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January 2020 Newsletter

[Click here to enjoy a slideshow of photos from 2019 Sausalito Village Events:
SV YEAR IN REVIEW](#)



Click here to view entire calendar of events for January: [Click here](#)

Happy New Year!

Volunteering - a perk of membership!



Research has proven that volunteering is good for your health! Providing service to another gives you a sense of purpose and that sense of purpose can prolong life and will definitely increase the quality of it. We encourage you to take a few minutes to think about how you can be of service in our Village community.

There are all levels of jobs but each and every one is important to keeping our volunteer-run organization running and thriving.

Here are a few of the services needed:

- Helping with Technology - you only need to be one step ahead to offer help with smartphones, pads, computers and televisions
- Companionship visits - some of our members are no longer able to get out and about but would love to have a good old fashioned conversation
- Simple fix-its - Do you have a screwdriver and hammer? We can use your help! Members need lightbulbs changed, batteries changed, pictures hung and other small jobs around the house.

- Healthcare Advocacy Committee - if you have any type of medical and/or caregiving experience, please join our healthcare committee
 - Transportation - if you enjoy to drive, our members need rides to medical appointments throughout Marin County
 - Snail Mail Deliveries - Once or twice a month you will be asked to print and deliver time-sensitive materials to a snail mail 'buddy', a member who does not use a computer
 - Event Assistance - If you are able to move chairs and tables - we need you!
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Get up and MOVE



WEEKLY CHAIR YOGA

Rayner Needleman and E.V. Gilbreath alternate teaching chair yoga every Monday from 10:15am to 11:15am in Campbell Hall, Christ Episcopal Church's community room at the intersection of Santa Rosa and San Carlos Avenues. Members and Volunteers are welcome to attend this free class. Wear comfortable clothing and bring a towel and mat.

This class is appropriate for all levels. Balance and breathing are key to good health and both are the tenets of this class.

If you have any questions, contact Rayner at: rayner667@gmail.com.

If you would like door-to-door free transportation, contact CARSS (Call A Ride for Sausalito Seniors) for a ride.

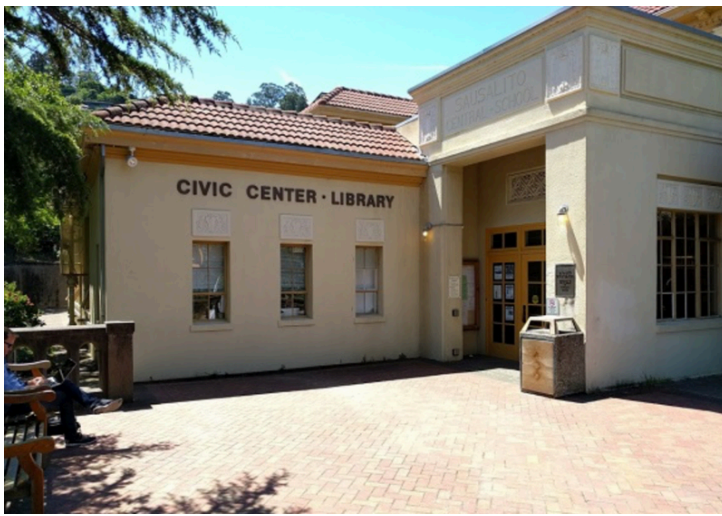
WEEKLY RESTORATIVE MOVEMENT

Pat Howe teaches a Restorative Movement class to reduce chronic pain, stiffness, relieve stress and restore freedom of movement. Wear comfortable clothes. You will leave class with a series of safe, gentle movements to practice at home. Class is held in the dance studio, downstairs in City Hall every Thursday, 10am-11am. Drop in price is \$10 per class.

MONTHLY MODERATE HIKES

Jackie Kudler leads a different hike every month. Hikes are moderate in level and are generally 4-8 miles. Jackie chooses hikes in Mt. Tam and GGNRA. The next hike is on January 21st to Phoenix Lakes. Check the calendar to learn more above to learn more.

Winter Adult Programs at the Sausalito Public Library



Don't miss out on the winter line-up Abbot Chambers and his staff at the Sausalito Public Library have put together for the winter adult programs. You won't even notice if it is cold and raining outside! All of the programs begin at 7pm and generally run between an hour to 90 minutes.

CARSS (Call A Ride for Sausalito Seniors) will be providing rides for the following evening programs:

- Friday, January 10th - Who was the Quiet American? With film critic Peter Robinson
- Thursday, January 15th - Death Cafe
- Friday, January 24th - Academy Awards Preview for Best Picture with Jan Wahl
- Friday, January 31st - Of The Sea: A Film About California Fishermen with Producer and Director Mischa Hedges

But, make sure to check out all eleven of the [programs](#) for January.

Lisa Brinkmann retires!



Lisa Brinkmann, retiring Executive Director of Marin Villages

Marin Villages celebrated its tenth year of operation in 2019. Much of its growth and stability is due to Lisa Brinkmann's leadership as the Executive Director. Lisa helped in expanding Marin Villages to six cities in the County - Tiburon, Mill Valley, Twin Cities, Novato, San Rafael and Ross Valley.

Last week, Lisa retired from her position at Marin Villages and is looking forward to pursuing new adventures. With her skills, knowledge and heart, Lisa will create a new and exciting future for herself and those around her. Sausalito Village is lucky to have Lisa and her husband, Andy, as members and look forward to seeing more of them now that she will have some free time!

EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



BE INFORMED

Your Grab 'N Go Bag

Ready Marin says it should take about 30 minutes to assemble the supplies you'll want in your Grab 'N Go Bag in the event of an emergency. You probably have many of the items you'll need already in the house.

- Wallet with Driver's License and checkbook
- Credit and debit cards
- Cash in small denominations and change for pay telephones
- Prescription medicines
- Eyeglasses and other medical aids
- Cell phone and chargers (electrical charger, car charger, and solar charger)
- Computer or computer backup media with cords (i.e., portable hard drive, USB drive, etc.)
- Emergency Plan contact list with out-of-state contact information
- Copies of current financial accounts
- Safe deposit keys
- Passport
- Family photos/photos stored on CD
- Family heirlooms, jewelry, etc.
- Other

Seniors with mobility or medical issues may have special needs in preparing for an emergency and may need to reach out to others for help getting ready.

Happy January Birthdays!



Members celebrating January birthdays:

Marilyn Aronowitz - Ceci Browne - Jane Clinton - Meg Fawcett
Teddie Hathaway - Barbara Macondray - Victoria Miller - Rayner Needleman
Cheryl Popp - Gerald Needleman - Rosalie Wallace

Member Reading Recommendations

For Member articles:

Recommended by Annie Dorsey and Betsy Stroman:
[Why We Can't Tell the Truth About Aging](#)



In days of old, when most people didn't live to be old, there were very few notable works about old age, and those were per writers who were themselves not very old

Recommended by Holly Bacuzzi:

WELCOME TO THE TRIDENT: WHERE YOU COULD GET ANYTHING YOU WANT



Trident waitress Janie

WELCOME TO THE TRIDENT: WHERE YOU COULD GET ANYTHING YOU WANT

From its waterfront perch in Sausalito, the Trident's clientele could see the San Francisco skyline and the Golden Gate Bridge. The club/restaurant was "a trippy space ship" whose passengers just happened to be a Who's Who of rock & roll (the Stones, Quicksilver, Crosby, Garcia, Lesh, Sam Andrew, Peter Stampfel) and Hollywood (Clint Eastwood, Warren Beatty, Sterling Hayden) and elsewhere (Alan Watts, Sonny Barger, Bill Cosby), not to mention Robin Williams was one of the busboys and the teardrop sunrise was invented at the bar.

SAVE THE DATE



State Senator Mike McGuire

WHAT: Sen. McGuire will be addressing senior issues in the County at the January Commission on meeting

WHEN: January 2, 2020, 10am-11am

WHERE: San Rafael Community Center, 615 B St, San Rafael

More info: [Click here](#)

RIDES: SV will provide rides from City Hall. You must RSVP to Concierge 415-944-5474



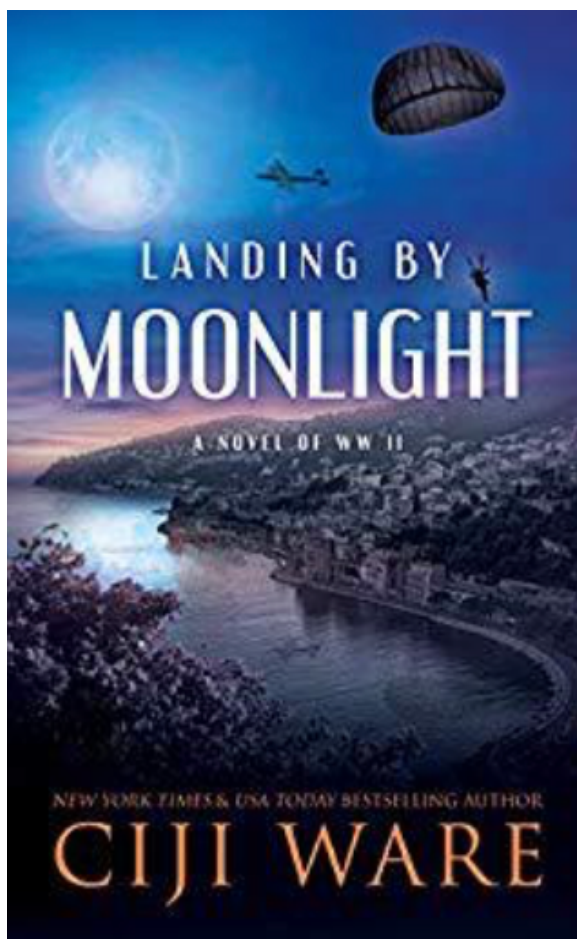
What: Death Cafe

Where: Sausalito Edgewater Room, downstairs City Hall

When: January 15th, 7:00pm

More info: [Click here](#)

Rides will be provided by CARSS. Call ahead to 415-944-5474



WHAT: Book Group reading Landing By Moonlight by Sausalito resident Ciji Ware
Ciji will be at the event!

WHEN: January 21, 12:30pm-1:45pm

WHERE: Game Room, downstairs City Hall

Just drop in.

More info: [Click here](#)

Rides available with CARSS. Call ahead at 415-944-5474

Photos Around the Village



Marcia S and Lori V enjoy the SV Holiday Lunch at Spinnaker.



Full house at the holiday sing along!



Flora, Charlotte and Vera along at lunch at Spinnaker



Group sharing Christmas dinner at Aurora

We love pictures of our members at events and around town. Have pictures to share? [Email Us!](#)



Special Thanks to Sherrie Faber and First California Realty for printing and mailing this newsletter to Sausalito Village members who cannot receive email. If you would like to discuss your real estate needs, Sherrie can be reached at 415.331.6100

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