



# NEWS & VIEWS



Club: [www.novatoseniors.com](http://www.novatoseniors.com)  
Club Phone: 415-899-8254

Margaret Todd Senior Center  
1560 Hill Road, Novato, CA 94947

Center: [www.novatoseniors.org](http://www.novatoseniors.org)  
Center Phone: 415-899-8290

From Your NSCC President - Sandi Smith

Doesn't it feel like Easter is late this year? Last year it was in late March. When I was eight years old, Easter fell on my dad's birthday, March 31, or we thought that was his birth date. Years later, when applying for a passport, he found out the real date was March 30 and he was a year older! From then on, we celebrated on the 30th, but he never did acknowledge being older.

Back to the present and as the song goes...."April Showers..." I think we have all had enough of the rain, thank you very much! I'm looking forward to the May Flowers.

A short recap of April: April 3, Veolia will provide the birthday treat, plus their free raffle. Easter Sunday is April 16. There will be no Bingo that day. On Monday, April 17, we will be raffling off the Easter baskets that are filled with donations from our members. Before that, at 11:30am, we will begin our annual Easter egg hunt. Sign up by 11:15am to get in on the fun. Find one of the four coins and win a See's candy egg! On April 13, the sign-ups close for our Country Western Dinner on the 19th. Dust off those boots and cowboy hats for a wonderful dinner and Fairel Corbin's Hot Grubb Band, that will get everyone's toes tapping.

If you grew up in San Francisco, or just want to visit for a day, there will be a great bus tour of the City on April 27, sign up soon, it's limited to 46 people.

I just heard today that a lovely lady will be celebrating her 100<sup>th</sup> birthday on Saturday, April 29. Happy Birthday Libbal!

Last of all, welcome in your new Board Members on April 10. You will see some returning people and some new faces. This group of people will do their best to promote the Club, get new members, work established events and try some new events and activities. In order for them to succeed, as always, we need volunteers to help us! If any of you would like to join us in making our Club better, please talk to a board member. Get involved, volunteering is good for the Club and especially good for you!

*Sandi Smith*

## NSCC Brunch On Hold



We will not be serving brunch in April or June as originally scheduled. Our attendance has dropped so low that we have decided to rethink the program and explore new ideas. To all of our patrons and volunteer workers—many thanks for your support over the years. Let us know if you have suggestions we might consider for the future.

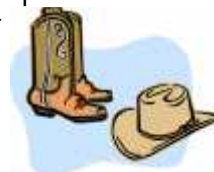
## HAPPY BIRTHDAY!



Veolia returns this month to bring their wonderful pies and have a fun raffle. Join us Monday, April 3 at 12pm to sing "Happy Birthday" to all the April babies!

## NSCC Country Western Dinner—Wed., April 19th

Last year we had such a wonderful dinner prepared by Ray Dwelly and fellow Druids, we invited them back again! The menu will be boneless short ribs, potatoes, coleslaw, vegetables, rolls and dessert. Fairel Corbin's Hot Grubb Band will entertain us with his country western music for your listening and dancing pleasure. We will also have great raffle prizes. Happy Hour starts at 5pm. Drinks are \$1 to \$3. Dinner starts at 6pm. Price is \$22 for members and \$25 for non-members. Sign-ups end Thursday, April 13th.



## NSCC Catered Lunch — Monday, April 24th

John Cornelius returns to join Pat Castillo in the kitchen to prepare grilled pulled pork sandwiches, tortellini pasta salad, stuffed eggs and dessert. Price is \$9 for members and \$12 for non-members. Sign-ups start Monday, April 3rd and end Thursday, April 20th.



## Evening of Big Band — Tuesday, April 25th

Join us on Tuesday, April 25th, from 7:30-9:30pm at the Margaret Todd Senior Center for an evening of wonderful live music performed by the 16 piece band, People of Note! Tickets \$5 at the door. Bring a friend and enjoy live music, coffee and a treat!



## Afternoon Tea in Paris—Wednesday, May 3, 2-4pm

Grab your passport and join us in Paris for the afternoon! Enjoy an assortment of teas and pastries served on fine china. Do you have a set of china that you'd love to put to use? Enter our table decorating contest and create a tablescape using your own setting. A single ticket costs \$8 or enter the table decorating contest for \$30 (includes four tickets). Sign-ups now open!



