

MARIN
VILLAGES



Our Paths - Our Choices

Tiburon Peninsula Village

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

January 2024 (!) Newsletter

Cherie Sorokin, editor



Hey, hey! It's a new year! January gets its name from the Roman god Janus, the god of doorways and transitions, endings and beginnings. He was frequently pictured with two faces, one looking to the past and one looking forward. Though Janus is long gone, the tradition of reflecting on the past and thinking of the future continues every year at this time. Have you made your new year's resolutions yet? How about making one to become more involved with Tiburon Peninsula Village? Staying active and engaging with friends are great ways to keep energized and happy. Check out our events for the month of January later in this newsletter. Hope to see you at one or more of them!



Need a little inspiration for 2024?

Here are a few great quotes for the new year about starting something new! Can you guess who authored these quotes?

1. "If there's a book you want to read, but it hasn't been written yet, then you must write it!"
2. "The way to get started is to quit talking and begin doing."
3. "Start where you are. Use what you have. Do what you can."

And my personal favorite:

4. "In the end, it's not the years in your life that count. It's the life in your years!"

Authors in order: Toni Morrison, Walt Disney, Arthur Ashe and Abraham Lincoln

New Year's resolution #1: Stay healthy



The checklist

- Get vaccinated
- Wash hands a lot
- Hang out primarily with vaccinated friends

- Wear a mask when in crowded spaces
- Stay home if feeling unwell

Plus, remember to eat well. Freeze all that left over chocolate for later and put some veggies on your plate!

New Year's resolution #2: Learn something new!

Ever considered memorizing all the elements? Maybe only with a little help from Tom Lehrer:

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

Elements not your thing? Well just try something new. It's good for the brain. Check out this article from Harvard Health when you have time. <https://www.health.harvard.edu/mind-and-mood/train-your-brain>

New Year's resolution #3: Make a new friend!

Even these unlikely characters became good friends!

<https://www.youtube.com/watch?v=ZMk1Hg009kQ>

New Year's resolution #4: Visit old friends!

Remember this classic?

<https://www.youtube.com/watch?v=K3axU2b0dDk>

New Year's resolution # 5: Come to more Tiburon Peninsula Village events

(See below!)

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—no strolling officially scheduled in January



- The weather is too problematic to plan a regular schedule of weekly strolls this month.
- But if a nice day rolls around, check with Cherie to see if she plans to walk! (415) 730-0204 Sometimes an ad hoc activity “works out”—no pun intended!

TPV Morning Coffee and Chat

Thursday, January 11, 10:30 – 11:30am

Rustic Bakery, Tiburon



- Join us on the boardwalk at the tables in back outside, unless it's raining or freezing!
- If the weather doesn't cooperate, 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 cold or rainy)!

Lunch at Salt and Pepper

Thursday, January 18, noon – 1:30pm or so



- Good friends and good food. What could be better?
- Space is first-come, first-served, with a limit of 8, or maybe 10
- \$15 cash per person, payable at the lunch. TPV will pay for costs above \$15 per person.

- **Please bring exact change!**
- **Note RSVP required as we have to reserve space at the restaurant. Please RSVP to Cherie no later than Monday, January 15 at cheryl@sorokinsf.com or (415) 730-0204**
- This will be an indoor event, unless global warming brings on a January heat wave
- Call the office if you need a ride. (415) 457-4633

Afternoon Tea

Monday, January 29, 3:00 – 4:00pm

Café Acri, corner of Tiburon Blvd. and Main Street



- Buy your own cup of tea, and TPV will supply the cookies and other goodies
- Yes, RSVP to Cherie so we know to expect you!
- Again, this will be an indoor event, unless global warming brings on a January heat wave
- Let the office know if you need a ride. (415) 457-4633

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>!

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

There's always something going on at the Tiburon Library

Managing Money for Those with Chronic Conditions

Tuesday, January 9, 11:30am – 12:30pm

Creating financial plans for dealing with significant illnesses such as dementia, Parkinson's, and other chronic diseases. Register with this link:

<https://beltib.libnet.info/event/9219891?registration=true>

Turning the Tide: Saving Richardson Bay

Thursday, January 11, 6:00 – 7:30pm

This documentary looks at events in the 1950s that saved our beautiful bay. Register using this link: <https://beltib.libnet.info/event/9642002?registration=true>

Opening and artists reception for Colors in Art exhibition

Thursday, January 18, 6:00 – 8:00pm

Since the inaugural show for the Belvedere Tiburon Library Art Gallery, this exhibition, *Colors in Art: Voices Soft and Loud*, is the largest painting exhibition to date with 53 artworks.

