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[Home](#) + [About Us](#) + [Members Only](#) + [Get Involved](#) + [CARSS](#) + [Event Calendar](#)

Home > Emailing

Date: 1/2/2017

Subject: Sausalito Village January Newsletter

From: Sausalito Village



What is *YOUR* resolution, hope or commitment for 2017?

Where does Sausalito Village fit in?



PHYSICAL EXERCISE on your list? Here are some options for getting your body moving:

- **WALKING:** Every Thursday at 9am a walking group meets at the Art Car at Dunphy Park for a one hour waterfront walk at a pace of approximately 3 miles per hour.
- **CHAIR YOGA:** Every Monday at 10:15am a class takes place at Campbell Hall (Santa Rosa and San Carlos Streets) for one hour. Wear comfortable clothes. Open to Members and Volunteers only.
- **ACTIVE HIKES:** Starting in February, a monthly hike in Marin will be organized. Most will be approximately 2 hours with the option of lunch afterwards. Watch the Weekly Update for the first one.
- **SF WALKING TOURS:** Join us on January 24th for an indoor tour of the Ferry Bldg. Check the event calendar for more information and additional SF walking tours.
- **BOCCIE:** Will start up again in the Spring. Bocce takes place in Dunphy Park on Tuesday afternoons. Check the calendar in a few months.

BRAIN EXERCISE on your list? Here are some options for getting that muscle working:

- **CHINESE MAH JONG:** This is a fun, fast paced game that will keep you thinking. Join in the fun at the Chamarita Room (501 Olima) on most Wednesdays afternoons. Check the calendar for the times.
- **MONTHLY SPEAKER SERIES:** The second Tuesday of the month from 3pm-5pm in the Edgewater Room (420 Litho) SV hosts a different educational speaker...never too late to learn something new!
- **BOOK CLUB:** This group meets at a members home on the 4th Wednesday of the month. Check the calendar for the next book and details about the time and place.
- **TALES FROM THE TRAILS:** On the third Sunday of the month at 7pm different members give an informal talk about their travel adventures - a great time to learn more about all types of travel and places to go. Check the calendar for the topic and details about the venue.

VOLUNTEERING on your list?

- **DRIVE FOR CARSS:** Sign up for one 4-hour shift per month to drive seniors around town and to Gateway Shopping Center. This program is open to seniors citywide. More info: www.carss4you.org.
- **VOLUNTEER FOR SAUSALITO VILLAGE:** There is always a need for drivers, but we also need volunteers with all types of talents to share. Make an appointment to speak to our Volunteer Orientation Coordinator by calling 332-3325 to learn more.
- **VOLUNTEER OPPORTUNITIES COUNTY WIDE:** No matter what your interest, there is most likely a good match for you at a non-profit in Marin County. Volunteer Match is a non-profit that helps you make that perfect connection. More info: www.volunteermatch.org.

SOCIALIZING on your list?

Every SV event and program provides an opportunity to socialize! But here are just a few of the monthly recurring parties:

- **BIRTHDAY TOAST:** Free and open to EVERYONE, this monthly party celebrates members born in the month, but it wouldn't be a party without the toasters, so please plan to come. Generally held on the second Wednesday of the month from 4pm-5:30pm in the Chamarita Room (501 Olima Street).
- **SING-ALONG:** Free and open to EVERYONE, this monthly sing-along has a different theme each month so be sure to check the event calendar to see what you will be singing! Generally held on the 3rd Monday of the month from 4pm-5:30pm in the Chamarita Room (501 Olima Street).
- **LUNCH ABOUT TOWN:** Attend a lunch with CARSS and SV members and volunteers at a different local restaurant each month around noon. Separate checks and some surprise additions! Check the event calendar for the date and venue each month.

Looking forward to seeing more of you in 2017!

Emergency Preparedness Just Got Simple! RESERVE YOUR KIT BY TUESDAY, JANUARY 3rd

All of us know we need to be prepared for the big one.
Most of us say we "**should**" but don't do anything.
Well Sausalito Village is making it easier to be more prepared.

On Tuesday, January 31st in the Edgewater Room (420 Litho Street) from 3:00pm-5:00pm Sausalito Village will offer Survival kits and walk you through the contents of the kit and other things to do to be prepared. Each kit will provide supplies for one person for nearly a week or two persons for 3 days.

Plan to attend and you will leave better prepared! Kits are valued at \$125 but Village members will be able to purchase them for the member-only price of \$40. Non members can purchase kits for \$75.

Reserve your kit by January 3rd by emailing: Flohoy@gmail.com and your backpack will be ready for pickup at the presentation on January 31st.

What a great way to complete a New Year's resolution - be part of a solution for a safer community.



Special Thanks!

In November our Board of Directors reached out to you - our members, volunteers and friends for a once a year annual appeal. We want to thank all of you who stepped forward to help us grow - to increase our memberships, increase the number of our fee waiver memberships and keep our annual dues the lowest in the State.

A special thanks to our Floating Homes Association partners for their incredibly generous donation of \$2750 from proceeds of the 2016 FHA Tours. FHA Members Larry Clinton and Mari Steeno stopped by the Holiday Sing-along Party to present the check to Tricia Smith, Sausalito Village President.