## Read All About It!

NSCC 2017 Election Results

President

Sandi Smith

Vice President

Tom Lopez

Recording Secretary

Sal Priolo

Treasurer

Paula Hafling

Corresponding Secretary/Historian

Lorraine Day

Membership Director

Ron Lopez

Members at Large

Lenore Keithley

Michalene Thone

Steve Oldenberg

Alice Hakin

Congratulations to our new Board! Special thanks to our Nominating Committee consisting of Annette Hale, John Cornelius and Lorraine Day for the great job they did in conducting candidate interviews. We also thank Club Member John Cornelius together with Center staff for counting and authenticating all ballots returned for the election. Finally, thank you to all of our members who took time to vote in this year's election!



Thoroughly Thankful

Thank you to Moylan's for donating a keg of delicious beer to our Irish Dinner. Thank you to Grazie's Restaurant for donating a \$25 gift card to our raffle, plus a new Dine 'n Donate giving customers a 10% discount and our Club a 10% donation. We appreciate all of the notices that MarinScope has included in their papers. Thank you to Hospice Thrift Store and Al Martin for doing such a wonderful fashion show and bringing so many beautiful things at our February catered lunch. Lastly, thank you to Roz Webb for donating a great bottle of wine for our Irish Dinner raffle.

NSCC Easter Baskets and Egg Hunt



We are still collecting items to fill Easter baskets that will be raffled off. We are looking for items that seniors can use such as pens, pencils, note pads, hand lotion, stamps, soaps, etc. We will be raffling the baskets off on Monday, April 17. Also that day at 11:30am, we will have a fun Easter Egg Hunt!

Panera Bread Dine 'n Donate

Head over to Vintage Oaks and try some tasty sandwiches and soups and help out the Club! When you eat at Panera in the months of April, May and June and mention our Club, Panera will donate a percentage of your food bill to us!

## People to Know at Margaret Todd

### Margaret Todd Senior Center Staff

Center Supervisor.....Teresa Ehteshami

Recreation Coordinator.....Amanda Estrada

Senior Office Assistant.....Brenda Camp

### Novato Independent Elders Program Staff

NIEP Director.....Carol Ann Moore

NIEP Program Coordinator.....Debby Nowlin

Multicultural Outreach Specialist .....Silvia Carsillo

### Front Desk Volunteers

Mondays.....Judy Dwelly & Ramona Chipman

Tuesdays.....Debby Nowlin & Ellen Pesenti

Wednesdays.....

Thursdays.....Pat Cline, Pat Ostertag

Fridays.....Debbie van der Meulen

Substitutes.....Marilyn Sweeney

### Novato Senior Citizens Club Board

President.....Sandi Smith

Vice President.....Tom Lopez

Past President.....Sal Priolo

Recording Secretary.....Vacant

Corresponding Secretary/Historian.....Darlene Hagan/  
Lorraine Priolo

Treasurer.....Paula Hafling

Membership Director.....Ron Lopez

Bingo Director.....Mike Brady

Brunch Director.....Les Ferreira

Trip Director.....Thelma Graves

Special Events Coordinator .....Pat Castillo

Members-at-Large.....Lorraine Day.....Leslie Rauhecker  
Lenore Keithley

## Novato Independent Elders Program

### Make a Plan to Age Healthy!

Please join us for a special presentation of free workshops with guest speakers and demonstrations to help advise and prepare you to age healthy. Call 415-899-8290 to register.

April 5: Support for Independent Living, 9am-12:30pm  
Listen to a panel of experts on aging. Learn how you can adapt your house to age safely. Explore transportation options for older adults who no longer drive. Learn about resources to help you remain safe and secure in your home. Discover shared housing options in Marin.

April 26: Exercise your Body and Mind, 9am-12:30pm  
Learn from health experts about diet, exercise, and other lifestyle choices to help older adults remain healthy and strong. Connect with programs to strengthen and tone your body and mind and improve your balance to help reduce the risk of falls. Find out about programs available to supplement your diet with healthy and affordable food, including Marin Meals on Wheels, the Senior Produce Market at Margaret Todd, SF/Marin Food Bank, and congregate meal sites throughout Marin County.

## **NSCC Travel Temptations**

San Francisco City Bus Tour including Golden Gate Park  
This trip has been cancelled.



Red Hawk Casino  
Thursday, May 4

Members: \$35      Non-members: \$45

Join us for our first trip this year to Red Hawk, near Placerville, where you can enjoy their buffet and win at many slots or table games. Upon arrival, expect a \$15 gaming credit. Don't forget your valid picture ID and any coupons. Sign-ups now open! Limit 50 participants.

