

MARIN
VILLAGES



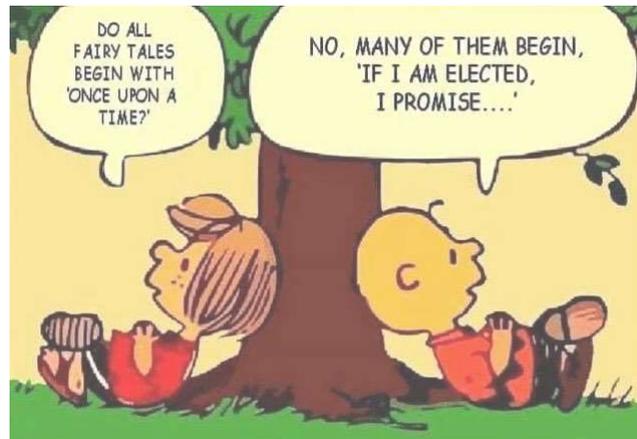
Our Paths - Our Choices

Tiburon Peninsula Village

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

March 2024 Newsletter

Cherie Sorokin, editor



It's March and somehow our June primary has become a March primary! Don't forget to vote if you haven't already mailed or dropped off your ballot. "There's no such thing as a vote that doesn't matter!"

(Who said that? An extra free drink at our March happy hour if you are the first to respond correctly to cheryl@sorokinsf.com)

Daylight Savings Time returns this month on March 10!



Hope springs eternal when we go through the ritual of setting our clocks ahead one hour to usher in daylight savings time again. Can Spring and warm weather be far behind? Changing the clock is supposed to help us save energy and take advantage of more natural light. Personally, it usually just disrupts my sleep for about a week. This year I'm off to Hawaii for most of March. It is three hours earlier than here in Marin and doesn't make the switch to Daylight Savings Time, so I guess I will still be struggling with time changes when I return at the end of the month. In any event, for those of you staying in Marin this month, don't forget to reset your clocks in the wee hours of March 10.

Spring makes you want to sing and dance, doesn't it? Even if there are still a few more rainy days ahead!

Check out these videos—guaranteed to make you happy, if not literally getting up you up from the computer to sing and dance!

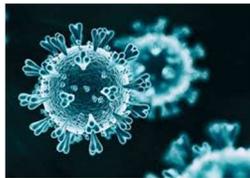
Hard to beat this sentiment! <https://www.youtube.com/watch?v=ddLd0QRf7Vg>

Dare you not to tap your feet or clap your hands in this one!
<https://www.youtube.com/watch?v=zPmapd7htio>

Here's a different take on fast fiddling! <https://www.youtube.com/watch?v=dEpum3k4DOU>

And if it rains again, look for the rainbow! <https://www.youtube.com/watch?v=v8enITBXR5Y>

Spring may be on the way, but winter maladies and Covid persist



We are hearing of more people coming down with colds, flu and Covid! Remember to follow “the checklist.” It may help you avoid getting sick!

- 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!
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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

TPV Morning Coffee and Chat

Thursday, March 14, 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)!

Happy Hour at Sam's

Wednesday , March 27, 4:00 – 5:30pm



By popular demand, the Happy Hour at Sam's is back. We may be outside on the deck, maybe inside, depending on the weather. Either way it can be chilly, so dress accordingly. TPV will buy you one drink and some appetizers for the crowd. After that you are on your own. Yes, please do RSVP to the office so we know how many to expect and be sure to let the office know well in advance if you need a ride! (415) 457-4633

Excursions

Visit to the De Young Museum's *Fashioning SF* exhibition

Tuesday, March 5, 9:30am

RSVP REQUIRED



We are headed to the De Young Museum to see 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. Free for members. Cost is \$29 for seniors who are not members. Members can also bring a guest for free, so if you have a membership card, let Cherie know when you RSVP. That may help others who want to attend.

OTHER MARIN VILLAGES EVENTS

Mill Valley Village Men's Coffee

Wednesdays, March 6 & 20, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, 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 St. Patrick's Day

Sunday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth Street, San Rafael, 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>!

Bocce

Friday, March 22, 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

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

Overdose Prevention and Narcan Training

Sunday, March 10, 12:30 – 1:00pm

St. Anthony of Padua Church, 1000 Cambridge St., Novato

An event designed to teach participants about overdose risks, including fentanyl, and how to administer NARCAN to reverse an opioid overdose. To register, please use this link.

