

MARIN
VILLAGES



San Rafael Village

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

April 2024 Calendar of Events

"The smallest deed is better than the grandest intention" ~Anonymous

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Josie Wrangham, Peggy Gordon, Harriet Rose, Ellen Garwood, Vikki Adams, Deborah Barenboim, Yeshe Wade

Volunteers: Sharon Shanks

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

Book Chat

Monday, April 1, 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. For those who are hungry, we will order a pizza after the conclusion of the meeting from Red Boy just across the street. For more information and to RSVP contact Val Stilson at (628) 269-7071 or valerie.stilson@sbcglobal.net.

Writers' Group

Tuesdays, April 2 & 16, 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.

Please come a few minutes early, so we can be sure to start on time and assure enough time for everyone to read their work to the group. For more information and to RSVP please contact Valerie at (628) 269-7071 or valerie.stilson@sbcglobal.net.

Movie Group

Sundays, April 7, 14, 21, 28, 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.

San Rafael Village Coffee

Wednesday, April 10, 2:00pm

Join us for the always fun monthly coffee, hosted this month by Karen Gray in Terra Linda, a favorite meeting place for our monthly gatherings. We love visiting with our Village friends and encourage all new members and volunteers to come find out what a friendly group we are. We also encourage you 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, April 17, 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! For the past few months we have had three card tables, but since this is such a popular group we will try adding another table to allow sixteen people to participate. You must sign up each month to be counted. For questions and/or to RSVP, contact Joyce Lewbin at jlewin@gmail.com or (415) 706-3693.

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

Monday, April 22, 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, April 24, 11:00am

Andy's Market, 75 Loch Lomond Drive, San Rafael

Attention male members and volunteers! This newly formed group is an opportunity to meet new friends over coffee and chat about whatever is on your mind. For questions and to RSVP, contact Jeff Hashemi at (415) 747-5217 or harmony94901@aol.com

San Rafael Village Walkers

Wednesday, April 24, 11:00am

Las Gallinas Wildlife Ponds

The Las Gallinas Ponds are one of the easiest and most accessible nature preserves, with level gravel paths surrounding the three ponds in a two-mile loop. The trail is wide and flat, and you can shorten the distance by circling one, two, or three ponds. The paths wind atop levees bordering San Pablo Bay offering amazing views. Enjoy the bird species that float in and out and those that call it home. RSVP to Carole Sherick at csherick@gmail.com or (415) 300-5220.

Villages Book Club

Thursday, April 25, 11:00am

Check in with Karen to find out the April book selection. 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.

Transit Solutions for Non-Drivers

Thursday, April 25, 2:00pm

Marin Villages Office, Building F Conference Room, 4340 Redwood Hwy, San Rafael

A speaker from Marin Transit will be addressing transportation options for those who are no longer driving or are disabled in some way and not able to get where they need to go. This presentation will help address your needs and answer any transportation questions you have. RSVP to Annie Rivo at anzied@gmail.com or (415) 378-3705.

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**

Thursday, April 4, 7:30pm

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, April 11, 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, April 19, 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

Technology/Computer Help Office Hours

Wednesday, April 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>!

Bocce

Friday, April 26, 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

Not Home Alone—Mothers and Others Day

Sunday, May 12, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for a Mothers and Others Day early supper on the beautiful patio, weather permitting, at Café Arrivederci; otherwise it will be inside. Menu TBD. Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. RSVP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244.

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.

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