

NOV Newsletter -- June/July 2018



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North Oakland Village

Monthly Newsletter



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Social Action Forum

ONGOING EVENTS

>> Healthy Aging

>> Monday Menders

>> Handability

Happening in June/July

Singing with Sara	June 7, July 5
Healthy Aging Support Group	June 11, July 9
Monday Menders	June 4, 18, 25, July 2, 16, 23, 30
Handability	June 11, July 9
Social Action Forum	TBD
Lunch Bunch	TBD
Member Salon	June 18, July 16
Special Presentation	Still to come
Time To Talk about NOV	June 15, July 20
Non-Fiction Book Group	June 29, No July Group
Bridge Group	June 15, July 20
Move With Ease	June 9th, July 7
Potluck	June 24, July 29

President's Letter

Dear Villagers and Friends,

North Oakland Village believes in transforming



>> Member Salon

>> Monthly Bridge Group

>> Non-Fiction Book Group

COMMUNITY EVENTS

Oakland Walking tours

Summer Musicals

COMING ATTRACTIONS

Summer is here!
June/July Potluck

June 24, July 29
5:00–7:00 PM



NOV Headquarters
First Congregational Church
25th at Harrison

Need a ride? Call
510/547-8500

aging! Every day we learn, grow, laugh and work together as members of a vibrant community committed to living fully, having fun and making the world a better place.



How is that for an elevator pitch for North Oakland Village? Maybe not bad for a first attempt, but I'm betting some of you could come up with an improved "One Minute Message." Want to try? I invite your versions! Send them to me at: susan.thomaspierpoint@gmail.com.

Just a couple of weeks ago, Judith Coates, Joanne Devereaux and I attended a day-long workshop devoted to the launch of The Village Movement California whose motto is: "Aging. Better." Thanks to a generous grant from the Archstone Foundation, an energetic group of leaders from Villages all over the state set about forming a statewide organization. Village Movement California will give all villages in our state greater visibility, access to resources and best practices and political leverage to focus on policies that will improve the lives of all Californians, including Seniors.

Information about the new statewide organization was followed by several amazing sessions from high-powered experts about the best way to market villages and raise public awareness of all they have to offer not only to members and volunteers but as thriving organizations contributing quality of life options to a large portion of citizens in their cities and counties. The experts were from Mission Minded, a branding and marketing firm that serves only nonprofits.

"The lowest rate of dementia appears in people with face-to-face social networks"
Susan Pinker, author of The Village Effect

Part of what they taught us was to think about why the members and volunteers who comprise our community want to be a part of it. Just last summer as we were preparing our one-year "Coming of Age" strategic plan, we held meetings where we asked a bunch of questions and gave attendees post-its so they could share answers. One of the questions was "Why do you love North Oakland Village?" We spent a lot of time reading and thinking about the post-it answers to this one, and it was inspiring. Friendship, community, intelligent programs, friendship, baseball games, community, great pot luck dinners, companionship, support in hard times, friendship, bridge, singing together, community, book group, and friendship. That's what you told us.

We are part of a growing state and national movement that revolutionizes aging, and we're having a lot of fun doing it. North Oakland Village is truly "Coming of Age" right now. Our membership is growing, and there is room for more. Share the good news and stay tuned!
Warmly,

Susan Pierpoint,
NOV Board President

Profile: Danny Weaver

Danny Weaver, new do-all, be-all office coordinator for NOV, has returned home after years of jobs that took him all over the world.

After school in Oakland, he headed



to UC Santa Cruz. It offered his first opportunity to live abroad when he went to Mexico to study Spanish. Feeling more confident about his language skills, he took a job in Argentina directed at creating community among the diverse and varied non-profit organizations (NGOs)

that were there. When that job ended he returned home to work for his dad who is an accountant.

But the travel itch set in again and after a bit he found himself in India where he worked for a number of NGO groups. Then, back to school, this time Columbia to study International Relations. Part of his degree pursuit included returning to India for an internship in microfinance.

