

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

January 2024 Calendar of Events

"The bad news is that time flies; the good news is that you are the pilot" ~Michael Altschuler

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Carol Fetterman, Judy Burns

Volunteers: Judy Kramer

We look forward to seeing you at our social events and activities!

SAN RAFAEL VILLAGE EVENTS

For the MEN of San Rafael Village: We are looking into starting a Men's Group for our Village. This would be open to male members and volunteers who may be interested in meeting monthly to connect with others, perhaps enjoy breakfast or coffee together at a local establishment and make new connections. If you are interested, please contact Jeff Hashemi at (415) 747-5217 or harmony94901@aol.com.

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

Movie Group

Sundays, January 7, 14, 21, 28, 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 will start the new year with *Beverly Hills Cop*. 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, January 8, 2:00pm

Do you have a poem or short story to share for the New Year? Or 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. New members welcome. Please RSVP to Val Stilson at (628) 269-7071 or valerie.stilson@sbcglobal.net.

San Rafael Village Coffee

Wednesday, January 10, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Yvonne Brown in her Peacock Gap home. Enjoy chatting with Village friends and consider bringing a friend or neighbor to meet our friendly group. Beverages and snacks will be provided. RSVP and get address from Joy Bloom at joy@ejbloom.com or (415) 717-0173.

SOMETHING NEW!

Writing Workshop

Tuesday, January 16, 1:30pm

As you wrote holidays cards and letters last month, you may have been surprised by actually enjoying your writing skills and creativity. If there was even a bit of pride in your authorship, you are most likely a born writer! COME CELEBRATE your gift of writing. Have fun, develop your skill, create new ideas, get feedback and support, and meet new writing friends in a relaxed, fun workshop atmosphere. Whether you want to write a book, poem, article, short story or memoir, there will be something here for everyone. Meetings will be twice monthly on the first and third Tuesdays from 1:30 – 4:00pm at the home of Valerie Stilson (who will be your hostess and convener) in Novato. Please call Valerie at (628) 269-7071 or Valerie.stilson@sbcglobal.net for more information.

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

Monday, January 22, afternoon (time will be announced when movie is selected)

Cinemark Century, Northgate*

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 closed captioning devices are available at no cost for all movies at this theater. You can request one when you purchase your ticket.

Game Playing Group

Wednesday, January 24, 2:00pm

Join a group of San Rafael Villagers for a fun afternoon of games. On this afternoon we will play Rummikub. All are welcome, no previous experience is necessary. The only requirement is that you want to have a good time! We will limit the group to 12 people, and you must RSVP. If 12 people have already signed up, you will be put on a waiting list. Interested? Have questions? For either or to RSVP, contact Joyce Lewbin at jlewin@gmail.com or (415) 706-3693.

San Rafael Village Walkers

Thursday, January 25, 11:00am

(Reschedule of our rain-canceled walk from December)

We meet at 11:00am at the Ross Post Office parking lot and do an out-and-back walk. This is a level trail that follows the creek. You may stop whenever you wish on one of the many benches or go all the way to Bon Air Road and the MarinHealth Hospital before turning back. And, of course, there is our beautiful Mt. Tam to gaze upon. Questions and/or to RSVP, contact Carole at csherick@gmail.com or (415) 300-5220

Villages Book Club

Thursday, January 25

Book Club is now meeting in person in participants' homes. This month's book selection is *Mad Honey* by Jodi Picoult. Everyone is welcome! You don't have to read the book first; just come meet us and see for yourself what a lively group of readers we are. Please call Karen Gray at (714) 403-3345 for more information.

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

Program Committee

Tuesday, January 9, 7:30pm

Zoom

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.

Membership/Volunteer Committee

Wednesday, January 10, 10:00am

Zoom

Help recruit new members and volunteers and support the ones we have. Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Steering Committee

Friday, January 19, 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, January 3 & 17, 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, January 17, 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>!

LGBT Coffee—a social gathering

Thursday, January 25, 10:00 – 11:30am

A member's home—register for details



Come to share coffee, conversation, and friendship among LGBT members and volunteers from all villages and their allies. This informal, social gathering is hosted by a San Rafael villager in her Terra Linda home. There's no agenda but to meet and enjoy the company of others. Please RSVP on our website at <https://marin.helpfulvillage.com/events/5686-lgbt-coffee---a-social-gathering> and contact the office if you need a ride. (415) 457-4633

Bocce

Friday, January 26, 1:00 – 3:00pm (weather permitting)

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend an afternoon than on the bocce court?! 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

COMMUNITY EVENTS

Vivalon Library Thursday

Thursday, January 4, 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.

New classes at the San Rafael Community Center

Sign up for these new classes as a gift to yourself in the new year! Each class is \$90 for San Rafael residents and \$99 for non-residents.

Salsa

Thursdays, March 7 – April 18, 9:15 – 10:00am

Salsa classes are instructional sessions that teach individuals or groups how to dance this energetic and rhythmic Latin dance style. These classes typically cover fundamentals footwork, partner connection, and a variety of salsa dance moves, helping participants improve their dancing skills and enjoy the vibrant music and culture associated with Salsa dance.

<https://anc.apm.activecommunities.com/cityofsanrafael/activity/search/detail/2208>

Bachata

Thursdays, March 7 – April 18, 10:15 – 11:00am

Bachata dance classes are lessons focused on teaching people the sensual and romantic dance style. In these classes, students learn basic steps, partner connection, and various Bachata moves. Bachata classes provide an opportunity to embrace the passionate rhythms of this Latin dance. <https://anc.apm.activecommunities.com/cityofsanrafael/activity/search/detail/2229>

Chair yoga

Thursdays, March 14 – April 25, 11:15am – noon

Welcome to Chair Yoga class, where traditional yoga meets the support and versatility of a chair. This class is designed to provide students with a well-rounded yoga experience that emphasizes balance, strength, flexibility, and relaxation. In this class, you will explore the use of a chair as a prop to enhance and deepen your yoga practice. The chair acts as a stable base, allowing you to perform a wide range of yoga poses with greater ease and comfort. Whether you are a beginner or more experienced yogi, this is a safe way to practice.

<https://anc.apm.activecommunities.com/cityofsanrafael/activity/search/detail/2371>

For our vision-impaired members

Marin Villages has a partnership with Vision Impaired of Marin. We 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.

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.

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