



Whole Aging Calendar

HEALTH EDUCATION & EVENTS

FOR SENIORS & FAMILY CAREGIVERS



Sutter Care at Home
A Sutter Health Affiliate
With You. For Life.

Events & Programs are "**Free**" unless otherwise noted
July - August - September 2019

Sponsor	Special Events	Date
Covia at Margaret Todd Senior Center (MTSC) 1560 Hill Road, Novato covia.org novato.org/niep (415) 899-8290 *Due to limited seating, reservations are required. Please call to register.	Too Much Stuff: Do you hold on to more things than you have room for because of a fear of waste? Do you have a passion for collecting or a sentimental attachment to too many things? Does it cause distress? Come to this workshop and learn ways to understand these behaviours and get some ideas for what to do. Presented by Sue Zee Poinsett.	Wednesday July 24 10:00AM - 12:00PM
	Medicare Fundamentals: Join a representative from HICAP for an informative presentation on the components that make up Medicare Parts A, B, D, Advantage plans, Supplemental plans, deadlines and more. You will receive valuable handouts for reference so you come away from this seminar with questions answered and the ability to make more informed decisions about your Medicare coverage.	Wednesday August 14 10:00AM - 12:00PM
	End of Life Consciousness 3-Part Series, Part I: Dr. Joy Tianyun Wu's experiences and clinical cases have shown that Chinese Taoist traditional culture and medicine is able to offer accessible intangible wisdom to our modern life and to end of life compassionate care. The hospice movement provides a great solution for modern fast-paced life, while natural healing remedies and hands on modalities approach provide alternate responses to chemical drugs for symptoms. Many conditions require a "Death Doula" to help the emotional and spiritual needs with a deeper and more humane touch. Please join us for this 3-part series where each week will cover a deeper understanding of human consciousness at the end of life. Part I will cover topics such as preparing for entrance into the spiritual world, physical, emotional and spiritual healing, incorporating personal cultural and beliefs into customized care, and what happens after death.	Wednesday September 11 10:00AM - 11:00AM
	End of Life Consciousness 3-Part Series, Part II: Please join us for Part II of this 3-part series where Dr. Joy will cover topics such as how one imagines their last days, how to help loved ones age consciously when healthy, and preventative care and self-healings being an essential way to live healthily to the end of life.	Wednesday September 25 10:00AM - 11:00AM
	Memory Screening: Memory Screening is perfect for anyone concerned about memory loss or for anyone who may not be concerned, but would like a baseline for future comparison. It is as simple as a few short activities with an older adult professional. How you do with the activities is not a diagnosis and does not replace a consultation with a qualified health professional, however it may lead to a thoughtful conversation about "next steps." You will have time to discuss your concerns with a professional. The screenings are confidential one-on-one sessions between you and a professional.	Friday September 27 1:00PM - 4:00PM
	End of Life Consciousness 3-Part Series, Part III: Please join us for Part III of this 3-part series where Dr. Joy Tianyun Wu will cover topics such as what the current Hospice service is missing, how hands-on healing can reduce physical discomfort, how to prevent healthy individuals from declining to bed rest, and how to find your transition team early.	Wednesday October 9 10:00AM - 11:00AM
Hospice by the Bay 17 E. Sir Francis Drake Blvd, Larkspur www.hbtb.org (415) 526-5699	Hiking and Grief: In this counselor-led hiking group, we'll explore beginner to intermediate trails, with other adults who've experienced the loss of a close family member or friend. Sharing of stories and insights is welcome, but not required. Registration is required to attend this event call or email at: griefsupport@hbtb.org	Friday July 12 10:00AM - 12:00PM
Alzheimer's Association 4340 Redwood Hwy, San Rafael (800) 272-3900 alz.org/norcal	Know the 10 Signs of Alzheimer's: Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Registration is required. Location: 7/24 - Whistlestop, 930 Tamalpais Ave, San Rafael. Call (415) 472-4340 to register in San Rafael. 7/30 - San Anselmo Library, 110 Tunstead Ave, San Anselmo Call (415) 472-4340 to register in San Anselmo.	Wednesday July 24 10:00AM - 11:30AM - Tuesday July 30 11:00AM - 12:30PM
Marin Villages marinvillages.org (415) 457-4633	10 Years Together: Join Marin Villages in celebrating members & volunteers for their 10 year Anniversary. Location: Jason's Community Room, 300 Drakes Landing Rd, Greenbrae	Sunday September 8 3:00PM - 5:00PM
Seniors At Home seniorsathome.jfcs.org (415) 449-3777	Aging with Style Series - Emotional Wellness: How to Address Life's Disruption and Maintain Emotional Wellbeing: This workshop will focus on how to identify common emotional issues, learn effective communication skills, self-care techniques, and learn about treatment options. Register on Eventbrite: https://aws-emotionalwellness.eventbrite.com Location: Belvedere-Tiburon Library, 1501 Tiburon Blvd, Tiburon	Wednesday July 24 12:00PM - 1:30PM

