

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

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

January 2024 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Happy New Year! May 2024 bring you memories to cherish and opportunities to enjoy life.



Monthly Quote:

"When we seek to discover the best in others, we somehow bring out the best in ourselves."

~William Arthur Ward

William Arthur Ward (December 17, 1921 – March 30, 1994) was an American motivational writer. More than 100 articles, poems and meditations written by Ward were published in such magazines as *Reader's Digest*, *The Phi Delta Kappan*, *Science of Mind*, and various Christian publications.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Christine Rushworth

Volunteers: Diane Campbell, Thomas Keena

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

NOVATO VILLAGE EVENTS

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

Here's the January 2024 calendar of Novato Village activities...details in this newsletter!

Thursday, January 4, 9:30am – Village Walkers at Hamilton Levee, 7 Hamilton Landing

Monday, January 8, 10:00am – Novato Village Steering Committee, Beth Livoti's home

Tuesday, January 9, 1:30pm – Novato Village Book Lovers' Group, at a member's home

Wednesday, January 10, 11:00am – The More You Know...about Eric Lucan, our Marin County Supervisor District 5, by Zoom

Thursday, January 11, 1:30pm – CoffeeTea&Chat, Panera Bread, Vintage Oaks Center, 132 Vintage Way

Wednesday, January 17, noon – Lunch at Chao Praya, Nave Shopping Center Annex, 1553 S Novato Blvd

Saturday, January 20, time & location TBA – Village Viewers Movie Group

Thursday, January 25, 3:00pm – Happy Hour at Toast, Hamilton Shopping Center, 5800 Nave Dr

Food & Drink

CoffeeTea&Chat at Panera Bread – *new location*

Thursday, January 11, 1:30 – 3:00pm

Vintage Oaks Shopping Center, 132 Vintage Way

The location has changed, just for the month of January, but the invitation is the same—join us to meet lively friends and enjoy flowing conversation. Get connected to other Novato Village members and volunteers, and bring a friend who might be interested in Novato Village. RSVP is not required. For more information, contact hostess Joanne Lang, (916) 716-5800 or novatovillage@marinvillage.org. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.





Last CoffeeTea&Chat for 2023 – ready for the new year!

Lunch at Chao Praya

Wednesday, January 17, noon – 2:00pm

Nave Shopping Center Annex 1553 S. Novato Blvd



Chao Praya is a full-service, casual dining Thai restaurant located in the Nave Shopping Center Annex. The restaurant staff says, “We do our best to provide you with the freshest and most authentic Thai eatery experience. Our recipes have been passed down from generation to generation. We invite you to taste a bit of our Southeast Asian culture! Chao Praya serves Classic Thai dishes in a charming, subdued cafe with red walls & Asian-style decor.” Lunch menu link: <https://chao-praya-novato.s3-us-west-1.amazonaws.com/lunch-compressed.pdf>. **Please RSVP** by Monday, January 15, so we can tell the restaurant how many guests we’ll have for seating. Plan to pay with cash. **To RSVP**, email novatovillage@marinvillage.org or call Joanne Keenan at (415) 883-5729. Joanne does not arrange rides. If you need a ride, contact the Marin Villages office at info@marinvillages.org or (415) 457-4633

Happy Hour at Toast

Thursday, January 25, 3:00 – 5:00pm

Hamilton Shopping Center, 5800 Nave Dr.



Toast Restaurant décor

Novato Village invites you to our monthly Happy Hour at Toast, a location that welcomes Novato Village members, volunteers, and friends. Enjoy cocktails or non-alcoholic beverages, delicious appetizers and starters—so many choices! **Please RSVP** by Tuesday, January 23, so we can tell the staff how many guests we'll have for seating. Please plan to pay with cash. *An email will be sent with the Happy Hour hostess's name and contact information so you can RSVP. Watch for the email update.* If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org.



A good time at the Happy Hour on December 28th at Toast

Education & Presentations

The More You Know...about Eric Lucan; meet our District 5 Marin County Supervisor

Wednesday, January 10, 11:00am – noon

Zoom presentation—link will be sent to all on Sunday, January 7



Meet and chat with our District 5 County Supervisor, Eric Lucan. Eric was elected to the Marin County Board of Supervisors in 2022. Eric knows Novato...he is a Novato native, a graduate of Novato schools, and a life-long resident of Novato. He has been very supportive of Novato Village activities. *He's on your side and wants to meet you!*

- He started volunteering and giving back to his hometown by working with and mentoring young people as a church youth director, volunteer soccer coach, and volleyball coach.
- After earning his MBA, Eric returned to Novato and served as a volunteer chaplain with the Novato Police Department and as a Parks and Recreation Commissioner from 2007 to 2011.
- He was first elected to the Novato City Council in 2011 and served as Mayor in 2014, 2019 and 2022.
- Professionally, Eric is an accomplished marketing executive with 20 years of experience. Prior to being elected to the Board of Supervisors, Eric served as the Chief Marketing Officer for Mike's Bikes for eight years.

