



NEWSLETTER

September CALENDAR

**ALL EVENTS MEET AT NOV OFFICE UNLESS OTHERWISE
INDICATED- See Upcoming Events for details**

- Each Monday - **Menders/Handability**, **members & volunteers**
- Monday 2nd - **Office Closed**, Labor Day
- Tuesday 3rd 2:00 - **Memoir writing group**, **members**
- Thursday 5th 12:30 - **A's Game**, Oakland Coliseum, **all welcome**
- Saturday 7th 10:00-12:00 - **Helping Hands**, Uptown Rotary Home Visits, currently full
- Wednesday 11th Noon - **Lunch Bunch**, Crepe Pan, 4184 Piedmont Ave, **members & volunteers**
- Friday 13th 11:00-12:00 - **Singing with Sara**, meets at member's home, **members & volunteers**
- Saturday 14th 1:00 - 4:00 **NOV Swap Meet**, **members, volunteers and friends**
- Monday 16th 2:00 - **Salon**, meets at member's homes - currently full **members**
- Tuesday 17th 12:30 - **Technology Help Workshop** **members and volunteers** *note time change
- Tuesday 17th 2:00 - **Memoir writing group**, **members**

- Wednesday 18th 10:45 - **Outing to Saint Mary's College Art Museum, Moraga, members and volunteers**
- Wednesday 18th 2:30 - **Healthy Aging, members** currently full
- Thursday 19th 2:00 - **Silvernest Presentation on Home Sharing, all welcome**
- Friday 20th 10:30 - **Time To Talk**, learn about NOV **all welcome**
- Friday 20th - **Newsletter Submission deadline, NOON**
- Friday 20th 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**
- Tuesday 24th 12:30 - **Newsletter Review Committee**
- Tuesday 24th 2:00 - **Board Meeting, all welcome**
- Tuesday 24th 3:30 - **Board Retreat, board members only**
- Friday 27th (last Friday), 2:00 - Non-Fiction **Book Group, members & volunteers**
- Sunday 29th (last Sunday) 5:00-7:00 - **Autumn Potluck, all welcome**

Upcoming Events:



Walk by the Bay September 8th

Postponed to October 13th

Because of new parking restrictions, Will Dvorak and Janet Bertram are investigating other locations that are flat and accessible-and

beautiful!- with convenient parking. Check the next newsletter for updates

A's game

Thursday, 5th 12:30

Oakland Coliseum

The A's are in the running for the playoffs! Come join us on Thursday, September 5th, at the Coliseum and

watch the A's take on the visiting Angels. It will be a day game, 12:30 start. Crowds are getting bigger and livelier, so please call Judith Coates ahead of time for further details. Her number is (510) 593-4174.



Helping Hands September 7th

The Uptown Rotary Club volunteered to lend their talents to NOV, and in September they will be helping four NOV members around the house. They will stay to do chores like turning mattresses, pulling weeds, moving light furniture or assistance with a computer. At noon they are done.

All members are welcome to sign up for a Rotary Club Helpful Hands visit, with service members given priority.

This September visit is fully subscribed. Watch for the next home visit event by this group!

Lunch Bunch

**Wednesday, September 11th
Noon**

The lunch bunch will meet at Crepe Pan, 4184 Piedmont Ave.

Please call Norma Harrison

510-547-7530, if you plan to attend.



Singing with Sara

Gather around the piano and sing—old songs, new songs, silly songs. All voices welcome.

Meets at a member's home with a few stairs at the entrance.

Contact the office for information and to register.



**WANT to
SWAP?**

Swap Till You Drop

When someone recently asked me "what is a swap meet?" I was reminded of our regional language differences. I don't know

what they're called in other parts of the country, but here they're like rummage sales without the money. You bring

something you no longer use or are tired of and exchange it for something you didn't know you wanted till you saw it.

I recently discovered I had two 2-gallon cookers in my cupboard. One has been at the back, behind other pots and pans, for at least fifteen years. Someone can make good use of that pot and by keeping it in my cupboard, I'm depriving them of it. You get the idea.

So, on September 14 from 1:00 to 4:00, NOV will host its first ever swap meet. Rules:

Do not bring junk. Everything must be in working order.

Do not bring clothes.

Nothing larger than one person can carry.

Want to be part of the group planning this pioneer venture? Call Ruby Long at (510) 316-4032 or let the office know and you'll be included in the planning meeting.

Otherwise, we'll see you at 1 on the 14th.

A \$ donation box will be available-please donate

-Ruby Long



Technology Workshop Round Four: September 17th 12:30

Alan will focus primarily on smart phones for the next technology workshop, as everyone seems to be eager to learn more about their phones, the constant updates, and how to utilize all the features offered. Bring your phone!

Time changed for September only.

Outing to Saint Mary's Museum

September 18th

Join us for these exhibits:

Significance Machines and Purposeful Robots,
New Formalism in Painting and Photography
NOV member, Josephine Withers, Art Historian,
will be our guide

Bus Pickup: NOV office at 10:45

Return: After lunch, back about 2:00



Silvernest Homesharing Presentation

September 19 at 2:00 pm

Sometimes older adults find themselves rattling around in a house, alone, or maybe with a kitty and a few plants for company. Homesharing can be a good option to consider and we have a speaker from Silvernest coming to North Oakland Village to tell us more about it.

