

MARIN
VILLAGES



Our Paths - Our Choices

Novato Village

August 2019 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.

NOVATO VILLAGE ~ August 2019

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| Tuesday, August 13 Book Lovers' Club | 2:30-4:00pm |
| Wednesday, August 14 Monthly Coffee | 10:30am-noon |
| Monday, August 19 Steering Committee | 2:30-4:00pm |
| Wednesday, August 21 Marin Village Special Presentation | 10:30am-noon |
| Wednesday, August 21 Happy Hour at Hilltop 1892 | 4:00-6:00pm |
| Thursday, August 22 Let's Play Boggle! | 1:30-3:30pm |
| Saturday, August 24 10 th Anniversary Event | 3:00-6:00pm |
| Wednesday, August 28 Monthly luncheon | Noon-1:30pm |
| Wednesday, August 28 Great Books group | 12:30-2:30pm |
| Sunday, September 8 Marin Villages' 10th Anniversary Party ...celebrating US! Members, volunteers and guests. | 3:00-5:00pm |

BOOK LOVERS' CLUB

When: Tuesday, August 13, 2:30-4:00pm (continued next page)

Where: Teeny Cake, 7400 Redwood Blvd #101, Novato, CA 94945

Contact: Nancy Fisher at njoyfisher@juno.com

Book being discussed: *The Red Address* by Sofia Lundberg

MONTHLY COFFEE - bring a friend!

When: Wednesday, August 14, 10:30am-noon

Where: Community Room, NovaRo III, 31 Pinheiro Circle, Novato

Contact: Marge Jackson at marge-32@hotmail.com or Beth Livoti at llivoti@comcast.net

Directions: 101 north to San Marin exit, left on San Marin Dr., left on Redwood Blvd., right on Pinheiro Circle. (cont. on next page...)

Parking: Street parking is available on Pinheiro Circle and also on Redwood Blvd. (Please be careful not to park in designated resident spaces. Thanks!)

STEERING COMMITTEE

When: Monday, August 19, 2:30-4:00pm

Where: Marin Community Foundation, 5 Hamilton Landing Suite 200, Novato, CA 94949

Contact: Jean Gunn at jmbgunn@gmail.com or Beth Livoti at llivoti@comcast.net

Marin Villages VOLUNTEER TRAINING

When: Tuesday, August 20, 11am-12:30pm

Where: Marin Villages Office, 4340 Redwood Highway Suite F-142, San Rafael, CA

Contact: Diane Castro, 415-457-4633, Marin Villages Office

Click on this link for more information- [Volunteer Training](#) - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class.

Marin Villages Presentation - DRIVE NO MORE

When: Wednesday, August 21, 10:30am-noon

Where: Northgate Mall Conference Room, 5800 Northgate San Rafael, CA

Link to register: [Driving No More](#) or call 415-457-4633, Marin Villages Office

Discussion and workshop on preparing for and managing with the challenges of giving up the car keys, facilitated by member, Bronni Galin, with information from Marin Transit's Travel Navigators.

- Have you thought about giving up the keys to your car? Are you feeling isolated, unable to drive? Do you know of the services and programs available around Marin?
- This workshop is designed to help us understand the loss associated with giving up those car keys and how to prepare for the challenges ahead. Member, Bronni Galin, will lead a discussion on handing over the keys and how she has managed through the maze of services.

- Marin Transit's Travel Navigators will review the various programs available and the criteria for eligibility.

Directions to the Northgate Conference Center: Park in the Northgate Shopping Mall, near the Theater and Food Court. Enter the Food Court area and take an immediate right. There are elevators to the second floor, where we will meet.

HAPPY HOUR AT Hilltop 1892

When: Wednesday, August 21, 4:00-6:00pm

Where: Hilltop 1892, 850 Lamont Ave, Novato, CA 94945

Contact: Marge Jackson at marge-32@hotmail.com or Beth Livoti llivoti@comcast.net
Cheers!

LET'S PLAY BOGGLE!

When: Thursday, August 22, 1:30-3:30pm

Where: Beth Livoti's home. Contact Beth for the address.

Contact: Beth Livoti at llivoti@comcast.net or 415-892-1043.

Boggle is a word game where players attempt to find words in sequences of adjacent letters after scrambling lettered dice housed in a covered plastic grid. All skill levels welcome!

MARIN VILLAGES - We're celebrating our 10th Anniversary!

Sip and Paint event - [A Blank Canvas, a Little Wine and Thou](#)

WHEN: Saturday, August 24, 3:00-6:00pm

WHERE: Wine and Design Studio, 874 4th Street, Suite 1 San Rafael

Contact Link: <https://marin.helpfulvillage.com/events/1038>

At this ***Sip and Paint*** event, you will be part of the private party for Marin Villages, where you will create memories and masterpieces! It is a fun painting class for all experience levels.

Come alone or bring your friends and enjoy wine and small bites while you create your art masterpiece. At the Wine & Design studio, everything will be provided for you – glasses, paintbrushes, canvases etc. – as a local artist guides you through the evening, stroke by stroke. No experience necessary – just be creative and have fun!

