



Tiburon Peninsula Village

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

February 2024 Newsletter

Cherie Sorokin, editor



February brings lots of different holidays, celebrations and commemorations: Valentine's Day, Chinese New Year, Black History Month, Mardi Gras, Presidents Day, the Super Bowl, to name a few. My personal favorite is Groundhog Day, I guess because it's such a ridiculous, silly thing to think that a groundhog seeing his shadow or not foretells an early spring or the continuation of winter. But what fun to pretend that Punxsutawny Phil has weather forecasting power! Somehow it's much more satisfying than watching complicated radar forecasts on the weather channel. And who cares if studies (yes, there are studies!) have shown there is no consistent association between a groundhog seeing his shadow and the timing of the arrival of spring.

By the way, Punxsutawny Phil is only one of multiple groundhogs around the country who are called into service on Feb 2, but according to Wikipedia, the ceremony in Punxsutawny, Pennsylvania, has become the most frequented and televised Groundhog Day celebration in the U.S. You can watch it on most TV morning news channels in their weather segments, but you have to get up early to see it live! Usually starts around 6:00 am our time.



Special extra February day this year!

Thanks to the Egyptians, a Roman emperor, and a pope, among others, who noticed that calendars were getting out of whack, we add an extra day to February every four years to help keep our calendar months in sync with the seasons. Our Gregorian calendar isn't perfect in this regard: apparently, there is a 30 second "drift" every year. Not enough to worry about for at least 3000 more years or so. Always a bit confusing if one is born on February 29. Do you celebrate only every four years, or every year but on February 28 or March 1? According to our Marin Villages records, we had 39 February birthdays among our Marin Villages members, but none on February 29, so we evidently don't have any folks with personal experience on this point, unless someone has children or a significant other with a February 29 birthday. If you are reading this and among that group, let us know how you handled leap year birthdays in your family!

Fun things to do at home!



Watch the Chinese New Years Parade

On February 24, the Year of the Dragon Chinese New Year's Parade takes place in SF and will be broadcast on Channel 2. Did you know that SF boasts one of the largest Chinese New Year's parades outside of China? You can read about its history here, <https://chineseparade.com/history/>, and then prepare to watch the amazing display of dragons without having to worry about being in big crowds or exposed to Covid, RSV, or the flu!

Celebrate Black History Month with PBS

This link has a list of shows being broadcast by PBS that you can tune into in February to celebrate Black History Month. Lots to learn and to celebrate!

<https://woub.org/2024/01/30/pbs-presents-a-curated-collection-of-films-series-and-digital-content-to-celebrate-black-history-month-2024/>

Make some soup

Here's a great vegetable soup recipe—like medicine for your stomach as the video says. Pretty easy, but a lot of chopping! Seems like it would be great for a rainy day! Watch the video.

<https://www.youtube.com/watch?v=Uydo4rfrDk4>

Soothe your soul with classical music

This is a lovely compilation of classical music from the masters of the art form. It runs about an hour and a half but you can dip in and out. Here is the link.

<https://www.youtube.com/watch?v=DxnDcH2NS5c>

Dream of Paris?

French Bistro Jazz is always great! Here's a lovely compilation that will remind you of Paris. Great listening on a rainy day! <https://www.youtube.com/watch?v=yvhPcuqyIlg&t=15s>

Don't Worry, Be Happy!

Here's a great tune that never gets old! <https://www.youtube.com/watch?v=uWXUWepSak4>

Enjoy some time with Olive and Mabel on Zoom!

Even dogs know how to use Zoom these days! Check out this "business Zoom meeting" with Olive and Mabel. https://www.youtube.com/watch?v=nFVHaus_pjI

Winter maladies, Covid, etc.**Remember to follow the checklist**

- Get vaccinated
- Wash hands a lot
- Hang out primarily with vaccinated friends
- Bundle up and continue to frequent the outdoors
- Wear a mask when in crowded spaces
- Stay home if feeling unwell
- Eat well to keep your strength up!

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 February



- 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, February 8, 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)!

