



# NEWS & VIEWS



Club Phone: 899-8254

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

Center Phone: 899-8290

## FROM YOUR NSCC PRESIDENT PAT CASTILLO

I would like to thank all of our board members for sponsoring our fundraiser BBQ at the Center. Special thanks to our salad makers, cooks, and servers who worked so hard to put this together.

Every once and a while, we try to give our Special Event Coordinator, Annette Hale, and her assistant, Lenore Keithley, some help. Our members can thank these ladies for all the catered lunches, birthday treats, and time behind the counter every Monday to serve you. They are also in charge of decorating the tables for our dinners, and Thanksgiving and Christmas luncheons. Our caterers also can rely on their help as needed. Seeing that the hall and kitchen are clean after events usually means they are the last to go home.

Taking on the job of Special Events Coordinator is a big commitment. After our long time coordinator passed away, it was a challenge to find someone to fill her shoes. After some setbacks, along came Annette. She quietly does her job, buying our kitchen supplies and keeping the kitchen in order besides all of her other duties. I thank my lucky stars for having her in charge and encourage everyone to take the time to give these ladies a special thanks for a job well done.

*Pat Castillo*

## Pedro Tourney Alert

It is time again for our tri-annual Pedro Tournament. It will be held on Saturday, October 2, 2010 in the Hill Community Room. Buy-in will be \$32. We will play six rounds of eight hands this time instead of five. Look for more details in the September newsletter.



## Friday Duplicate Bridge

Please note- Duplicate Bridge will take place in Room 3 on Friday, August 6th and Friday, August 13th.



Please recycle your newsletter when you are finished with it. Thank you!



## Chicken BBQ at Miwok- August 23rd

Join us on Monday, August 23rd, at 10:45am and test out your skills at bocce ball. Lunch will follow at 12 noon with a tasty menu of BBQ chicken, salad, baked beans, rolls and butter, cookies, and a variety of cold drinks. Stay and play bingo or Pedro following our raffle. Last day to sign up is Tuesday, August 17th. Parking is limited, but you can look for a spot on San Miguel Way (street just west of the park). Price is \$12 for members and \$14 for non-members.



## Club Potluck- August 19th

All Club members are invited to join Addie on August 19th in the Hill Community Room for a potluck luncheon and pirate bingo. Bring a dish to share (enough for 8 people) and a white elephant gift for bingo. The fun begins at 12 noon.



## Parking Lot Repairs

The trees in the Margaret Todd parking lot have caused areas of the asphalt to buckle. Over the next few weeks, you'll see the City of Novato Public Works Department busy repairing the parking lot. They will replace the existing trees with new ones and fix the raised areas of the lot. Parking will still be available during this project, but areas of the lot will be blocked off at times. We ask for your patience as we make these improvements to the parking lot. Following the repair, resurfacing of the lot may be scheduled. The tentative dates for the resurfacing are August 16-20. If these dates are confirmed, signs will be posted in the Center with more information. Thank you.



## Special Speaker- August 16th

Mark your calendars for Monday, August 16th, at 12:30pm, to hear a different and interesting talk by Constantine "Deno" Ganakes, a former Walt Disney matte artist for 22 years. He worked on the following movies: *Bedknobs and Broomsticks*, *In Search of the Castaways*, *The Love Bug*, *Mary Poppins*, *The Three Lives of Thomasina* and *The Shaggy Dog* as well as many others. He will be bringing some colorful seascapes and landscape art to share. Bring a sack lunch and stay to hear about his many years of work with the Disney empire.

## Upcoming NIEP Workshops

### POLES for Balance, Mobility & Functional Walking

Wednesday, August 11 9:45-11:45am MTSC

Presented by: Jayah Faye Paley

Poles enable profound freedom of movement and help you maintain quality of life. Learn how to achieve, maintain, and regain mobility. Practice vital skills for helping joint issues, which prevent enjoyment of the outdoors. Improve posture, endurance, function and strength. Easy-to-learn techniques and gentle exercises help you navigate everyday obstacles. Top quality poles provided for practice. Presented by Jayah Faye Paley, educator, author, and creator of an award-winning DVD "Poles for Hiking, Trekking & Walking" and sponsored by NIEP with Marin Community Foundation. Call 415-899-8290 to register.

