



*Chair Yoga with Rayner
Thursday Walking Group*



CHP Driving Course



An SV

[SV Website](#)
[Volunteer](#)

[CARSS Website](#)

[Donate to SV](#)

Click below for this month's calendar of events



Members - 10 Minutes of Your Time....please!

Our Village is growing and we want to insure that every member is being heard. To help with this, the Sausalito Village Membership Team has created a simple online questionnaire via Survey Monkey that all members will receive by email this month.

The questions are predominantly multiple choice and flow quickly. We ask that you take a few minutes to complete the survey and help us plan for future events, classes, trips, programs and more.

We look forward to hearing from you.



If you are not a member but have something you would like us to consider, please email Tricia@sausalitovillage.org.

Thank you!



Annual Sausalito Village Community Meeting.

Three inspiring speakers share stories of making our world a better place, testing their limits and challenging whatâ€™s possible. Don't miss this free event. OPEN TO ALL

Elaina Breen, who learned to sail in her sixties, became the oldest woman to win the Clipper Around the World Yacht Race, â€œunquestionably the most physically demanding things Iâ€™ve ever done in my life.â€

Xerxes Whitney, â€œGoing to the edge by going within.â€ Born with cerebral palsy, Xerxes overcame his physical challenges to run five marathons and scale Mt Whitney turning â€œself-pity and shame into ownership and strength.â€

Jim Emerman, of Encore.org shines light on change-makers in their 60s, 70s, 80s and 90s who have reset the second half of their lives with a â€œlearning, purpose and passionâ€ to make social impacts in their â€œencoreâ€ years.

DATE: Sunday, May 15th
TIME: 6:00pm - 8:30pm
WHERE: Sausalito Library
NO RSVP Necessary
FREE and open to everyone!

Light sandwiches and refreshments will be served.

In Memoriam

Barbara Gifford passed away on March 11th getting ready to do what she loved more than anything, playing bridge.

She was a Master's bridge player and enjoyed a busy schedule each week with her beloved bridge partners.

Barbara was 92 years old and lived alone in her home of over five decades. She is survived by her two

granddaughters who were so important to her. Requiring dialysis three times per week, SV volunteer drivers were called upon to provide transportation to and from Greenbrae. Special thanks to those volunteers who drove a dedicated time slot each week for several years. It truly took a village to support Barbara in aging in her home and she was always, always grateful. We miss you Barbara!

Read her full obituary on Legacy.com by clicking here: [Barbara's obituary](#)



Have You Talked With A Travel Navigator Lately?
Call this number! 415-454-0902



Marin Access (part of Marin Transportation) created Travel Navigators, a one stop service to evaluate your eligibility for all of their programs for accessible transportation in Marin including Paratransit van service and Catch A Ride. Catch A Ride provides qualified riders with 8 one way taxi vouchers each month worth \$14-\$18 per ride. Riders must be 60 years of age and no longer driving or 80 and older whether they drive or not. Learn more about these programs at the Marin Access website: [Learn more about Travel Navigators](#)

**Cycling
Without
Age**

**CLICK ON THE
PHOTO** to the Left to
read the Marin IJ article
about a unique and fun



event called **Cycling Without Age**, an Age Friendly Corte Madera program.

Cheryl Longinotti took SV Board Member Tricia Smith and her mom Mary for a ride on her Trishaw on St. Patrick's Day, which happened to be Mary's birthday. What a gift to enjoy the 78 degree weather and sunshine while cycling around Corte Madera Town Park! Read the article for contact information about taking a spin - perfect for folks who are no longer able to cycle themselves but enjoy the feeling.

Commission on Aging - Serving YOU! New Area Plan Released - Learn More [HERE](#)

The Marin Commission on Aging (COA) has 23 Commissioners representing every City and District in the County. Commissioners meet monthly at locations that rotate around the County. The April meeting will highlight a presentation about the Area Agency on Aging's (AAA) new Area Plan.

The AAA has developed its latest four year plan after an extensive needs assessment gathering 3,000 surveys from older adults in Marin County. To learn more, plan to attend the presentation of the plan at the Public Hearing on April 7, 10am-11am at the San Rafael Community Center located at 618 B Street in San Rafael. The April COA meeting will follow.

For the schedule of future meetings of the COA and more information on how to participate in COA click here:: [Commission on Aging web page](#)

The Area Agency on Aging Area Plan document can be found on the Live Long Live Well Marin web site by clicking here: [Draft of Area Plan](#)

If you would like a hard copy of the plan mailed to you, please call 415-457-INFO (4636).

