

Novato Village

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

April 2024 Newsletter

NOVATO VILLAGE STEERING COMMITTEE SAYS...

Spring is in the air—words in a song and music to our ears as the birds return from their southern migration habitats and chirp their melodies welcoming warmer weather.



Change in event attendance procedures

Dear Novato Village members & volunteers,

Please note: we, the Novato Village Steering Committee, find it necessary to change our procedures related to attendance at some of our monthly events. Some events will require an RSVP: that is, a confirmed reservation to attend.

We now have over 100 members. Sometimes our casual events draw as many as 40 people. That's very exciting! However, we have been having difficulties finding event locations in Novato that are willing to accept an open number of attendees. Most locations are limiting the number of attendees from our Village that they can accommodate.

We are working diligently to establish contacts that are willing to accommodate larger numbers of guests. However, for the immediate future, we must limit the number of guests that we can allow to attend *as set by the location*. We will indicate in our monthly newsletter whether or not reservations, or RSVPs, are required for a particular event.

We will require that everyone planning to attend the indicated event make a reservation or RSVP in advance of the event. We will keep track of the number of confirmed reservations using a deadline. Subsequent calls or RSVPs will be placed on a waitlist.

If you have a confirmed reservation and learn you cannot attend, **please let us know** so we can allow someone else to use your reservation. Let us know by a phone call to the Marin Villages office at (415) 457- 4633 or an email to novatovillage@marinvillage.org.

Thank you so much for your understanding and helping as we work to keep Novato Village events as enjoyable as they have always been.

Sincerely,
The Novato Village Steering Committee

Monthly quote:

"Sometimes you will never know the value of a moment, until it becomes a memory."
~Dr. Seuss

Theodor Seuss Geisel (March 2, 1904 – September 24, 1991) was an American children's author and cartoonist. He is known for his work writing and illustrating more than 60 books under the pen name Dr. Seuss. His work includes many of the most popular children's books of all time, selling over 600 million copies and being translated into more than 20 languages by the time of his death.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Virginia McBride, Shelley Bolick, and Suzanne and Linda Ryan

Volunteers: Julie Bentley, Michael Rinaldi

Thank you for giving your time and energy to our village. We look forward to seeing you 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 April 2024 calendar of Novato Village activities...details in this newsletter!

Thursday, April 4, 9:30am – Village Walkers, Hamilton Levee: South Entrance

Friday, April 5, 11:30am – Novato Village Steering Committee, Linda Henderson's home

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

Thursday, April 11, 1:30pm – CoffeeTea&Chat, Creekside Bakery, 1719 Grant Ave.

Wednesday, April 17, noon – Lunch at La Maison De La Reine, 807 Grant Ave.

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

Tuesday, April 23, 3:30pm – Happy Hour, Ayawaska Hilltop Restaurant, 850 Lamont Ave.

Food & Drink

CoffeeTea&Chat

Thursday, April 11, 1:30 – 3:00pm

Creekside Bakery, 1719 Grant Ave., Novato

Drop in 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. If you need a ride, contact the Marin Villages office at (415) 457-4633 or info@marinvillages.org. For more information, contact Marge Jackson, (415) 892-1238 or marge-32@hotmail.com.



March at Creekside was popular! See you there in April.

Lunch at La Maison De La Reine: Vietnamese Fusion Cuisine

Wednesday, April 17, noon – 2:00pm

807 Grant Ave., Novato

This restaurant, while new in Novato, was previously located in Corte Madera. It opened locally in November 2023. The owner says, “We are a small family business in the heart of downtown Novato. Our family has been in the food and restaurant industry for many years and has proudly served in our old Corte Madera location for 20 years. Our move to our new restaurant in Novato represents a new chapter in our lives and we hope to continue to serve our

customers, old and new, for many years to come. Please join us in our love of bringing delicious food and cuisine to your tables.” Here's the menu link:

<https://www.lamaisondelareine.net/menu/>

Please RSVP by Monday, April 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.



We enjoyed our lunch at Moylan's on March 20th

Happy Hour at Ayawaska Hilltop Restaurant

Tuesday, April 23, 3:30 – 5:00pm (Note date & time change!)