If you would like to make a donation, just click on the icon below.



MAHJONG....FUN FOR YOUR BRAIN!

Thanks to SV Member and CARSS Driver Mary Ann Griller (second to the right in the photo), Sausalito Village is now hosting a weekly Chinese Mahjong game. She promises it is easy to learn, fun and keeps you thinking!

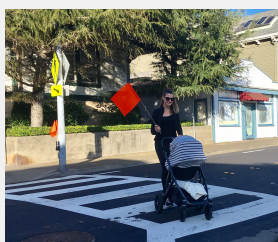
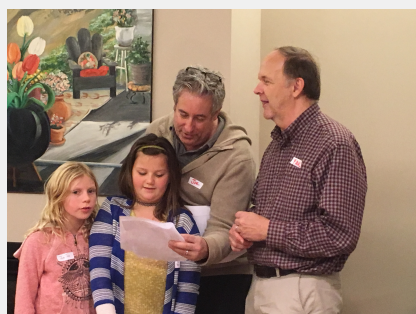
Plan to join in the fun - playing Mahjong ticks off two important boxes: good for your brain, good for socialization.
Check the Events Calendar at the bottom of this newsletter for the day, time and location of the next game.



Photos from the Holiday Sing-along can be viewed on Facebook - even if you don't have a Facebook account, you can still view the Sausalito Village photos!

Just click on the link below:

[Photos on Facebook](#)



The Pedestrian Flag Program is a partnership of Sausalito Village and Age Friendly Sausalito. As you can see - it works for ALL Ages!

Look for the flags at three key intersections in town. If you see the flags need to be redistributed.....don't be shy, go ahead and move them from one side to the other.

Thanks for your help.

Top 10 Reasons to VOLUNTEER in the New Year



NUMBER TEN: It's good for you

Volunteering provides physical and mental rewards and reduces stress. Experts report that when you focus on someone other than yourself, it interrupts usual tension-producing patterns.

It also makes you healthier - moods and emotions, like optimism, joy, and control over one's fate, strengthen the immune system.

NUMBER NINE: It saves resources

Volunteering provides valuable community services so more money can be spent on local improvements.

The estimated value of a volunteer's time in California is \$26.87 per hour based on the Corporation for National & Community Service.

NUMBER EIGHT: Volunteers gain professional experience.

You can test out a career and gain experience and references.

NUMBER SEVEN: It brings people together.

As a volunteer you assist in uniting people from diverse backgrounds to work toward a common goal building camaraderie and teamwork.

NUMBER SIX: It promotes personal growth and self esteem.

Understanding community and individuals needs helps foster empathy and self-efficacy.

NUMBER FIVE: Volunteering strengthens your community.

As a volunteer you help support, improve and beautify.

NUMBER FOUR: You learn a lot.

Volunteers learn things about self, government and community:

Self: Volunteers discover hidden talents that may change your view on your self worth.

Government: Through working with local non-profit agencies, volunteers learn about the functions and operation of our government.

Community: Volunteers gain knowledge of local resources available to solve community needs.

NUMBER THREE: You get a chance to give back.

People like to support community resources that they use themselves or that benefit people they care about.

NUMBER TWO: Volunteering encourages civic responsibility.

Community service and volunteerism are an investment in our community and the people who live in it.

NUMBER ONE: You make a difference.

Every person counts!

Please consider volunteering with Sausalito Village and/or CARSS in 2017!

Opportunities range from:

- transportation
- tech assistance
- host events, field trips, workshops
- companionship visits to frailest members
- healthcare advocate
- and more!

Click here for an application: [Volunteer Application](#)



Reprint of Marin IJ Story:

"Sausalito passes first senior action plan in county"

by Mark Prado

Sausalito has become the first city in Marin to approve an age-friendly action plan to assist seniors in the coming years. The seaside city has been out front on a lot of senior issues, and was the first in the county to be declared an "age friendly" community by the World Health Organization for its elder programs in 2014. The city's Age-Friendly Task Force crafted the plan with the hope that some elements could be included in the general plan. "One-third of our population is already 60 and older," said Tricia Smith, chairwoman of the task force. "What is the vision for how we want to age in Sausalito?"

The task force began meeting in April 2013 and created a survey to determine how Sausalito would be accessible and inclusive for its older residents. It came up with various domain areas on which to focus. Outdoor spaces and buildings is one area covered under the plan, and includes ensuring sidewalks are safe for older adults, making walking easier in commercial areas, improving the safety of crosswalks and providing well-lighted crossings. Transportation is also covered and calls for more support of the Call A Ride For Sausalito Seniors — or CARSS — which began in the city in 2015. County officials believe it's the first on-demand service in Marin; a ride can be requested the same day versus a day in advance. A cadre of vetted volunteers provides rides and delivers Sausalito seniors to banks, grocery stores and classes.

