautiful day on the patio at **kitchen** in September*

Happy Hour at Blazers Smokehouse & Beer Garden

Thursday, October 26, 4:00 – 6:00pm

7380 Redwood Blvd, Novato

Join us at Blazers for Novato Village autumn Happy Hours. We know you'll have a good time meeting friends and enjoying conversation. See you at Blazers! Check the restaurant website:

<https://blazersnovato.com/> Menu choices: <https://blazersnovato.com/menu>



September's Happy Hour!

Education & Presentations

The More You Know...about Novato History Museum

Wednesday, October 11, 11:00am – noon

Zoom – link will be sent on Sunday evening, October 8

Have you visited the Novato History Museum? Susan Magnone, manager of the Novato History Museum and a member of the Novato Historic Guild, will tell us about Novato, the City of Gentle Seasons. This area has quite a history, dating back to 1300 AD when Miwok Native Americans lived in villages at the base of Mount Burdell. We'll learn about that history, from the days of Miwok native residents to the current City of Novato, founded in 1962. This session will also cover the early farmers, founders, and city influencers, what happened when Hamilton

Air Force Base was constructed in the 1930s, and so many other interesting stories about the place where you reside.

Physician's Order for Life-Sustaining Treatment (POLST) presentation

Wednesday, October 11, 2:00pm – 3:30pm

Beth Livoti's home—address when you RSVP

This important healthcare document will be explained by medical personnel Louis G. Livoti, MD and Lynn von der Werth, MSW, a Sutter medical social worker, at an in-person session limited to 12 people. **RSVP required—see contact information below.** It's important to have a basic understanding of the POLST as we age. Learn what a POLST is and hear the answers to these basic questions:

- When & why does a person need to have a POLST in place?
- Does the document need to get changed or updated, under what circumstances?
- What if a person doesn't have a POLST... what could happen?
- Does a person ask the general practitioner/internist to start a POLST or hand the completed document to the doctor?

It is imperative a person have a POLST if they are a DNR, do not attempt resuscitation. Or if they do not want to be on a ventilator under any circumstance. The POLST would need to change if the patient changes their mind regarding medical intervention. Physicians often prefer the patient comes with a completed POLST. However this is something they can complete with the patient. Contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 to **RSVP** and for the address.

Exercise

Novato Walkers—Hamilton Levee Walk towards Bel Marin Keys (cancelled if raining)

Thursday, October 5, 9:30 – 10:30am

7 Hamilton Landing (enter levee between Hangers 5 & 6), Novato

We've enjoyed the Hamilton Levee going both north and south. This time we will head towards Bel Marin Keys. The Hamilton Levee is a flat, open path. Meet us at the levee wearing walking shoes and dressed for the weather. Bring a water bottle, sunscreen, and walking sticks if you wish. **RSVP PLEASE** so we don't start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or text or phone (415) 652-9073.



Beautiful weather, geese, yellow yarrow on the trail at the Las Gallinas Pond in September

Novato Village Hikers—Bahia Loop Trail (cancelled if raining)

Tuesday, October 17, 9:30am – 11:00am

Intersection of Bahia Drive and Topaz Drive, Novato

The hike will be the Bahia Loop Trail, beginning at the bay end of Bahia Road. The walk has some ups and downs but is mostly flat. We will meet at 9:30am at the far end of Bahia Drive across from Topaz Drive. There is a parking area by the tennis courts and clubhouse. It's a great trail when you want to go a long way but don't want it to be too strenuous, with equal parts sun and shade and lots of nice and varied landscapes. **Please RSVP by Friday, October 13.** Call Linda Henderson at (415) 936-4455 (mobile) or (415) 382-8910 (home) so the hike doesn't start without you.



Hike at the Ken Harth Waterfall Trail in September

Books

Village Book Lovers' Group

Tuesday, October 10, 1:30pm

At a member's home—RSVP by Sunday for directions

Books for fall quarter:

October - *Lessons in Chemistry* by Bonnie Garmus

November - *Queen of Dirt Island* by Donal Ryan

December - *The Sound of a Wild Snail Feeding* by Elizabeth Tova

Please RSVP to Diana Shima by email: dianashima3@comcast.net for the location of the Book Lovers' Group by Sunday, October 8.

Fun & Games

Mah Jong Club

Tuesday, October 10 & 24

Indian Valley College ESCOM Center, 1800 Ignacio Blvd., Novato

This club has been formed to teach people how to play Mah Jong and to offer a venue for experienced players to meet. This is not a club where you can 'drop in' with the expectation that you can join a game. You must contact the club leaders, so they can plan on the number of people who need lessons or just want to play. Contact either Linda Henderson linda_h@peak.org or Pat Bailey pbailey49@aol.com.

