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Date: 6/10/2016
Subject: SV Weekly Calendar Update 6/10/16
From: Sausalito Village



Drop by the SV Table at Jazz by The Bay TONIGHT

**"You can live to be a hundred if you give up all the things that
make you want to live to be a hundred."**

Woody Allen

Dear Villagers and Friends,

CLICK ON THE CALENDAR to see what is happening this month around the Village. Each calendar entry has a contact name and email. If you have additional questions, please phone or email the Concierge: 332-3325 or concierge@sausalitovillage.org.



VIEW THE FLYERS BELOW for more information about events we are highlighting in the coming month.

COME TONIGHT!!

Stop by the Sausalito Village table
TONIGHT at
Jazz by the Bay!



Sharon and Rick Seymour will be
hosting the table and will be happy to
pour you a glass of wine.
Bring a munchie and pull up a chair....or
just stop by and say hello.
Music of Tiffany Allen starts at 6pm.

Table #21 donated by Tom Theodores

JOIN US!

Sausalito Village and CARSS

Lunch About Town

Salito's Crab House & Prime Rib



When: Thursday, June 23rd at 11:45am

Where: Salito's Crab House & Prime Rib
1200 Bridgeway, Sausalito

To RSVP and for Rides contact Connie Captanian at
infocarss4you@gmail.com or 415-332-3325 **by June 21st**

NOTE: Maximum 16, please reserve early! Waiting list will be created

PAYMENT: Separate checks

Parking: Sufficient, but try to arrive by 11:45

Copy and paste this link to their website: www.salitoscrabhouse.com

Do You Feel This **FRUSTRATION?**



Sign UP NOW!

30 minutes of FREE Tech Assistance
iPad, iPhone or PC Laptops

Our newest Sausalito Village volunteer, Kay Horne, recently retired from a career as an attorney and one of the ways she would like to provide service is to offer one to one technical assistance to members.

If you have an iPad, iPhone or PC Computer, sign up for 30 minutes of free technical assistance with Kay.

WHEN: June 29th, 2016

FOUR TIME SLOTS: 1:00, 1:30, 2:00, 2:30

WHERE: SV Conference Room at 501 Olima

RSVP Kay: kay.horne@comcast.net - not on the computer? Call the Concierge at 332-3325

OPEN TO SAUSALITO VILLAGE MEMBERS OR ROTARY HOUSING MEMBERS ONLY

Sausalito Village, PO Box 208, Sausalito, CA 94966, 332-3325



CARSS

Call A Ride For Sausalito Seniors

VOLUNTEER DRIVERS NEEDED

SIGN UP NOW!

415-944-5474

infocarss4you@gmail.com

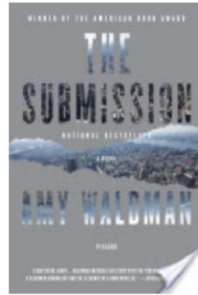


Make a difference in YOUR community!

A City of Sausalito Age Friendly Program managed by Sausalito Village

MORE INFO: www.carss4you.org

Sausalito Village Book Club
June 22, 3-4:30 pm



The May meeting was canceled so the book for the June meeting is the same one we chose for May: *The Submission* by Amy Waldman. Ten years after 9/11, a dazzling, kaleidoscopic novel reimagines its aftermath. A jury gathers in Manhattan to select a memorial for the victims of a devastating terrorist attack. “*The Submission* is a serious and thought provoking novel about issues of racism, tolerance, and awareness; about immigration, belief systems, and grief’s healing processes,” says a Good Reads reviewer. All Sausalito Village members and volunteers are welcome. Contact Adele Gibbs at 332-2444 or panam7@yahoo.com for more information and location.



HEALTHCARE ADVOCACY VOLUNTEERS AVAILABLE

Have you ever gone to a doctor’s appointment to consult on a condition and when you left thought about all the questions you meant to ask? Or when you left you tried to remember all the things the doctor told you? A Sausalito Village Healthcare Advocate can help you in these situations. Our Advocates are trained healthcare professionals and available to accompany you to doctor’s visits. They can:

- Help you figure out and write down what questions you want answered before the visit.
- Can take notes for you during the visit, documenting what was discussed and the answers/recommendations given.
- Can insure that all the questions are answered to your satisfaction and that your wishes are respected.
- After the visit, can review the notes with you to help you to understand exactly what you were told and what your next steps might be.
- And can accompany you on any additional or follow up visits.
- All of the information they receive in this role will be kept in strictest confidence.

