



The Tamalpais Valentines Gala

A Celebration For The Tamalpais Class of 2018

Dinner & Music
Featuring

The Cosmo Alleycats

NCPHS Adopts New Company Name

SEQUOIA LIVINGSM
Life Services for Seniors

Northern California Presbyterian Homes & Services Inc., a non-profit organization that offers housing and services to seniors in northern California, adopts a new company name to better represent its mission. NCPHS, an organization serving older adults for six decades, is now known as **Sequoia Living**.

The name change, which will affect the corporate brand only, brings with it an updated logo that pays homage to the organization's past and draws on a symbol already in use, the Sequoia Tree – a symbol of graceful and dignified aging.

March 2019 Calendar EVENT HIGHLIGHTS

MAR 10 TAMALPAIS OPEN
3:00PM STUDIOS

MAR 12 DOCENT TALK
11:00AM THE GODDESS:
IMAGES OF POWER

MAR 13 MOVIE NIGHT
7:30PM ASTARISBORN

MAR 15 ST. PATRICKS DAY
3:00PM HULA SHOW
4:00PM HAPPY HOUR

MAR 20 COMEDY
7:00PM DAUGHTER OF
A GARBAGEMAN

MAR 25 PRESENTATION
1:30PM ALZHEIMER'S
DISEASE, INT.

MAR 26 TED TALKS
11:00AM DAME ELLEN
MACARTHUR
4:00PM KARAOKE

The Tamalpais - The First To Offer Smart Homes for Senior Living in Marin

Smart Homes enable a resident to use a tablet as well as voice activation to control lights, shades, television, music and the thermostat. Residents can use "Alexa" to call other residents, the Maintenance Department and Reception. **Call Marketing** to schedule a tour of our Smart Home today!



WELCOME TO THE TAMALPAIS
SMART HOME



Learn How Senior Living **Smart Homes** enhance our residents' lives.



ONGOING EVENTS

TAM Walking Group

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

Poetry & Creative Writing

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

Newcomers Group

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

Sitting Meditation

Every Thursday, join our Meditation Group. Learn all about the advantages of meditation.

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.

Singing Bowls

Ringed bowls and gongs produce sounds which invoke a deep state of relaxation which naturally assists one in entering into meditation.

Happy Hour

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



FLOWERS BY ROMILLA

Romilla Batra

Romilla, a new resident, moved from Sausalito to The Tamalpais in 2018. Originally from Bombay, Romilla moved to the Bay Area in 1973. She was married for 60 years to her beloved late husband, Chickoo. Romilla has a daughter and two grand children who live in Orinda.

Romilla is an accomplished ceramicist and is an emeritus member of the Association of Clay and Glass Artists of California. You can view Romilla's art in the Tam Gift Shop.

Romilla is very happy to be a part of The Tamalpais community, and is grateful to be among such friendly, kind residents and compassionate staff.

Executive Chef Danny Mai & Wayne Van Akin, GM Prepare a Delectable Dinner For The Tam's Valentine Gala!



JUST LISTED

Apartment #512

One Bedroom With A Large Walk-In Closet
One Bath
765 sq.ft.
100 sq.ft. Balcony

Special Features

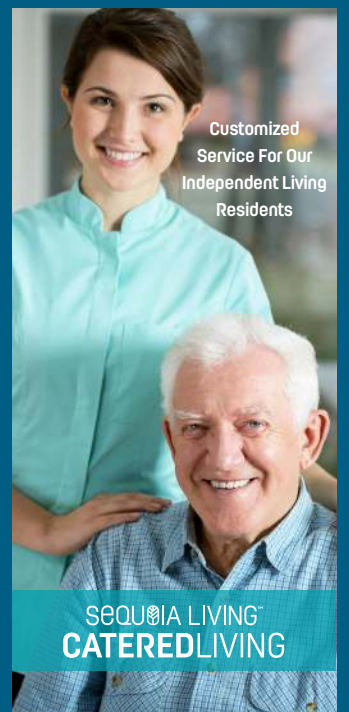
- View facing North
- Private balcony
- Kitchen with microwave/ convection oven, refrigerator and cooktop
- Customized cabinetry
- One bath with built-in vanity & tiled walk-in shower
- Resident emergency response system
- Individual apartment heating & cooling systems



THE TAMALPAIS CATEREDLIVING

A New Customized Service for Independent Living Tam Residents

NOW AVAILABLE



Customized Service For Our Independent Living Residents

SEQUOIA LIVING CATEREDLIVING

Catered Living adds another option of customized services to enrich the aging process for independent living residents who wish to age in place.