**\$5 Drop-in Fee and \$10 Materials Fee Pay at the Door**

### Know the 10 Signs of Alzheimer's, Time Really Does Make a Difference

Wednesday, August 25 10am-12noon MTSC

Presented by: Deanna Randall, Alzheimer's Association instructor

Some change in memory is normal as we get older, but the symptoms of Alzheimer's disease are more than simple lapses in memory. Join us to learn exactly what the 10 signs are. Call 899-8290 to register.

**\$5 Drop-in Fee Pay at the Door**

## CENTER STAFF

Center Supervisor.....Jillian Mazeau  
 NIEP Supervisor.....Carol Ann Moore  
 Center Coordinator.....Katie Drake  
 Senior Administrative Clerk.....Teresa Ehteshami  
 Multicultural Outreach Specialist.....Ross Dizon

## FRONT DESK VOLUNTEERS

Mondays.....Ramona Chipman & Arline Bondanza  
 Tuesdays.....Debby Nowlin  
 Wednesdays.....Carmel Kirkwood & Judy Dwelly  
 Thursdays.....Pat Cline  
 Fridays.....Betty Lubey  
 Substitute.....Marilyn Sweeney & Ellen Pesenti

## NSCC BOARD



President.....Pat Castillo  
 Vice President.....John Cornelius  
 Recording Secretary.....Elmer Wolff  
 Corresponding Secretary/Historian.....Sheila Wood  
 Treasurer.....Mike DeBenedetti  
 Membership Director.....Judy Walker  
 Bingo Director.....Carol Herbert  
 Members-at-Large.....Mike Brady.....Lester Ferreira  
 Doris Keeley.....Sal Priolo

## NSCC Travel Program

### Three New Trips

Sign-ups begin Monday, August 9, 2010

#### Benicia Historical Museum and Former State Capitol



Thursday, August 19th

Tour the Benicia Historical Museum, which dates back to the 1850's. Lunch on own in downtown Benicia. Explore the old State Capitol on a docent led tour. Moderate walking involved (no elevator). Check out the clock tower fortress (built in 1859 to protect and control access to Carquinez Strait). Join us on this informational trip!

Depart MTSC at 8:30am Return at 4pm

**Cost: \$48/ members**



#### Reno Overnight

Thursday, November 4th- Friday, November 5th

Enjoy a plethora of gambling and the beautiful show, "Le Grand Cirque", on this Reno trip. Includes accommodations at the Eldorado Hotel, transportation, portage, show, dinner, breakfast buffet, and tips.

Depart MTSC at 8:30am Return at 5:50pm

**Cost: \$170/ members (per person, double occupancy)**

#### Golden Gate Fields

Thursday, November 18th

We have great reserved seats to view the races. Check out the provided daily program and choose your winning horse. Lunch (and tip for servers) included. If you have never been to the races, this is your opportunity. It's an experience you won't forget.

Depart MTSC at 10:15am Return at 5:30pm

**Cost: \$66/ members**



## Other Travel Temptations

To learn the exciting details of these trips plus more info, stop by the MTSC lobby and pick up a trip flier.

#### Sho-Ka-Wah Casino

Tuesday, August 10, 2010

Depart 8:15am \$35/ members



#### Apple Hill

Thursday, September 23, 2010

Depart 7:30am \$70/ members



#### Giants Game

Thursday, September 30, 2010

Depart 10am \$73/ members



#### Fleet Week Lunch Cruise

Saturday, October 9, 2010

Depart 12:15pm \$115/ members



#### Hearst Castle Night Tour & San Simeon Overnight

Friday, October 22-23, 2010

Depart 8:30am \$230/ members



## Read All About It!

### -Additional NIEP Workshop-

#### POLES for Walking, Exercise & Light Hiking

Wednesday, August 11 1-3pm MTSC

Presented by: Jayah Faye Paley

POWER with poles! Using your whole body while hiking feels GOOD. Learn how to use your upper body muscles to help preserve your joints. Reduce stress on your knees, hips, and spine. Improve endurance, upper body strength, posture, and balance. All activity levels welcome. If you have balance issues, please take this afternoon session. Top quality poles will be provided for inside and outside practice. Call 415-899-8290 to register.

