

MARIN
VILLAGES



Our Paths - Our Choices

NOVATO VILLAGE ~ October 2018

Spread the word to your friends and neighbors ... this event is a terrific opportunity for the community to learn about Novato Village.

Aging...BETTER!

WHEN: Saturday, October 6, 2018 1 – 4 p.m.

WHERE: Novato City Hall, 901 Sherman Ave., Novato

SPEAKERS:

- José Alberto López-Domínguez, Ph.D., Buck Institute for Research on Aging, will address the aging process and its relation to degenerative diseases such as Alzheimers and Parkinson's.
- Richard Caro, Ph.D., co-founder of Tech-enhanced Life, a Public Benefit corporation with the mission of improving the quality of life for older adults and their families, will discuss his work focusing on the intersection of aging and technology.

Refreshments will be served. Free admission, but seating is limited. To register, go to Marinvillages.org or call 415-457-4633.

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 CALENDAR OF EVENTS
OCTOBER 2018

Wednesday, October 3 Great Books Club	1:00 – 3:00 p.m.
Saturday, October 6 Aging....Better!	1:00 – 4:00 p.m.
Tuesday, October 9 Book Lovers' Club	2:30 - 4:00 p.m.
Wednesday, October 10 Monthly coffee	10:30 – noon
Wednesday, October 17 Happy Hour – Hilltop	4:00 - 6:00 p.m.
Monday, October 22 Apple Workshop	1:00 – 3:00 p.m.
Wednesday, October 24 Monthly luncheon	Noon
Thursday, October 25 Let's play Boggle!	1:30 – 3:30 p.m.

GREAT BOOKS CLUB

When: Wednesday, October 3 1:00 - 3:00 p.m

Where: Ginni Saunders' home

The group will be discussing two readings under 'Science' from the Counter Parts Anthology: *Rappaccini's Daughter* by Nathaniel Hawthorne and *Vivisection* by Claude Bernard. For location or questions, contact Paula Weinberger at p.weinberger41@gmail.com or Ginni Saunders at ginnisaunders@gmail.com

MARIN VILLAGES PRESENTS: AGING...Better!

When: Saturday, October 6, 2018 1:00 – 4:00 p.m.

Where: Novato City Hall, 901 Sherman Ave., Novato

Speakers from The Buck Institute and Tech-enhanced Life will address issues related to scientific advances in aging, and the positive impact technology brings to the process. Refreshments will be served. Free admission, but limited seating. To register, go to Marinvillages.org or call 415-457-4633.

BOOK LOVERS' CLUB

When: Tuesday, October 9, 2018 2:30-4:00 p.m.

Where: Teeny Cake Bakery, 7400 Redwood Blvd., #101, Novato

We'll discuss this month's book choice: The Train to Crystal City: FDR's Secret Prisoner Exchange Program and America's Only Family Internment Camp During World War II by Jan Jarboe Russell.

MONTHLY COFFEE (get your craft on!)

When: Wednesday, October 10, 2018 10:30 a.m. – noon

Where: Community Room, NovaRo III, 231 Pinheiro Circle, Novato

Directions: 101 north to 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 (lively conversation, fresh coffee/tea and lots of tasty treats!) to get together in this friendly, comfortable setting. **This month, we'll make decorative fabric pumpkins to bring home. Materials provided ... no sewing required!**

NO-HOST HAPPY HOUR AT HILLTOP

When: Wednesday, October 17, 2018 4-6pm

Where: Hilltop, 850 Lamont Ave, Novato

Located in a century-old building, Novato's Hilltop has one of the best views in the North Bay. Their Happy Hour menu offers great value, including beer (\$3), well drinks (\$4), wine (\$5) and appetizers at half-price. It's a fun way to catch up with old friends (and make new ones!) while enjoying your favorite beverage and a light dinner.

APPLE WORKSHOP

When: Monday, October 22, 2018 1:00 – 3:00 p.m.

Where: Ginni Saunders' home

Trish King will hold her regular workshop for members and volunteers who would like to have a private half hour session to work with Trish on their Apple device-iPhone, iPad, etc.. Contact Ginni at Ginnisaunders@gmail.com to schedule a session before October 15.

