

Virtual Marin County Parks Visits

Leisure & Engaging Activities
for Older Adults, Families &
Friends of All Ages



*Nature, History & Wellness in
Marin County Parks*

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PARK DEVELOPMENT

Our Open Spaces of Beauty





Marin County's 34 preserves are home to over 100 rare and special status species, requiring special protection to prevent them from going extinct. Guided by the

Vegetation and Biodiversity Management Plan, the Marin County Open Space District (MCOSD) uses a science-based, adaptive approach to protect these important plants and animals. There are at least 7 plants that are found in Marin County and nowhere else in the world. The Tiburon mariposa lily only grows on Ring Mountain, and the rare Tiburon jewel flower can only be spotted at Old Saint Hilary's and Middle Ridge Preserve owned by the Town of Tiburon. A lucky few might spot Mount Tamalpais thistle, Tamalpais lessingia, Tamalpais jewel flower, Mt. Tamalpais manzanita, or Marin manzanita in the preserves bordering Mount Tamalpais.

Open Spaces

The Marin County Open Space District (MCOSD) manages nearly 16,000 acres of public land. These lands include 34 preserves supporting more than 100 vegetation types, many of which are globally, regionally, or locally rare. Guided by biodiversity data collected for the Vegetation and Biodiversity Management Plan, the preserves are categorized into four different zones based on

habitat conditions. For example, lands in the legacy zones support irreplaceable biodiversity while lands in the highly disturbed zones tend to support emergency services and have high human use. These zones form the basis for management action. Some of the biodiversity highlights in Marin’s preserves include:

Ring Mountain and Old St Hilary’s preserves, on the Tiburon Peninsula, are home to some of the most pristine serpentine grasslands in California. The preserves provide habitat for the extremely rare Tiburon mariposa lily and Tiburon jewelflower, flowers that are not found anywhere else in the world. Other rare plants include the Tiburon Indian paintbrush, Marin dwarf flax, Tiburon buckwheat, and the Oakland star tulip. Additionally, with its unique assemblage of metamorphic rocks, Ring Mountain has been called one of the most significant geologic sites on earth. This rare habitat is truly irreplaceable.



The 1,500-acre Gary Giacomini Preserve is a wild and rugged place. This biodiverse preserve is home to redwoods, the tallest trees on earth, as well as Mount Tamalpais thistle, Tamalpais jewelflower, Mt. Tamalpais

manzanita, and Marin manzanita—rare plants found only in Marin. The lush forests above San Geronimo Valley funnel precipitation to the salmon-bearing creeks. The preserve connects to Marin Municipal Water District lands which, together with Golden Gate National Recreation Area lands and Mount Tamalpais State Park, form an immense expanse of pristine forests. Cascade Canyon, Baltimore Canyon, and Blithedale Summit preserves also connect to the iconic Mt. Tamalpais, creating a diverse, contiguous mosaic of beautiful, ecologically rich, and well-loved open spaces—as well as an important source of drinking water.

Marin’s iconic oak woodlands surround many of its communities including San Rafael and Novato. At 1,627



acres, Mount Burdell Preserve is one of the largest examples. This oak-studded mountain rises 1,558 feet to a summit offering breathtaking views of the entire Bay Area. It

contains grasslands and impressive forests with some of the finest (and oldest) specimens of oak and bay trees in Marin. Among the grasslands, there are areas where serpentine soils give rise to rare and unusual plants. Hidden Lake, a seasonal pond located about halfway to the top, is also home to an assortment of rare plants.

History & Chronology

1930s Through donation, small park areas were acquired and maintained by the Public Works Department. Bolinas Park, a small 0.68 acre area in the town of Bolinas, was donated to the County in 1933 and is still maintained by the Parks and Recreation Department as a small County park with a tennis court, picnic tables, and restrooms.



1943 A “Master Recreation Plan” was produced by the staff of the County Planning Commission in 1943. (The Commission had been established in 1936.) This was Marin County’s first Master Plan of any kind. It was prepared by Planning Technician Mary Summers (they Mary Robinson Gilkey), who was County Planning Director for 21 years.

1944-45 A “Defense Recreation Committee of the Recreational Department, Marin County,” was formed during a wartime period “to establish, maintain, operate, and supervise a Recreation Program in or on community recreation facilities, Naval or Military reservations, posts or bases, and defense housing projects, for

the benefit of enlisted men in the naval or military services of the United States....”