**\$5 Drop-in Fee and \$10 Materials Fee Pay at the Door**

### An Extra, Extra Thank You

Margaret Binggeli has so graciously paid for and donated another subscription of the Marin IJ to the Margaret Todd Senior Center. We thank her for her thoughtfulness in extending our IJ subscription. Thank you, Margaret!



### Evening of Big Band Music- Aug. 24th

Enjoy the toe-tapping music of the 16-piece band, People of Note. They will be playing exhilarating and uplifting big band tunes on Tuesday, August 24th, from 7:30pm to 9:30pm at the Center. Cost is only \$5. Cookies and coffee provided. Reservations are not required.



### Crafts Faire Applications

Crafts Faire applications are now available! Stop by the MTSC front counter or the Gymnastics Center for an application. Join 50 or so other talented vendors (jury selected) and sell your handcrafted wares at the Holiday Crafts Faire on Friday, December 3 and Saturday, December 4, 2010. Application deadline is Friday, September 3. We look forward to another festive and successful Faire weekend.



### Wednesday Night Book Club Wednesday, August 4th, at 7:00pm



Join Novato Library staff for thoughtful discussion of "Devil in the White City" by Erik Larson. Joining the club is free, but you must complete a course registration form prior to attending.



Please recycle your newsletter when you are finished with it. Thank you!



## NSCC NEWS

### NSCC 4<sup>th</sup> of July parade vehicle saves the day!

The NSCC 4<sup>th</sup> of July parade vehicle saved the Pearl Harbor survivors. The reason many of our Club members missed our vehicle was because we were helping the Pearl Harbor survivors' vehicle, which broke down near the Novato Theater. We hooked a chain from our vehicle to theirs and we towed them to Redwood and Vallejo. We asked if any of them wanted to finish the parade route on our vehicle, but they thankfully declined. By that time, the parade was almost over so our NSCC vehicle only completed half of the parade. We were glad we could help out though. Mike Sherwood, Kathy Minozzi, her daughter, Leandra (aka "Miss Liberty"), Gerry Byrd, Andy Twisdale, Joe Davidor (rode shotgun), and Sal Priolo were passengers on our vehicle. What a memorable 4<sup>th</sup> of July parade!



Thanks

### Thoroughly Thankful

Many thanks to Trader Joe's- Novato for donating \$50 per month during the past brunch season for the purchase of brunch items. They also donated eggs, orange juice, pie, cookies, and other goodies for our monthly birthday treat. Please make sure to patronize these very generous folks. Also, thanks to the following for donating gift certificates to our Hawaiian Night and August picnic raffles: Powell's Sweet Shoppe, Marvin's Restaurant, Red Boy Pizza-Ignacio, and Piatti Ristorante in Mill Valley. Please also patronize these great benefactors of our club. Thanks to Roberts Corned Meats (100 years in SF) for providing a reasonable price for the corned beef we had at our special and successful "Extra" brunch in June. Many thanks to Joe Garbarino for providing one of his military vehicles for some of our club members to ride on in Novato's 4<sup>th</sup> of July parade. We are quite lucky to ride on one of the vehicles that helped sustain the precious freedom we are fortunate to still enjoy!



**Attention**  
all members born in August.  
Please join NSCC on Monday,  
August 2, at 12:00noon at MTSC.  
We'll sing "Happy Birthday"  
to you and provide a  
delicious birthday dessert treat.  
Hope to see you then.



# Play Play Play

Membership is required.

## Monday

Bicycle Club 8:30  
 Pool 9:00  
 Poker 11:30  
 NSCC Party Bridge 12:30  
 NSCC Dime Bingo 1:00

## Tuesday

Pool 9:00  
 Pinochle 10:00  
 Duplicate Bridge 9:30

## Wednesday

Pool 9:00  
 Scrabble 10:00  
 Bocce Ball / 3-13 10:00  
 Cribbage 1:30

## Thursday

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

## Friday

Pool 9:00  
 Duplicate Bridge 9:30  
 Chess 10:00  
 Mah Jongg 10:00  
 Canasta 1:00  
 Partner Pedro 1:00

## Sunday

NSCC Public Bingo\* 1:00  
 \*Membership not required

## Crafters' Nook Hours

Monday- Friday  
 10-4



2nd & 4th Thursdays 12-4

Bingo Sundays 11-4

Brunch Sundays 9-4

## Computer Lab Hours

M-W-F 9am-12pm  
 T-Th 9am-5pm

Sign up at the front  
 counter upon arrival.