Trip Escort: Michalene Thone

Depart Rowland Park & Ride (south side): 8:30am  
Return: 5pm (approx.)

Ardenwood Historic Farm, Fremont  
Thursday, May 18

Members: \$82      Non-Members: \$97



Ardenwood Farm is a working farm that was established by the George & Clara Patterson family over 150 years ago. Your visit to this historic farm will include a tour of this still prosperous 19th century estate with a beautiful Victorian mansion, as well as beautiful Victorian gardens. You may also wish to take an optional short train ride around the grounds. The farm is a refuge for over 99 species of birds that roost, nest or pass through the area. Box lunch of turkey, roast beef or veggie sandwich with a salad, cookie and drink provided. Indicate your sandwich choice at sign up. Manageable walking, comfortable shoes recommended. Sign-ups now open!

Trip Escort: Thelma Graves

Depart Rowland Park & Ride (south side): 9:30am  
Return: 4pm (approx.)



SF Giants Game  
Wednesday, June 14

Members: \$140      Non-Members: \$155

Come join your fellow SF Giants fans and cheer them on to victory against the Kansas City Royals. Game starts at 12:45pm. We have arranged for some great seats in the club level section #231. Comfortable motor coach is provided to and from Rowland Park & Ride. You'll be dropped off right in the front of AT&T Park. Bring a bag lunch and/or spending cash for some great ballpark treats of your choice. Coolers and other liquid containers are not allowed inside the ballpark. We have 28 tickets so sign up fast! Sign-ups open April 3.

Trip Escort: Lenore Keithley

Depart Rowland Park & Ride (south side): 10:30am  
Return: 5:15pm (approx.)

## **NSCC Travel Temptations**

Napa River Cruise & Mare Island Tour  
Thursday, June 22

Members: \$145      Non-members: \$160

A cruise along the Napa River is like a voyage into the past. You will view the historic Vallejo and Mare Island waterfronts as well as the bridges that span the triple junction of The Carquinez Strait, Napa River and San Pablo Bay. You will see a different world of vineyards, backwater homes and marinas. Lunch will be provided during the tour and will consist of your choice of the following sandwiches: roast beef and provolone, smoked turkey and pesto with provolone, seafood salad (salmon and tuna mixed), plus 2-3 kinds of fresh fruit, non-alcoholic beverage and dessert. Please indicate lunch choice at sign-up. When you return to the Vallejo Marina, you'll be transported to the Mare Island Visitor Center where you will view many naval artifacts and historical treasures dating back to the Civil War. Manageable walking involved, comfortable shoes recommended. Sign-ups now open!

Trip Escort: Thelma Graves

Depart Rowland Park & Ride (south side): 8:30am  
Return: 5pm (approx.)



Thunder Valley Casino  
Wednesday, July 19

Members: \$35      Non-Members: \$45

Join us for our first and only trip of the year to Thunder Valley. Last time we were there, we received a \$5 food credit and a \$15 coupon good for table games or slots.

Trip Escort: Michalene Thone

Depart Rowland Park & Ride (south side): 8:30 am  
Return: 5:00 pm

Elkhorn Slough Safari & Moss Landing  
Thursday, August 3

Members: \$111      Non-Members: 126

Join us for our second ever water safari at Elkhorn Slough near Moss Landing. Enjoy seeing playful otters, harbor seals and many different bird species including pelicans. Experience wildlife on calm waters aboard the comfortable, stable pontoon boat. Box lunch is included. You have a choice of turkey, beef or veggie sandwich, salad, cookie and a soda. Make your sandwich selection when you sign up. Sign-ups begin April 3. Limit 22 participants

Trip Escort: Sal Priolo

Depart Rowland Park & Ride (south side): 8am  
Return: 5pm (approx.)





Novato Senior Citizens Club, Inc.  
 c/o Margaret Todd Senior Center  
 1560 Hill Road, Novato, CA 94947



PRSR STD  
 U.S. POSTAGE  
**PAID**  
 NOVATO, CA  
 PERMIT NO. 217

**Please deliver by March 30, 2017**


RETURN SERVICE REQUESTED

**Crafter's Nook** 

M-F 10am-4pm

 Closed Saturdays & Sundays  
*Come shop for treasures! The Nook is located in the Center lobby.*  
 \*Hours may vary\*

**Winter/Spring Computer Lab Hours**


Weds. 1pm-5pm 

Membership required

Mon., Tues., Thurs., Fri. 9am-5pm

Sign-in at the front counter upon arrival. Free

*News & Views* is published by the Novato Senior Citizens Club. The Novato Senior Citizens Club is sponsored by the City of Novato Parks, Recreation & Community Services Department.

