

MARIN
VILLAGES



Our Paths - Our Choices

THE VILLAGE SQUARE

A monthly gathering place for all our news

November 2023



I grew up without a traditional Thanksgiving celebration, and it has always felt like a holiday I could never master. The size of the meal! The unfamiliar dishes! The fact that I don't really like turkey! Once I had kids of my own, I wondered if it was important to start cooking a traditional meal so they knew what it was. I tried buying parts of the meal from grocery stores and cooking the rest. I tried different birds. Nothing felt that authentic to me, and I finally realized that's because it's not. My tradition is non-tradition. So now we invite all the family that lives locally, and each year I cook what we feel like eating, and it's always something that allows me time to enjoy the company and not get stuck in the kitchen. Last year it was tacos. This year we're thinking hot dog bar. (Always with a slight gourmet twist.) A few sides that everyone likes. And above all, the time to be together and sit down to a relaxing meal. Whatever your traditions and preferences are for Thanksgiving, I hope you get to celebrate in a way that is meaningful to you, and wish you the best of meals, company, games, exercise, or any other ingredient that makes up your day! *Danielle, Marin Villages staff*

MARIN VILLAGES NEWS

A very happy birthday to our November nonagenarians



We have a small number of 90+ Club members enjoying birthdays this month—small but mighty! **Marge Cavalli** celebrates 92 in November, and **Carol Anderson** is 97. Happiest birthday to you both, and all our best wishes!

Are you a retired teacher interested in substitute teaching?

Marin Montessori School in Corte Madera is seeking retired teachers to serve as paid substitute teachers on an as-needed basis. Substitutes' tasks include student observation and support, working in a support role in classrooms, and supervising children during outdoor recess. They are looking for substitutes with Early Childhood Education (ECE) units to work with their youngest children—18 months to 6 years old. They are also looking for substitutes to support their elementary classes; ECE units are not necessary for this role. You can elect to substitute in all age groups or only select groups. For more information and to apply, please use this link.

<https://marinmontessori.applicantpro.com/jobs/2161637>

Catch-a-Ride pilot program offers discounted rides

The Marin Access Catch-A-Ride Pilot Program offers eligible riders up to thirty discounted rides per quarter (three-month period) using paper or digital vouchers. To be eligible for Catch-A-Ride you must be enrolled in Marin Access (transportation for seniors and disabled residents of Marin) and be 65+ and a resident of Marin County. The rides are via Uber and taxis, and there is no upfront cost, though there can be a \$5 base fare cost unless you are eligible for the Marin Access Fare Assistance (MAFA) program by income. Depending on the destination, the discount may cover the full price of short distance rides. To find out more and register, please use this link. <https://marintransit.org/catch-a-ride>

COVID UPDATE

Covid, flu, and RSV numbers are rising in Marin

As we start to spend more time indoors, we are all more vulnerable to viruses, including flu, Covid, and RSV. In fact, the most recent Marin County wastewater tests show that RSV is coming on strong as of the last two weeks, yet only 8% of residents over 60 have gotten the vaccine. Covid levels in Marin have gone from low to medium this week. With cases of these three viruses expected to rise in the coming months, getting vaccines now is even more important. Marin County Public Health is partnering with Safeway and Marin Community Clinics to increase access to flu, Covid, and RSV

vaccines. Please note that this particular vaccine service is not available to Kaiser members—please contact Kaiser directly if you are a member to get details on receiving these 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 Marin Villages office if you need a ride!

Dr. Willis explains the current Covid, flu, and RSV situation in Marin as of last week in this video.

<https://www.youtube.com/watch?v=2KHoStzx6iU>

MARIN VILLAGES PROGRAMS

Men's Coffee

Wednesday, November 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!>

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. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. \$55 includes salad, entrée, dessert, tax and tip. Drinks may be purchased separately at the bar or from the server. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides **will be not be available** due to the holiday.

COMMUNITY PROGRAMS

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 people in the beta-testing phase; any names beyond that will go on a waiting list.

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>

CHECK THIS OUT...

It's **monarch butterfly** clustering season again, and here is a list of local places you can go see them. <https://www.kqed.org/science/1985049/how-to-see-monarch-butterflies-are-visiting-california> Also, we've had this video before, but watch how a drone disguised as a hummingbird films thousands of monarchs waking up and flying away. https://www.youtube.com/watch?v=IWOySU_hAz0

I always love people's creativity. This performer manages to make us think **a balloon is not what we know as a balloon...** <https://www.youtube.com/watch?v=nZXaZzYvtSg>

Leroy Anderson's *The Typewriter* is a fun piece of music to listen to, but watching someone actually "play" the typewriter is even better. Accompanied by the Brandenburg Symphony. <https://www.youtube.com/watch?v=nW8dGwa2zRw>

I wish I had this golden retriever's ability to sleep through apparently anything, including a **very persistent kitten** who wants to play. <https://www.youtube.com/watch?v=SvyVMERy1i8>

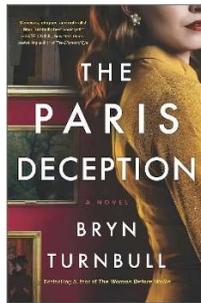
A **beautiful melding of voices** and an upbeat song from George Michael. The Bellas (Anna Kendrick, Hailee Steinfeld, Brittany Snow, Anna Camp, Rebel Wilson and more) and contestants from *The Voice* Season 13 perform *Freedom!* <https://www.youtube.com/watch?v=MjIsmets--0>