Housing is also on the action plan agenda. Streamlining city processes for home modifications to allow for easier access is noted, along with creating senior housing, among other strategies. Social participation, respect, social inclusion, civic participation, employment, communication, information along with community support, health services and safety are other topics addressed in the action plan. "It's the first one in the county and it's important because other cities are watching us," said Sybil Boutilier, a task force member who worked on the plan. "It's a big deal, a real milestone." [Read More...](#)

EXTRA CARSS Rides in January 2017

RESERVE by 5pm 2 days ahead to 415-544-5474 OR
info@carsskyevall@gmail.com SIGN UP NOW!!



Sausalito Speaker Series - Tuesday, January 10th, 7pm Edgewater Room
"Songs That Tell A Story" by Peter Robinson, KALW Critic, editor of SF Books and Travel and Presidents of SF Literary Society. Musical soiree to explore lively music cuts.

"How Clean Is Our Air?" - Wednesday, January 11th, 7pm, Council Chambers
 Monica Miller, Sausalito resident and activist will host an info session on global CleanSpace movement. More info: Our.Clean.Space/map-sf-bay-area

Alan Watts Discussion Circle - Sunday, January 15th, 5pm, Library
 Facilitator Kamran Thunder leads a study/discussion group that will meet monthly at the Library to discuss the ideas of Watts and philosophers and influential Far East perceptions.

Library Speaker Series - Thursday, January 19th, 7pm, Council Chambers
"The Trump Effect: The Federal Reserve, Jobs and Interest Rates" by Joe Caldwell, publisher of the Fed Journal for more than a decade. Joe's annual presentations help to bring us up to speed on what to expect for the new year.

A Workshop on Retirement Living Options - Mon., January 23rd, 2:30pm, Edgewater Room
 Sausalito Village hosts a presentation by John Milford on options in retirement living when staying at home is no longer an option.

Library Speaker Series - Thursday, January 26th, 7pm, Council Chambers
"Body Language 101" presented by Sausalito resident Sally Bonkrude who is a Board Certified Music Therapist, Licensed Professional Counselor and professional speaker presenting workshops, seminars and webinars for PESI, Spiegel Academy Online and music therapy conferences.

The Bird Photographs of Richard Pavsek - Friday, January 27th, 7pm, Library
 Enjoy the photographs of Sausalito resident Richard Pavsek who will present a selection of his beautiful photos of birds from around the world including in flight.

Grab and Go Emergency Backpack - Tuesday, January 31st, 2:30pm, Edgewater Rm
 Join us for a Sausalito Village presentation that includes emergency preparedness information and the opportunity to purchase a reduced price one week emergency pack.

CARSS EXTRA Rides for January

If you are 60 and older and looking for free rides around town, you have come to the right place! CARSS provides rides Monday through Friday 10am-2pm anywhere you want to go in Sausalito, Floating Homes and Gateway Shopping Center. Rides are provided by vetted and trained volunteers. Same Day Rides available!! Evening rides to select events, check out the flyer to the left.

Start Riding TODAY! Click Here: [CARSS Rider Application](#)

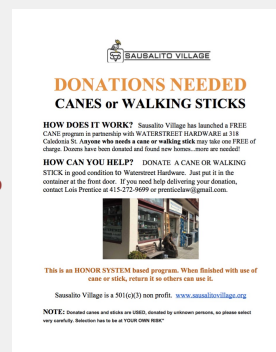
Interested in Driving? Click Here: [CARSS Volunteer Application](#)

MORE RECYCLED CANES ARE NEEDED!

Please keep the Cane Program in mind if you have any canes or walking sticks that are in good working order in your home that you no longer need. Drop them off at Waterstreet Hardware on Caledonia Street and they will be made available to others in the community who are in current need of one! Thanks so much and if you have any questions about the Village sponsored program, contact:

Lois Prentice at prenticelaw@gmail.com

Click on the picture of the flyer to the left to enlarge it.



Sausalito Village Adventures in the Works....interested in helping them get off the ground or have some ideas? Let us know!



- Ferry and City hike to Coit Tower, lunch in North Beach
- Architectural walking tour in SF
- Luther Burbank Gardens
- Muir Woods at Night
- Hike cliffs by Sutro Baths
- Walking tours of SF
- Tour of the Matthew Turner tall ship in Sausalito
- Muir Woods at night
- AND MORE!

Contact Tricia at triciasmith58@yahoo.com

Member Share Area

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

Tricia Smith, Sausalito Village Board President found the latest Costco magazine full of articles that were truly inspiring 'gems'! One in particular by Ken Druck can be read by clicking here: [Age Courageously by Ken Druck](#)

Felicity Kirsch, Sausalito Village Board Member has been singing the praises of a book that she has read and strongly recommends called 'Marrow' by Elizabeth Lesser, co-founder of the Omega Institute. Here is the link to a synopsis on Goodreads: [Synopsis of Marrow](#)

Dorothy Gibson, Sausalito Village Member has typewritten a book on the history of the Sausalito Parks. She now needs to have it transcribed onto the computer so that she can have it published. It is approximately 100-120 pages. If you would like to help Dorothy, please let Tricia know at triciasmith58@yahoo.com.

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 (415-339-9200)** and **Jon Lam of State Farm (415-331-1002)** 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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[Return to Previous Page](#)