



North Oakland Village

Monthly Newsletter



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What a Party

Potluck and Art Show

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>> Monday Menders

>> Handability

>> Member Salon

>> Monthly Bridge Group

Happening in May

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Healthy Aging Support Group	May 23
Monday Menders	May 7, 21, 28
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President's Letter

Dear Villagers and Friends,

May is such an exciting month, though it always seems a bit overpacked. Many of us have graduations to attend – for me, my nephew graduates

Cal and my little granddaughter from the "Caterpillar" class to the "Butterfly" class at



>> Non-Fiction Book Group

COMMUNITY EVENTS

Greek Fair

COMING ATTRACTIONS

Lets get Summer
Started!
May Potluck

May 27
5:00-7:00 PM



NOV Headquarters
First Congregational Church
25th at Harrison

Need a ride? Call
510/547-8500

preschool. The Village will be a busy place too. We've just closed out April with an Art Show and Pot Luck on April 29th and now coming right up is the City of Oakland's celebration of "Older Americans" month with a huge party at *City Hall Plaza 10am-2pm on May 2nd.*

The theme is perfect for Villagers: "Engage at Every Age!" We're still looking for a few more volunteers to come just for an hour or so to help make lunches and pass them out to hungry attendees or to sit at our North Oakland Village table (close to the entrance to City Hall) so everyone has a chance to walk around, meet new people, pick up cool samples and giveaways, explore City Hall's beautiful lobby and hunt for popcorn. Join us! Wear your green NOV polo shirt if you like. If you don't have one, the office probably has your size, just \$15.00.

North Oakland Village will be a presence at a UC Berkeley Retirement Center conference on May 22nd as well. Some of us are attending the conference and NOV will also have a table and literature there for attendees interested in learning about our Village. "Living Well in Retirement" is a daylong conference and for only \$50 you receive a full day of workshops with renowned presenters, lunch, snacks, free parking and fun at the beautiful bayside **Hs. Lordships** at the Berkeley Marina. For more info: <https://retirement.berkeley.edu/conference2018>.

There will be many other May events at our Village announced in this newsletter but for now I must sign off and get packing because it's still April as I write this and I'm going on a trip to China in 2 days! Be well and I'll see you at the Village or at the City Hall Plaza!

Transitions:



With North Oakland Village saying goodbye to Linda Joslin and welcoming Danny Weaver as the new office coordinator, this seems a good time to look at where we've been and consider our direction for the future.

NOV really began in Judith Coates' kitchen in 2008. Three people who were there are still involved. An earlier gathering in Piedmont Gardens public meeting room had brought a number of people who showed interest, but Judith, Christine Wilder–Abrams and Ruby Long are the only ones still with the organization. Soon after that original attempt, Judith was contacted by Sandra Davidson. Her church, St. John's, was endeavoring to start a similar group. After two NOVers and two of St. John's people met at a no–longer–with–us coffee shop, the two groups agreed to unite. Judith, president of the now named North Oakland Village, and Sandra researched the process and wrote the application for non–profit status.

It was clear early on that we needed a regular meeting place and some administrative staff. Empty storefront space was found for a bargain rate at the Rockridge Shopping Center, and Linda Joslin was hired as administrative staff. She's the one who started the newsletter you are reading. And it was soon after NOV moved in that we had our first potluck dinner, a popular monthly event that continues to draw a crowd.

Sandra Davidson followed Judith as president and Sandra Coleman was next. She served three terms before our current leader, Susan Pierpoint, took over. In the meantime, a move to NOV's present location, accomplished mostly by Bob Field and a crew of NOV men, brought a number of other non–profits as neighbors.

Meanwhile, the NOV calendar and activity opportunities have grown. Take a look at the newsletter or that calendar in the office and you can see for yourself. Discussion groups, field trips (raise your hand if you're going to the A's game), book groups, speakers and presentations on a myriad of topics offer ample ways to socialize, exchange ideas and create community.

Next month, NOV News will interview Danny Weaver. Meanwhile, let's welcome him and wish him well as NOV continues its path into the future.

Singing with Sara is back!

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:

May 3 and June 7.

Meeting time **10:30 AM**.



Lawyers in the Library

Free Legal Advice & Referral Information

Are you interested in getting to speak to an Attorney but don't want to pay for a quick chat or have to go all the way to a law office? The Alameda County law Library has an alternative that is much more informal and convenient. On the second Tuesday of each month from 6-8 pm, they are holding free legal sessions at local libraries. Register by phone starting one week in advance.



Montclair Branch
1687 Mountain Blvd.
Oakland, CA 94611
(510) 482-7810

Sponsored by Alameda County Law Library.

Sessions are around 15 minutes, staff volunteers and volunteer attorneys.

Call individual library first and confirm schedule.

Sign-up procedures at each library location may be different.

Thank you Sylvia de Trinidad!

Lunch Bunch

The First Lunch Bunch was a great success! Ten people attended, and reports are that the food was delicious and the company very good. The idea was originally envisioned by **Robert Warwick**, and we think it has the potential to become a great new option for NOV socializing.



Norma Harrison will host the next Lunch Bunch at:
The Terrace Room, 1800 Madison (corner of Madison and 17th).
Wednesday, May 16, 11:45 AM

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Please call **Norma Harrison 547-7530** to the **NOV office** no later than **May 13**, so we know how many to expect

Eugene O'Neill house tour!