MONTHLY LUNCHEON

When: Wednesday, August 28, noon-1:30pm

Where: El Rey Mexican Bar and Grill, 940 7th St, Novato, CA 94945

Contact: Joanne Keenan at jkeenan@pacbell.net

New owners and a new menu at this location...El Rey menu is at this link:

elreymexicanbarandgrill.com. A recent comment on Yelp: Nice decor...friendly staff...food is freshly prepared. Good Mexican food. They are open to modifications in offerings...pleasant meals.



Novato Village members enjoying lunch at Star Restaurant in July.

Marin Villages GREAT BOOKS GROUP

When: Wednesday, August 28, 12:30-2:30pm – *note time change*

Where: Ginni Saunders' home – contact Ginni for the address.

Contact: Ginni Saunders ginnisaunders@gmail.com

Great Books Club meets on the fourth Wednesday of each month from 12:30-2:30 at Ginni Saunders' home in Novato. We are reading selections from Great Books Conversations 2.

For information, contact Ginni Saunders at ginnisaunders@gmail.com

MARIN VILLAGES - We're celebrating our 10th Anniversary! 10 Years Together - Celebrating our Members and Volunteers!!

WHEN: Sunday, September 8, 3:00-5:00pm

WHERE: Jason's Community Room, 300 Drakes Landing, Greenbrae

RSVP: <https://marin.helpfulvillage.com/events/1039>

or call the office at 415-457-4622

Join us at this unique event, celebrating the people who have made Marin Villages – YOU! Members, volunteers and guests are invited to this celebratory party to show our appreciation for all the individuals who have helped built the organization.

We would appreciate a rsvp, so we can plan for food, beverage and festivities! We hope to see you there.

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

TECH FOR YOUR WELLBEING: A Focus on Older Adults, Technology and Mental Health

When: Friday, August 9, 9:00-11:30am

Where: 3240 Kerner Blvd. San Rafael, CA

Contact: **Please RSVP** to Chandrika Zagerat at CZager@marincounty.org by **August 2, 2019**.

Marin Health and Human Services - CalMHSA Help@ Hand presents TECH FOR YOUR WELLBEING: A Focus on Older Adults, Technology and Mental Health COMMUNITY SESSION - Join us for a discussion about your needs to engage with technology to support your overall wellbeing. Gift cards and light refreshments will be provided. Space is limited. Please indicate whether you will need interpreter services.

Backyard Birds of Marin

When: Wednesday, August 21, 7-8pm

Where: Novato Library, 1720 Novato Blvd, Novato, CA 94947

Join Jack at the Novato Library for this introduction to our most common and notable backyard birds. We'll discuss about 20 different species that you can see in your yard right now, explaining the essential basics:

- How to identify them: what *is* that bird you're always seeing?
- The best ways to attract them with feeders or nesting boxes. What foods should you offer?
- Their migration patterns – who's here now? When will they leave?

Plus myriad other tips and insights to help you generally become more friendly and familiar with our backyard bird species.

EMERGENCY TIPS FOR OLDER ADULTS – these tips are from the Marin County Health and Human Services Commission on Aging, ***Disaster Preparedness for Older Adults – presentation***, July 11, 2019...

- ***Get to know your neighbors!***

Introduce yourself to at least one person/family that you could call if you need help in the event of a power outage, a need to shelter in place, or a warning to potentially evacuate. Give them your contact info and your emergency contact's info, and get their phone number(s). If you know your neighbor well, give them a key to your home or let them know where you hide one. If you have a block captain, be sure your info is up-to-date.

- ***Stay informed about the weather and the news.***

Are there nearby fires? Is a storm or heat wave coming? Is PG&E talking about a blackout or a Safety Power Shutdown? Sign up for AlertMarin, www.AlertMarin.org and for Nixle (text your zip code to 888777 or sign up at www.nixle.org) to receive PG&E notifications and emergency alerts. **Be sure you sign up for BOTH of these services.**

- *Create your Emergency Plan.*

How will you protect yourself during an actual event? Who are your local and long distance contacts? Choose a local “reunion location,” a place you and your friends/family will gather if you become separated during an emergency. Post info on your refrigerator about: medical conditions, medications, physicians, insurance, and your health care agent.

- *Be ready to shelter in place.*

Always have a flashlight and fresh batteries handy. Have 5-7 days of food and water available at all times for you and your pets, along with a week’s worth of medications, hearing aid batteries, first aid supplies and a small amount of cash. Have a back-up charging method for your phone and/or computer such as a small portable solar panel or battery pack.

- *Evacuate early.*

If you receive an evacuation warning, consider leaving soon thereafter rather than waiting for a mandatory notice. If you are evacuated for a few days or more, consider who you could stay with in Marin, the Bay Area, or outside the Bay Area. Prepare your Grab & Go Bag well before you need to leave and have a second bag ready in your car if appropriate. If you are no longer driving, identify a way to leave the area – ask a neighbor, family member or caregiver to drive you.

- *Take a class on disaster preparedness such as Get Ready Marin, or go to the websites below to educate yourself on being prepared.*

Think through the natural threats that you and your home are most vulnerable to, and how you would address potential outcomes. Be sure you have enough homeowners or renters insurance. With your neighbors or on your own, conduct a practice evacuation drill at least once a year.

Preparedness Resources:

www.readymarin.org

www.firesafemarin.org

www.redcross.org/prepare/disasters-safety-library