850 Lamont Ave., Novato

We are pleased that our Happy Hours will be at Ayawaska Hilltop Restaurant on the **4th Tuesday** of the month. We will have our own room with wonderful views. However, because the room only accommodates 25 people, we needed to establish a **reservation-required** policy. We will have a waiting list and you will be notified if someone cancels. Unfortunately, if you arrive without a reservation, we will not be able to accommodate you. If you register and then cannot come, *please* let us know so we can give your spot to someone else.

RESERVATIONS REQUIRED

Contact novatovillage@marinvillage.org or text/call Joanne Lang at (916) 716-5800. If you need a ride to the Happy Hour, please call the Marin Villages office at (415) 457-4633.

~ Your Happy Hour team



Happy Hour was at Ayawaska Hilltop in March. See you there in April!

Exercise

Novato Village Walkers – Rain cancels

Thursday, April 4, 9:30 – 10:30am

Hamilton Levee: south entrance at the end of Hanger Ave., Novato

It's been a while since Novato Village Walkers have gone to the south end of the Hamilton Levee. Join us with comfortable walking shoes, a water bottle, sun protection, and walking sticks if you wish, to enjoy the exercise and views. The views are stunning, with Mt. Burdell to the north, Mt. Tam to the south, and Mt. Diablo to the east.

Turn right on Hanger Ave. (off Hamilton), go at least 2 – 4 blocks, and the parking lot is on the right side of Hanger Ave. This is a firm, denatured granite path. Please RSVP to Pat Bailey at pbailey49@aol.com or text or phone (415) 652-9073.



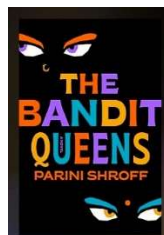
A view from the March Walk at Indian Valley College campus

Books

Village Book Lovers' Group

Tuesday, April 9, 1:30pm

Barbara Wein's home—email for the location



The Village Book Lovers' Group will meet on Tuesday, April 9th at 1:30 pm at Barbara Wein's home. This month's book is *The Bandit Queens* by Parini Shroff. Directions will be emailed to all who RSVP to bwein@mac.com by Sunday, April 7.

Fun & Games

Mah Jong Club

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

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



This club was formed to teach people how to play American Mah Jong and to offer a venue for experienced players to meet. This is not a club where you can drop in with the expectation that you can join a game. You must contact the club leaders so they can plan on the number of people who need lessons or just want to play. Contact Linda Henderson at linda_h@peak.org, or Pat Bailey at pbailey49@aol.com.

Creative People—An Exciting Stencil Workshop

Friday, May 3, 10:00am — 1:00pm

Community Room at Nova Ro II, 1130 7th St, Novato



Make your own stencil painting on a background of either an 8 X 10" blank white painting board, or on some round 8" woodcuts, or on a 4" or 6" white square tile. There will be a fee of \$5 for each background; you may make several pieces for \$5 each (no charge for the use of the stencils or pens). I will supply the background materials, acrylic pens, sealers, and LOTS AND LOTS OF STENCILS (a lifetime collection!). Sign up by phone or email so I know how many supplies will be needed. Sue Lyttle, suelyttle@comcast.net or (650) 799-6900. Call me if you have questions.

Groups

Village Viewers Movie Group

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

In March, we viewed the movie *Cabrini* starring Cristiana Dell'Anna. This story was about

Mother Frances Xavier Cabrini, a nun with lung disease who sets off on a daring mission to convince the mayor of New York to secure housing and health care for society's most vulnerable. This was an amazing story about faith, dedication, and bravery. We all liked it. The next movie will be announced the Wednesday before 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.



A dedicated group of movie viewers in March!

Village Business

Steering Committee—combined Program & Steering Committee meeting

Friday, April 5, 11:30am – 1:00pm

Linda Henderson's home

The date and time of the Steering Committee meeting has changed. Call—don't text—Linda Henderson at (415) 382-8910 for the location's address.

OTHER MARIN VILLAGES EVENTS

Mill Valley Village Men's Coffee

Wednesdays, April 3 & 17, 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 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, 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>!

