



# San Rafael Village

## May 2019 Newsletter

2019

CALENDAR YEAR

MAY

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	01 First Wednesday Coffee - 2:00	02 Dealing with Loss 2:00	03	04
05	06	07	08 Membership/ Volunteer Committee 1:30	09	10 Women's Support Group 10:00 Program Committee 1:30	11
12 Movie Group 4:00	13	14	15 A Walk with Our Dogs 1:00	16 Happy Hour 4:00	17 Steering Committee 1:30	18
19 Apple Tech Workshop 1:00	20	21	22 Great Books Group 1:00	23 Book Club 2:00	24	25
26	27	28 Lunch Out! 12:30	29	30 Bay Model Photo Exhibit - Ca. Wildflowers 11:00	31 Memoir Writing Group 2:00	01

### Information on San Rafael Village Events for May 2019

**Wednesday, May 1**                      2:00PM                      **FIRST WEDNESDAY COFFEE**

This gathering is always fun and lively. Join friends from San Rafael Village and bring a friend or neighbor. This month's hostess is Jane Solomons, 691 Cedarberry Lane, Marinwood. Questions? Contact Joy Bloom at 415-717-0173 or [joy@ejbloom.com](mailto:joy@ejbloom.com)

**Thursday, May 2**                      2:00PM                      **DEALING WITH LOSS**

San Rafael Village will be expanding its End of Life support and explorations by offering Dealing with Loss, a six-session support group coming together once a month. This intimate exchange of like spirited people ready for deep personal sharing, support and learning new tools will be facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. It is a forum to share, support, and encourage each other as we move through one of life's greatest challenges. This group will meet on the first Thursday of each month. Space is limited.

Contact Jackie Hewitt at [jackiejoyous@gmail.com](mailto:jackiejoyous@gmail.com) or 707-849-9786 to answer any questions and secure a place in the group.

**Wednesday, May 8** 1:00PM **MEMBERSHIP/VOLUNTEER COMMITTEE**  
Help us recruit new members and volunteers. Contact Jane Solomons at 415-492-8041 or [cartersolo@comcast.net](mailto:cartersolo@comcast.net) for more information.

**Friday, May 10** 10:00-12:00PM **WOMEN'S SUPPORT GROUP**  
Donna Posard, a San Rafael Village member, is facilitating this group, which will consist of no more than 10 San Rafael Village women. She has led support groups for several decades. Each participant will be expected to attend monthly meetings. Each meeting will be on a different topic and suggestions are welcome. **THIS GROUP IS FULL AT THIS TIME**

**Friday, May 10** 1:30PM **PROGRAM COMMITTEE**  
Help us plan and implement the many social events and programs offered by San Rafael Village. Contact Carole Sherick at 415-479-0930 or [csherick@gmail.com](mailto:csherick@gmail.com) for more information.

**Monday, May 13** at approx. 4:00PM **MOVIE GROUP**  
We meet for late afternoon movie and dinner. On the Thursday before the second Monday of each month (our monthly movie date), those Villagers on the movie-goers list will receive notice of which movie has been selected. If interested in becoming part of this group and receiving monthly notices, contact Joan Hartwell at [joanjh@aol.com](mailto:joanjh@aol.com) or 415-479-9101.

**Wednesday, May 15** 10:00AM **A WALK WITH OUR DOGS**  
\*\* NOTE NEW TIME! Bring your dog to the Hamilton levee for an hour walk along a flat, scenic, dog-friendly path. All Villages welcome! We will meet at the entrance to the path at the end of the parking lot by Hanger 7. Please be prompt (dogs don't like to wait). Rain cancels event. Call Sparkie at 415-250-3172 or [oksparkie@aol.com](mailto:oksparkie@aol.com) to RSVP. Directions: Nave Drive to Main Gate Drive. Continue on Marin Gate Drive and stay right onto S. Palm Drive. Right on Hanger Road and first left at the Hangers.

**Thursday, May 16** 4:00PM **HAPPY HOUR**  
Join us at the Mayflower Pub, 1533 Fourth Street, San Rafael for a fun and lively Happy Hour. Appetizers are provided by San Rafael Village along with a no-host bar. Bring a friend or neighbor to introduce them to our friendly Villagers. You are sure to enjoy this long-time favorite San Rafael pub! RSVP to Marin Villages at [info@marinvillages.org](mailto:info@marinvillages.org) or 415-457-4633.

**Friday, May 17** 1:30PM **STEERING COMMITTEE**  
Are you interested in helping guide and further develop San Rafael Village? Do you have organizational and administrative skill you can contribute to the Steering Committee? If so, please contact Sparkie Spaeth at [oksparkie@aol.com](mailto:oksparkie@aol.com) or 415-250-3172.

**Monday, May 20** 1:00PM **APPLE TECH WORKSHOP**  
Tech workshop with Trish King. Trish works one on one helping members and volunteers with problems using Apple devices – iPhone, iPad, and MAC. Each individual session is one half hour. To register for a place in this or subsequent workshops, contact Ginni Saunders at [Ginnisaunders@gmail.com](mailto:Ginnisaunders@gmail.com). Workshops are held in Ginni's Novato home.