<https://www.surveymonkey.com/r/9H5M6QQ>

Petals & Ice: The Adventures of Louise Boyd—polar explorer, geographer and San Rafael native

Opens Saturday, March 16

Marin History Museum, 1125 B Street, San Rafael

The museum is open Wed – Fri from 10:00am to 2:00pm and Saturdays from 11:00am to 3:00pm. The exhibition is expected to run through September.

A Conversation with Felecia Gaston and Elaine Petrocelli on the origins and legacy of Marin City

Tuesday, March 26, 6:30 – 7:30pm

Guzman Hall on the Dominican University campus

Light refreshments will be served. Tickets are \$30 and price includes the book *A Brand New Start...This Is Home*. Tickets can be purchased with this link.

<https://www.bookpassage.com/gaston/a-brand-new-start>

There's always something going on at the Tiburon Library

Stretching for Mind and Body—gentle seated yoga class

Fridays, March 1 & 8, 11:30am – 12:30pm

Register here: <https://beltib.libnet.info/event/10171852?registration=true>

Making the Most of Your Home Equity in Retirement

Tuesday, March 5, 11:30 – 1:00 pm

Register here: <https://beltib.libnet.info/event/9619291?registration=true>

Portal—San Francisco's Ferry Building

Thursday, March 7, 6:00 – 7:00 pm

A talk by author John King. Register here:

<https://beltib.libnet.info/event/10054032?registration=true>

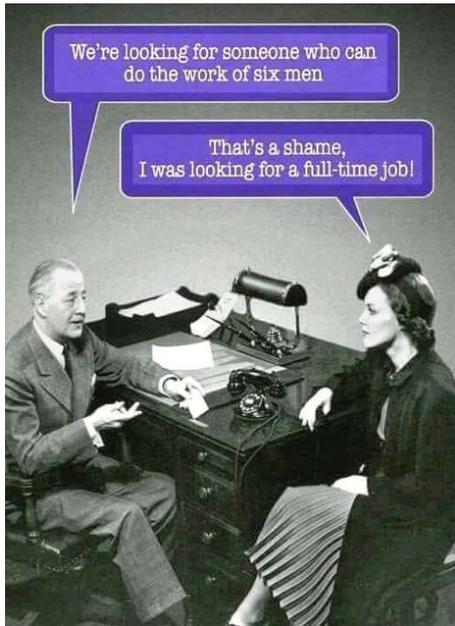
Taking Great Photos with Your iPhone

Tuesday, March 19, 11:00am – 12:00pm

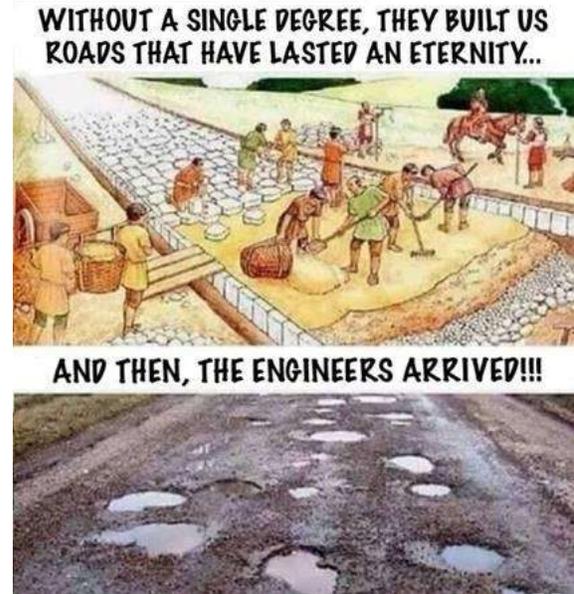
Register here: <https://beltib.libnet.info/event/10183142?registration=true>

REMEMBER TO LAUGH A LITTLE

In honor of International Women's Day and Women's History Month



Have you driven down Tiburon Blvd. recently?



Thanks to Hal Schmidt for this first one which was published in the IJ recently!

PICKLES: By Brian Crane



And finally a few puns...

**Accidentally
rubbed ketchup in
my eyes.....now I
have Heinzsight**

I visited a monastery and as I walked past the kitchen I saw a man frying chips. I asked him "Are you the friar?" He replied "No, I'm the chip monk..."

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-marinvillages---donate> to contribute.

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(415) 457-4633 www.marinvillages.org