The degree at Columbia completed, it was time to look for a job that could support him. So, he went on line, this time to find a website that lists international jobs with non-profit organizations. Before long he was in Peru, working with immigrants from rural areas. He helped organize a school for kids and taught their moms how to develop a business. Many of these women had known since childhood how to sew and used the traditional Peruvian designs in their goods. Danny's role was to show them how to get their work to market and sell it. One unexpected and welcome benefit of the position was that its office was near a town with a wonderful beach.

As Danny considered his future, however, he decided a return to Oakland would offer him more security than the project-related work he was doing. To get a feel for Oakland's non-profit opportunities, he volunteered as NOV's Volunteer Coordinator, matching members who need services with those who provide them.

So, it was serendipity that put him in the right spot at the right time. He was among the first to hear that Linda Joslin was leaving. Her position was just what he was looking for. And Danny, with his long experience of working with non-profits was what NOV was looking for, too.

He's in the office from 10 to 2 Tuesday through Friday. Stop in and say hi when you're in the area.

– Ruby Long

Singing with Sara

Members and Volunteers gather to enjoy a morning of singing. The only qualification you need is the desire to sing.

If you are a member or volunteer and would like to join the group contact the front office or **Sara Evinger**.

This group is held at a member's home the **first Thursday of the month from 10:30 to 11:30 AM**. Upcoming schedule:

June 7 and July 5

Meeting time **10:30 AM**.



Health Trust

Better Choices, Better Health Program

Location: Downtown Oakland Senior Center: 200 Grand Ave. Oakland

Time: 1:00 pm to 3:30 pm

Date: Wednesdays, June 13th, 2018 – July 18th, 2018

Workshops are for anyone dealing with the challenges of living with an ongoing health condition like diabetes, asthma, heart disease, high cholesterol.

In Partnership with Downtown Oakland Senior Center



Better Choices, Better Health is a self-management program offered for 6 weeks by 2 trained leaders from your community!

Learn about: Stress Management, dealing with pain & fatigue, weight management, decision making, and so much more!

Workshops are fun, interactive, and designed to enhance regular treatment and condition-specific education.

Senior Friendly Playgrounds!



Senior Playgrounds Playgrounds Aren't Just For Kids!

"We don't stop playing because we grow old; we grow old because we stop playing" ~ George Bernard Shaw

What Exactly Is a Senior Playground?

Senior Playgrounds differ from traditional playgrounds by the choice of equipment and intended use and purpose. They are designed for the older population and usually do not feature traditional equipment that you would find in a children's playground. But just like playgrounds designed for children, senior playgrounds are meant to be fun!

Traditional Senior Playgrounds are designed specifically for older people featuring low-impact exercise equipment



designed to promote flexibility, balance and coordination, as well as promoting community and social interaction. You'll find equipment that is safer for the joints and emphasizes core muscle strength. You might also find equipment that is designed for use by those with limited mobility or those that are wheelchair bound.



Multi-Generational Playgrounds are a traditional children's playground with elements geared towards "parallel play" which gives children and grandparents more opportunities to play together side by side. It is becoming more and more common for grandparents to take care of their grandchildren. They often sit on the sidelines while the children are playing at the park. A multi-generational playground helps children and seniors to interact in ways they might not otherwise. It's also a great opportunity for children to see their senior role model in a different level and this can break the negative stereotype of aging.

Lunch Bunch

The Second Lunch Bunch was a great success! About 10 people attended, half of which were new faces, at the Terrace Cafe. Both the service and food were very good, and everyone had a great time. Lunch Bunch so far has proven to be a great success and excellent source of interaction within the Village, as well as a great way to integrate newcomers to the community in addition to the potlucks.



The next Lunch Bunch is still tbd, and may have to wait until July.

Date and Location: TBD

Members and Volunteers only

A's game!!!



It's that time of year again! The sun is starting to come out, and baseball is up and going again. North Oakland Village was able to provide a small but determined crew to root for the increasingly watchable Oakland Athletics. Judith Coates, Ruby Long, Charles and Lin Tynes enjoyed a relaxing and uncrowded afternoon at the Oakland Coliseum, cheering on the A's en route to a 4-3 victory over the visiting Seattle Mariners. Hopefully it will be one of many fun days at the ballpark this season!

