



Tiburon Peninsula Village

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

December 2023 Newsletter

Cherie Sorokin, editor



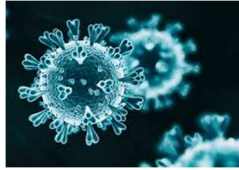
Ho, Ho, Ho! December has arrived and along with it many different holidays to enjoy! December is a great month for intentionally connecting or reconnecting with friends near and far and, of course, for enjoying lots of latkes, cookies, and a bit of the bubbly. Hope many of you will join in one of Tiburon Peninsula Village's gatherings this month. They are always fun, but even more festive at this time of year. The friendships we have in TPV are a wonderful gift to celebrate together. And speaking of gifts, keep a look out for a Santa's Helper from the Tiburon Sunset Rotary who will be delivering a little holiday treat to TPV members the week of December 18—whether you've been naughty or nice.

Are you up for the Kindness Challenge?

Are you wondering you can do to make the world a better place in these crazy times we live in? How about 21 random acts of kindness? Check out this video and take the kindness challenge. Best of all, you can expand the challenge infinitely!

<https://www.karmatube.org/videos.php?id=4472>

Don't miss out on holiday gatherings!



Reminder to get your COVID, flu and RSV shots, and while you are thinking about it, how about the shingles and pneumonia vaccines if you haven't done those already! Holiday gatherings are fun, but also can be great spreaders of respiratory viruses. Vaccinations help protect you from falling prey to one or more of these nasty things or, if you get one, help you have an easier time recuperating quickly. All these vaccines are highly recommended for folks over 65. Wearing masks is a good idea again as well, especially in crowded indoor spaces. Don't let the fact that others might not be wearing them keep you from doing so. And wash those hands! Dr. Mom was right all along!

December holiday trivia fun

How many of these can you answer correctly?

1. Why did early Europeans celebrate the winter solstice?
 - a. To welcome the lengthening of daylight hours
 - b. To celebrate the birth of Jesus
 - c. To celebrate the end of the harvest
2. What is a Kinara?
 - a. A small bell used by Buddhists on the December holiday Bodhi which celebrates the day Buddha received enlightenment
 - b. A candle holder used to hold the seven candles lit during the December celebration of Kwanzaa
 - c. An abandoned Christian symbol used by early Christians to recognize others of the faith
3. Which is not a winter festival celebrated by the early Romans?
 - a. Saturnalia
 - b. Juvenalia
 - c. Bacchus
4. Why did the early Christian church settle on December 25 as the date of Jesus' birth?
 - a. To have a holiday for Christians to rival existing winter solstice holidays
 - b. It was the date he was born
 - c. It seemed like a good idea at the time
5. Which December holiday originated as a result of a victory in war?
 - a. Boxing Day
 - b. Newtonmas
 - c. Hanukkah

6. What is Pancha Ganapati?
 - a. 5-day December festival in honor of Lord Ganesha, celebrated by Hindus in the US
 - b. A special Hanukkah food fried in oil
 - c. A form of Christmas tapas eaten in Spain
7. What's the meaning of the word Hanukkah?
 - a. Let's eat
 - b. Dedication
 - c. Hammer
8. Why did early Christmas carolers go singing from door to door?
 - a. For good cheer
 - b. For money
 - c. Why not?
9. Which English ruler cancelled Christmas on his assumption to power?
 - a. Henry VIII
 - b. Elizabeth the First
 - c. Oliver Cromwell
10. With which ethnic group did the tradition of hanging mistletoe to decorate houses originate?
 - a. The Germans
 - b. The Druids
 - c. The Puritans
11. Which religion celebrates enlightenment in December?
 - a. Buddhism
 - b. Kwanzaa
 - c. Islam
12. What was the miracle of Hanukkah?
 - a. Oil in a lamp which was only enough for one day, lasted for eight
 - b. The Jews defeated the Romans
 - c. An ancient menorah was discovered unscathed in a destroyed temple
13. What is Kwanzaa?
 - a. The celebration of family, community and culture designed to help African Americans reconnect with their African cultural and historical heritage
 - b. A rite used by the Kiwanis organization to initiate new members who join the organization in the month of December
 - c. An internet game for children in which "zaa" is yelled out every time someone zaps an opponent
14. Which December holiday did not originate as an alternative or in opposition to another December Holiday?
 - a. Christmas
 - b. Hanukkah
 - c. Kwanzaa
15. In what year did the US government declare Christmas an official federal holiday?
 - a. 1790
 - b. 1870

c. 1910

December holiday trivia—answers. Don't peek til you've finished you answers!

