

---

## Your Sausalito Village Newsletter - November

1 message

---

**Sausalito Village** <info@sausalitovillage.org>  
Reply-To: Sausalito Village <info@sausalitovillage.org>  
To: triciasmith58@gmail.com

Thu, Nov 1, 2018 at 6:38 PM

[View this email in your browser](#)



November 2018

NEWSLETTER

---

**Thanksgiving is a time of togetherness and gratitude.**  
*Nigel Hamilton*



EVENTS

Looking for the complete schedule of Sausalito Village events? [Click Here](#)

---



**Reserve Your CARSS Ride by 5:00 pm, Two Days in Advance**  
**415.944.5474 or [email](#)**

### **Friday Evening Program Series – Ghosts of the Golden Gate**

**Friday, November 9th, 7pm in the Library**

The Southern Marin section of the Golden Gate National Recreation Area is rich in culture and natural history. The “Ghosts of the Golden Gate” project tells the park’s story by matching beautiful and fascinating archival photographs with photos from today. Join Ted Barone, a volunteer photographer with the National Park Service and the curator/photographer for the “Ghosts” project as he reveals the hidden history of familiar locations. Ted recently retired after thirty years in public education, the last thirteen as a middle and high school principal. A naturalist, photographer, hiker, and mountain biker, he knows the parklands like the back of his hand.

### **Speaker Series – Attitude: The Power of One’s Thoughts and the Secret of Life**

**Thursday, November 15<sup>th</sup>, 7pm in the Council Chambers**

Join psychologist and Sausalito resident Adam Milgram for a discussion of the meaning of attitude, how attitude is formed and developed, and how it powerfully influences one’s life in every manner – from one’s happiness to one’s success in business and work, to the meaningfulness and joy in one’s relationships, to one’s overall health, longevity, and well-being. One’s attitude can be changed for the better, and doing so can considerably better one’s life. Adam Milgram is a student of psychology, mysticism, and spirituality and has read and practiced widely in these areas. Throughout the past thirty years, he has integrated his experience and understanding of psychology with his experience and understanding of spirituality into a psychospiritual perspective.

### **Speaker Series – Social Security: It’s All About Timing**

**Thursday, November 29<sup>th</sup>, 7pm in the Council Chambers**

Many people assume that they have to begin receiving Social Security retirement benefits as soon as they retire and stop working. But that’s not the case. Retiring and claiming Social Security benefits are different. You have options, and learning about them may help you make a well-informed decision about when to start receiving your benefits. Presenter Jeanie Schwarz MBA, CFP is a principal with Lumina Financial Consultants of Sausalito. She is an expert in personal financial management with over sixteen years of experience helping individuals understand their household cash flow, project their long-term financial needs, and craft strategies to reach their goals.

### **6<sup>th</sup> Annual Sausalito Village Art Exhibit Opening Reception**

**Sunday, November 11<sup>th</sup>, 6-8pm in the Library**

This year the Exhibit will honor **Bill Kirsch**, Artist & Architect, a long time member of Sausalito Village, whose life and work has inspired us. Bill passed away in February.

---



### **ELDER FINANCIAL ABUSE**

The financial abuse of seniors takes many forms, and nobody is immune. [Read this important article written by Lara Hilgers and published by Marin Magazine.](#)

---



### **SAUSALITO VILLAGE TRIPS COORDINATOR**

Do you like to visit museums and other Bay Area attractions? Sausalito Village offers a fabulous opportunity to revel in Bay Area culture with a bunch of like-minded people. We are looking for someone to work with a team of people to coordinate once a month trips. Access to e-mail and some computer skills are

required. If you'd like more information, contact former trips coordinator, Sharon Seymour via [email](#), or phone 415.331.1362.

Our last trip was in September and we'd like to get them going again.

*Submitted by: Anne Dorsey*

---



**WALK THIS WAY**



How fast is fast enough? About 100 steps per minute might be a reasonable goal, but your mileage may vary.

This [Harvard Heart Letter](#) explores the importance of walking speeds while also acknowledging the importance of listening to your body.

*Submitted by: Sybil Boutillier*

---



### **BOTH! Memoir Group and Memoir Workshop Every Month**

You now have two opportunities each month to express and develop your writing thanks to the commitment of Memoir Leaders Rick Seymour and Judy Holmes.

On the first Monday of each month, Rick will focus on story-telling and sharing, a format for learning about one another's lives and affording the opportunity to connect through writing and telling stories and listening to one another. This is perfect for those who are not particularly concerned with discussion of writing skill.

On the second Monday of each month, Judy will lead a Memoir Workshop and keep the focus on composition skills, where members will give and receive helpful feedback on their writing.

With this new format there is room to grow both groups. We ask you to consider joining our exiting exploration of what Marcel Proust called *Recherché du Temps Perdu* - or recapturing lost times.

For more information about time and place, please contact:

[Rick Seymour](#) or [Judy Holmes](#)

*Submitted by: Tricia Smith*

---



### **THE SECRET TO AGING WELL? CONTENTMENT.**

How we respond to aging is a choice. It is about being content and happy with what you have and who you are, no matter what your age.

Read more about exercising your contentment muscle in this [NY Times article](#)

*Submitted by: Joyce Alexander*

---

**Over and over, I marvel at the blessings of my life: Each year has grown better than the last.**

*Lawrence Welk*

---

# Happy Birthday

We're Celebrating With You in November!

Pat Boddy  
Anne Bomford  
Carroll Covey  
Mary Ann  
Dietrich  
Susan P. Dunlap  
Ann Heurlin

Joan Procter  
Michael Sheats  
Janice Spiritas  
Bob Stroman  
Kimery Wiltshire



**HOW CAN I GET AROUND MARIN COUNTY IF I DON'T DRIVE?**



**Wednesday, November 7, Noon**

**Edgewater Room, City Hall**

**Bring a brown bag lunch. We will have water and dessert.**

If you are a Sausalito Village member, you already know that you are eligible for free rides for medical appointment around Marin County from our vetted and trained volunteers, as well as shopping trips each month. But what are your options if you just want to visit a friend in San Rafael, or have your hair done by your favorite stylist in San Anselmo?

Thanks to Measure B funding - derived from a fee tacked on to everyone's motor vehicle license fee - there is money set aside for transportation options for seniors and people with disabilities. Most of the funding goes to the Paratransit van transportation, but there are other options including subsidized taxi transportation.

Can't Make It? Visit [Marin Transit](#) to learn more about getting around Marin!

---



*Italia*, by Bill Kirsch

# SAUSALITO VILLAGE FIFTH ANNUAL ART EXHIBITION

**Art! Music! Food! Literature! Libations!**

Sunday, November 11, 6:00 - 8:00 pm

City Hall, Sausalito

For more information visit our website or call 415.332.3325

This year's exhibition is dedicated to Bill Kirsch, who bequeathed to us all so much.

---



**FINALLY, A LITTLE THANKSGIVING VIDEO**

[Enjoy!](#)

*Submitted by: Joyce Alexander*

---

---

PLEASE JOIN US ON [FACEBOOK](#) TODAY!

---



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



Join Sausalito Village and More Than 600 Friends and Neighbors on [Facebook](#)

---

This email was sent to [triciasmith58@gmail.com](mailto:triciasmith58@gmail.com)  
[why did I get this?](#)   [unsubscribe from this list](#)   [update subscription preferences](#)  
Sausalito Village · PO Box 208 · Sausalito, California 94966 · USA

