



NEWSLETTER

November & December CALENDAR

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

November

- Each Monday 10:30 - **Menders/Handability**, **members & volunteers**
- Tuesday 5th 2:00 - **Memoir writing group**, **members**
- Sunday 10th 2:00 - **Sunday Stroll**, Lafayette Reservoir, **members and volunteers**
- Tuesday 12th 1:30 - **Playreading group**, **members and volunteers**
- Wednesday 13th Noon - **Lunch Bunch**, Little Shin Shin, 4258 Piedmont Avenue, **members & volunteers**
- Thursday 14th 2:00 - **2020 Census presentation**, **all welcome**
- Friday 15th 10:30 - **Time To Talk**, learn about NOV **all welcome**
- Friday 15th 1:00 - **Envelope Stuffing Party**, End of year Fundraiser **all welcome**
- Friday 15th 1:30 - **Bridge**, call Norma Harrison (510) 547-7530 **members**

- **Singing with Sara** is on hiatus for the month of November, **members & volunteers**
- Tuesday 19th 2:00 - **Memoir writing group**, **members**
- Wednesday 20th 2:30 - **Healthy Aging**, **members** currently full
- Monday 21st 2:00 - **Salon**, meets at member's homes - currently full **members**
- Sunday 24th 5:00 - **November Potluck**, **all welcome**
- Tuesday 26th 4:00 - **Board Meeting**
- Thursday 28th - **Thanksgiving** - Church closed through the weekend

December

- Each Monday (Except when the office is closed)- **Menders/Handability**, **members & volunteers**
- Tuesday 3rd 2:00 - **Memoir writing group**, **members**
- Friday 6th 2:00 - **Non-Fiction Book Group**, **members & volunteers**
- Tuesday 10th 1:30 - **Playreading Group**, **members and volunteers**
- Wednesday 11th Noon - **Lunch Bunch**, to be determined, watch for an email, **members & volunteers**
- Tuesday 17th 2:00 - **Memoir Group**, **members**
- Friday 20th 10:30 - **Time to talk**, **all welcome**
- Saturday 21st 1:00 - **Christmas Revels**, **First Congregational Church of Oakland** sanctuary, tickets \$25 and up, **all welcome**
- December 23 through January 2 - **Office Closed**

Upcoming Events:



Sunday Stroll

November 10th 2:00

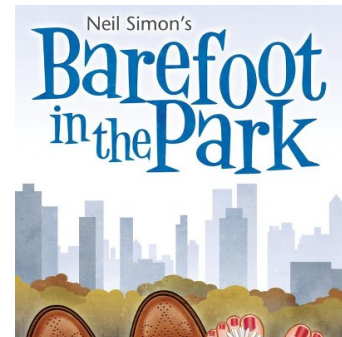
Lafayette Reservoir Circumambulation. Paved path. Some hills. Complete circuit is 3 miles. Partial circuit optional. Restrooms available. Rain cancels. Meet 2:00 NOV

parking lot for carpool. Optional restaurant dinner afterward to be decided. Janet Bertram and Will Dvorak. Home 510 339 3356. Cell 510 914 2330.

Play Reading

Tuesday, November 12th 1:30, NOV office

Barefoot in the Park, a comedy by Neil Simon.



Corie and Paul Bratter are a newlywed couple. For their first home, they live in an apartment on the top floor of a brownstone in New York City. Corrie is optimistic about their future together, while Paul, the more anxious and grounded half of the couple, worries about the various flaws in the apartment, such as a hole in the skylight, their leaky closet, and the lack of a bathtub. Shortly after moving in, Corrie attempts to set her mother up with their eccentric neighbor Mr. Velasco. During the course of four days, the couple learns to live together while facing the usual daily ups-and-downs. Corrie wants Paul to become more easy-going: for example, to run "barefoot in the park".

Lunch Bunch

Wednesday, November 13th Noon

Little Shin Shin, 4258 Piedmont Avenue, **members & volunteers**

Please join us!

Email or call Norma Harrison, (510) 547-7530,
betnorh@sbcglobal.net



Stand up and be counted!

November 14th 2:00 NOV office

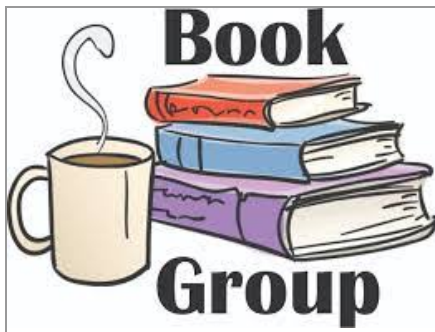
"What's at Stake for Alameda County in the 2020 Census and How you Can Support a Complete Count"

The 2020 Census will bring **billions of dollars** and **political power** back to our communities. However, distrust of our government, and a new digital platform among other things are expected to undermine this important civic process by deterring people from completing the form. Local governments are investing heavily in the 2020 Census to achieve a complete count. This presentation will show more about

why the census is important and how you can get involved. Ensure that your community has access to the 2020 Census by attending.