1. **a**—To celebrate the lengthening of days from this date on
2. **b**—It's a seven-branch candle holder for Kwanzaa
3. **c**—Bacchus is a Roman god, not a holiday
4. **a**—Mostly like explanation is it was to rival or piggyback on the existing solstice holiday
5. **c**—Hanukkah celebrates Maccabean victories in war and the rededication of the second Temple in Jerusalem
6. **a**—This is a Hindu celebration
7. **b**—Dedication (of the second Temple)
8. **b**—Some say “singing for one's supper” or gathering gifts of money was the original idea behind caroling, others would say “a” to bring good cheer, but no one really knows
9. **c**—Oliver Cromwell was pretty puritanical and objected to the revelry around Christmas celebrations—he banned those raucous celebrations
10. **b**—The Druids hung mistletoe above doorways for luck; kissing under the mistletoe evolved from old Norse tales
11. **a**—December 8 is the day Siddhartha Gautama Buddha achieved enlightenment
12. **a**—The legend is that enough oil in a lamp for one day's light lasted for eight
13. **a**—Kwanzaa was created in 1966 as an African-American and Pan-African holiday celebrating history, values, family and community
14. **c**—Kwanzaa is a secular holiday
15. **b**—June 28, 1870 was the year Christmas become an official federal holiday

Some (mostly) different music for the holidays or otherwise

Celebrate!

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

Fun with a classic overture!

<https://www.youtube.com/watch?v=LlsP6zZgjT8>

Hallelujah, silently!

<https://www.youtube.com/watch?v=pRhjWdr-LAA>

Tired of carols?

<https://www.youtube.com/watch?v=JYg7VrwHbrk>

Creativity abounds!

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

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—maybe, or maybe not, depending on the weather

Tuesdays, December 5 & 12 this month, 10:30 to noon or so
Along the Tiburon waterfront



- The weather forecast looks promising for Tuesdays early in December, so let's plan on walking together on December 5 and 12.
- Note: No TPV stroll on December 19 or 26
- **Please try to arrive no later than 10:30 so we don't leave without you**
- About a half an hour easy stroll along the waterfront, and continuing on to 11:30/11:45 or so if you stay for Dutch-treat coffee at Caffè Acri
- Meet at the fountain at the corner of Tiburon Blvd. and Main
- 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, December 14, 10:30 – 11:30am
Rustic Bakery, Tiburon



- Join us on the boardwalk at the tables in back outside, unless it's raining
- If it's rainy, we'll enjoy our coffee inside

- If you need a ride, please call the office! Otherwise, no RSVP needed.
- Look for a happy group of TPV members sitting together outside (or inside, if it's rainy)!

Holiday Lunch Chez Sorokin

Saturday, December 16, noon – 3:00pm or so

\$10 Donation to Marin Villages requested



- Good friends and yummy food. Let's celebrate the season together!
- \$10 donation to Marin Villages requested at the door
- **Please RSVP to Cherie Sorokin, cheryl@sorokinsf.com or (415) 730-0204**
- **Note RSVP required and space is limited to 40**
- Priority given to TPV members and volunteers, but folks from other villages welcome if space permits
- This will be an indoor event
- Address and directions provided when you RSVP
- Plenty of parking and home is accessible

Early New Year's toast

Wednesday, December 27, at **4:00pm** (half an hour earlier than usual)

Sam's on Main Street



- Maybe outside on the deck, but maybe inside depending on the weather
 - Watch the weather and dress accordingly!
 - TPV will buy you one drink and some appetizers for the crowd. After that you are on your own!
 - Yes, please RSVP to the office so we know to expect you!
 - Do let the office know if you need a ride
-

OTHER MARIN VILLAGES EVENTS

Drop-in Technology Help—bring your device!