1955 Miller Park, a small area of 5.72 acres on Tomales, Bay, was donated to the County. In 1961, a boat launch ramp, breakwater, and dock were developed at this site.

1959 Paradise Beach (then Navel Net Depot Annex) was acquired at ½ value from GSA. Development of the 18.09 acre area took place from 1965- 1969 with the pier restored by the Wildlife Conservation Fund.

1960 Muir Beach Overlook (then Frank Valley Military Reserve) was acquired at ½ value from GSA. A parking area for the 8.9



acre overlook was developed in 1964 and the Overlook itself was constructed in 1970.

1961 Black Point, a 0.6 acre area under the

Petaluma River Bridge, was leased from the State Highway Department and developed with a launch ramp and parking in 1962-3, through a Wildlife Conservation Board grant. In 1972, an additional .038 acre area was acquired for parking.

1963 The first Parks and Recreation Director was appointed in April 1963 – Kelvin Nelson, who served as Director until 1965.

1964 Agate Beach was donated to the County by the Bolinas Public Utility District – a 6.6 acre tide pool area fronting the sea on the Bolinas Mesa. A parking lot was developed in May 1965. Staff of Planning and Public Works continued to assist.

1965 Harbor Cove Tidelands Preserve, 11.18 acres, was acquired through an open space grant and through the coordinated efforts of the County, the City of Tiburon, the Strawberry Recreation District, and the Audubon Society.

1965 Old St. Hilary’s Historic Preserve (Howell Botanical Garden) was acquired with the aid of a Federal grant, to preserve the open and wildlife area surrounding the historic church in Tiburon – 1.92 acres. In 1969 a 1.19 acre area was acquired with an additional grant through County efforts and with the 3-way assistance of the cities of Tiburon and Belvedere and the Landmarks Society.



1967 In Bolinas Lagoon, the 109.7 acre Kent Island was donated to the County by Conservation groups. In the same year a 7.14



acre parcel was donated by Audubon Canyon Ranch. The Bolinas Lagoon Plan was adopted by the Board of Supervisors in February 1972 and approved by the State Lands Commission in April 1973. Over 900 acres were acquired through a

State Bond grant and a State Lands Grant.

1968 Nicasio Point Preserve (22 acres) was donated in 1968 to the County.

1968 For the County's section of the Dipsea Trail, a portion of land (easement) was donated to the County by George Leonard.

1968 Stafford Lake Park got underway with the acquisition of 64



acres in 1968; and additional 63 acres in 1971; and development began in 1971-72.

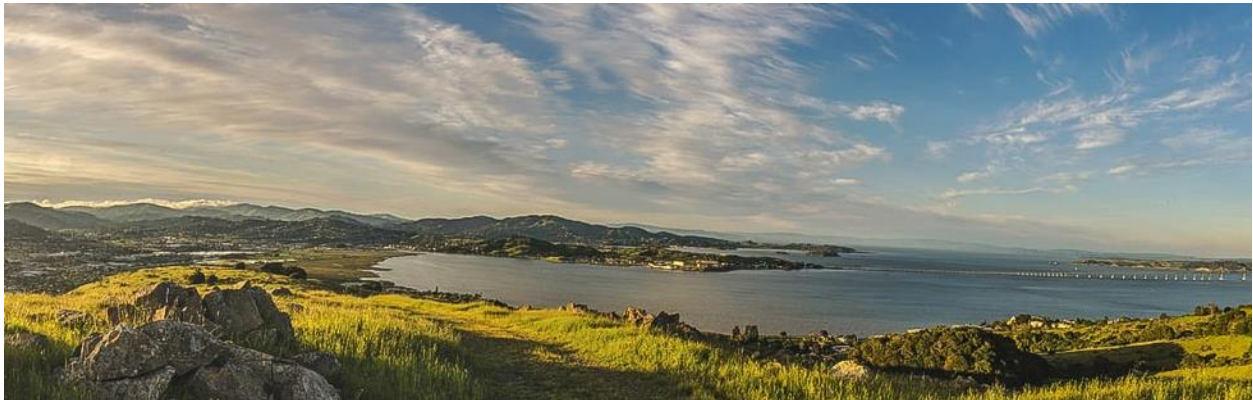
1968 Deer Park (53 acres) was leased from Marin Municipal Water District and developed later as a picnic area.