AND MORE...

Did you miss our holiday party?

A good time was had by all! Here are just a few of the many photos taken that day of the 27 members and volunteers who attended.



Cherie's grandson Eli with Betty Williams and Sandi Decent



TPV Member Dr. Ira



Eli and Dr. Ira having fun at the piano



Gary Gugler, Matt Masson and Hal Schmidt



Ginny Doyle and Patty Powell



Ray Reis with "bartender" John Power

Early New Year's toast

These intrepid TPV members and volunteers braved the rain and fog to toast the new year a few days early at Sam's on Main St. The weather outside was frightful, but the gang inside was truly delightful!



Thanks to members of Tiburon Sunset Rotary!



Members of the Rotary Club of Tiburon Sunset helped deliver holiday treats to TPV members this year! Many thanks to them and to our own volunteer, Mary Bowles, who also helped out with deliveries. Hope you enjoyed the treat!

REMEMBER TO LAUGH A LITTLE

Here are few “punnies” and other groaners, courtesy of Ginny Doyle!

I once dated a guy who broke up with me because I only have 9 toes. Yes, he was lack toes intolerant.

I've started telling everyone about the benefits of eating dried grapes. It's all about raisin awareness.

I've started investing in stocks: beef, vegetable, chicken. One day I hope to be a bouillianaire.

If you boil a funny bone, it becomes a laughingstock. Now that's humerus.

I accidentally rubbed ketchup in my eyes. Now I have Heinzsight.

Did you know muffins spelled backwards is what you do when you take them out of the oven? [sniffum]

Scientifically, a raven has 17 primary wing feathers, the big ones at the end of the wing. They are called pinion feathers. A crow has 16. So, the difference between a raven and a crow is only a matter of a pinion.

I was walking in the jungle and saw a lizard on his hind legs telling jokes. I turned to a local tribal leader and said, "That lizard is really funny!" The leader replied, "That's not a lizard. He's a stand-up chameleon.

I tried to come up with a carpentry pun that woodwork. I thought I nailed it, but nobody saw it.

Singing in the shower is fine until you get soap in your mouth. Then it's a soap opera.

Then there was the time Fruit of the Loom took Hanes to court... it was a brief case.

How much does a chimney cost? Nothing, it's on the house.

My friend said she wouldn't eat cow's tongue because it came out of a cow's mouth. I gave her an egg.

Once upon a time there was a king who was only 12 inches tall. He was a terrible king but he made a great ruler.

Ran out of toilet paper and now using lettuce leaves. Today was just the tip of the iceberg, and tomorrow remains to be seen.

My friend Jack says he can communicate with vegetables. That's right...Jack and the beans talk.

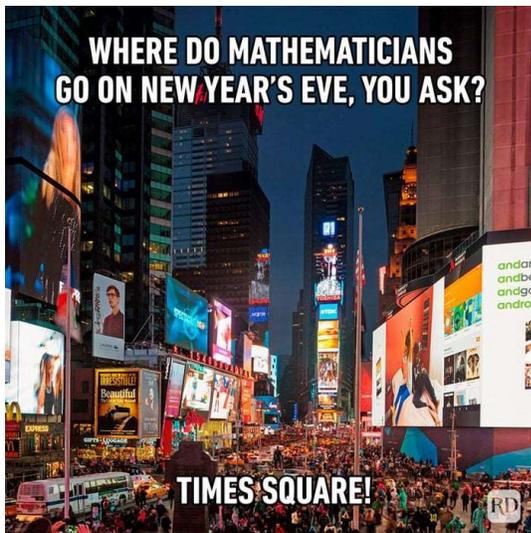
I want to tell you about a girl who only eats plants. You probably have not heard of herbivore.

I was struggling to understand how lightning works and then it struck me.

Six cows were smoking joints and playing poker. That's right. The steaks were pretty high.

I went to the paint store to get thinner. It didn't work!

And here are a few silly internet memes for the month!





When you realize that we are closer to 2030, than we are to 2017:



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