

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

November 2023 Calendar of Events

*"I am grateful for what I am and have. My Thanksgiving is perpetual."
~Henry David Thoreau*

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Sheryl Euman, Johann Studier

Volunteers: Lucy Roberts, Jason Elm

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

Lunch Out! Several Villagers fondly remember when San Rafael Village hosted monthly lunches in local restaurants, prior to the pandemic. To start this up again we need to find a member or volunteer willing to coordinate and lead this activity. Interested? Contact Carole at (415) 300-5220 or csheerick@gmail.com

Happy Hour!

Thursday, November 2, 4:00pm

Celia's Mexican Restaurant, 1 Vivian Street, San Rafael

You don't want to miss Happy Hour at Celia's! The best margaritas in town along with excellent traditional Mexican appetizers. A great chance to get together, meet new friends and catch up with fellow Villagers. Everyone is requested to purchase a minimum of one beverage. Members and volunteers are free; the guest fee is \$10.00. RSVP to sanrafaelvillage@marinvillage.org or call Suzie at (415) 456-4397.

Movie Group

Sundays, November 5, 12, 19, 26, 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, November 6, 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, November 8, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Lorraine Voskanian in her Terra Linda home. Enjoy chatting with Village friends and consider bringing a friend or neighbor to meet our friendly group. Beverages and snacks will be provided. This month we will have a special guest, Mary Belle. For 22 years, Mary has counseled Marin residents requiring care for themselves or family members as manager of the Marin Center for Independent Living Home Care Registry. She has offered to share her expertise in hiring a caregiver in an interactive discussion with our group. You will learn how to determine your caregiver needs and the options available. Beverages and snacks will be served. RSVP and get address from Joy Bloom at joy@ejbloom.com or (415) 717-0173.

Game Playing Group—NEW!

Wednesday, November 15, 2:00pm

Join a group of San Rafael Villagers for an afternoon of games. We will begin this month by playing Rummikub. All are welcome, no previous experience is necessary. The only requirement is that you come wanting a good time (no score-keeping). We will limit the group to 12 people, and you must RVSP. Interested? Have questions? Contact Joyce Lewbin at jlewin@gmail.com or (415) 706-3693.

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

Monday, November 27, afternoon (time will be announced when movie is selected)
Century Regency Theater*, 280 Smith Ranch Road

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.

***Note that headsets with audio enhancement and video description and closed captioning devices are available at no cost for all movies at this theater. You can request one when you purchase your ticket. Questions or help? Ask Barbara.**

San Rafael Village Walkers

Wednesday, November 29, 11:00am

The NWP Railroad Trail runs on an arrow-straight, paved and level course through Larkspur and Corte Madera. Its name is derived from the railroad that once made use of this corridor; the Northwestern Pacific Railroad whisked passengers on its electric interurban line between Sausalito and San Anselmo until the early 1940s. We will do an out-and-back 2.5-mile walk starting in Corte Madera and going into Larkspur. Since this is out-and-back, you may end your walk whenever you wish at one of the many benches along the trail. Contact Carole Sherick at csherick@gmail.com or (415) 300-5220 Optional lunch or snack at one of the many places in the nearby Town Center. (This walk is rescheduled from last month).

Villages Book Club

Cancelled in November due to Thanksgiving holiday.

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, November 8, 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, November 10, 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, November 17, 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

Men's Coffee

Wednesdays, November 1 & 15, 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, November 15, 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!](https://us02web.zoom.us/j/89289995207)

Not Home Alone—Thanksgiving

Thursday, November 23, 2:00pm

Café Arrivederci, 11 G Street, near 2nd, San Rafael



Join your hostess Donnalee Wells and other Villagers to celebrate Thanksgiving at local Italian comfort-food favorite Café Arrivederci! All Villages members and volunteers are welcome. Menu to be determined, and drinks may be purchased separately at the bar or from the server. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides may be not be available due to the holiday.

Bocce

Friday, November 24, 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 **Note that this will be weather-permitting in November—watch for an announcement from the Marin Villages office.**

COMMUNITY EVENTS

Vivalon Library Thursday

Thursday, November 2, 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.

Goldenaires Holiday Craft Fair

Saturday, November 4, 10:00am – 4:00pm

San Rafael Community Center, 618 B Street

This cheery and fun-filled holiday marketplace will feature unique handmade crafts, beautiful artwork, and delightful treats, all made by wonderful artisans and artists. Indulge in a delightful array of handcrafted original and distinctive gifts, including needlework, jewelry, food, photography, painting, apparel and much more. There will also be delicious home-baked goodies, tasty food at the Festival Café, and the Great Gift Basket Raffle. This all-ages event will

include Santa stopping by for a visit from 12:00 - 2:00pm, so bring your extended family and a camera. Admission is free. For more information about the event, or to request a vendor application, please call (415) 485-3348 or email srgoldenaires@gmail.com.

Staying Safe in the Community

Tuesday, November 7, 10:30 – 11:30am
Zoom

Hello Marin Villagers! We are a group of Occupational Therapy Dominican students offering an educational session on staying safe in the community. Want to learn about environmental modifications, community mobility, staying connected, and improving balance that can make your life easier and safer? We have designed a fun and engaging program to teach effective strategies. You can help yourself or someone you know with this information and prepare for the future! To register, please use this link. <https://marin.helpfulvillage.com/events/5523-staying-safe-in-the-community---a-zoom-event-from-dominican-university-ot-students>

Winter vaccines—get them!

As we start to spend more time indoors, we are all more vulnerable to viruses, including flu, Covid, and RSV. The County expects cases of all these to rise in the coming months, but you can protect yourself with vaccines. Marin County Public Health is partnering with Safeway and Marin Community Clinics to increase access to flu, Covid, and RSV vaccines. To find a vaccine clinic and/or make an appointment, please use this link.

<https://www.safeway.com/vaccinations/group-clinic/MarinHHS> Call the office if you need a ride! (Please note that this particular vaccine site is not able to bill Kaiser—please contact Kaiser directly if you are a Kaiser member to get details on receiving these vaccines through them.)

Technology For Life

With most communication and business transacted on digital devices, familiarity with your phone is more important than ever. Technology For Life has developed *Virtual Instruction for Technology And Digital Literacy* or VITAL to help people learn the ins and outs of their iPhones. The VITAL program consists of a series of short instructional videos to watch and follow along at your own pace. Each video introduces you to the core functions of your iPhone. If you have an iPhone, consider joining this beta-testing period for VITAL. You will receive a loaner iPad that is preloaded with the VITAL app. You can watch the videos while you are practicing on your iPhone, pause, go back and rewatch, and practice as many times as you like. We estimate it will take about a week to get through all of the videos, and you can keep the loaner iPad for up to two weeks. To sign up, please contact Linda: linda@technology4life.org or (415) 325-5790. Space is limited to 10 students in the beta-testing phase; any names beyond that will go on a waiting list.

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org