Silvernest is an online homesharing service designed to pair aging

homeowners with qualified roommates, giving Baby Boomers and empty nesters an aging in place alternative. Through its roommate matching, lease management, and localized support services, Silvernest combines the tools, expertise, and commitment to provide a comprehensive home sharing platform. This service takes care of the details, enabling people to stay in their homes while benefiting from increased income and shared experiences.

Please join us for this important presentation by Sarah Oswald who lives right here in Oakland!

Letter from our President

It's a liminal time, this little stretch where late summer starts looking toward Autumn. The light is different, it's cooler in the morning. We'll cross the threshold into the busy month of September with this issue of the North Oakland Village Newsletter, and then things will speed up all the way until the end of the year!



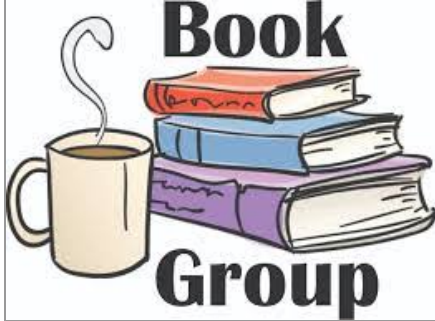
In this moment of pause, between the abundant gifts of summer fruit and autumn colors, it's a good time to start thinking about gifts, about where to direct year-end donations and what would be a really great gift for yourself if you happen to have a birthday coming up. Speaking for myself, there is **NOTHING** I want or need that goes on a hanger or that has to be dusted and in fact, we've got a very cool swap meet set up for us on September 14 where we can unload a few of those things and likely find something useful that will also make us happy. See the Calendar, above.

If you love the activities, the engagement, the great food, programs and outings of our Village consider making a radical donation of a yearlong membership for someone who can't afford to join. Or how about asking your family to pitch in and cover your membership for your birthday!? Or for the upcoming holidays? Nothing to dust, just another year of community, meaning and fun. Consider too our Annual Fund drive that will come up toward the end of the year. We've been good at keeping expenses lean and making ends meet, but it's time now to secure the future of the Village and its place in the goal of making Oakland a truly Age-Friendly City. Generous donations to the Annual Fund will enable NOV to take a longer view of its purpose and possibilities as a sustainable and transformative leader in the adventure of aging well.

Think about it. Now is a good time for long thoughts.

Warmly, Susan Board President North Oakland Village

	<p>Non-fiction Book Group Friday September 27th, 2pm NOV Office</p>
	<p>Friday the 27th 2:00, The book group</p>



will meet to discuss, *Daring to Drive*, a Saudi Woman's Awakening, by Manal Al-Sharif

In Case you missed it....



North Oakland Village
Intergenerational Picnic at Lake Temescal
August 11, 2019

Intergenerational Picnic

Hot Dogs, Summer Salads – the Generations Gathered on August 11! Our annual Intergenerational picnic was a great success again this year, attended by 35 people and a couple of dogs (one big enough to count for 3). We had a good age range, from 1½ to 102. A couple of little ones missed the photo because of naptime and our young 101 year old had to

leave before the group photo, too but we have a few pictures here to document the good time we had together. Heartfelt thanks to the hardworking picnic committee: Judith Coates, Bob Field, Robin Finnegan and MC Haug as well as Judy Sorey who always finds many ways to be helpful and Andy Young for producing a summer salad from the North Oakland Village Community Garden that was yummy. Great food, unforgettable company, warm and breezy weather – it could not have been better!

COMMUNITY EVENTS



Transportation to Evening Concerts

One of the signs of community health is the vibrancy of its night life. And yet, attending evening musical concerts is challenging for people who do not drive and for those without a ready-made concert partner. Providing an alternative is consistent with North Oakland Village's mission of enabling all residents to thrive as we age.

For many years, Four Seasons Arts has organized door-to-door transportation for subscribers to its evening concerts held at the Regents Theater at Holy Names University in Oakland. Now in its 60th year of

operation, the program presents classical music recital and chamber concerts featuring internationally known artists.

Subscribers enrolled in the subscription category that includes transportation are picked up at home with 2 or 3 people who live nearby, transported to the theater, and home again immediately after the concert. Riders value relationships with their drivers, friendships with other participants, and being part of an audience that includes all ages.

Mary Jo Hudgel is available to give information on the Four Seasons Arts transportation service and concert series – 510 845-4444
mjhudgel@fsarts.org www.fsarts.org

Ronnie's Movie Night

Beaches

Friday September 20th 7:00 pm



2501 Harrison, Oakland, CA
Beaches (also known as Forever Friends) is a 1988 American comedy-drama film adapted by Mary Agnes Donoghue from the Iris Rainer Dart novel of the same name. It was directed by Garry Marshall, and stars Bette Midler, Barbara Hershey, Mayim Bialik, John Heard, James Read, Spalding Gray, and Lainie Kazan.

Meals On Wheels and other food delivery options...

We all enjoy our growing monthly potluck dinners, a time to show off our talents in the kitchen. What might shock some of us is how difficult it is to get good home-cooked meals when you can't get to the store or you have suffered a health set back. This happened to Sheila Pearce this past spring when she fell at home and fractured her arm. Lucky for Sheila, she was able to get family and friends to help with her day-to-day needs, especially food. If you find yourself facing an upcoming operation, an illness, or an unexpected injury, it's worth noting that Alameda County **Meals on Wheels** delivers meals to those over 60 with a need. They can be reached at **510-582-1263**.

Intergenerational Picnic





North
Oakland
Village



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510-547-8500
