

tamjourney

The Tamalpais newsletter focuses on the great stories and events at The Tamalpais and within our community. **Winter-Spring 2018 • ISSUE 6**



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TheTam.org



Meet Anne Clute

The Tamalpais Resident Volunteer Gardener!

Anne Clute left her home in Jacksonville, Florida and moved to The Tam in 2016 to be close to her daughter. She has always had a passion for gardening and found a unique way to pursue her interest at The Tam.

As you enter The Tam, you will see her artistry in the circular driveway. In the Fall, she planted chrysanthemums and added a bird bath. Then, she added bursts of red and yellow pansies in the surrounding grounds. With Spring fast approaching, she is already planning what type of garden she will create.

Mention peonies or lilacs and Anne smiles. Mention the flowers at The Tam and she beams. "I could not have found a better place to live," Anne says. "I have so many new friends and I can eat outside on the terrace and enjoy the spectacular views. And then, there are the flowers! I have magic in my life every day."

7 Foods to Fight Colds & Flu

Before you reach for the latest over-the-counter remedy in your medicine cabinet, head to your kitchen.



Follow The Tam on Facebook:
The Tamalpais Marin



My parents are trying to decide whether to age in place in their home or move to a retirement community. What are the reasons they should consider moving – they are in good health, active and comfortable where they are!

A Life Care community offers your parents increasing levels of support should they ever need it. Your parents won't have to worry about who will take care of them or how they will pay for higher levels of care – it's all predictable with Life Care. They also won't have to worry about home maintenance and the chores of daily living. Most importantly, they will come to appreciate a new-found freedom to pursue their interests and a social life with people they never would have met had they stayed in their home. It's an important decision to move to a CCRC but many people feel it was the best decision they ever made.

Jan/Feb 2018 Calendar

The Tam residents enjoy many fun and inspiring events, classes and outings. The following are a few examples.

- JAN 26 The Tam**
10:00 am White Elephant Sale
5:00 pm Men's Clambake
- JAN 27 San Francisco**
12:15 pm San Francisco Ballet
- FEB 2 San Rafael**
12:20 pm Docent Talk: Julia Geist Sculpture & Craft - M.H. de Young Museum
- FEB 7 San Rafael**
12:20 pm Chinese New Year Asian Art Docent San Rafael Art Talk
4:30 pm **The Tam** Bob Hemstock "The Allure of Cuba"
- FEB 8**
9:30 am Trip to the M.H. de Young Museum
7:15 pm Marin Speakers Series: Scott Kelly
- FEB 11 The Tam**
4:00 pm Jack Korty Academy Award Winning Film Director
- FEB 14 The Tam**
7:00 pm The Odd Couple Female Version
- FEB 15 Richmond**
11:30 am Lunch: Asian Pearl Chinese New Year
- FEB 22 San Francisco**
10:30 am Museum of the African Diaspora | Otrá Mas': 40 Years of Carnival in San Francisco
- FEB 26 The Tam**
7:00 pm Frederick Moyer International Concert Pianist

See more events flip side.

Here's What's Happening In & Around The Tamalpais - Jan • Feb • Mar 2018

ONGOING EVENTS

Ikebana Learn the highly disciplined art of Japanese flower arranging from the 15th century by Buddhist priests. Taught by Ethel Aotani, a Tam resident and professional artist.

TAM Walking Group

Every Tuesday join us for an exploration of favorite trails in Marin!

Poetry and Creative Writing

Every Friday, join our Tam resident writers in a weekly session.

Newcomer's Group

Once a month, come learn about The Tam and meet staff and residents.

Sitting Meditation

Every Thursday, join our Meditation Group.

Photography Club

Meets twice a month.

Women's Chorus

Join a joyful group of Tam singers to celebrate song.

Stretch & Serenity

A seated class that focuses on flexibility and range of motion.

Afternoon Tea

Enjoy a tea break! Join us on Tuesday, Wednesday and Thursday in the Galleria Café.

Happy Hour

Tam Residents Happy Hour in the Lounge: on the 1st & 3rd Friday of every month.

Apt #706

Coming Soon!

- 1 Bedroom Apt + Den
- 2 Baths
- 1140 sq ft
- Exquisite Views
- 2 Private Balconies
- Minutes from San Francisco and more!



There's Something Special Here



Greening of the Tam

Update About The Tamalpais' Deep Green Renewable Energy Initiative, from **Larry Stallings**



The Tam is committed to our **Deep Green Initiative** with Marin Clean Energy.

That means that all of the power we buy comes from 100% non-polluting, Green-e Energy certified wind and solar power produced in California. Through our commitment to the Deep Green renewable energy program, The Tam has eliminated energy-related pollution and negative environmental impact. And, half of the revenue generated from Deep Green goes toward building new local solar projects in the community.

For more information about MCE (Marin Clean Energy) Contact: info@mceCleanEnergy.org



Meet Karen Goble

The Tamalpais' New Food Services Director



Say hello to our new Food Services Director, Karen Goble! Karen is responsible for directing the overall operation of The Tamalpais Food Services.

Karen works in conjunction with The Tam dietitian and staff to assure that quality nutritional meals are served.

Karen is knowledgeable in current food trends and has a passion for culinary arts. Karen earned her food services degree from Diablo Valley College and a business degree from S.F. State. Originally from Walnut Creek, Karen is a huge fan of the Giants with season tickets.

Please Contact Us To Tour Our Studio, 1 & 2 Bedroom Apartments

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