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Date: 8/1/2016

Subject: Sausalito Village August Newsletter

From: Sausalito Village



August 2016 NEWSLETTER

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Let's Chat.....Living Room Chat, That Is!

SV is bringing back intimate gatherings to spread the word



Have you been looking for a way to introduce your neighbor or friend to Sausalito Village? Or are you, yourself, on the fence about becoming a member or volunteer?

Please join us for light food offerings, libations and a guaranteed good time at one of the Living Room Chats coming to your neighborhood this August!

Living Room Chats played a key role in developing our Village years ago and we miss them. It is the perfect way for members and volunteers to speak in a casual setting with folks interested in learning more about what makes Sausalito Village the most dynamic organization in town.

SV's primary purpose is to keep those of us getting on in years in our homes for as long as possible, and to help those among us caring for elderly parents and friends access the network of help available. We offer a whole range of services, from PRACTICAL to JUST PLAIN FUN. We want everyone to know about us!

Come to learn more....even if you think you don't need us "quite yet", you will be happy you did! We have three Living Room Chats in August, each in a different neighborhood and each at a different day/time to try to find something that works for you. RSVP to concierge@sausalitovillage.org or 415-332-3325 for one of the upcoming dates and when you do she will give you the address and details:

Sunday, August 7th, 3:00pm-4:30pm

Tuesday, August 30th, 5:30-7:00pm

MOONLIGHT HIKE.....A Success!



We had a great hike...a little fog, a little wine and a fun group!



Photos by Katie Godowski



Seniors in Motion - Syzygy Dance Project Coming to Sausalito Village

"Combining simple movements with music, our classes for older adults/seniors are a great way to release tension and gently invigorate the body. Physical and emotional benefits include increased flexibility, balance, spontaneity, energy and joy. Whether we're tapping our toes, actively moving or simply breathing together, it is not about how much you can move or what steps you do. This class is about connecting to your body, letting go of stiffness, and allowing your own fluid movements to emerge. Participants are often more relaxed, alert, and connected with themselves and others after our classes." These are the words of Sylvie Minot embodies the transformative power of dance as a teacher, choreographer, and the executive director and founder of Syzygy Dance Project. She meets people right where they are and moves with them into new possibilities.

Syzygy Dance Project is a 501(c)(3) nonprofit that transforms lives through dance. They offer public dance classes in Marin County and outreach movement classes in jails, VA hospitals, recovery centers, and youth programs throughout the Bay Area. Sylvie is going to offer two FREE trial classes that she has entitled "Seniors in Motion". If you are interested in attending one of the classes, contact Stella Shao at shaolouying@gmail.com or 415-331-1888. Classes will be held at the Dance Studio in City Hall on Friday, September 9th and 16th at 10am.

Visit the Syzygy website at <http://syzygydanceproject.org>.

What's The New FOUR LETTER 'F' WORD?



Did we get your attention? The new four letter 'F' word is FALL.

...And our members are experiencing too many lately! Please be careful! We all know falls happen more as we age and they certainly do more damage.

Last month we reprinted information about why we are more vulnerable to falls as we age. This month the focus is on the simple changes you can make in your home to provide an environment safe from fall risks. Here are links to two great publications that can be of help:

[Link to AARP's Checklist For Fall Prevention](#)

[Link to Compassion Homeware Checklist For Fall Prevention](#)

CARSS Is In The News AGAIN! Check Out The NY Times Article



CARSS (Call A Ride for Sausalito Seniors) was highlighted in a New York Times article on July 21st that was entitled: *"Some Good Cities To Grow Old In"*. CARSS is a City of Sausalito Age Friendly Program that is managed by Sausalito Village. It has become a model program and has received International attention. Here is the link to the article: [Click HERE for NY Times Article](#)

If you are not familiar with this FREE transportation program that provides rides around town, the floating homes and Gateway Shopping Center, you can learn more at the CARSS website: [CARSS Website](#)

RESULTS ARE ALMOST IN.....



Thanks so much to everyone who took the time to complete the Member Survey. Membership Committee Members will be ready to release all of the findings next month.

If you are a Sausalito Village Member and would like to add your 2 cents, click here to complete the Survey Monkey survey: [Sausalito Village Member Survey](#)

Sausalito Village Adventures in the Works....



- 8/23 Hwy 1 Drive to Toby's Feed Barn and Kozlowski Farms
- 8/28 Nicasio BBQ Concert with Asleep At The Wheel - SOLD OUT
- 9/22 Tour and Tasting at Double 8 Dairy, Petaluma and lunch at Nick's Cove
- 9/? Hiking in Angel Island
- 10/4 Museum of Modern Art, San Francisco
- 10/? Ferry and City hike to Coit Tower, lunch in North Beach
- 10/20 Golden Gate Fields
- 11/1 Asian Art Museum, San Francisco
- 11/17 Pier 24 Photography, San Francisco
- 12/? Met Opera at the Lark Theater, Larkspur
- AND MORE!

DO YOU HAVE ANY IDEAS FOR FUTURE TRIPS? LET US KNOW!

Contact Tricia at triciasmith58@yahoo.com

Member Share Area

Email triciasmith58@yahoo.com if you have something to add next month

Ann Heurlin found a very interesting web site called Plan Your Lifespan. The Summary on the web site states: This website will help you plan for health events such as hospitalizations, falls, and memory loss that may happen as people get older. This planning differs from end of life care and wills. Check it out by clicking on this link: [Plan Your Lifespan](#) IF you find this web site helpful and think other members would benefit, please report back to Tricia at triciasmith58@yahoo.com.

Bob and Betsy Stroman report that they have very much enjoyed watching several Spanish TV television series that are streamed on Netflix: Between the Seams (probably the best, from a book by the same name), Gran Hotel, and Velvet. The subtitles are good and you soon forget that you are watching a foreign language film. Unfortunately, Netflix discontinued showing a fourth, El Internado, just before we finished watching it. Bob and Betsy would be interested in hearing about other TV series people have enjoyed, please email them to the Member Share area (see above).

Sue Dunlap is sharing a joke sent to her by a friend. It is about the fact that most seniors don't get enough exercise - click here for a good laugh: [Click here!](#)

Don't Miss The Calendar of Events, Click Here:



SPECIAL THANKS TO FIRST CALIFORNIA REALTY AND STATE FARM



Every month, Sherrie Faber of First California Realty and Jon Lam of State Farm print and mail this newsletter to Sausalito Village members who do not have computers. This helps to keep all of our members connected to our community. Don't forget to say a special THANK YOU to them when you see them in town.

Sausalito Village is a 501(c)(3)
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