Thanksgiving at the Feinbergs Thursday, November 28

Joan Feinberg has again offered to host Thanksgiving dinner at her home for any North Oakland Village members or volunteers who don't have family nearby or simply want to enjoy the company of fellow villagers. Dinner will be at 3:00 on Thanksgiving Day, November 28. Joan can accommodate up to 8 guests. Please call Joan at 510-451-1122 to sign up.



Non-fiction Book Group

Friday December 6th 2:00. The book group will meet to discuss, Behave: The Biology of Humans at Our Best and Worst by Robert Sapolsky.

Christmas Revels December 21st 1:00

THE CHRISTMAS REVELS
WILL BE AT FIRST
CONGREGATIONAL CHURCH
OF OAKLAND

For many years the Christmas Revels have brought their wonderful show, based loosely on a Medieval Morality Play, to the Scottish Rite Temple. This year they will perform in the Sanctuary of the church next door to the NOV office. A group from NOV will attend the performance on Saturday, December 21st at 1:00 at a discounted rate of \$25 to \$30 per ticket. We need to know how many tickets to order so please call the office to sign up no later than December 6 by noon.



Healthy Aging Starting in January 2020

In January, a new Healthy Aging group will form on a Wednesday or a Thursday. Joan Hall-Feinberg and Sally Hunter will again be co-leading the group. It will be held once a month for six months with a specific agenda for each meeting. There is space for a total of 8 members. Three people have already expressed an interest. It is important that you make a commitment to attend each session.

This is an interactive group where members are encouraged to share their thoughts and experiences based on the topics presented. Please notify

Danny or Joan and Sally if you are interested. If you have questions or need more information, we would be happy to talk with you.

Note: Priority will be given to NOV members. If there are enough openings, volunteers will be included. Contact Joan at (510) 451-1122 or call the office.

Om Aggarwal: Member Profile

Om Aggarwal is truly an international man. Born in November, 1919 in India, yes, that's right, he'll be 100 years old, he came to the U.S. in 1949 as a student at Iowa State University. Finishing there, he went to Stanford for his Ph.D., which he received in 1952. Immediately he was offered a job in Seattle. That meant his wife Saroj, waiting in New Delhi with their two children, could join him.

The Seattle job served as a springboard to a position with United Nations in Santiago, Chile and the whole family went with him. The next move wasn't quite so far, only to next door Peru. At that embassy Om's job required him to attend a reception for Britain's Prince Philip about which he had mixed feelings. He had lived through the bloody fight of India for independence from England that ended in 1947. However, diplomat that he was, he summoned his professional manner and put politics out of his mind for the evening.

Om's career continued to take him and his family, now with three children, to diplomatic and academic posts all over. They lived in Indiana for a job at Purdue, Edmonton and Saskatoon Canada followed and then back to Ames, Iowa where he had a job at his old school. It was at Purdue Faculty Wives Club that Saroj learned to play bridge. Seeing how much she enjoyed it, Om also learned and they became a formidable team in every community where they made a home.

In 1965 the family moved to Rome while Om worked for United Nations and stayed there till his retirement in 1981. Everywhere they went they were able to find or create community for the family. And in 1981, with the children all adults with degrees from Stanford and on their own, they returned to India to rejoin the families they had left behind thirty years earlier. But summers in that part of India are brutally hot, so they got away as frequently as possible. When their son, Vinod twice took a job teaching in Paris, they went for a visit and stayed two months each time. They love Hawaii, too, and have made several trips there.

Somewhere during a time in California, they had bought a house in Fremont and in 1992, tired of the long trips to see their children, they moved into it. Two or three times a month they drove up to visit the son who lives in Piedmont. During a visit in 1995, on one of his almost daily walks around the neighborhood, Om spotted a house for sale. Saroj checked it out and approved, so they bought it and moved in. Now their son is just two blocks away. Much easier to stay in touch.

When Om and Saroj celebrated their 50th wedding anniversary in 1996, the children gifted them with a cruise to Alaska, one of the few places they hadn't been. They both say there are a couple of countries they'd like to visit, but at 100 and 89, another long trip doesn't appeal to them. They'd much rather stay home, spend time with their close knit family and reminisce about the rich life they've had together.

Ruby Long

Letter from our President

Dear North Oakland Village Community,

By the time you're reading this, we'll be headlong into the holiday season, having put away our Halloween costumes and thinking about turkey and mashed cauliflower and get-togethers where there is always a vast array of special diets. It's also a time of year when older adults can be extra vulnerable to the scourge of isolation and loneliness. We have the cure for that in our Village, so please remember to take advantage of all the happenings listed here in our newsletter and don't hesitate to create a few of your own – a movie, a coffee date or a walk with someone you'd like to get to know better. It's also a good time to share this wealth of community, friendship and meaning with others. Invite a friend to a program. Invite a friend to consider volunteering for the Village. Volunteer yourself.

I've been knee-deep this week in research addressing the epidemic of social isolation and loneliness in older adults. It's more dangerous for us than smoking, too much alcohol, obesity or pneumonia. It turns out, it seems, that the good life is more about meaning than abstract happiness. Volunteering is important. It can provide a feeling of belonging which has a positive impact on cognitive wellbeing. Studies also show it can play a big role in healing symptoms of depression over time.

