



Novato Village

November 2018 Newsletter

We encourage members and volunteers to bring guests to Novato Village events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event. Also, check out marinvillage.org to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

Wednesday, November 7 1:00 – 3:00 p.m.
Great Books Club

Tuesday, November 13 2:30 - 4:00 p.m.
Book Lovers' Club

Wednesday, November 14 10:30 – noon
Monthly coffee

Thursday, November 15 10:30 a.m.
Tour the Buck Institute

Wednesday, November 21 4:00 – 6:00 p.m.
Happy Hour at Wildfox

Thursday, November 22 1:30 - 3:30 p.m.
Let's play Boggle

Monday, November 26 1:00 – 3:00 p.m.
Apple Workshop

Wednesday, November 28 noon
Monthly Luncheon at Finnegans

GREAT BOOKS CLUB

When: Wednesday, November 7 1:00 – 3:00 p.m.

Where: The home of Ginni Saunders

The group will be discussing two readings under *Gender in Counter Parts: Lilies* (selection) by John Ruskin and *The Feminine Mystique* by Betty Friedan. If you have questions or need directions to Ginni's house, please email Ginni: ginnisaunders@gmail.com

BOOK LOVERS' CLUB

When: Tuesday, November 13 2:30 – 4:00 p.m.

Where: The home of Beth Livoti. Call Beth at 415-892-1043 for directions.

This month's book choice is Paula by Isabel Allende

MONTHLY COFFEE

When: Wednesday, November 14 10:30 a.m. - noon

Where: Community Room, Nova-Ro III, 231 Pinheiro Circle, Novato

Directions: 101 north San Marin exit, left on San Marin Dr., left on Redwood Blvd., right on Pinheiro Circle

Parking: Street parking is available on Pinheiro Circle past the Club House and also on Redwood Blvd. Please avoid parking in designated resident spaces.

It's always fun for Village members and volunteers to get together, in this friendly, comfortable setting, to enjoy lively conversation, good coffee/tea and lots of tasty treats. Feel free to bring your friends/neighbors.

TOUR THE BUCK INSTITUTE

When: Thursday, November 15 10:30 a.m. – 12:15 p.m.

Where: Buck Institute for Research on Aging, 8001 Redwood Blvd., Novato

Join us for an informative tour of the Buck Institute. Learn about the numerous projects under investigation. Afterwards we'll have lunch in Novato. We are limited to the first 10 people. We will meet to carpool at the Safeway shopping center near Rite Aid at 10:00. Contact Beth Livoti, livoti@comcast.net, 415-892-1043 for more information.

NO-HOST HAPPY HOUR AT WILDFOX

When: Wednesday, November 21 4:00 – 6:00 pm

Where: Wildfox Restaurant, 225 Alameda del Prado, Novato

It's a fun way to catch up with friends (and make new ones) while enjoying a favorite beverage and delicious appetizers.

LET'S PLAY BOGGLE!

When: Thursday, November 22 1:30 - 3:30 p.m.

Where: The home of Roberta Dixon

Boggle is a word game where players attempt to make as many words possible from sets of scrambled letters. Whether you're an experienced player or a newbie, you'll enjoy this exciting, fast paced game. Contact Roberta at dixoncra@aol.com for location and directions.

APPLE WORKSHOP

When: Monday, November 26 1:00 – 3:00 p.m.

Where: At the home of Ginni Saunders

Need help with your Apple device --- iPad, iPhone, MacPro, etc.? Tech expert, Trish King, former Director of Behavioral Training at the Marin Humane Society, will assist Village members. Contact ginnisaunders@gmail.com to schedule a one-on-one appointment during the workshop.

MONTHLY LUNCHEON

When: Wednesday, November 28 Noon

Where: Finnegan's Marin, 877 Grant Avenue, Novato, CA. Phone 415-899-1516

Website: <http://finnegansmarin.com/> - to see the menu.

Finnegan's Marin, channeling the pubs of Ireland, brings the best of both American and Irish fare with unique twists on classic snacks, such as their Irish nachos and Irish poppers.

SAVE THE DATE – DECEMBER 12

Novato Village Holiday Luncheon

On December 12th Novato Village will have its annual Christmas & Winter Holidays Luncheon. Enjoy a full meal. We're hoping to keep the price to about \$25.00. The location will be announced. We've always had a great time so be sure to join us!

AGING ... BETTER - A ROUSING SUCCESS!



On October 6th over 100 people attended *Aging...Better*, a Marin Villages Community Event sponsored by Novato Village at the historic Novato Town Hall. The program featured a scientist from the Buck Institute who discussed our current understanding of the aging process, and an entrepreneur/inventor who discussed how advances in technology can benefit seniors.

Aging ... Better was the result of the hard work of several members of the Novato Village Steering Committee spearhead by Lou Livoti, and including Jean Gunn, Marge Jackson, Roberta Dixon and Frank Keenan. The idea for the event was sparked by a conversation between County Supervisor,

Judy Arnold, a long-time supporter of Novato Village, and the Novato Village Steering Committee. Supervisor Arnold suggested the Committee apply for funding to organize an event that would be of interest to a large number of people while also creating greater awareness of the work of Marin and Novato Villages.

