



# San Rafael Village July 2019 Newsletter

2019

JULY

CALENDAR YEAR

CALENDAR MONTH

SUNDAY

FIRST DAY OF WEEK

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	01	02	03 <b>First Wednesday Coffee - 2:00</b>	04	05	06
07	08 <b>Movie Group 4:00</b>	09	10 <b>Membership/ Volunteer Committee 1:30</b>	11 <b>Dealing with Loss 2:00</b>	12 <b>Women's Support Group 10:00 Program Committee 1:30</b>	13
14	15 <b>Book Chat 2:00</b>	16	17	18	19 <b>Steering Committee 1:30</b>	20
21	22	23 <b>Lunch Out! 12:30</b>	24 <b>A Walk with Our Dogs 10:00 Great Books Group 1:00</b>	25 <b>Villages Book Club 12:30</b>	26 <b>Memoir Writing Group 2:00</b>	27
28	29 <b>Marin Villages 10th Anniversary - Dine with Friends</b>	30	31	01	02	03

## Information on San Rafael Village Events for July 2019

**Wednesday, July 3**

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 Lorraine Voskanian, 875 Butternut Drive, Terra Linda. From US 101, take Freitas Pkwy exit, west toward Terra Linda. Turn right onto Monticello Road, then left on Butternut Drive to 875. Questions: Contact Carole Sherick at 415-479-0930 or [csherick@gmail.com](mailto:csherick@gmail.com)

**Monday, July 8**

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, July 10** 1:30PM **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.

**Thursday, July 11** 2:00PM **DEALING WITH LOSS**

San Rafael Village is expanding its End of Life support and explorations through 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 meets 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.

**Friday, July 12** 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, July 12** 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, July 15** 2:00 – 4:00 **BOOK CHAT**

Valerie Stilson and Harriet Cohen are happy to invite you to a revival of our former Book Chat group. Book Chat is a gathering to chat about books we have read, enjoyed/or not, with comments and discussion. We do not all read the same book and it is not necessary to have read anything recently. We sometimes exchange books or pass them on through members to the greater reading public, with our individual recommendations. We meet on the third Monday of each month. The first meeting will be at Val Stilson's home, 205 Sylvia Way, San Rafael. This group is open to members, volunteers and friends. We look forward to enjoying your company. Please RSVP to Val at [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net) or call 415-479-1439 or Harriet at 415-479-7010.

**Friday, July 19** 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.

**Tuesday, July 23**

12:30PM

**LUNCH OUT!**

It must be summer! Because we are talking about our July Lunch Out, which will be at Pier 15 Restaurant, 15 Harbor Drive, San Rafael. We will sit on their lovely deck with refreshing views of the San Rafael Canal and Harbor. Pier 15 prides itself on a tantalizing variety of food and drink and a big plus is VALET PARKING. Please be prepared to pay cash for your meal with a 20% tip, in return we will be given individual checks. Please join us and bring a friend. Lunch Out is a tasty, friendly way to introduce new people to our group. Hope to see you there! For questions and to RSVP, contact Valerie Stilson at 415-479-1439 or [valerie.stilson@sbcglobal.net](mailto:valerie.stilson@sbcglobal.net)

**Wednesday, July 24**

10:00AM

**A WALK WITH OUR DOGS**

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.

**Wednesday, July 24**

1:00PM-3:00PM

**GREAT BOOKS GROUP**

Great Books Club will meet on the fourth Wednesday of each month from 1:00PM-3:00PM at the home of Ginni Saunders. We are reading selections from Great Books Conversations 2. If you have questions, please email Ginni Saunders at [ginnisaunders@gmail.com](mailto:ginnisaunders@gmail.com).

**Thursday, July 25**

12:30PM

**VILLAGES 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. The book we will be discussing is The Transit of Venus by Shirley Hazard, a beautifully written account of the comings and goings of love. We are an easy-going group who enjoys good discussion and welcome all readers. If you have questions or interest, please call Karen at 715-403-3345.

**Friday, July 26**

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.

**Does the idea of learning to play Mahjong intrigue you? A couple of San Rafael Villagers would like to find others who share their interest. If you want to explore the possibilities, call Gail Gifford at 415-456-9466 between the hours of 10:00am -10:00pm.**

**UPCOMING COMMUNITY EVENT: Wednesday, July 17, 1:15 – 3:00 PM**

Q&A WITH DR. GUS, VISION IMPAIRED OF MARIN

Aldersly Retirement Community, 326 Mission Avenue, Hendricks Hall

You are invited to bring your questions about low vision, eye diseases and how to function with them.

August Collander, M.D., has a primary clinical interest as an ophthalmologist in Vision Rehabilitation, i.e. in enhancing “How the PERSON functions,” even if “How the EYES function” cannot be improved. He directed the Vision Rehabilitation service at California Pacific Medical Center for 25 years, was a founding Board member for the International Society for Low Vision Research and Rehabilitation and is a Board member for Vision Impaired of Marin.

Call Suzanne Tremolada for more information at 415-497-1532 or [suzietrem55@gmail.com](mailto:suzietrem55@gmail.com)