**Wednesday, May 22** 1:00PM-3:00PM **MARIN VILLAGES GREAT BOOKS GROUP**

This month we will be starting a new anthology, **Great Conversations#2** published by The Great Books Foundation. (This is part of a six part series.) It can be purchased from the Great Books Foundation or Amazon. Selected readings will be decided at the meeting.

If you have questions, please email Ginni Saunders at [ginnisaunders@gmail.com](mailto:ginnisaunders@gmail.com). The Great Books Group meets at the Novato home of Ginni Saunders.

**Thursday, May 23** 12:30PM **BOOK CLUB**

This Club meets on the fourth Thursday of each month at the home of Karen Gray. All members and volunteers are welcome to join us. Our book for May is 'Finding Nouf' by Zoe Farraris. Our get-togethers are always interesting and fun and we welcome all readers. If you have questions or interest, please call Karen at 715-403-3345.

**Tuesday, May 28** 12:30PM **LUNCH OUT!**

Beso Bistro and Wine Bar, 502 S. Palm Dr., Novato (Hamilton Field).

This restaurant was our dear friend Barbara Rozen's request, so we will be thinking of her very much as we enjoy one another's company. Beso Bistro and Wine Bar is a great summer time place to eat, especially on their very inviting deck. The menu is a foodie's delight. They serve regional, coastal California fare infused with global flavors in the idyllic setting of Hamilton Field, right next to the Museum of Contemporary Art, which is surely worth a visit. Each meal is handmade to order, and the service is always gracious and helpful. Please bring a guest to introduce them to San Rafael Village. Be prepared to pay cash with a 20% tip. In exchange they will provide individual checks. For questions and to RSVP, contact Valerie Stilson at 415-479-1439 or [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net)

**Thursday, May 30** 11:00AM **BAY MODEL PHOTO EXHIBIT – CALIFORNIA WILDFLOWERS**

Join this San Rafael Village outing to view the work of two award-winning photographers who spent two years capturing images of California's vanishing wildflowers. Most of the photos – shot right here in Marin - will overwhelm you with their beauty. The panels of information accompanying the photos are sure to heighten your awareness of the dangers we face from climate change.

Admission is free. To join this visit, RSVP to Ginni Saunders at [ginnisaunders@gmail.com](mailto:ginnisaunders@gmail.com) or 415-492-1064. Carpooling available: meet at 10:30AM at Smith Ranch Park n Ride or the overflow parking lot at Trader Joe's (Montecito Plaza).

**Friday, May 31** 2:00PM **MEMOIR WRITING GROUP**

Susan Mines facilitates our Memoir Writing Group. This group has been meeting monthly for over 2 years and welcomes new members. Contact Susan at [souzele@comcast.net](mailto:souzele@comcast.net) or 415-479-0351 for more information.

## Around Marin Villages

In case you haven't heard already, Marin Villages is celebrating its 10<sup>th</sup> Anniversary this year. Founded in May of 2009, we have been working diligently this past decade to help our members and volunteers stay active, connected and independent in this beautiful place we call home. There are many activities planned:

### Marin Villages 10th Anniversary events

Check our website at [marinvillages.org](http://marinvillages.org) for more details!

June 1<sup>st</sup> - "Poems from the Heart: Voices Across Generations"

June 29 - "Dig In: Secrets of the Soil", UC Berkeley Scientist, Stephen Andrews

July 12 - "Dinner with a Legend" – Artist Georgette Owens in Conversation

July 29 - "Dining Out in Marin" in support of Marin Villages – The Left Bank Larkspur Brasserie

August 24 - "A Blank Canvas, a Little Wine & Thou" - Sip & Paint

September 8 - "10 Years Together" – Celebrating Members & Volunteers

October 26 - "Lighting Up October" - a Diwali Dinner Party

November 17 - Celebrate Marin Villages 10<sup>th</sup> Anniversary Luncheon at Novato Country Club with "Act your Age", Comedian Josh Kornbluth

**10** Celebrating our 10<sup>th</sup> Anniversary! **#3**

You are invited to an inspirational, intergenerational poetry reading:

**Poems from the Heart: Voices Across Generations**

Poets ages 7-70 read original work

#3 of the 10 fun events celebrating Marin Villages' 10th Anniversary

June 1, 2019 from 2:00 - 4:00  
Town Center Community Room, Suite 201  
770 Tamalpais Drive, Corte Madera

Family and friends are invited.

**Extra!**—Meet and listen to former Marin Poet Laureates Poets in the audience, sign up for the Open Mic following the formal reading.

To Register and for more information, go to [marinvillages.org](http://marinvillages.org)  
Suggested Donation \$20.

**MARIN VILLAGES**  
The Golden Gate Community

Marin Villages is a nonprofit 501(c)(3) organization empowering older adults to stay active, connected and independent. Through our network of volunteers and local villages we are bringing to life a great idea: vibrant local communities of members and volunteers, enriching each other's lives, building new connections and making everyday life easier as we age.  
415-457-4633 • 4340 Redwood Hwy, Suite F-142, San Rafael, CA 94903