The Upside Of Downsizing To The Tam

Please Join Us
For a Special Presentation
Wednesday, April 10, 2019
2:00pm - 4:00pm

Featuring Patty Davis Professional Organizer

Downsizing The Family Home

Downsizing a home can be an emotional and physical challenge for many people. How do you part with lifelong possessions and create a new living space with less room for furniture and treasures?

If you are feeling overwhelmed by the prospect of downsizing, you are not alone! Many people have faced these challenges before you and have found that, with a well-thought-out plan, it’s possible to de-stress and declutter at the same time!

Whether you are anticipating a move, or simply want to declutter your life, downsizing definitely has its upside!

What is TED?

A Tam favorite, TED TALKS appears on our Tam event calendar several times a month. TED TALKS is a non-profit devoted to spreading ideas, usually in the form of short, powerful talks (about 18 minutes).

TED began in 1984 with a new technology conference in Monterey. TED has grown to more than 3 million talks heard every day around the world.

Check the Tamalpais event calendar for TED TALKS!
Here’s What’s Happening In & Around The Tamalpais - APRIL 2019

**ONGOING EVENTS**

**TAM Walking Group**
Every Tuesday join us for an exploration of favorite trails in Marin!

**Memoirs Group**
Every Wednesday, join our Tam resident writers meet 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.

**Singing Bowls**
Singing bowls and gongs produce sounds which invoke a deep state of relaxation which naturally assists one in entering meditation.

**Stretch & Serenity**
A seated class that focuses on flexibility and range of motion.

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

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**THE TAMALPAIS MARIN - ELEGANT LIVING IN MARIN.**
The Tamalpais offers beautiful studio, 1 and 2 bedroom apartment homes, with stunning views. We invite you to join our exceptional community. Contact The Marketing Department for a Tour.

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**JUST LISTED**

**Apartment #901**
STUDIO Apartment
One Bath
590 sq.ft.
Fully Renovated As A Smart Home

**Special Features Include:**
- Stunning view facing south toward the Corte Madera Creek and the East Bay
- Kitchenette with microwave/convection oven, refrigerator and cooktop
- Maple cabinetry
- One full bath with built-in vanity and tiled walk-in shower
- Resident emergency response system
- Individual apartment heating & cooling systems

*In a “Smart Home” appliances, lighting, heating, computers air conditioning, TVs, and entertainment systems can be controlled by voice activation or mobile devices.*

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**CONTACT THE TAMALPAIS MARKETING FOR A TOUR TODAY.**

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Have you been to The Tam Library lately? Pick up a book, chat with friends and enjoy a puzzle game or two!