MONTHLY LUNCHEON

When: Wednesday, October 24, 2018 Noon

Where: Chao Praya Thai Cuisine, 1553 South Novato Blvd. Suite #G Novato, CA

This popular local favorite offers a wide variety of very tasty Thai dishes, with friendly and attentive customer service. Join us!

LET'S PLAY BOGGLE!

When: Thursday, October 25, 2018 1:30 – 3:30 p.m.

Where: Roberta Dixon's home

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. Whether an experienced player or a newbie, we all have a really good time, despite our skill levels. Contact Roberta at dixoncra@aol.com for location and directions.



September's Coffee



Happy Hour at Hilltop



'A great time was had by all' at the Novato/San Rafael picnic in Miwok Park

Save these dates.....

➤ **Wednesday, November 14, 2018 at 1:00 p.m.**

Event: "Marnie," HD broadcast from the Metropolitan Opera House in NYC

Where: Century Regency, 280 Smith Ranch Road, San Rafael

Contact: Jean Gunn at jmbgunn@gmail.com

Composer Nico Muhly unveils his second new opera for the Met with this gripping reimagining of Winston Graham's novel, set in the 1950s, about a beautiful, mysterious young woman who assumes multiple identities.

Director Michael Mayer and his creative team have devised a fast-moving, cinematic world for this exhilarating story of denial and deceit, which inspired the film by Alfred Hitchcock.

➤ **Wednesday, December 12, 2018 at noon**

Event: Novato Village Holiday Luncheon

Yes, the holidays aren't far off! Save the date, and check next month's newsletter for the location and menu.

WHAT'S HAPPENING AROUND NOVATO?

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

EVENT: What is **Chronic Obstructive Pulmonary Disease**

WHEN: Wednesday, October 10, 2018 10-11 a.m.

WHERE: Margaret Todd Senior Center, 1560 Hill Rd., Novato

Jim Braley, Respiratory Therapist with the American Lung Association, will discuss the effective use of medications used to treat COPD and asthma, including the use of metered dose, dry powder inhalers and nebulizers. Mr. Braley will also address oxygen therapy, pulmonary rehabilitation support groups, and 'new' treatments, including lung volume reduction surgery and lung transplants. Please call (415) 899-8290 to register.

EVENT: Avita Miller discusses Healing Happens: Stories of Healing Against All Odds

WHEN: Friday, October 19, 2018 7:00 p.m.

WHERE: Copperfield's Books, 999 Grant Ave., Novato

Author Avita Miller heads to Copperfield's Novato to discuss her new book Healing Happens: Stories of Healing Against All Odds. Her book tells the incredible true stories of terminal and chronic illnesses being healed with simple lifestyle changes. In Healing Happens, Miller brings insight from experts in the hope of bringing inspiration to those who may be experiencing a terminal diagnosis.

EVENT: Medicare – Annual Changes and Choices
WHEN: Wednesday, October 31, 2018 10:00 a.m. - noon
WHERE: Margaret Todd Senior Center, 1560 Hill Rd., Novato

How informed are you about the details of your healthcare benefits? This presentation will help you to find the best plan for you in 2019. You'll learn the latest info on Medicare (including changes in premiums, copayment, deductibles and formularies) and 2019 Part D prescription drug plans. Please call (415) 899-8290 to register.

EVENT: Senior Produce Market
WHEN: 10:00 – 11:00 a.m. on 1st & 3rd Wednesday of each month
WHERE: Margaret Todd Senior Center, 1560 Hill Rd., Novato

Seasonal produce from local suppliers and growers (priced at or below wholesale) is offered twice each month. Convenient per-item pricing saves money since you're able to purchase only what you can use (e.g., one radish, one stalk of celery, ½ head of lettuce.)

EVENT: Marin County District Attorney's Victim-Witness Program
WHEN: 9:00 a.m. – noon on 1st & 3rd Thursday of each month
WHERE: Margaret Todd Senior Center, 1560 Hill Rd., Novato's

If you or someone you know have either been the victim of a crime or witnessed a crime, Yolanda Johnson, Advocate from the District Attorney's office, is available to meet with you to answer questions, provide information, and connect you with resources.