Sponsor	On-Going Events	Date
Covia at Margaret Todd Senior Center (MTSC) 1560 Hill Road, Novato covia.org novato.org/niep (415) 899-8290	Market Day: An award-winning program provides fresh produce from local suppliers to seniors at or below wholesale. CalFresh accepted. Dates: July 3 & 17, August 7 & 21, and September 4 & 18	1st & 3rd Wednesdays 10:00AM - 11:00AM
	Home Delivered Grocery Program: Volunteers shop for and deliver groceries to homebound older adults in Novato & San Rafael who are unable to shop for themselves. Partnerships with Safeway & WhistleStop. Call to sign-up. CalFresh accepted.	Every Tuesday 8:00AM - 1:00PM
	Brown Bag Market: Groceries distributed to qualified, low-income, Novato seniors who shop and fill their own bag. Food provided by SF-Marin Food Bank.	Every Wednesday 1:00PM - 2:00PM
	CalFresh Application Assistance: CalFresh is a monthly nutrition benefit that supplements the cost of food and helps people stretch their budget. It has now expanded to include those on SSI! For more information or to apply for CalFresh call (415) 964-7552.	On-Going
	Margaret Todd Café: Good Earth Natural Foods serves hot lunch. Cost is a suggested donation of \$3 for older adults 60+. Monthly menus available at the Center. For reservations call (415) 457-4636 seven days before you plan to dine. Drops-ins welcome.	Every Tuesday, Wednesday, & Thursday 12:00PM - 12:30PM
	Alma Latina: El club de Alma Latina ofrece programas educacionales, eventos multiculturales para la Persona de la Tercera Edad. Los último martes del mes nos reunimos para almorzar juntos y recibir información sobre temas de interés. Llamar al (415) 899-8297.	Último Martes 12:00PM - 1:30PM
	Blood Pressure Clinic: Blood pressure and pulse rate checked by volunteer nurses. Drop in ok, no appointment necessary.	1st & 3rd Thursday 10:00AM - 12:00PM
	Health Insurance Counseling & Advocacy Program (HICAP): Provides counseling and assistance with Medicare, supplemental insurance claims, and evaluation of supplemental health policies. Call (800) 434-0222 for a free appointment.	2nd & 4th Wednesday (Appt. Required)
Victim/Witness Protection Program: Drop-in to meet with an advocate if you are a victim of a crime or need assistance resolving consumer problems.	1st & 3rd Thursday 9:00AM - 12:00PM	
Covia Community Services covia.org/services	Home Match: Have a home, condo or apartment to rent? Need a place to call home? Free referral service for seniors that provides alternative housing needs. Call (415) 521-8541.	On-Going
	Well Connected: Friendly conversation, assortment of telephone groups and activities for adults 60+ who find it difficult to participate in activities in their community. Participants call from home/cell phone. Call (877) 797-7299 to register. *Also in Spanish. Se habla español.	On-Going
	Social Call: Social Call matches individuals age 60+ with vetted, trained volunteers for friendly conversation by phone or in person. Call (415) 805-6992.	On-Going
The Spahr Center (415) 457-2487 x1002	Coffee, Conversation and Community: Drop-In discussion group bringing together lesbian, gay, bisexual, and transgender seniors. Tues. - MTSC, Wed. - Town Center Corte Madera Community Rm., Ste. 201. Call for information.	1st Tues./2nd Wed. 12:00PM - 2:00PM
Hospice By the Bay (415) 526-5500	Grief Counseling, Support Groups, Seminars: Comfort and support after the loss of a loved one. Fee scale. Free seminars on Advance Health Care and Estate Planning.	1st & 3rd Thursday 9:00AM - 12:00PM
Marin Glaucoma Support Group (415) 388-3241	Marin Glaucoma Support Group: Support group for those with glaucoma. Drop-Ins are welcome. For more information call or email chatoyant1@gmail.com Meetings: Redwoods, 40 Camino Alto, Mill Valley	1st Saturday 1:30PM
VIM & Lighthouse (415) 459-5066	Vision Impaired Support Group: For people with visual problems and those who assist them. Meetings: All Saints Lutheran Church, 2 San Marin Drive, Novato. Call (415) 897-3937 for reservation and more information.	2nd Friday 1:00PM - 3:00PM
Lighthouse of Marin (415) 258-8496	Practical Solutions for Men with Vision Loss Support Group: Visually impaired men over age 55 meet for problem solving and discuss adjustment to vision in daily life, work, family and relationships. Call for location and information.	1st Tuesday 9:30AM - 11:00AM
LifeLong Medical Care (415) 897-6884	Adult Day Health Program: Therapeutic social and health activities and services for persons with functional impairments, for the purpose of restoring or maintaining optimal capacity for self-care. Includes transportation. Call (415) 897-6884 ext.18.	Monday - Friday 10:00AM - 3:00PM FEE
Alzheimer's Association (415) 472-4340	Caregiver Support Group: Support group for those who are caring for a loved one with memory loss. Drop-ins are welcome. Meetings at MTSC and 4340 Redwood Hwy, Suite D-314, San Rafael.	Call for date and time
Seniors At Home seniorsathome.jfcs.org (415) 491-2500	The Club at Senior Access: Marin's club for folks with memory loss. Activity based program providing creative stimulation, art and music programs and group exercise for older adults who need assistance with personal care. Call (415) 491-2500, ext. 140.	Monday - Friday 10:00AM - 3:00PM FEE
YWCA (415) 479-9922 Fiftyplusmarin.org	Employment Support Program for Women 50+: YWCA offers free workshops and support to develop new skills, build confidence and help you find your next job. Location: 4380 Redwood Hwy, A-1, San Rafael.	On-Going
Marin Village (415) 457-4633 marinvillages.org	Novato Village: Join Novato Village for social coffees and multicultural lunches in Novato. Meet new friends and learn about services for seniors. Call for time and place, and other Village locations.	2nd and 4th Wednesday
Division on Aging (415) 499-7396	Marin County Commission on Aging Monthly Meeting: Call for time, location and more detailed information.	1st Thursday of each month