Chinese lunch at Ming's to celebrate the Year of the Dragon

Friday, February 16, noon – 1:30pm or so

1550 Tiburon Blvd.



- Good friends and good food. What could be better?
- Space is first come, first served, with a limit of 8, or maybe 10
- **RSVP REQUIRED as we have to reserve space at the restaurant**
- If the weather is nice, we may sit outside on the boardwalk
- \$10 cash per person, payable at the lunch. Please bring exact change! TPV will pay for costs above \$10 per person.
- **Please RSVP to Cherie no later than Monday, February 12 at cheryl@sorokinsf.com or (415) 730-0204**
- Call the office if you need a ride. (415) 457-4633

Afternoon Tea

Wednesday, February 28, 3:00 – 4:00pm

Café Acrí, 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!
- This will be an indoor event, unless global warming brings on a February heat wave
- Let the office know if you need a ride. (415) 457-4633

Excursions

SAVE THE DATE—Visit to the De Young Museum’s *Fashioning SF* exhibition

Tuesday, March 5, 9:30am



How about a trip to the De Young Museum for the *Fashioning San Francisco: A Century of Style* exhibition? Please RVSP to Cherie **now** if you are interested in joining this trip.

Cheryl@sorokinsf.com Advance tickets are advisable, so we need to know how many will be

attending and also will need to arrange drivers, which could take some time. Cost is \$29 for seniors. Discount is available for museum members.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, February 7 & 21, 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).

Not Home Alone Valentine's Day

Wednesday, February 14, 2:00pm

Red Rooster Restaurant 901 B St, San Rafael
Corner of Third Street



Join your hostess Donnalee Wells and other Villagers to celebrate Valentine's Day for an early supper at Red Rooster Restaurant—one of BJ's favorite restaurants! Always a fun time and a great opportunity to share the holiday with old and new friends. Six menu options will be available for \$27 – \$30 and include entree, salad, cookies, tax and tip. Drinks are not included. **RSVP is required by Monday, Feb 12.** First come, first served, and space is limited. Please bring **CASH** for your meal and drink, no credit cards. RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Please call the office for ride requests. (415) 457-4633

Technology/Computer Help Office Hours

Wednesday, February 21, 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>!

Bocce

Friday, February 23, 1:00 – 3:00pm

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

ALSO...

Watch for a great learning opportunity with the Buck Institute. Coming soon and just for Marin Villages. Check The Village Square when it comes out later this month!

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

Carved in Silence, a documentary about the Angel Island Immigration Station

Thursday, February 1, 6:00 pm- 7:30 pm

Register using this link: <https://beltib.libnet.info/event/9929850?registration=true>

Stretching for Mind and Body—gentle yoga in the library

Fridays, February 2 & 9, 11:30am – 12:30pm

Suitable for all levels. Register using this link:

<https://beltib.libnet.info/event/10005623?registration=true>

Hootenanny at the Library

Fridays, February 2 & 16, 1:00 – 2:30pm

Bring your guitar, ukelele or singing voice and join the fun. Drop in or register using this link:

<https://beltib.libnet.info/event/10054961?registration=true>

Android Phone Training for Adults

Tuesday, February 6, 11:30am – 1:30 pm

Register using this link: <https://beltib.libnet.info/event/9246010?registration=true>

Short Story Hour: Discussion of some American Classics

Wednesday, February 14, 2:30 – 3:30pm

February's story is The Beast in the Jungle by Henry James. Register using this link:

<https://beltib.libnet.info/event/9844532?registration=true>

Professor Kevin Mueller speaking on the exhibition Colors in Art

Thursday, February 15, 6:30 – 7:30pm

Register here. <https://beltib.libnet.info/event/9760906?registration=true>

An evening with Suzanne Ciani—electronic music pioneer

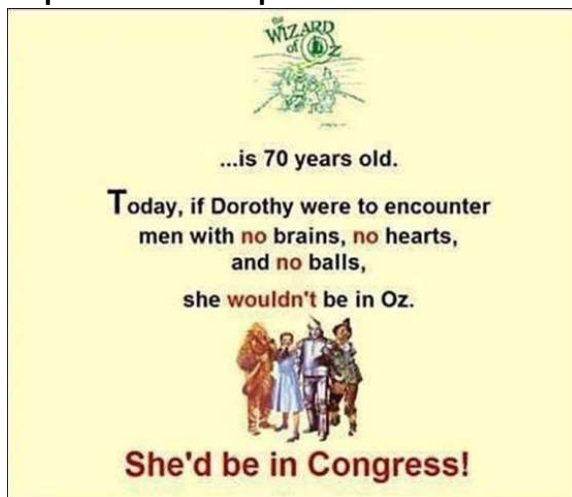
Thursday, February 22, 6:00 -7:00 pm

Highlights of her long career in music. Register using this link:

<https://beltib.libnet.info/event/10001264?registration=true>

REMEMBER TO LAUGH A LITTLE

Hope this isn't too political!



When I lose weight, I'll go to the gym!



Does this remind you of Tiburon Blvd?



Well, if you have to wait for the next available operator....



"Please hold while we bring you the complete works of Johann Sebastian Bach."

Maybe too true?



The mind of a cat....



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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