 **NSCC Phone Number**  
 (message only): (415) 899-8254

*In memory of our friends*

Frances Ralph      Richard Williams  
 Alice Thomas      Grace Terrell  
 Stanley Searles

**Read All About It!**

Check out these fun, regularly occurring game groups. Center membership is required for all activities. Center/Club membership is required for all NSCC programs listed below. Find a new hobby and meet new people!

Monday

Pool 9:00  
 Poker 11:00  
 NSCC Party Bridge\*\* 12:30  
 NSCC Dime Bingo\*\* 1:15

Tuesday

Pool 9:00  
 Duplicate Bridge\* 9:15  
 Pinochle 1:00

Wednesday

Pool 9:00  
 Bocce Ball at Miwok Park 10:00  
 (hiatus until spring)  
 3-13 12:30  
 Cribbage 1:30

Thursday

Pool 9:00  
 NSCC Arts & Crafts\*\* 9:30  
 Poker 11:00  
 Party Bridge 1:00

Friday



Pool 9:00  
 Duplicate Bridge\* 9:15  
 NSCC Fountain of Ukes\*\* 9:00  
 Canasta 12:45  
 NSCC Partner Pedro at DRC\*\* 1:00  
 Friday Flicks 2:00  
 Sew Together 1:30

Sunday

NSCC Public Bingo\*\*\* 1:00

\*Partner needed  
 \*\* Center/Club Member required  
 \*\*\*Membership not required

**Getting to Know You**

 We want to welcome all the new members who have joined our Club and the Center in the last month. You are invited to stop by the front counter for a short orientation, so that we can meet and welcome you. You will tour the Center with staff and be apprised of our many activities and social events. The Club meets at the Center on Mondays at noon, has lunch together, followed by a short meeting and bingo. Please bring a sack lunch, join us, and make new friends. 



# Nourish, Prepare, Thrive

These programs are brought to you by Episcopal Senior Communities/Novato Independent Elders Program.

\*\*\*Membership to the MTSC is encouraged in order to participate in wellness programs and outreach services.\*\*\*

## Eat Well Services

### Margaret Todd Café

Good Earth Natural Foods serves hot lunch at the Margaret Todd Café every Tuesday, Wednesday, and Thursday at 12noon.

Cost: a suggested donation of \$3 for Seniors 60+. Monthly menus available at the Center. For reservations call 415-457-4636 seven days before you plan to dine.



### Brown Bag Program

Every Wednesday from 1:00-2:00pm, groceries are distributed farmers market style to qualified, low income, Novato seniors who shop and fill their own bag in Hill Community Room. Food provided by Marin/San Francisco Food Bank.



### Home-Delivered Grocery Program

Volunteers shop for and deliver groceries to homebound elderly Novato residents who are unable to shop for themselves. To register, call 415-899-8296. Center membership required.

### Produce Market

1st and 3rd Wednesday of every month from 10-11am, this award-winning program provides seniors with fresh produce at affordable prices in Hill Community Room.



## Information & Assistance

### Health Insurance Counseling and Advocacy Program

2nd and 4th Wednesday, HICAP provides counseling and assistance with Medicare and supplemental insurance. Call 1-800-434-0222 for a free appointment at MTSC.



### Legal Services

2nd & 4th Thursday, Attorney Leo Alberigi specializes in elder law and volunteers his assistance with legal topics pertinent to seniors. Call 415-899-8290 to schedule a free appointment at MTSC. Center membership required.



### Postal Carrier Alert Program

Register for this program and your postal carrier will watch for mail buildup and other signs of change that raise concern. Call 415-899-8296 for information.



### Senior Housing and Resource Information

Call the Senior Housing Specialist at 415-456-9068 for housing options in Marin County.

### Victim Witness Protection Program

1st & 3rd Thursday, 9am-12pm. If you've been a victim of or witness to a crime, stop by to speak with an Advocate from the Marin County District Attorney's office.



### Rotary Home Team Ignacio

Teams of Rotarians perform small household repairs such as changing light bulbs or smoke detector batteries, fix a leaky faucet etc. Novato residents only. Call 415-899-8296 for an appointment and the next work day date.

## Be Well Services

### Blood Pressure Clinics

1st & 3rd Thursday, 10am-12pm, free blood pressure clinics. No appointment necessary. Center membership required.



