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MARIN  
VILLAGES



Our Paths - Our Choices

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## Ross Valley Village

Assisting Marin's older adults to remain active, connected  
and independent in the place they call home

November 2019 Newsletter

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**Worried about interrupted electricity service?  
Don't be left in the dark.**

Here are a few safety recommendations:

- **Keep eyeglasses, hearing aids, keys, a working flashlight or battery-operated lantern and your phone within reach of the bed at night.**
  - **Remove rugs and any trip hazards from rooms and hallways that might cause you to stumble in the dark**
  - **If you have special needs for electricity (oxygen or ventilator machines) let PG&E and the local fire department know in advance of an outage.**
  - **Speak to your neighbors and family in advance about what support you might need in case of a power outage, even if it is just a phone call or visit to check in.**
  - **Insure that your smoke alarm batteries have been changed recently.**
  - **Sign up for important county notifications at [AlertMarin.org](http://AlertMarin.org), and [NIXLE.com](http://NIXLE.com) and [PGE.com](http://PGE.com)**
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## Marin Villages' 10th Anniversary Luncheon You're Invited!!

**Sunday, November 17, 11:30am – 2:00pm**

**Marin Country Club, 500 Country Club Dr, Novato**

**Celebrating Marin Villages' 10th Anniversary with Comedian Josh Kornbluth**

Let's celebrate together! This fundraising luncheon is the perfect forum to enjoy each other's company, congratulate one another on the incredible organization we've been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian, Josh Kornbluth, will entertain guests with his "Acting Your Age" set.

Tickets are \$100 per person (\$50 of each ticket is tax deductible.) [Click here to sign up](#) or call the office at 415-457-4633 to reserve a seat! Guests are welcome.

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**Ross Valley Villages Welcomes New Members and Volunteers  
and invites you to our events and meetings!**

**NEXT Ross Valley Villages steering committee meeting:**

**Thursday, November 14 10:00 am -12:00**

Join us as we visit and plan events for the fall. The best ideas come from our members!

Location: Home of Loulie Sutro. Call the office for directions and to RSVP

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**Socialize, Move and Expand your Minds!**

**Upcoming Activities and Events**

If you would like to participate in any of the activities below and need

transportation, please call the office at [415-457-4633](tel:415-457-4633) to arrange a ride.

### **Village Men's Group**

**Wednesday, November 6 & 20, 11:00 am**

**Where: Sweetwater Music Café, Mill Valley**

We are joining the Mill Valley Village's Men's Group and encourage you, whether a volunteer or a member, to come join us. It is an informal gathering with no agenda beyond the company of friends. Feel free to drop in!

### **Marin Commission on Aging "Living Options for Older Adults in Marin."**

**Thursday, November 7 10-11am**

**Where: Whistlestop, San Rafael**

Looking ahead at Marin housing options over the next five years, hear from Joe O'Hehir, CEO of Whistlestop, Hunter Moore, CEO of The Redwoods and Joseph Walsh, Marin Environmental and Housing Collaborative.

### **Ross Valley Seniors Luncheon and Speaker**

**Thursday, November 7 12:00 pm- 2:00pm**

**Where: Fairfax Women's Club, 46 Park Rd, Fairfax**

Come socialize, enjoy the luncheon, and celebrate the 13<sup>th</sup> year anniversary with a bingo game!

### **Age-Friendly Forum – "Cognitive Health to Counter Memory Loss"**

**Friday, November 8 1:00 -2:00 pm**

**Fairfax Library, 2907 Sir Frances Drake Blvd.**

Memory changes normally as the years roll by but how do we keep our brains and bodies healthy to slow the effects of time on our ability to remember what's important in life? Lots of research and information is available on keeping our cognition as strong as possible, come hear from those most in the know.

### **Marin Villages Volunteer Training**

**Tuesday, November 19 11 am - 12:30 pm**

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

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

Volunteer Training - for new volunteers, those thinking of volunteering, and

volunteers needing a reminder class. Contact Diane Castro, 415-457-4633, Marin Villages Office to sign up.

### **Happy Lunch at the Silver Peso**

**November 19, 11:30 to 1:00**

**Silver Peso, 450 Magnolia Ave.**

Join us for a fun lunch at the Silver Peso in Larkspur. It will be a fun afternoon at one of Marin's iconic watering holes!

### **Twin Cities Villages and Age Friendly Speaker Series – No More Holiday Stress**

**Wednesday, November 20 11:00 am - 12:30 pm**

**Where: Corte Madera Intergenerational Center**

**498 Tamalpais Drive, Corte Madera**

Did you know that Marin offers many options to help us deal with difficult feelings, challenging emotions and stress? This month we offer a panel of experts from the BOOST counseling program at Jewish Family and Children's Services' Seniors At Home, Marin County's HOPE and Senior Peer Counseling Program, and AgeSong Marin. Learn how to successfully navigate those unavoidable bumps in the road.

### **Age-Friendly Fridays- Chair Yoga**

**Friday, November 1 and 15 1:00 - 2:00 pm**

**Fairfax Library, 2907 Sir Frances Drake Blvd.**

### **Breakfast with Friends**

**Wednesday, November 20 9:30 am - 10:30 am.**

**Where: Barefoot Café, 1900 Sir Francis Drake Blvd.**

Join us for socializing, coffee and/or breakfast to make new friends and keep the old (you cover cost of your meal).

### **Mark your Calendars!**

**Ross Valley And Twin Cities Holiday Party**

**Monday December 9, 1:00 - 3:00pm**

## Location: St. John's Church, Ross

Join us for socializing, holiday lunch and the sweet sounds of a children's chorus.

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We encourage members and volunteers to bring guests to our 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](tel:415-457-4633) at least four days in advance of the event. Also, check out [marinvillages.org](http://marinvillages.org) to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

**Please always check out the events page on the [Ross Valley Village website](#) as sometime the times of events change after the publication of the monthly newsletter.**

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