

May-July 2018 Calendar

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

May 22
 Good Karma, a Jazz Ensemble

June 1 & 15
 Happy Hour - 4-6 pm

June 2
 Meet the Artist - 10:30 am

June 6
 San Rafael Art Talk
 Pre-Raphaelite Sources of Inspiration - 7 pm

June 6
 Cinema Night

June 12
 Club 501 - 4 pm

June 14
 M.H. de Young Museum
 9:30 am

June 21
 Taste of the Tam - 2-4 pm

June 27
 Smartphone Group - 4 pm

July 4
 Marching in the 4th of July parade

July 5
 Artist Reception - 4:30 pm

July 6 & 20
 Happy Hour - 4-6 pm

July 19
 Birthday Night

Every Tuesday
 TED Talks - 11 am • Auditorium

Every Wednesday
 Meditation Group - 2:30 pm

Every Thursday
 Singing Bowls - 1 pm
 Social Room

See more events flip side.



Taste of the Tam

The Tamalpais Invites You To Enjoy Savory Foods & Wines of Tuscany

THE TAMALPAIS MARIN • JUNE 21, 2018 • VIA CASITAS, GREENBRAE, CA
 Our Annual Event to Welcome Visitors to The Tamalpais . RSVP 415-464-1599

Open Arms



THE TAMALPAIS MARIN

What really sets The Tam apart
 And fills the place with charm
 Is the warmth of residents
 We call it "Open Arms."
 The welcome mat is out for all
 Diversity makes us strong
 All the notes that each one sings
 Helps to write the song
 Hear the music
 Feel the warmth
 It's all part of our charm
 Everyone is welcome here
 We call it "Open Arms."

Welcome To The Tam

"There are so many reasons why The Tam is unique. We're the only community in Marin that offers Life Care. We're surrounded by stunning natural beauty yet right around the corner from San Francisco. There's a multitude of cultural and social events and great fitness classes. Of all our attributes, though, there's one that rises above all else and that is, the residents themselves and the culture of warmth and welcome that they have created. Everyone is welcome to add their ideas, talents, experience and interests to the rich tapestry that is our community. I have met so many wonderful people who live at The Tam and I am proud and honored to be part of a community that celebrates inclusion of each and every individual."

*Dusty Bricker, Director of Sales
 The Tamalpais Marin*

At The Tamalpais, dining includes an tempting array of fresh and healthy choices. Enjoy the impeccable table service of our dining room staff or choose from our extensive buffet.

We offer dining plans with three meals a day or a choice of our one meal a day option. You're always free to take away a meal to enjoy in your residence or on one of our garden terraces.



Our Tam Culinary Team places a high priority on ensuring that the dining experience is relaxing and enjoyable to all the senses. It's all part of our focus on enriching the aging experience in every way we can.

Whether it's a savory dish in the dining room or a sandwich to take on a hike, you're guaranteed a satisfying meal.

Panoramic views of Mt. Tamalpais, the East Bay, or the Corte Madera Creek make your dining experience even more enjoyable.

Bon Appetit!



Meet New Tam Resident Judy Gries

Judy has spent much of her life traveling by land and sea but it wasn't until she moved to The Tam in November, last year that her journey of self-discovery began.

Judy was living in San Francisco and working at McCann Erickson when she met Bob Gries, a photographer. They married, bought a home in Tiburon, and spent the next 43 years living a life of adventure. By sailboat, powerboat and RV, Judy, Bob, their Golden Retriever Brandy, and eventually two cats, traveled through Oregon and California. They sailed the Delta and the Bay and spent summers living on their boat. After they both retired, they traded in their boats for an RV and spent the next 15 years journeying by land. It was only when Bob died at the age of 97 that Judy started to think about the next phase of her life.

"Bob wanted me to be at The Tam so I'd feel happy and secure," Judy says. "What I didn't know before I moved is that The Tam would help me expand my own spiritual development through yoga, meditation and wellness classes. I'm now journeying down a new road of self-exploration and I'm 'at home' in a new and profound way, thanks to The Tam."

**Please Contact Us To Tour
 Our Studios and 1 & 2
 Bedroom Apartments**

Dusty Bricker Director of Sales
Email DBricker@ncphs.org
(415) 464-1754

Francine Crnich Sales Associate
Email FCrnich@ncphs.org
(415) 464-1755