Being a volunteer member of the NOV board is immensely satisfying to me, because I believe in our mission and am in love with this amazing community. You don't have to start there, though we would truly welcome interest. There are many other options and it's good to spend some time discerning a volunteer "job" that feeds you, that gives you satisfaction. If you



want to start really small, with a one-off, come pitch in and stuff envelopes with us at the NOV Office 1:00 pm on Friday, November 15 for our Village Annual Fund mailing. There will be refreshments and good company as well as plenty to do! Past experience teaches that there will also be glitches and a good measure of hilarity as well.

Another essential element of aging well that we intuitively know and pursue with enthusiasm is HAVING FUN! May your holidays be filled with meaning, with community and fun!

Warmly, Susan Board President North Oakland Village

Staying Alive part Two

Last month we began telling you who does what at North Oakland Village and ran out of space. That in itself should tell you what an active group this is.

Andy Young, for instance, is another energetic person with a vision of community. He had the idea, arranged for and organized the group that worked to make our garden spot come to life. You can find it across the street near Lake Merritt. Most of the time, Andy has seen that the vegetables went to an organization which assists homeless people. But at harvest time, he brought some of the veggies to the office. If you were there at the right time - like at a committee meeting, say, you might have had some.

Janet Bertram and Will Dvorak are a big help if you want to see our neighborhoods and the Bay in a new way. They lead a walk on a different, level walkway every month. No climbing or huffing and puffing, just walking, talking and listening. Bring your camera.

Alan Winson's technology workshops continue to draw the non-nerds among us who are trying to enter the tech age smoothly. His depth of understanding of both the tech world and the aging brain are invaluable in explaining how to use tools that are becoming ever more important to our lives. Bring your phone or laptop computer to the meeting when you see it listed in the newsletter.

Then there's the Board that keeps things organized and connected. It's they who, among many other responsibilities, also search for financial support. Once a month, in addition to their other involvements with Village committees and activities, they get together to do the nitty gritty work of keeping things running smoothly and finding the money to keep NOV alive. Susan Pierpoint, the one who wears so many hats and does it so graciously, is the one where the buck

stops. She deserves a lot of credit and could always use more of our support.

Clearly, North Oakland Village is kept alive by its volunteers. Clearly, it takes a lot of people doing what they want to do - computers, anyone? gardening? sewing? Hopefully, you now have a broad picture of how the Village works and what it has to offer. Take a minute and give a hand for those who keep it going.

Ruby Long

In Case you missed it....



Sunday Walk

A small group of villagers enjoyed a lovely walk at Lake Merritt on a sunny October Sunday. We discovered an unexpected bonsai exhibit with amazingly perfect tiny trees and a rock-filled babbling stream under towering redwood trees—

a hidden gem in the heart of Oakland. Join us on the next walk at Lafayette Reservoir at 2:00 November 10.

Fire Preparedness Presentation

Thanks so much to the Oakland Fire Department for sending out 5 handsome and uniformed firefighters to help spread awareness about how to stay safe through the fire season. The timing couldn't have been more opportune, and we greatly appreciate all their efforts.



COMMUNITY EVENTS

**Piedmont Gardens Community Jewelry
Sale**



Piedmont Gardens, a continuing care retirement community, will hold their third annual vintage and modern community jewelry sale on Saturday, November 16, 9:00 a.m. to 3:00 p.m. at 33 Linda ave, Oakland. An amazing variety of necklaces, earrings, bracelets, pins, watches, items for men and children will be on sale along with art and

other interesting items, all donated by residents, friends, and family. Cash and credit cards (for purchases over \$25) are accepted. All proceeds benefit programs for residents.

Ronnie's Movie Night

The Eagle Huntress

Friday November 15th 7:00

2501 Harrison, Oakland, CA

Aisholpan, a 13-year-old girl, trains to become the first female in 12 generations of her Kazakh family to become an eagle hunter and rises to the pinnacle of a tradition that has been handed down from father to son for centuries.

While there are many old Kazakh eagle hunters who vehemently reject the idea of any female taking part in their ancient tradition, Aisholpan's father, Nurgaiv, believes that a girl can do anything a boy can, as long as she's determined.



Holiday

Friday December 20th 7:00 p.m.

2501 Harrison, Oakland, CA

Johnny (Cary Grant) seems like a solid match for Julia (Doris Nolan), the socialite daughter of Edward Seton (Henry Kolker). Assured that Johnny is a worthy suitor, Edward approves of the pairing. But, as Johnny's wanderlust surfaces -- he is more interested in traveling than in business -- Edward starts to have doubts. Johnny

also begins to wonder if he might not be a better match for Linda (Katharine Hepburn), Julia's outspoken younger sister, with whom he has much more in common.

Halloween Potluck!

--	--



The whole gang



All the Witches

"Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul." Samuel Ullman

**North
Oakland
Village**



North Oakland Village | 2501 Harrison Street Oakland, CA 94612
510-547-8500