Older Americans Month: Engage at every age recap



At the beginning of May, numerous non-profits and community organizations, in conjunction with the City of Oakland's Aging and Adult Services Division, held its annual conference in Frank Ogawa Plaza. The event featured numerous organizations geared to creating community, as well as addressing the needs of our city's seniors. The theme of the event, "Engage at Every Age," was widely observed with a diverse crowd, all of whom were committed to ensuring the vibrancy of our community regardless of age. North Oakland Village would love to thank all of the members and volunteers who came out in support, your efforts were greatly appreciated, and it was great to be there with you!

For more information, please see the official flyer at: [Older Americans Month](#)

Move With Ease

Join us for our next "Move with Ease" class.

As we bring 'kind attention' to our habit movements we find an arising joy and freedom. Come join us in our Moving



with Ease practice and discover a community who supports a growing awareness of true compassion.

This month we will focus on improving our balance. We do some meditative exercises, as well as various types of stretching and meditative walking.



NOV Volunteer **Susana Renaud**, who teaches yoga and mindfulness, leads the group. All members and volunteers, please join us **at the NOV office**: Those of us who are attending love the class and hope you will join us.

Saturday, June 9, July 7 10:00 AM to 11:00 AM

Aging with Grace

We would like to celebrate those in the Village who have reached a major milestone in their life. Right now the Village would like to highlight Martha Anderson and Alicia Gonzalez, two of our members who are over 100 years and are still going strong. Congratulations on such a milestone, and if I stay out of the sun, maybe I can look as good as you when I get there!



Interested in learning more about North Oakland Village or the Village movement? Come to one of our Informational meetings. You may ask all the questions you want about North Oakland Village, the Village movement, membership or volunteering.

Members and volunteers are welcome to drop in to let people know about your experience with the Village.

The meeting takes place the 3rd Friday of every month from **10:30 to 11:30 AM** in the NOV office at 2501 Harrison Street.

Next meeting: Friday, June 15, July 20

To ask questions, or to let us know you are coming, contact us by e-mail at info@northoaklandvillage.org or phone: (510) 547-8500.



Artists at the Village

After the success of our art show and potluck, it looked like the Village has a lot more artistic talent than was initially expected. With the exhibits overflowing into the office and such little time to see the art and learn more about the inspirations of our talented artists who created it, we would like to announce that we will start presenting some of the wonderful creations of our talented artists in upcoming newsletters.

Social Action Forum: League of Women Voters

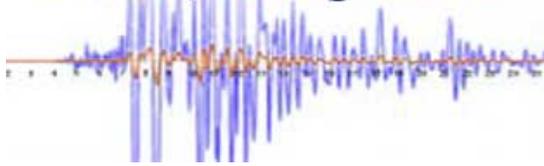


Earlier in May, the dedicated members of the Social Action Forum were able to get a member of the League of Women Voters to come out to the Village and learn more about the initiatives on the upcoming ballot. Given the (sometimes intentional) complexities of every single initiative that goes on in the vibrant Democracy of Oakland, as well as California, it

was wonderful to have such a knowledgeable member of the LWV come give a presentation. Thanks to Bonnie Hamlin for presenting!

Upcoming Programs in June/July

Earthquake Safety Tips: Before, During & After



The Program Committee is working on several upcoming programs over the next two months, including:

- An Earthquake and Fire Safety presentation. As many of you know, fires are becoming ever more frequent throughout California, and earthquakes are always right around the corner. Make sure to stay tuned about this class so that you can be prepared.
- Immigrant Experience: We are looking to bring in several Immigrants to tell us their story, and learn more about what it has been like to move to America.
- Singing! The Program Committee is looking to put together an afternoon of singing.

Call for Members and Volunteers on Committees!

Fun Opportunities to participate in NOV planning and events! The Program and Ambassador's Committees are inviting members and volunteers to join us- We need your ideas, involvement, and enthusiasm!