Lisa Brinkmann, Executive Director of Marin Villages, welcomed the group. She talked briefly about the Village movement and explained that the Village Movement is a grassroots response of seniors to help each other remain active and productive in the place they call home. **Dr. Richard Caro**, the first speaker, has over 30 years of experience at the intersection of technology and business — as startup CEO; scientist / inventor; investor; and advisor to emerging growth companies in fields such as medical devices; telecom; digital health; and photonics. Dr. Caro is Co-founder of **Tech-enhanced Life, PBC** — a public benefit corporation whose mission is to improve the quality of life for older adults and their families through the use of technology.

Marin Villages is considering starting its own Longevity Explorer Circle with Dr. Caro. If you are interested, give the office a call.

After the break, Marin County Supervisor, **Judy Arnold**, said a few words of greeting. Novato Village member, **Marilyn King**, described the many ways being a member enhanced her life. Novato Village volunteers not only made it possible for her to get to her many medical appointments, but also helped with numerous household tasks. Novato Village Volunteer, **Lolma Olson**, talked about the pleasure she gets from volunteering. She's met and befriended so many interesting people she would never have gotten to know. She especially appreciates the flexibility of being a Marin Villages volunteer, because unlike many other organizations, it allows her to fit volunteering into her own schedule.

The second speaker, **Dr. Jose Alberto Lopez-Dominguez**, is a researcher at the Buck Institute for Research on Aging and gave an overview of the basic research being investigated. He focused on his own field of research, called cellular senescence, the natural ability of cells to stop malignant growth. Dr. Lopez-Dominguez encouraged everyone to sign up for a tour of the Buck Institute offered every Thursday morning as the best to understand the full range of the work being done there.

A warm thank you for the generous support given by the following:

The Bank of Marin
Trader Joe's
Creekside Bakery

Grocery Outlet
Flour Chylde Bakery
Nugget Market

Safeway
Rustic Bakery

Lucky Stores
Harvest Market

Novato and San Rafael Villagers enjoy a potluck picnic at Miwok Park. The weather was great, the food delicious and the picnic provided a wonderful opportunity for members across Villages to get to know each other.



WHAT'S HAPPENING AROUND TOWN

Though the following are not Marin Village sponsored events, they may be of interest to members and volunteers.

EVENT: Taking Charge of Your Finances

WHEN: Wednesday, November 14, 2018 10:00 – 11:30 a.m.

WHERE: Margaret Todd Senior Center, 1560 Hill Road, Novato

Marvin Brook from Spark Point will discuss how to manage your cash flow and identify cost savings to create a spending plan. You'll learn how to track personal finances and access resources to maximize existing income. Please call 414-899-8290 to register.

EVENT: Participate in Painting an Age-Friendly Mural.

WHERE: Margaret Todd Senior Center, 1560 Hill Road, Novato

Age-Friendly Novato is inviting the community help paint a 8' x 12' mural that will hang in the Margaret Todd Senior Center. This intergenerational mural will show all age groups working, playing, teaching, planting and other activities as Novato residents grow up and grow older together. The design will hold Novato's values of inclusion, diversity, respect, kindness, interaction and much more. There will be opportunities to paint both at the Margaret Todd Senior Center and Hamilton Community Center. If you would like to participate, please email gloriaviolin@yahoo.com for more information.

Looking to buy some holiday gifts?

Here are two that will donate a percentage of your purchases to Marin Villages:

[Smile.amazon.com](https://smile.amazon.com)

Marin Villages is taking advantage of two online shopping venues to supplement our fundraising efforts. If you are thinking of buying gifts (or anything) on Amazon, please consider using their "Amazon Smile" portal. Once there, choose Marin Village and we will get a small percentage of the value of your purchases.

[Boonsupply.com](https://boonsupply.com)

Boon Supply was recently highlighted in the Marin Magazine for their innovative means of giving back to the community. Essentially, Boon Supply will donate 50% of every purchase goes to Marin Villages. All you have to do is choose Marin Villages as the designee when you access the site.

Sudha's Treasures Benefit Sale

Town Center in Corte Madera (next to Crate & Barrel)

October 27 - November 11 10AM - 6PM

You are warmly invited to meet celebrated designer, Sudha Pennathur, at the sale of her rare collection of jewelry, scarves, and holiday gifts created by Master Craftsmen of India. Sudha's unique designs are featured in such prestigious stores as Bergdorf Goodman, Neiman Marcus, Harrods, Saks Fifth Ave, The Smithsonian, and the Sundance Catalog. Sudha will be donating all proceeds of the sale to: Berkeley Rep, Whistlestop, North Bay Children's Center and Marin Villages.

Giving Tuesday

Watch for our Giving Tuesday announcements for the Tuesday after Thanksgiving. This is an online movement that helps non-profits earn money from purchases made on this date.