Tuesday, December 5, 3:00 – 5:00pm

County Dept. of Health & Human Services, 20 North San Pedro Road, San Rafael

Get your device questions answered in person in this 1:1 training session! This is an opportunity to become comfortable with your computer, phone, or tablet and get your questions answered. Free to all adults 60+ in the county. There are two time slots—please register for one. For 3:00 – 4:00pm, use this link: <https://sausalito.helpfulvillage.com/events/4128> For 4:00 – 5:00pm, use this link: <https://sausalito.helpfulvillage.com/events/4129> With questions, please contact Wendy at (415) 332-3325 or sausalitovillageconcierge@gmail.com.

Men's Coffee

Wednesdays, December 6 & 20, 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, December 20, 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>!

Choose your Not Home Alone holiday event—one, two, or all three



Join Donnalee Wells and other villagers and volunteers for one, two, or three of these holiday events at different restaurants. Always a fun time and a great opportunity to share the holidays with old and new friends. First come, first served, space is limited. PLEASE BRING CASH for your meal. RSVP to Donnalee Wells at (415) 302-9244 or donnaleewells@comcast.net. Marin Villages rides are **very** limited for these holiday events.

Christmas Eve Early Supper

Sunday, December 24, 2:00pm
Pacific Catch, Town Center, Corte Madera
Open menu

Christmas Day / Donnalee's Birthday Early Supper

Monday, December 25, 2:00pm
Royal Thai Restaurant, 610 Third Street, corner of Irwin, San Rafael
Fixed menu

New Year's Eve Early Supper

Sunday, December 31, 2:00pm
San Rafael Joes, 931 Fourth Street
Open menu

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

Holiday Arts and Crafts Sale

Saturday, December 2, 10:00am – 4:00pm
Landmarks Art and Garden Center, 841 Tiburon Blvd.

Wreath Workshop

Saturday, December 2, 10:00am – noon
Ground, 1520 Tiburon Blvd

Learn wreath-making with floral designer Sharla Flock. For tickets (\$150) and reservations, use this link. <https://groundgoods.com/collections/workshops-events/products/winter-wreath-workshop-2023>

Menorahs and Martinis

Sunday, December 3, 7:00pm
Chabad Jewish Center, 1640 Tiburon Blvd, #11

Glass resin menorah-making workshop, martini bar, white elephant gift exchange. To register use this link. <https://www.jewishtiburon.com/jwc>

History and Maritime Heritage of Tiburon Belvedere with Dave Goetz

Tuesday, December 5, 7:00 – 8:30pm
Town Council Chambers

Tiburon Peninsula Holiday Fest

Sunday, December 10, 11:00am – 2:00pm
Main Street, Tiburon

Echos of Winter, Celebrating Musae's 20th Anniversary

Sunday December 10, 1:00 and 4:00pm
Old St. Hilary's, 201 Esperanza, Tiburon

Tickets for seniors are \$20 in advance, \$25 at the door. Register using this link:
<https://landmarkssociety.com/events/concerts/>

There's always something going on at the Tiburon Library

Hootenanny at the Library

Fridays, December 1 & 15, 1:00 – 2:30pm

Register with this link. <https://beltib.libnet.info/event/9394606>

Stretching for Mind and Body

Friday, December 8, 11:30am – 12:30pm

Register for this program of gentle yoga with this link:

<https://beltib.libnet.info/event/9582122>

AND MORE...

Did you see it?

On November 25, John Power's letter was published in the Readers' Forum of the IJ, highlighting the value of Marin Villages and the nationwide village movement! Here is the link:
<https://www.marinij.com/2023/11/24/marin-ij-readers-forum-for-nov-25-2023/>

Give a gift to Marin Villages!

It's the giving season! If you have a bit extra to share, do consider donating to Marin Villages. It's easy. Just go on to our website and hit the donate button at the top right. Or write a check and send it to the office. No donation is too small (or too big)!

https://marin.helpfulvillage.com/fundraising_campaigns/14-fall-2023-annual-fund-campaign

REMEMBER TO LAUGH A LITTLE





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