

MARIN
VILLAGES



Our Paths - Our Choices

San Rafael Village

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

March 2024 Calendar of Events

"It is a serious thing/ just to be alive/ on this fresh morning/ in this broken world" ~ Mary Oliver

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Joan Adams

Volunteers: Jeff Hashemi, Diana Lopez

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

SAN RAFAEL VILLAGE EVENTS

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

SAVE THE DATE: Marin Transit presentation

Monday, April 22, 2:00pm

Marin Villages Office Conference Room

Marin Transit will speak on public transportation options for seniors who no longer drive. Materials will be handed out with a chance to ask questions.

Movie Group

Sundays, March 3, 10, 17, 24, 31, 7:00pm

Zoom

San Rafael Village loves our movie group! We meet **on Zoom** every week to discuss, in our highly entertaining but by no means high-brow group, a film selected from Netflix. 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, March 4, 2:00pm

Do you have a poem or short story to share? If so, consider joining us in the San Rafael Village Book Chat. Come and share what you have been reading: books, articles, poetry, even old letters or essays. Tell us why you like or don't like it and what drew you to it. We will meet this month at the home of Marilyn Sharpe. We often go out for happy hour afterward and always enjoy learning from each other! For more information and to RSVP contact Val Stilson at (628) 269-7071 or valerie.stilson@sbcglobal.net.

Writers' Workshop

Tuesdays, March 5 & 19, 2:00pm

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 2:00 – 4:00pm at the home of Valerie Stilson (who will be your hostess and convener) in Novato. For more information and to RSVP please contact Valerie at (628) 269-7071 or valerie.stilson@sbcglobal.net.

San Rafael Village Coffee

Wednesday, March 13, 2:00pm

Join us for the always fun monthly coffee. This month we will meet at the home of Lorraine Voskanian in Terra Linda, a favorite meeting place for our monthly gatherings. Catch up with a Village friend and maybe make a new friend. We encourage you also to invite a friend or neighbor to introduce them to San Rafael Village. RSVP: Joy Bloom at joy@ejbloom.com or (415) 717-0173.

Game Playing Group

Wednesday, March 20, 2:00pm

It's always a good time when you join other San Rafael Villagers sitting around a card table! The game of choice for now is Rummikub. It is a combination of luck and some skill that provides enjoyment for a couple of hours. No experience necessary! We limit the group to 12 and you must sign up each month to be counted. We will put you on a waiting list if needed. For questions and/or to RSVP, contact Carole at csherick@gmail.com or (415) 300-5220.

End-of-Life Choices

Friday, March 22, 2:00pm

Marin Villages Office Building F conference room, 4340 Redwood Hwy, San Rafael

Guest speaker Susan Gess will lead a discussion about options for those facing the end of their lives and will highlight two end-of-life topics: Medical Aid in Dying (MAiD) and Voluntary Stopping Eating & Drinking (VSED), including their legal context, eligibility requirements, and current practices. There will be plenty of time for questions and discussion. Susan retired after 28 years as a pharmacist with Kaiser. She now serves on the Advisory Council for End-of-Life Choices California and volunteers her time to support families throughout their exploration of choices at the end of their lives. Space is limited; please RSVP to Annie Rivo at anzied@gmail.com or (415) 378-3705

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

Monday, March 25, 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.

San Rafael Village Men's Coffee *New!*

Wednesday, March 27, 11:00am

Attention male members and volunteers! Look for a flyer coming out in early March with more information on this newly formed group, led by Jeff Hashemi. This is an opportunity to meet new friends and chat about whatever is on your mind. For questions and to RSVP, contact Jeff at (415) 747-5217 or harmony94901@aol.com

San Rafael Village Walkers

Wednesday, March 27, 11:00am

Hamilton Field, Novato

Walk with us at this wetlands nature preserve along San Pablo Bay. This is an out-and-back walk on a flat, packed-dirt trail. You may walk at your own pace and turn back whenever you wish. Options after the walk: lunch, a visit to Marin Museum of Contemporary Art (MOCA) and/or the Hamilton Field History Museum. Meet at Airport Park at the end of Hanger Avenue. Needed further directions will be given to you when you RSVP to Carole at cscherick@gmail.com or (415) 300-5220.

Villages Book Club

Thursday, March 28, 11:00am

The book for March is *The Bohemians* by Jasmin Darznik. 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

Friday, March 8, 2:00pm

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

Thursday, March 14, 3:30pm

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, March 15, 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

Not Home Alone St. Patrick's Day

Sunday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth Street, between F and G



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early supper at Whipper Snapper Restaurant, a charming family-owned Restaurant in San Rafael. Always a fun time and a great opportunity to share the holiday with old and new friends. 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. If you need a ride, please call the office. (415) 457-4633 The event will be indoors. The fixed-price menu will include your choice of a wonderful corned beef and cabbage entree or choice of a fish, chicken, or vegetarian entree. A more detailed menu will be emailed to you upon your RSVP.

Technology/Computer Help Office Hours

Wednesday, March 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>!

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 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.

Ongoing events:

First Wednesday of every month – **Zoom support group** <https://bvim.org/zoom-support-group>

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>

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