Chris Hemsworth and James Corden compete not-so-subtly for who is the better waiter in a fancy London restaurant. <https://www.youtube.com/watch?v=sh4UNg-xsFM>

If you've never watched *Dancing with the Stars*, **Len Goodman** was the beloved head judge for almost twenty years before passing away earlier this year. Here, the pros dance a waltz in his honor that left no dry eyes in the house. There are many tributes to him before the dance, but the dance starts at 4:20 in the video if you want to skip ahead. <https://www.youtube.com/watch?v=IK2itAsB-8Y>

BOOKS, MOVIES, OR TV WE CAN'T STOP THINKING ABOUT

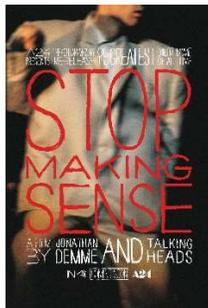
Books



The Paris Deception, Bryn Turnbull

This is a breathtaking novel about art theft and forgery in Nazi-occupied Paris, and two brave women who risk their lives rescuing looted masterpieces (many of which you will recognize) from Nazi destruction. Aside from the intriguing storyline, what I loved most about this book was Turnbull's detailed description of the streets in Paris. I felt like I was right there, walking down Boulevard Saint-Germain or Rue de Rivoli. I happened to be in Rome while reading this book. I couldn't put it down! I just wanted to sit in Piazza del Popolo or Piazza Navona with my coffee or glass of wine while listening to beautiful music from a local musician...and read! *Karin, Marin Villages staff*

Movies



Stop Making Sense, in theaters

I saw this Jonathan Demme-directed concert movie 40 years ago when it first came out, and although I knew nothing about the band Talking Heads when I went in, I came out a lifelong fan. So I was overjoyed to see that they have remastered the movie for its 40-year anniversary and I dragged my whole family to see it at The Lark. It didn't disappoint! David Byrne's quirky, creative energy is a show in itself, but the band's fun, joyful music is just as appealing today as it was 40 years ago. This is often called the best concert movie ever made, and I can't argue with that. *Danielle, Marin Villages staff*

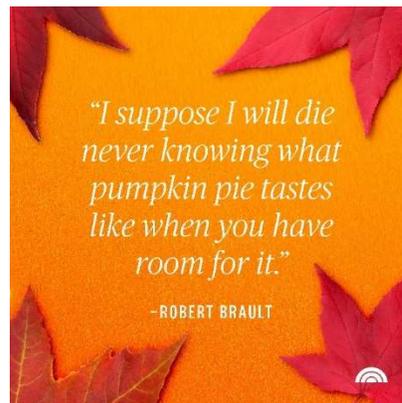
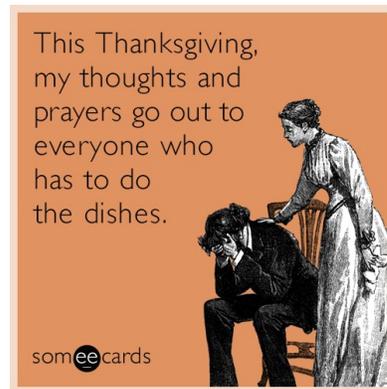
TV

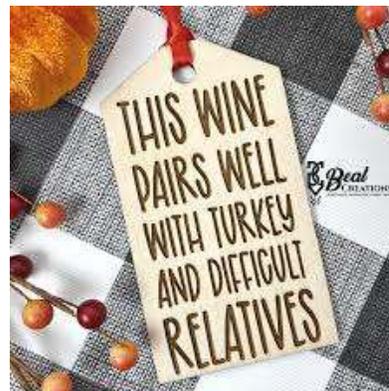


Beckham, Netflix

You don't have to be a soccer fan to have heard of David Beckham. Aside from being a world-class athlete, he married a Spice Girl (Victoria Beckham) and has lived a life in the spotlight whether he wanted to or not. This four-part series explores the public side of his career and marriage, but also the private side. I was surprised to see that the Beckhams are open and vulnerable in what they disclose, and that despite fame and fortune, they are two people grounded in the realities of life and are also devoted parents who are very close to their kids. Not your typical ultra-famous family, but their working-class backgrounds clearly gave them a strong work ethic and balanced perspective. I didn't expect to enjoy it as much as I did. *Danielle, Marin Villages staff*

HUMOR





BEFORE WE GO

Ever wondered how giant pumpkins are grown? This time-lapse video takes you from sprout to behemoth. I wonder how many pumpkin pies that would make?

<https://www.youtube.com/watch?v=qU7YXMAicK4>

If you know someone who might be interested in Marin Villages or this newsletter, please forward it on to them. Word of mouth is one of our biggest sources of new members and volunteers! And, as always, if you have ideas for the newsletter, please send them to communications@marinvillages.org.

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 use the button below to contribute. Also consider joining our Legacy Circle of donors who have designated Marin Villages as a beneficiary of a gift of cash, real estate or personal property in their estate planning. There are many ways to do so, and no required dollar amount. If you'd like to find out more about our new Legacy Circle, or legacy gifts in general, call Executive Director John Power at (415) 457-4633.

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