If this is something that you would find helpful, please contact the Concierge to request to have a Healthcare Advocate contact you.

This is just one aspect of what the Healthcare Advocacy Committee can help you with. If you have other questions regarding what is available, please contact our Concierge, **Connie** at [415-332-3325](tel:415-332-3325) and ask her to have an Advocate contact you.



Community-wide SV FREE Used Cane/Walking Stick Program



HOW WILL IT WORK? Starting June 1st, Sausalito Village will place a receptacle at Waterstreet Hardware at 318 Caledonia Street to hold canes/walking sticks that can be taken by those in need at no cost. Recycle and reuse!

HOW CAN YOU HELP? We need Canes/Walking Sticks NOW!

Please donate a cane/walking stick in good condition to Waterstreet Hardware Street at 318 Caledonia. IF you need us to pick it up, call SV Board of Director Member, Lois Prentice at 415-272-9699. IF you donate one before June 1st, you will be recognized as a Founding Donor published in our monthly newsletter.

Sausalito Village is a 501(c)(3) organization of friends helping friends. Members and volunteers come together to ensure a supportive environment for those getting on in years. Programs and services help members to lead vibrant, active and healthy lives while living in their own homes and neighborhoods. Learn more at www.sausalitovillage.org

Pa'ina Paint Club

Is coming to Sausalito Village and
Saylor's Restaurant!



Create your own beautiful masterpiece, 'Autumn Pathway' in just a few hours. NO EXPERIENCE necessary, this painting class is open to all!

Nothing for you to bring but your willingness for a good time.

Pa'ina Paint Club provides the 16"x 20" canvas, paints, easel, art smock and expert art instruction by Bret Arenson....all in a fun and social atmosphere.

Purchase drinks and food to enjoy while you create your masterpiece.

DATE: Thursday, July 7th

TIME: 4:00pm - 7:00pm

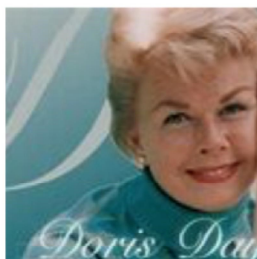
WHERE: Saylor's, Upstairs, 2009 Bridgeway

PRICE: \$25 for SV Members, \$35 for Public

RSVP: Linda at ljaeger@comcast.net or 415-823-1567

SING-A-LONG

***Sausalito Village Singalong celebrating
Songs of DORIS DAY***



Date: Monday, June 27th

Time: 4:00pm - 5:30pm

Where: Rotary Chamarita Room,
501 Olima Street at the intersection of
Coloma Street

Questions?? Sue will be out of town so contact the
Concierge@sausalitovillage.org or 332-3325

FREE AND EVERYONE WELCOME!

Dear Friends of Breathexperience,

I am delighted to announce a Spring series of Breathexperience classes.



We will explore new adventures together—sensing how our experience of breath has a three-dimensional quality, and how it supports us in living our daily lives to include the many forces within us.

WEDNESDAYS 10:30-12:00

April 20, 27

May 11, 18, 25

June 8, 15, 22

WHERE: Margot's Breath House in Sausalito
(phone 415-722-8683 for directions)

Since space for breath classes is limited to 11, please sign up as soon as possible to reserve a space by e-mail: margot1@biestman.com. If you sign up for these 11 classes you can have an in-depth experience, however if you can only come to one or two classes please let me know and we can decide if this will work on an individual basis.

Participants on all levels of breath experience are welcome. These classes are complimentary.

NOTE: by popular request, I will offer breath art for the last class in this series on June 22 from 10:00-12:00. If you would like to attend please sign up early, as this particular event is limited to 5. I can accommodate 3 more if we move to a different location.

Sausalito Village member Margot Biestman is an internationally recognized teacher and trainer of Middendorf Breathexperience. Breathexperience is a somatic healing practice and art of living, introduced to the United States by Ilse Middendorf and Juerg Roffler

From, Margot

JOIN THE 4th OF JULY PARADE!

Calling all Sausalito Village
Members, Volunteers, Friends



Walk, Bike,
Ride...
Anyway you want,
just
Make sure to
come and be part
of SV, CARSS, Age
Friendly!!