1970 McNear's Beach Park became a reality as a County park area with the acquisition of 52 acres of bay front property in 1970; with Phase 1 development in 1970-72; and Phase II in 1972-73,

financed with the assistance of funds from the State Bond Act and the Land and Water Conservation grant.

1970 An amendment to the Parks and Recreation Master Plan allowing for a system of bicycle paths was approved by the Board of Supervisors in May 1970.

1970-71 The Mill Valley to Sausalito Bike Path, with assistance of a grant from State Highways, was constructed in 1970-71 – 2 miles of paved path.



1972 The Corte Madera Bike Path was acquired along Corte Madera Creek and developed the same year from Bon Air bridge to the College.

1972 The Novato-Stafford Lake Bike Path was developed from Sutro Avenue to Stafford Lake Park.

1972 McInnis Park moved into the first period of acquisition with the purchase of “Parcel A” – 57- acres – know in the first stages of acquisition as “North Bay Front Park.” Later acquisitions increased the park’s size to approximately 445 acres. A master plan for McInnis Park was approved by the Board of Supervisors in June 1974.

1972 A Marin County Open Space District was formed by vote of the residents of Marin County in November 1972. (See summary of the Open Space District formation in separate binder.)

1973 The name of the Parks and Recreation Commission was changed to 'Parks, Recreation, and Open Space Commission' in February 1973, reflecting its expanded duties to serve as an advisory body to the Board of Supervisors of the Open Space District.



1973 Staff of the Parks and Recreation Department served as staff also to the Open Space District, with Pierre Joske as General Manager. Brian Wittenkeller, who had returned to the department in July 1972 (previously served from 1966-70) became an Open Space Planner.

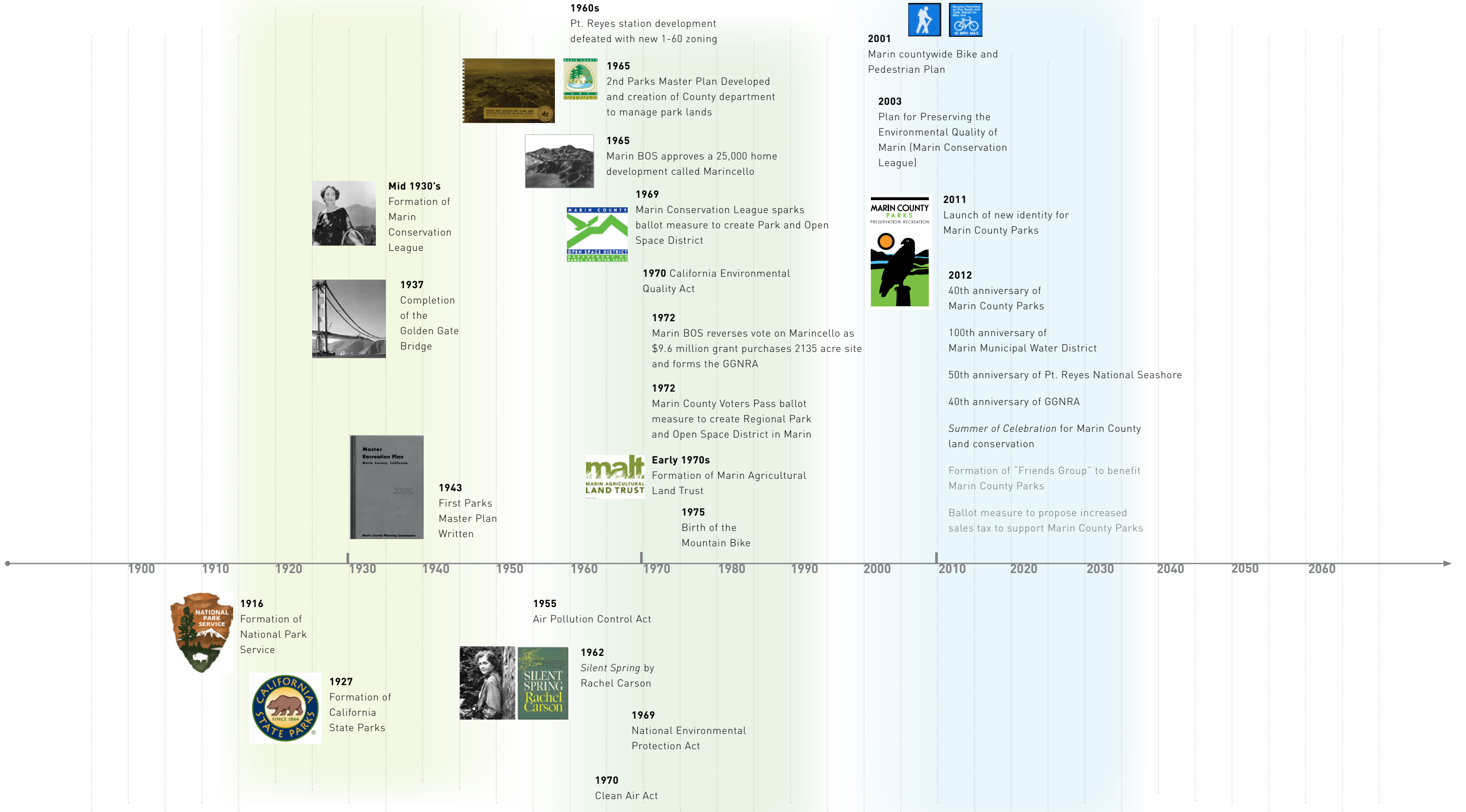
1975 The Cross-Marin Trail Plan was approved by the Board of Supervisors in May 1975.