While the crowd at the O'Neill house tour was small, the event was a great success, with a wonderful tour amid a beautiful park and great amenities! The historic house remains a great opportunity to visit, and we would encourage you to check it out on your own! Whether you are interested in playwrights, literature or maybe architecture, the house represents a great outing. There is a

guided tour of the house, a video and the opportunity to visit the extensive gardens and the visitor center and bookstore.

Everything is accessible to wheelchair-users except for O'Neill's study on the second floor.

Older Americans Month: Engage at Every Age

Wednesday, May 3
10:AM-2:00 PM
City Hall, Frank Ogawa Plaza



As Mentioned in the President's letter, it is once again time for the downtown Oakland Older American's event. Last year was a great event, although much hotter than most people would have wished for! This years theme emphasizes that "you are never too old (or young) to take part in activities that can enrich your physical, emotional, and mental well-being." We would love to have volunteers come and assist!

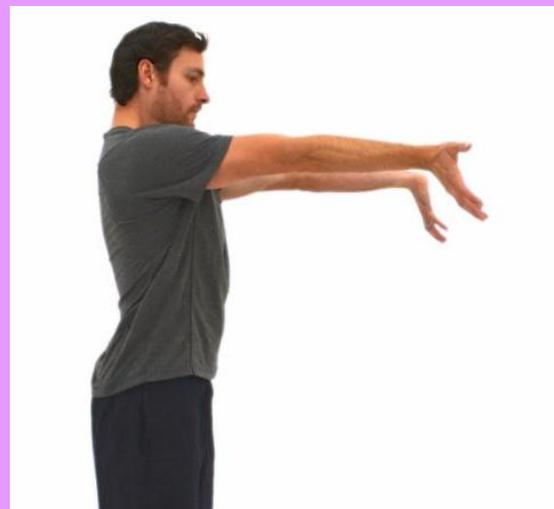
Activities Include:

- Senior Services Information Tables
- Health Screenings
- Speakers
- Performances by Senior Centers
- Oakland Seniors Art Exhibit

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

Move With Ease

Join us for our next "Move with Ease" class. Those of us who attend every month are finding that we really enjoy it and are much more attentive as we move through life. 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, May 26

10:00 AM to 11:00 AM



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, May 18

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.

Linda's retirement party!



To celebrate Linda Joslin's retirement, and to celebrate her five years of service to the North Oakland Village, Joan Feinberg graciously hosted a luncheon for Linda and fourteen guests on April 6th. Despite the rainstorm outside, we all enjoyed our tasty turkey pot pie and green salad, followed by delicious desserts from Sweet Adeline Bakery.

Linda, do enjoy your next life adventure, and please come back and visit us!

Potluck and Art show!

For our most recent potluck, we invited our members to bring in works of art that they created, and we got an absolutely wonderful response! We had so many lovely contributions that we had to even use the office in addition to the displays in the dining area. The art ranged from wonderful paintings, beautiful clothing, exquisite instruments, to exotic necklaces with beads all the way from Peru! Here are a few photos from a great night that demonstrate how creative our members truly are!





Ongoing Events

Aging Support Group

Healthy Aging: How to Live to Your Full Potential
Thursday, May 23, 12:00-2:00 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 May 7, 21 & 28, 12:00 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

May 14, 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

May 21, 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 May is: "Racism"

Monthly Bridge Group - New Players Welcome

Organized by Norma Harrison

Third Friday of the Month, May 18, 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

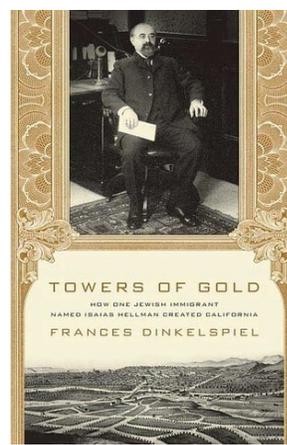
Contact: NOV Office
Date: May 25, 2:00 - 4:00 PM
North Oakland Village Office

Members – men and women – are all encouraged to attend.

The conversations are always interesting and lively.

This month's book will be: *Towers of Gold*, by Francis Dinkelspiel

The discussion will be led by Susan Field.



Community Events

Community Event

Greek Festival
May 18–20

With summer right around the corner, that means that it's almost time for the yearly Greek Festival!



It is that time of year again when the wonderful aromas of Souklavia and Loukoumades waft through the air and the sounds of traditional Greek music and shouts of OPA! resonate in the hills of Oakland. The Oakland Greek Festival 2018 is now in full preparation and getting ready to go. What would Oakland's Greek Festival be without the many people from our community who come to enjoy all the treats for the ears, and eyes and stomach? The Festival's founding committee put together an event in the hopes of keeping the traditions and their religion alive and strong in the hearts of their children. Little did they know that over 46 years later this festival would be a stage to share their vibrant culture, savory food, and trusted religion with our greater Bay Area community.

Hours are:

10:00 AM– 11:00 PM Friday

11:00 AM – 11:00 PM Saturday

11:00AM – 9:00 PM Sunday

Admission: \$6.00 Adults

Free Admission on Friday 10:00 AM – 2:00 PM, and Sunday 5:00 PM– close

Premium Parking \$15.00

Free parking at Mormon Temple and Head Royce school, with shuttle service

Disabled Parking available

You can find more information at

[GreekFestival](#)

Coming Attractions

A lot will be happening in the next few months:

- Our Summer double issue
- A's Games are happening, join us for one!
- 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.