Eric and his wife Kiley are proud parents of their son, the ever-curious Noah, and daughter, the always-smiling Selah.

Exercise

Novato Village Walkers – Hamilton Levee—canceled if raining.

Thursday, January 4, 9:30 – 10:30am

7 Hamilton Landing, Novato: meet at the parking lot between Hangars 5 & 6

We've enjoyed walking on the Hamilton Levee going both north and south. This time we will toss a coin to decide which way we'll walk. The Hamilton Levee is a flat, open path. Meet us at the levee wearing walking shoes and dressed for the weather. Bring a water bottle, sunscreen, and walking sticks if you wish. The event will be canceled if raining. **RSVP PLEASE** so we don't start walking without you. If you are interested in walking with this group, please let Pat Bailey know at pbailey49@aol.com or text or phone (415) 652-9073.

If you missed the special November walk at Indian Valley Campus with Sandi Bowman, co-chair of Friends of IVC...



Sandi presented the history of how she got involved on the committee working to “revive” the campus and the effort it took.



She gave us a tour with narration about development, updating, and completion of the library; college classroom; facility reserved for ESCOM activities; the new, fabulous pools and exercise room; outside area of the Jonas Center; the farm; and new buildings designated for cooking classes. We are hoping to get a more detailed tour of the farm in the spring!

Books

Village Book Lovers' Group

Tuesday, January 9, 1:30pm

RSVP by Sunday, January 7 to get the location address

There was no meeting in December. The book for the January 9 meeting is *The Queen of Dirt Island* by Donal Ryan. For the February meeting, we'll be reading *The Sound of a Wild Snail Eating* by Elizabeth Bailey. Our January 9 meeting will be at Diana Shima's home. **Please RSVP** to Diana Shima by Sunday, January 7 for Diana's home address, dianashima3@comcast.net. For more information about the Village Book Lovers' Group, contact Diana. Come join us in 2024!

Fun & Games

Mah Jong Club

Tuesdays, January 9 & 23, 10:00am – noon

IVC ESCOM Center, Indian Valley Campus, College of Marin, 1800 Ignacio Blvd.



This club was formed to teach people how to play Mah Jong and to offer a venue for experienced players to meet. We play Mah Jong at the ESCOM Building on the second and fourth Tuesdays of each month. **RSVP:** Please contact Linda Henderson at linda_h@peak.org or (415) 382-8910, or Pat Bailey at pbailey49@aol.com or (415) 883-9156 with any questions and to advise us when you can attend. *We cannot accept walk-ins.* Remember you must be a **member of ESCOM** as they graciously allow us to use their facility at the Indian Valley Campus. Please contact Linda or Pat with any questions about ESCOM membership.

Groups

Village Viewers Movie Group

Saturday, January 20, time and location to be announced by email

In December, we viewed the movie *Wonka* with Timothee Chalamet and Hugh Grant. Young chocolatier Willy Wonka manages to change the world one delectable bite at a time. This was a fun movie with singing, dancing and great acting. The next movie will be announced the Wednesday prior to the event by email. Hope to see you there! Contact Joanne Lang with questions or movie suggestions, at (916) 716-5800 or novatovillage@marinvillage.org.



The Wonka movie Villagers

Village Business

Novato Village Steering Committee

Monday, January 8, 10:00am

Beth Livoti's home

The date and time of the Steering Committee meeting has changed. Please contact Beth Livoti, llivoti@comcast.net or (415) 892-1043 for more information and the address.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesday, January 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

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 refer 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>

NOVATO VILLAGE ANNOUNCEMENTS

We thank the Novato Soroptimists youth group, O.W.L.S., (Opportunities for Women in Leadership and Service) for teaming up with Novato Village's craft lovers to create the lovely, golden-glittered candle holders for the holidays and wintery months. A few photos here...



AND MORE...

Did you join us for the Novato Village Holiday Luncheon on December 5th at The Key Room? We had a wonderful time. Some photos...





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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