Ambassador Committee

The Ambassador Committee members are in charge of outreach to the community and recruiting new members and volunteers to the village. They are the ones who get the word out about NOV both in person, at community events such as farmers markets and presentations to local organizations, as well as placing articles in local newspapers and magazines.

We are looking for social people who enjoy interacting with the community and are interested in spreading the word and expanding our community!

Program Committee

The Program Committee is responsible for planning and organizing the activities for the members of NOV, including social events such as potlucks and holiday parties, trips to museums and movies, and cultural activities and presentations. We would love to have some fresh ideas about more activities and presentations that we could offer our members, come join us and help NOV thrive!

Ongoing Events

Aging Support Group

Healthy Aging: How to Live to Your Full Potential
Thursday, June 11, July 9, 2:30-4 PM at a Sandra Coleman's home
For Members Only

A short-term group led by volunteer retired social-workers focused on maximizing our functioning and living to our full potential as we age. Sandra will provide dessert, tea, and coffee.

Since this is a short-term group, it is limited to those who are currently participating.

If you are interested in such a group, let the NOV office know, and we will let the leaders know there is interest in a second group.

Monday Menders

Sewing with Sandra Coleman
Mondays June 4, 18 & 25, July 2, 9, 16, 23, 30, 11:30 to 1:00 PM

Just drop by with your sewing, quilting, crocheting and other stitchery projects. Bring any mending with which you need help. We do not provide actual instruction, but do offer support, advice and good company. A way to get that project done while spending time with other folks.

Handability



Knitting and Crocheting in Good Company & for a Good Cause
2nd Monday of the Month
June 11, July 9, 10:30 AM-12:00 PM
For Members and Volunteers



Supplies, instruction & support provided by the Handability leaders, *free of charge*.

The photo shows a sample of the items they have knitted for local hospitals.

Member Salon

Third Monday of the month
June 18, July 16, 2:30-4:30 PM
For Members only (Contact NOV Office)

A group of 8 or 9 people who get together at a member's home to discuss interesting topics and enjoy one another's company. *This group is currently full.*

The topic for June is: "Stuff," how possessions impact our life

Monthly Bridge Group - New Players Welcome

Organized by Norma Harrison
Third Friday of the Month, June 15, July 20, 1:30-4:00 PM

Members and volunteers, are you looking for an entertaining way to socialize? Join our bridge game. You do not have to be an experienced player, but you do need to know the basics. New players welcome. Held at a member's home.

Call Norma at 510/ 547-7530 for location of this month's game.

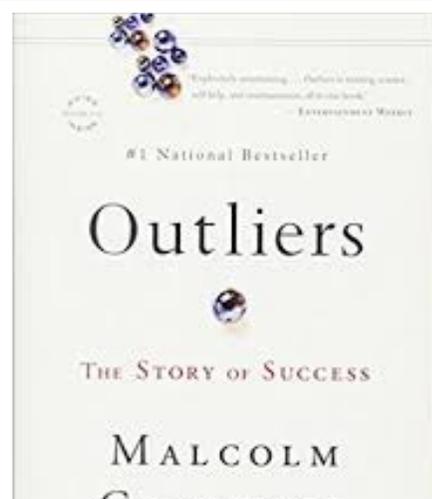
Non-Fiction Book Group

Contact: NOV Office
Date: June 29, 2:00 - 4:00 PM
North Oakland Village Office

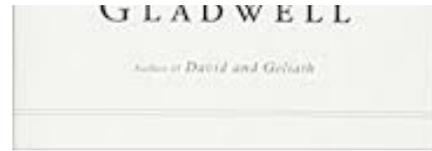
Members – men and women – are all encouraged to attend. The conversations are always interesting and lively.

This month's book will be: *Outliers* – by **Malcolm Gladwell**

The discussion will be led by **Susan Field**.



