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MARIN
VILLAGES



Our Paths - Our Choices

Empowering older adults to be active,
connected and independent in the place they
call home



SAN RAFAEL VILLAGE CALENDAR OF EVENTS

JUNE 2020

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Jim Goss

Volunteers: Ms. Forouzan Hakimi and Anna Krotinger

We look forward to seeing you all at an event soon. Thank you for giving your time and energy to our village!

LOCAL VILLAGE EVENTS (open to all, unless noted)

Due to the shelter-in-place order, our groups and meetings will be held on Zoom. If you need technical assistance on Zoom use, please contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net. Please note that other Marin Villages are also hosting Zoom activities that you are welcome to join. Check out their monthly calendars at www.marinvillages.org.

If you have suggestions for Zoom groups/activities or non-Zoom ideas for San Rafael Village, please contact Sparkie at oksparkie@aol.com.

Book Chat

Monday, June 1, 2:00 – 4:00pm
Zoom

Please join us to share and talk about what you have been reading lately! Val Stilson will send out the Zoom link to the group the evening prior to the meeting. Please RSVP to Val Stilson at (415) 479-1439 or valerie.stilson@sbcglobal.net. Hope you can join us!

Every Wednesday Coffee Chat

Wednesday June 3, 10, 17, 24, 2:00pm
Zoom

Don't miss the opportunity to visit with some of your San Rafael Village friends and perhaps meet new ones! Every Wednesday afternoon you are invited to meet on Zoom at 2:00pm. Most chats will have a designated topic to get the conversation going, but the talk could go anywhere. All are encouraged to contribute their "two bits" to the discussion. Or you could just be a listener. The first Wednesday of each month will be open to whatever subject is on your mind, from the news to what's in your backyard. Carole will send out the Zoom link to all Village members and volunteers the evening prior. Contact Carole Sherick at (415) 479-0930 or csherick@gmail.com with any questions or suggestions.

Dealing with Loss

Thursday, June 4, 2:00pm
Zoom

Dealing with Loss is a support group coming together once a month on Zoom. **There is still one slot available for a new participant.** This is an intimate exchange of like-spirited people reaching for deep personal sharing, support, and learning new tools. It is facilitated by Jackie Hewitt, who brings more than two decades of grief support to the group. Contact Jackie Hewitt at jackiejoyous@gmail.com or (707) 849-9786 with questions and for the Zoom link.

Movie Group

Sundays, June 7, 14, 21, 28

Zoom

San Rafael Village has a new movie group! We Zoom on Sundays at 7:00pm every week as a highly entertaining but by no means high-brow group to discuss a film selected from Netflix. We invite you to join the talk or just listen. If you are interested in joining the mailing list (Zoom link will only be sent to those who request it), drop a note to karenkasavana@gmail.com or call (714) 403-3345.

Villages Book Club

Thursday, June 25, 12:30pm

Zoom

Please join us this month! You don't have to read the book first; just come meet us and see for yourselves what a lively group of six readers we are. Everyone welcome. For more information and the Zoom link, please call Karen Gray at (714) 403-3345.

Village Business

Program Committee

Friday, June 12, 1:30 – 3:30pm

Interested in helping plan activities and social events for San Rafael Village? Consider joining the Program Committee. Contact Carole Sherick at csherick@gmail.com or (415) 479-0930

Membership/Volunteer Committee

Wednesday, June 10, 1:00 – 3:00pm

Help recruit new members and volunteers and support the ones we have! Contact Jane Solomons at (415) 492-8041 or cartersolo@comcast.net.

Steering Committee

Friday, June 19, 1:30 – 3:30pm

Are you interested in helping guide and further expand San Rafael Village? Do you have organizational and administrative skills you can contribute? If so, please contact Sparkie Spaeth at oksparkie@aol.com

or (415) 250-3172.

MARIN VILLAGES EVENTS

Staying Safe and Sane While Sheltering in Place

Friday, June 18, 4:30 – 5:30pm

Zoom

We hope you can join this program to hear practical tips on staying safe and sane during the pandemic, offered by **Sue Steele**, MA psychotherapist, and Marin Villages board member, and **Patricia Stamm**, MD, psychotherapist, and Novato Village member. They both are still practicing therapists and have lots of useful information to help us navigate through the changes in our lives brought about by the coronavirus. RSVP to the office if you want to attend.

COMMUNITY EVENTS

Exercise classes on line from the YMCA

This link will take you to the current day's list of classes. They are at specific times.

<https://www.ymcasf.org/classes-schedule>

11-Minute Warm-Up and Stretch Class online from YMCA

This class can be done whenever you want. Just click on the link.

<https://ymca360.org/on-demand/category/14/videos/24>

SAN RAFAEL VILLAGE ANNOUNCEMENTS

You should have received a survey in your email from Marin Villages recently, asking for your thoughts on possible additions to our services. Please fill it out online and return as soon as possible. Only three questions! We value your opinion as we plan for our future.

HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or

visit our website (www.marinvillages.org) for application forms and online donations.

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