



The Tamalpais Celebrates the 4th of July!



Don't miss this year's Corte Madera-Larkspur July 4th Parade! Many of The Tam's residents and staff will be participating!

The parade starts at 10:30am from Redwood High School until it reaches Corte Madera Town Center.



The Tam Fitness Amenities & Advantages

Studies have shown that exercise provides many health benefits and that older adults can gain a lot by staying physically active.

Even moderate exercise and physical activity can improve the health of people who are older or who have diseases that accompany aging.

"From stretching to aqua fusion, The Tam exercise classes are designed to help adults maintain their cardiovascular health, strength and flexibility. Enjoy the benefits of working out in a group."

Heather Harris, Director of Wellness & Enrichment

The Journey



They say that Aging
Makes you wise
At 65

It seemed all lies
All the wrinkles took a toll
I felt the aging of my soul.

At 73 it seemed to me
Much of my story was already told
And yet, I thought that I could see
An untold beauty in growing old.

At 81 I found that I
Had time to take the time to give
And every morning felt a gift
Another day to love and live.

It is the journey after all
It is our hearts that in the end
Learn to find our joy each day
This way we will not come again.

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July 2017 Calendar EVENT HIGHLIGHTS

Our residents enjoy many fun and inspiring events, classes and outings each month. Here are a few examples of events to see what life at The Tam is all about.

JULY 4 - 1:00 - 4:00 pm

Tam Residents: Join Us For The Tamalpais July 4th Barbeque on the East Terrace.

Fun & games on the West Terrace including Bocce Ball, Croquet, Putting and more!

JULY 6 - 4:30 pm

Artist Reception. Auditorium

JULY 8 - 2:00 pm

"A Visit To Mars" Guest lecturer from the Jet Propulsion Laboratory, in Pasadena. Auditorium

JULY 9 - 3:15 pm

Much Ado About Nothing. Marin Shakespeare Company

JULY 11 - 10:00 am

**Lake Lagunitas BBQ.
Bus leaves Tam at 10am**

JULY 18 - 11:00 am

Talk On Arthritis. Auditorium

JULY 19 - 7:00 pm

Bohemian Highway - A Musical Performance. Auditorium

Full calendar of events available at the front desk.

Dear Tam: I know The Tam is the only accredited Life Care Community in Marin? But, what exactly does that mean?

Reply: To qualify as "Life Care" in California, a community must offer its residents a lifetime of healthcare. At The Tamalpais, residents with a Life Care Contract have unlimited access to quality healthcare including assisted living and skilled nursing – and the monthly fee does not increase regardless of the level of care. There's real security and peace of mind knowing that your healthcare is covered for life.

"Among the many things I love about The Tam is the fact that I know my healthcare is ensured for life."

Dr. Marge Belknap
Tam resident since 2013

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 Every Tuesday, Wednesday and Thursday in the Galleria Café.

BYOB! Tam Resident Happy Hour. Join us on the 1st and 3rd Friday of every month in the Lounge.

Meet Haggai Niv & David Hugle

Haggai Niv grew up in Israel where he studied music and chemistry and earned Masters Degrees in both disciplines. He next studied piano in Italy under famed pianist Arturo Benedetti Michelangeli and performed in concerts in Europe.



with an international CPA firm. In 1972, he and a fraternity brother started Salmagundi restaurant which grew into a small chain. After selling the restaurants in 1985, David joined the Boards

of several nonprofits including Chanticleer, the Merola Opera Program, and the Marin Arts Council, serving as president of the latter two.

Moving to The Tam seven months ago, Haggai and David have channeled their love for the arts into developing cultural events for residents. Both men are bringing lecturers and musicians to The Tam and arranging visits to outside performances.

When asked why they chose The Tam, they are exuberant. "What we really love are the people," Haggai says. "Warm. Smart. With it. It's 'the buzz.' You really have to live here to understand the joy of this community."

He married an American in 1972 and moved to the US where he earned a Ph.D. in biochemistry at Rutgers and worked at Sloan Kettering in NYC. In 1978, he moved to San Francisco to take a job at UC Medical Center but decided piano was his first love. Leaving science for music, he joined the San Francisco Conservatory of Music and it was there that he met and taught David Hugle, beginning a 40 year life partnership.

David grew up in Highland Park, Illinois and graduated from the Cornell Hotel School. After working in the restaurant industry in Chicago, he accepted a job in San Francisco as a consultant in the hospitality industry

"I chose The Tam because of Life Care, the beautiful surroundings, and proximity to my family. It's an extra bonus that all the residents and staff are extremely friendly and welcoming."

Rich Morrison

Tam resident since March 2017

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

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Our Available Elegant Studio Homes

Priceless Yet Within Reach

Our Studios Include:

- Spectacular views of the mountains of Marin - Mt Tam, the SF Bay, Corte Madera Creek, the East Bay and more
- All apartments have private balconies
- Kitchen and bathroom with customized cabinetry
- Stone & tiled walk-in shower
- Resident emergency response system
- Individual apartment heating & cooling systems
- Access to a lifetime of quality healthcare

For the price of a studio, you're set for life.