Membership  
 required

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): 899-8254

*In memory of our friends*

Ernest (Frank) Empio  
 Michael Lee



## Getting to Know You



We want to welcome all the new members who have joined  
 our Club and the MTSCenter 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.

RETURN SERVICE REQUESTED

*Please deliver by August 3, 2010*

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



# Nourish, Prepare, Thrive

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

## Be Well Services



Blood Pressure Clinics are free and held the first and third Thursday of the month, 10am-12pm, in the MTSC library. No appointment is necessary.

Supportive Counseling is for those over 60 and in need of counseling for a life transition. Call Older Adult Services and the senior Peer Counseling Program at 499-6802, ext. 1.

## Eat Well Services



The MTSC Nutrition Site, in partnership with Good Earth Natural Foods, serves a nutritious, wholesome lunch Mondays, Wednesdays, and Thursdays at 12 noon. Suggested donation is \$2 (a meal). To make a reservation, please call Good Earth at 415-382-1334 by 4pm- the day before you plan on dining at Margaret Todd. The monthly menu is available at the Center.



Brown Bag Program distributes bags of groceries to low income seniors on the first and third Thursday of the month at the MTSC. Call the Marin Community Food Bank at 883-1302 to register and qualify.

Home-Delivered Grocery Program uses volunteers to shop for and deliver groceries to homebound elderly Novato residents who are unable to shop for themselves. To register, call 899-8296. **Center membership required.**

## Business Services



Legal Services are provided by volunteer attorney, Leo Alberigi, who specializes in elder law. Mr. Alberigi provides assistance with estate planning, benefits law, wills and trusts, and other legal topics pertinent to seniors today. Call 899-8290 to schedule a free appointment at MTSC on the second or fourth Thursday of the month. **Center membership required.**



The YWCA Fifty Plus Employment Program provides women over 50 with training, job search skills, interviewing skills, resume development, and handling the problem of age discrimination in today's job market. Call 899-8290 to reserve your space for the orientation on the first Monday of the month.

Spanish /English Translation is available every Tuesday and every other Friday. Call Ross Reyes-Dizon at 899-8297 for a free appointment.

## Information & Assistance

Senior Housing Information on options in Novato is available through NIEP. Call 899-8296.



Coordinating Resources is a NIEP program designed to assist older adults in maintaining their independence. Receive help in identifying problems and help in coordinating resources to solve them. Call 899-8296.

Health Insurance Counseling and Advocacy Program is funded by the California Department of Aging and provides counseling and assistance with Medicare, supplemental insurance claims and evaluation of supplemental health policies. Call 1-800-434-0222 for a free appointment on Wednesdays at the MTSC.



Victim Witness Protection Program teaches you how and where to report a crime, how to protect yourself against identity theft, how to stop telemarketers from calling, and gives assistance in resolving consumer problems. Come to the MTSC lobby on the first and third Thursday of the month, 9:00am-12:00pm.



Postal Carrier Alert Program ensures that your postal carrier will watch for mail buildup and other signs of change that raise concern. Call 899-8296 for more information or to sign up.

English as a Second Language (ESL) is offered through College of Marin in cooperation with NIEP and MTSC and meets at MTSC on Tuesdays, Wednesdays and Thursdays from 2:30-4:30pm. Call Ross at 899-8297 for information or to enroll.

Alma Latina provides Spanish-speaking seniors the opportunity to meet at noon. For the month of August, please join us at noon on August 10 at Miwok Park. Please invite other Hispanic residents of Novato and neighboring cities. Call Ross at 899-8297 for information. **Center membership required.**

Tuesday, August 10: 12 noon; Miwok Park

We are, of course, not letting summer go by without having our annual summer multicultural picnic at Miwok Park (2200 Novato Blvd., Novato). Please call Ross at 899-8297 to make your picnic reservation.