Groups

Village Viewers Movie Group

Saturday, October 21, time and location to be announced by email

Last month we viewed the movie called *Golda*. The plot was about Israel's first female leader, Golda Meir, and a pivotal war. The biopic *Golda* stars Helen Mirren as Israel's first female prime minister, leading the country through the 19-day Yom Kippur War in 1973.

We were very moved by the intensity of the plot, and the amazing prosthetics that transformed Helen Mirren into the look and shape of Golda Meir. Helen Mirren's skill and powerful presence embody a world leader during a time of crisis. We gave it a "thumbs up!" vote.

The time and location for the October 21st movie will be announced the Wednesday prior to the event by email. Hope to see you there! Contact Joanne Lang, with questions or movie suggestions, at (916) 716-5800 or write to this email: novatovillage@marinvillage.org.



Thumbs up for Golda!

NEW! Art & Craft Group

Date & time once interested members contact Sue Lyttle

I am inviting you to join with me to create new Novato Village group for those whose creativity is itching to get going on art or craft projects.

I am proposing that we build a list of interested people to meet once at the beginning of this project to discuss how it might work. My idea is to set a project schedule and announce it in our newsletter. The projects could be offered monthly or bi-monthly. Those who want to come to a particular workshop sign up and make a commitment to that workshop, so the leader can purchase an exact amount of supplies. Each member who wishes to lead a workshop (optional) will plan it, collect materials, find a location for the workshop, and calculate the costs of materials, and then announce the workshop and the fee to cover the cost of supplies. Anyone can propose ideas when we are together. Some of the workshops I intend to propose may take two or three sessions to finish the project.

A special bonus is that we have the opportunity to work with the Soroptimist OWLS (a club for teenage girls) interested in **O**pportunities for **W**omen in **L**eadership and **S**ervice. They want to give time making crafts that become gifts for members of Novato Village, working together with Novato Village members. This will happen two or three times a year.

The first meeting to establish this group will need to be set in late October. If this interests you, please contact me. I will send an email notice with the date, time, and location of the first meeting to set up the Art & Craft Group. Please come to the first meeting where we can reach agreements about the structure of the group, how many projects, and how often. Contact Sue Lyttle (650) 799-6900 or suelyttle@comcast.net. Please leave your name, phone, and email.

Village Business

Novato Village Steering Committee

Date & time to be determined

Beth Livoti's home

The date and time of the Steering Committee meeting is changing. Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

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 or (415) 250-6155).

Technology/Computer Help Office Hours

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

Bocce Federation of Marin, 550 B Street, San Rafael

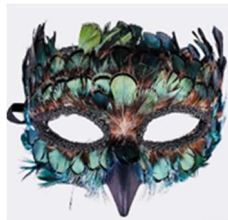


What better way to spend a day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with 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 or (415) 302-9244. Volunteer rides may be limited.

COMMUNITY EVENTS

Family Day at Marin MOCA (Museum of Contemporary Art)

Sundays, October 1, November 5, December 3, 11am, noon, 1pm, 2pm, or 3pm
781 Hamilton Parkway, Novato

This free program provides art-making opportunities for parents and families to create with their children every first Sunday of the month. A fun and educational alternative to screen time, the program is taught by professional art instructor Wendy Ricks in a variety of media, from painting to mixed media. Family Day is held in our classroom, located at 781 Hamilton Parkway, directly behind the museum. Our Family Day instructor, as well as assistants, will go over the making process and will provide guidance when needed. Masks are optional but not required.

Reservations are **required**: Only 5 families can be accommodated each hour. Interested families may schedule their time at 11am, noon, 1pm, 2pm, or 3pm. Contact MarinMOCA at (415) 506-0137 or ashley@marinmoca.org to reserve your place. For day-of reservations please call (415) 506-0137 or email info@marinmoca.org to check availability. Families with children 12 and under receive free admission to the museum's exhibitions. The museum is open 11:00am to 5:00pm.

ESCOM Celebrates Its 50th Anniversary

Saturday, October 14, 1:00 – 4:00pm
Indian Valley Campus COM, Jonas Center, 1800 Ignacio Blvd., Novato



PROGRAM

Welcome

David Wain Coon, president, College of Marin

Keynote Speaker

Ken Dychtwald, author of *Radical Curiosity*

Entertainment

Josh Kornbluth, creator of *Citizen Brain*

Music & Song

Desiree Goyette, music director, theatre producer, actor, singer

Admission is free! Reception for all after the party: food and beverages; wine served at the reception; gifts and friends; everyone will get a free copy of Ken Dychtwald's book at the event. To attend the festivities, reserve a seat at <https://tinyurl.com/bdh428m3>. Please reserve your seat individually.

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-marinvillages---donate> to contribute.

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