WHEN: 9am July 4th

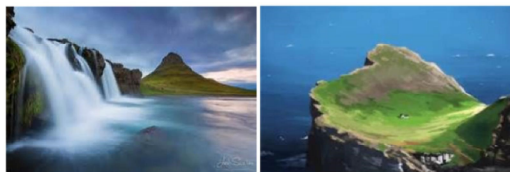
WHERE: Starting point will be given to you
the day before. It will be on the south
side of town.

RSVP: Andie Lautman at 415-500-1101 or
ablautman@gmail.com

**DON'T MISS OUT ON THIS FUN OPPORTUNITY TO BE PART OF
THE PARADE...and not on the sidelines!**

Tales of The Trails...

Join us to hear about the exciting highlights of
Sue Moxon's trip to ICELAND.



WHEN: Sunday, July 3

TIME: 7pm

RSVP: Sue Dunlap at Contact Sue Dunlap at
suedunlap46@gmail.com or 332-3746

LOCATION: Will be provided by Sue

Wine and light appetizers served

*Please plan to attend!
A Birthday Toast
celebrating members born in
June! - All Welcome*



Join Sausalito Village members, volunteers and Rotary Housing residents on the third Wednesday of the month. Meet at the Chamarita Room at 501 Olima Street.

June BIRTHDAY TOAST
Wednesday, June 29th, 4pm

For additional information, contact Sue Dunlap at suedunlap46@gmail.com or 332-3746.

If you need a ride, contact the Concierge at 332-3325 and we'll make sure you get one. If you are driving, please park on the street.

**Sausalito Village and the Sausalito Library present
Varda on Film
July 12. 3 pm Edgewater Room, City Hall**



Join us for a reprise of films shown by the Sausalito Library last winter. This summer matinee screening is 3 shorts that feature Jean Varda. *Uncle Yanco* is Greek filmmaker Agnes Varda's 1967 film about the life and ideas of her distant relative Jean Varda, who lived on the houseboat Vallejo in Sausalito's "aquatic suburbia." We'll be showing the beautiful 2015 remastered version released by the Criterion Collection. We'll also show *Varda's Wake* by Saul Rouda and a clip from *Phil Frank's Secret Sausalito* on the Ferryboat Vallejo, where Varda lived. Saul Rouda will be present to answer questions about his film, and Betsy Stroman, author of *The Art and Life of Jean Varda*, will be on hand to answer questions about Varda.

COMMUNITY WIDE EVENTS

Kids Against Hunger.
Feeding families around the world... and around the corner



Rotary Club of Sausalito



Third Annual Meal Packing Event

Saturday, June 11th -- 10:00AM to 1:00PM
Sausalito Portuguese Cultural Center - 511 Caledonia Street, Sausalito
\$50/adult ~ \$30/child 16 and under



Please join the Rotary Club of Sausalito and the Sausalito Portuguese Cultural Center for a fun morning of packing meals. This year's meals will be sent to local food banks to help needy families here in the Bay Area. Your tax-deductible donation covers a portion of the cost of the ingredients, storage and delivery of the meals. This is a wonderful hands-on event for adults and children. After the packing a delicious lunch will be provided by Sonoma's LaSalette, Tasca Tasca and Shiso Restaurants and Café Lucia, in Healdsburg.

Registration and payment may be made online at <http://sausalitorotary.weebly.com/>. Alternatively, you can mail your name, contact information and check (payable to "Rotary/Food KAH") to the attention of Ron Albert at 66 George Lane, Sausalito, CA 94965. Any questions about the event may be directed to Ron at rpalaw@sbcglobal.net.



SAUSALITO

WEEKLY WRITERS

Monday Mornings
9am-11:30am **FREE**

NEW LOCATION: SOUTHERN MARIN FIRE DEPARTMENT
COMMUNITY ROOM (SE Corner Caledonia & Johnson)



**All Authors, Writers, Poets,
Screenwriters, Playwrights...**

Join us!

- * Start your week off write
- * All forms and genres welcome
- * Beverages and snacks allowed
- * Short writing lesson and Q&A
-- first 20 minutes
- * 5-Min readings from the day's
new work -- final 20 minutes

**Internet-free
and cell-free zone**

Special Thanks to Jon Lam of State Farm and Sherrie Faber of First California Realty for printing and mailing the monthly Newsletter to our members who do not use computers. Their generosity helps to keep all of our members connected.

CONTACT US

P.O. Box 208, Sausalito CA 94966

415-332-3325

www.sausalitovillage.org

info@sausalitovillage.org

Sausalito Village is a 501(c)(3) California nonprofit organization.

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