Commission on Aging Quarterly newsletters are published and available free of charge. The current issue includes a cover article about the Department of Aging's new Area Plan. Click on the photo to read the current issue:



Next In The Series.....Palliative Care

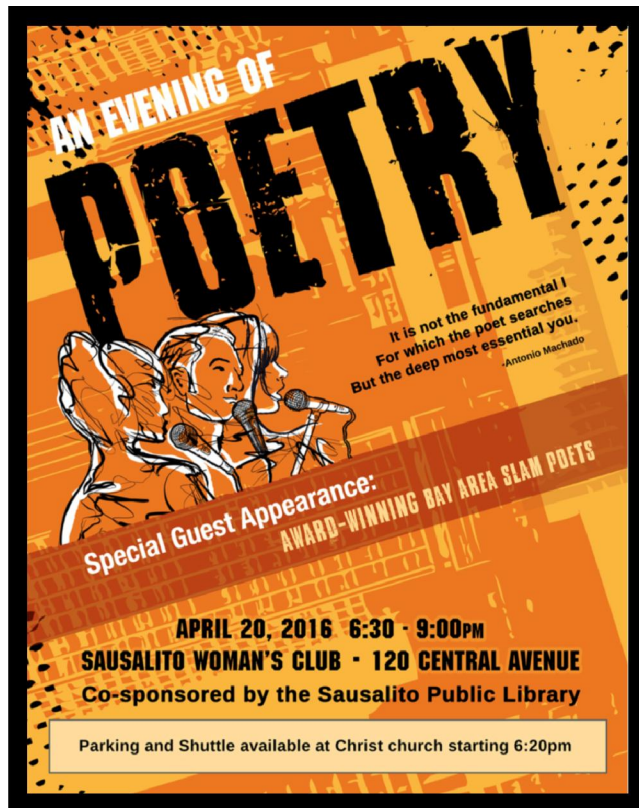
The next event in SV's "Being Mortal" speaker series will be on **palliative care**, a subject that has generated enormous interest. What is it? Who's eligible for it? How does it differ from hospice (let us count the ways!)? How does one access it? And more. We're aiming for late April, but do not have a firm date yet. So stay tuned and check the SV Weekly Calendar Updates every Friday this month for a flyer. Meanwhile, here's a link to an excellent article from the NY Times - click on the photo below:

In Palliative Care, Comfort Is the Top Priority



Paula Span
THE NEW OLD AGE FEB. 12, 2016





Free CARSS Rides in April To Sausalito Library Events!



If you are 60 or older and live in Sausalito or the Floating Homes (up to Gate 6 ½), you are most likely eligible for FREE door-to-door rides through CARSS to the following evening Library events

The History of Caledonia Street: Golfers, Gangsters and Garages
Friday, April 1
7:00 p.m. inside the Library

The California State Poetry Society Presents Bay Area Poets
Thursday, April 7
7:00 p.m. in the Council Chambers

The Ships of San Francisco Bay
Friday, April 8
7:00 p.m. inside the Library

Remembering Evan Connell
Friday, April 15
7:00 p.m. inside the Library

An Evening of Poetry
Wednesday, April 20
7:00 - 9:00 p.m. at the **Sausalito Woman's Club**, 120 Central Avenue

Behind the Bark: What Sea Lions Have to Tell Us about the State of our Coastal Waters
Friday, April 29
7:00 p.m. inside the Library

Call (415) 944-5474 to reserve a ride. RSVP by two days before the event. CARSS is a City of Sausalito Age Friendly Program.

Member Share Area

Email editor@sausalitovillage.org if you have something to add to Member Share Area in the May Newsletter

Nina Meister would love to get a small group together to go to the Bill Graham exhibit at the Jewish Contemporary Museum which runs through July 5. The museum is open 11-5 Friday through Tuesday and 11-8 Thursday. Closed Monday and Wednesday. Contact Nina directly at theninameister@gmail.com if you are interested.

Betsy Stroman recommended this article in AARP about avoiding scams. Many members have reported calls allegedly from the IRS requesting money and IBM for technical help as well as the Grandparent Scam. Click the link below to read the article.

[AARP article on Scams/Fraud](#)

Tricia Smith promises that if you are from the New York City Area or love traveling there you will enjoy this entertaining video of Johnny T. Click on the link below to view it.

[Johnny T's NYC Tourist Tips](#)

DON'T MISS THESE UPCOMING ONE TIME ONLY EVENTS!
Click on the Calendar to View the Details.



- April 1 History of Caledonia Street by Mike Moyle
- April 2 History of Caledonia Street Walk by Mike Moyle
- April 3 Tales of the Trails travel talk of Iran
- April 5 Trip to Palace of Legion of Honor Museum
- April 13 Monthly Meet on Preparing for a Disaster
- April 15 Remembering Evan Connell
- April 20 SWC and the Library Present An Evening of Poetry
- April 21 Lunch About Town at Le Garage

Sausalito Village is a 501(c)(3)
PO Box 208, Sausalito, CA 94966
415-332-3325

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