1975 The management structure of the Parks and Recreation staff was changed in July 1975 to 3 Division Heads serving under the Director; Principal Park and Open Space Planner (Brian

Wittenkeller); Park Superintendent (Ron Stephens); Park Administrator (Don Dimitratos).

1975 Parks and Recreation Department assumed full responsibility for the management and administration of the nine County Service Areas formed for purposes of landscape maintenance, open space acquisition, and parks and recreation.





Trivia- Did You Know?

From Bolinas Lagoon, designated a wetland of international importance, to the Tiburon Peninsula, home to rare endemic flowers found nowhere else on earth, Marin County's open space preserves are very special places. We are privileged to have such a diverse landscape in public ownership.

At last count, there were over 100 rare species in Marin's preserves, including 22 federally endangered and/or threatened, and at least 7 species found only in Marin.

The MCOSD is charged with protecting these incredibly biodiverse places as well as the local communities that surround the preserves. The Vegetation and Biodiversity Management Plan is a science-based, adaptive planning tool to help staff to prioritize the very best and most critical projects within the preserves to achieve these goals.

OUR REGION'S FLORA AND FAUNA

Endangered, Threatened, Extinct



American Badger
Taxidea taxus



Northern Spotted Owl
Strix occidentalis caurina

Status: California Species of Special Concern

• Reported & Confirmed Sightings: Alto Bowl, Camino Alto, Deer Island, Gary Giacomini, Horse Hill, Indian Tree, Indian Valley, Little Mountain, Loma Alta, Lucas Valley, Mt Burdell, Pacheco Valle, Ring Mountain, Roy's Redwoods, Rush Creek

Status: Federally Threatened, California Threatened

• Reported & Confirmed Sightings: Baltimore Canyon, Blithedale Summit, Bolinas Lagoon, Camino Alto, Cascade Canyon, French Ranch, Gary Giacomini, Indian Tree, Indian Valley, King Mountain, Roy's Redwoods, White Hill

 <p>Salt Marsh Harvest Mouse <i>Reithrodontomys raviventris</i></p>	 <p>Ridgway's Rail <i>Rallus longirostris obsoletus</i></p>
<p>Status: Federally Endangered, California Endangered</p> <ul style="list-style-type: none"> • Reported & Confirmed Sightings: Bothin Marsh, Rush Creek, Santa Margarita Island, Santa Venetia Marsh 	<p>Status: Federally Endangered, California Endangered</p> <ul style="list-style-type: none"> • Reported & Confirmed Sightings: Bothin Marsh, Rush Creek, Santa Margarita Island, Santa Venetia Marsh
 <p>California Red-legged Frog <i>Rana draytonii</i></p>	 <p>Coho Salmon <i>Oncorynchus kisutch</i></p>
<p>Status: Federally Threatened, California Species of Special Concern</p> <ul style="list-style-type: none"> • Reported & Confirmed Sightings: Bolinas Lagoon, Mt Burdell 	<p>Status: Federally Endangered, California Endangered</p> <ul style="list-style-type: none"> • Reported & Confirmed Sightings: Bolinas Lagoon, Gary Giacomini

Below are flowers with their names for you to enjoy.