Note: no group in July

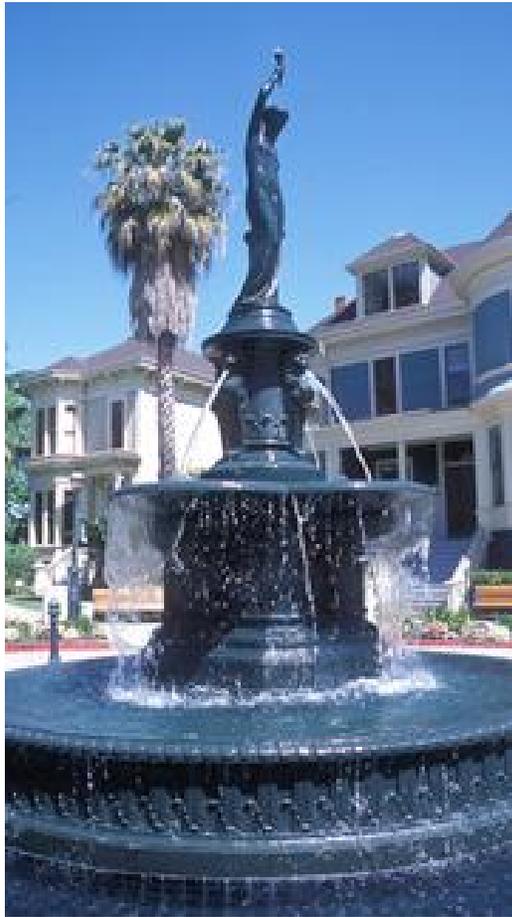


Community Events

Oakland Walking Tours!

From May through October this year, enjoy free 90 minute walking tours through Oakland's downtown districts.

- Tour one: Old Oakland: Walk through what was once the Western terminus of what was once the Transcontinental railroad.
- Tour two: City Center: Turn of the century landmarks alongside modern high rises are the focus of this tour.
- Tour three: Uptown to the Lake: A walking tour of the Uptown District with an emphasis on Art Deco!
- Tour four: Preservation park: A walking tour of a Victorian era district adjacent to modern office towers.
- Tour five: Oakland Chinatown. Learn about the contributions of Chinese and other Asian immigrants to the history of both California and the Bay Area.
- Tour six: Jack London Waterfront. The images of Author Jack London will surround you as you tour the historic square and waterfront.
- Tour seven: Churches and Temples. Visit Historic places of Worship and learn about their architecture and influence on the development of Oakland.
- Tour 8: New era new politics: This Tour highlights African-American leaders who helped shape present-day Oakland.



Woodminster Summer Musicals

Oklahoma!
July 7-15

Rodgers
& Hammerstein's
famous first
collaboration,
OKLAHOMA! tells
the love story of
Curly, a handsome
cowboy, and



Laurey, a headstrong farm girl, living in a western territory about to become the state of Oklahoma. The beautiful and memorable score includes songs like "Oh What A Beautiful Morning," "Surrey With the Fringe On Top," "People Will Say We're In Love," "Kansas City," and the triumphant title song, "Oklahoma!" This live musical is performed outdoors in historic Woodminster Amphitheater in Oakland's beautiful Joaquin Miller Park by a large cast and live professional orchestra

Dates are:

Saturday 7/7

Sunday 7/8

Thursday 7/12

Friday 7/13

Saturday 7/14

Sunday 7/15

Time: 8 pm- 10:30 pm

Location: Woodminster Amphitheater

Joaquin Miller park, Joaquin Miller road at upper Sanborn dr. Oakland

Full price tickets range from \$32-\$69. Many options and discounts available including free and steeply reduced prices for kids and teens 16 and younger, half price opening nights for Oakland residents.

You can find more information at
<http://www.woodminster.com/>

Coming Attractions

A lot will be happening in the next few months:

- Artists in the Newsletters
- Summer Potlucks!
- New presentations

We would like to invite and encourage everyone to share your ideas and talents with the Village, so together we can evolve into a stronger, more vibrant village.

*Contact us at: info@northoaklandvillage.org or give us a call at: (510) 547-8500.
Watch your e-mails more upcoming events.*

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North Oakland Village, 2501 Harrison Street (at 27th), Oakland, CA 94612

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