Is There Life After Death? A Villager's Lived Experience

Thursday, April 18, 1:00 – 2:00pm

Zoom

Join Marin Villager Ellie Schamber to hear about her experience of death. When she was 29 years old, she was in a car accident that took several lives—including hers. "Looking down at my body, I was dumbfounded! I realized that everything I had believed and taught about consciousness had been wrong." She will talk about the experiences she had when she was on the other side, and the spiritual experiences she has had since then. Please register at this link: <https://marin.helpfulvillage.com/events/5896-is-there-life-after-death%3F--a-zoom-talk-by-ellie-schamber,-phd,-describing-her-experience-when-she-died>

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

Vision Impaired of Marin (VIM) April Luncheon

Sunday, April 21, 11:30am – 1:30pm

Novato Seventh Day Adventist Church, 495 San Marin Drive



We are grateful to have Novato Seventh Day Adventist Church hosting our April Luncheon. Cost: \$10 cash or checks made payable to Novato Seventh Day Adventist Church. Please RSVP by April 14 to (415) 459-5066 or info@bvim.org. Entertainment is provided by Bread and Roses Presents. There will be an opportunity to win drawing prizes. If you would like to donate a gift,

please bring it wrapped to the event. Please arrange your own transportation. There will be volunteers to guide you after your arrival. Your driver or guest is welcome, and handicap parking is available.

Health & Wellness Expo

Wednesday, April 24, 4:00 – 7:00pm

Valley Memorial Park, 650 Bugeia Lane, Novato

Health & Wellness Expo

Focus of this **FREE** event is on Body and Brain Health and the Importance of taking care of both.

Discover Healthy Local Resources that can help you live your best life as you age. Table Top Exhibit Food & Beverage Provided by Valley Memorial Park

- April 24th, 2024
- 4:00 pm to 7:00 pm
- Valley Memorial Park 650 Bugeia Lane, Novato

PRESENTATIONS BY

Healing When It Seem Impossible

Dr. Shiroko Sokitch, MD
Functional Medicine -Author
Of-Healing When It Seems Impossible



The Buck Institute

Sidharth Madhavan is a USC-Buck PH.D.
Speaking about the work he is currently doing at the Buck and how it is impacting the field of aging research. The title of his talk is "The Science Behind Living Better Longer"



Hosted by Valley Memorial Park to reserve a seat please call 415-897-9609 or email sherri@valleymemorialpark.com

FD2295 COA377

There will be two speakers, Dr. Shiroko Sokitch and Sidharth Madhavan from The Buck Institute. There will also be 23 health & wellness exhibitors. Questions? Contact: Sherri Jacobs, accounting/marketing manager, Valley Memorial Park Cemetery & Funeral Home, (415) 897-9609 or sherri@valleymemorialpark.com.

NOVATO VILLAGE ANNOUNCEMENTS

Please note!

Remember to RSVP for Novato Village Monthly Lunch and Happy Hour—there is a **change in event attendance procedures**. See the information at the beginning of the newsletter.

Age and Disability Friendly Novato (ADF Novato)



Exciting news! Novato has been awarded the California Department of Aging Grant to advance the Age and Disability Initiative. This grant provides funding to communities across the state to plan and develop their own cross-sector local age and disability-friendly plans. The Steering Team is being formed and invites YOU to join their Advisory Team.

Lauren Vreeland Long, Lisa Swanson, and Tenesa Vuilleminot are part of the Steering Team. *They are reaching out to you.* They are assembling an Advisory Team, a “think tank,” if you will, who will offer their perspectives, experience, and ideas to help with guidance and join the Team as they work to implement plans. They plan to have monthly meetings to get started.

The Team will be partnering with the city and the community, along with fiscal sponsor, Marin Aging and Disability Institute (MADI). This new group, Age and Disability Friendly Novato, has a year to complete the initial objectives and bring enhanced livability, resources, services, and programs to our city and its residents.

They know that many Novato Villagers are actively involved in this community. This is a chance to be a part of the Age and Disability Friendly rollout campaign. If you would like to join the Advisory Team or have additional questions, please contact us at ADFNovato@gmail.com or call Lauren at (415) 328-7949.

HELP US HELP OTHERS

If you know someone who could use our services or is interested in volunteering with an r 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