### Prescription Drop Off

1st Monday of every month, 10am-12pm, bring unwanted or expired medications, veterinary medications and vitamins in a zip-lock bag to MTSC. Medications will be incinerated by the Police Department.



### Caregiver Support Group

2nd Wednesday of every month, 10-11:30am, coordinated by the Alzheimer's Association and Adult Day Health Center, the group provides support to family members who are caregivers of a person with memory loss.



## Connect

### Senior Center Without Walls

Offers friendly conversation and assortment of telephone activities and groups to seniors 60+ who find it difficult to participate in activities in their communities. Participants call from their home or cell phone. Call 877-797-7299. En Español.

### Telephone Reassurance Program

A free telephone check-in program for elder, disabled, and home-bound individuals in Marin. Three times a week, trained volunteers call homebound and at-risk seniors to check on their well being. Call 415-456-9068. En Español.

### ElderWISE, a Friendly Visitor Program

Program provides weekly social visits by trained volunteers to isolated and often homebound elders who live alone in Marin. Call 415-492-0111 to arrange for a visitor. En Español.

### LGBT Support Group

1st Tuesday of every month from 12-2pm, this drop-in group brings together lesbian, gay, bisexual and transgender seniors for lunch and discussion. Call 415-472-1945 for information.

## Multicultural Services

### Citizenship Class

Tuesdays, 4-5:30pm

This class is for those who have applied or are thinking of applying for naturalized U.S. citizenship. Class is free. Call 415-899-8297 for more information.



### English as a Second Language Intermediate (ESL)

Tuesdays and Thursdays, 2:10-3:40pm, ESL classes are offered by the College of Marin, in cooperation with NIEP and MTSC. Call 415-899-8297.



### Alma Latina

Alma Latina provides educational, outreach and special events for multicultural seniors. The group meets once a month for lunch and a program at MTSC. Call 415-899-8297.

Sun

Mon

Tue

Wed



















Thu

Fri

Sat



# April 2017

						1
<p>2</p> <p>★ Bingo Begins Promptly at 1pm</p>	<p>3 Birthday Treat </p> <p>Prescription Drop Off 10am-12pm</p> <p>12pm Sack Lunch </p> <p>12:30 General Mtg.</p>	<p>4</p> <p>MTSC Café Open</p>	<p>5 <b>Workshop:</b> Support for Independent Living 9am-12:30pm</p> <p>Produce 10-11am </p> <p>Brown Bag 1-2pm</p>	<p>6</p> <p>Blood Pressure Checks 10am-12pm </p> <p>MTSC Café Open</p>	<p>7</p> <p>NSCC Free Friday Flick 2pm </p>	8
<p>9</p> <p>★ Bingo Begins Promptly at 1pm</p>	<p>10</p> <p>10am Board Mtg.</p> <p>12pm Sack Lunch </p> <p>12:30 General Mtg.</p>	<p>11</p> <p>MTSC Café Open</p>	<p>12</p> <p>Brown Bag Market 1-2pm </p>	<p>13</p> <p>Lawyer Appointments</p> <p>MTSC Café Open</p>	<p>14</p> <p>NSCC Free Friday Flick 2pm </p>	15
<p>16</p> <p>No Bingo Happy Easter! </p>	<p>17</p> <p>12pm Sack Lunch </p> <p>12:30 General Mtg.</p>	<p>18</p> <p>MTSC Café Open</p>	<p>19 Produce 10-11am </p> <p>Brown Bag 1-2pm</p> <p>Country Western Night Social Hour @ 5pm Dinner @ 6pm</p>	<p>20 Blood Pressure Checks 10am-12pm </p> <p>MTSC Café Open</p> <p>Last day to sign up for Catered Lunch</p>	<p>21</p> <p>NSCC Free Friday Flick 2pm </p>	22
<p>23</p> <p>★ Bingo Begins Promptly at 1pm</p>	<p>24</p> <p>12pm <b>Catered Lunch</b> </p> <p>12:30pm General Mtg.</p>	<p>25</p> <p>9am N&amp;V Mailing </p> <p>MTSC Café Open</p> <p>Evening of Big Band 7:30-9:30pm \$5 at door </p>	<p>26 <b>Workshop:</b> Exercise Your Body and Mind 9am-12:30pm</p> <p>Brown Bag Market 1-2pm </p>	<p>27</p> <p>Lawyer Appointments</p> <p>MTSC Café Open</p>	<p>28</p> <p>NSCC Free Friday Flick 2pm </p>	29
<p>30</p> <p>★ Bingo Begins Promptly at 1pm</p>						