Tiburon Mariposa Lily



Tiburon Jewel Flower



Mt. Tamalpais Lessingia



Mt. Tamalpais Thistle



Tamalpais Jewelflower



Mt. Tamalpais Manzanita

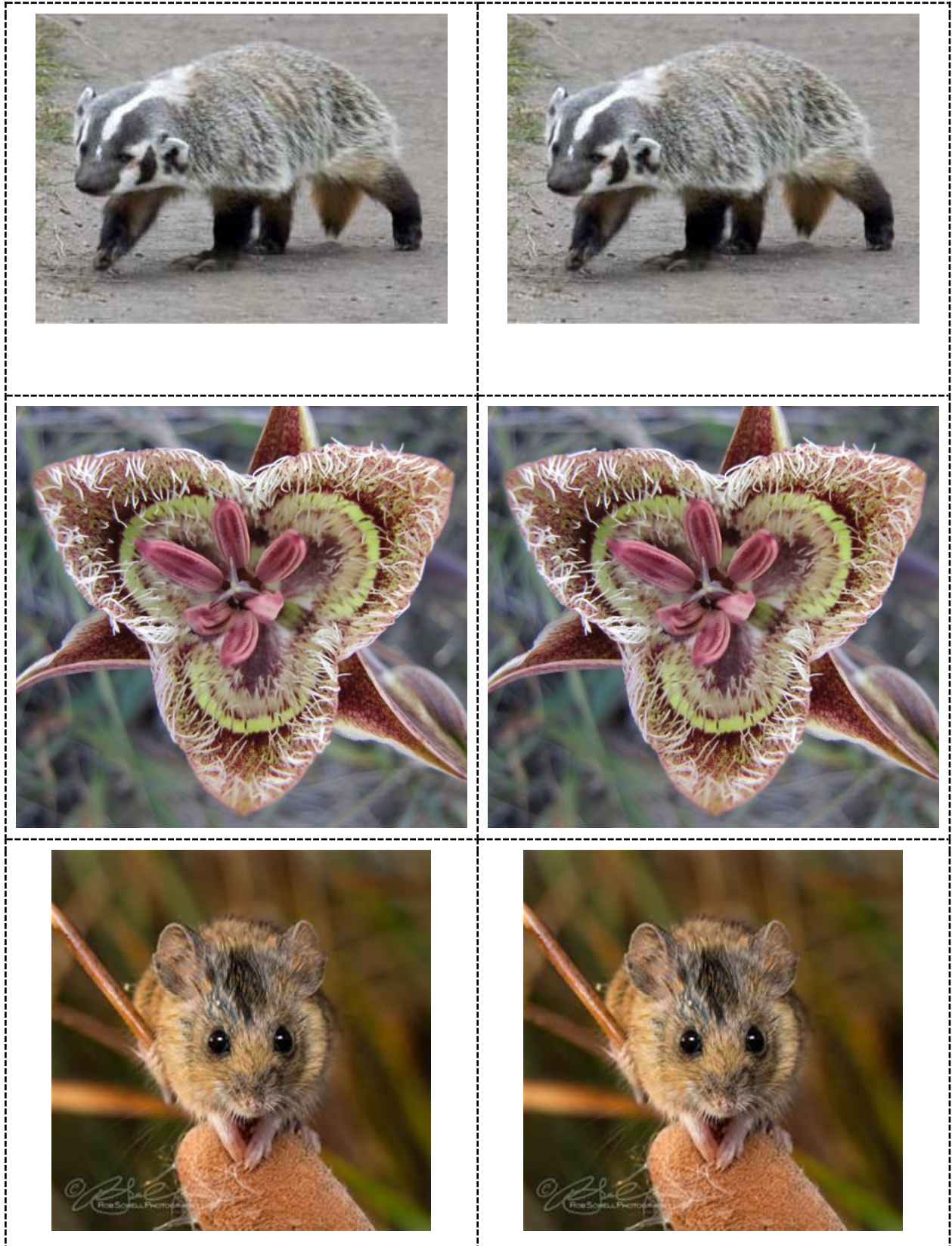
Games & Activities

Memory Game

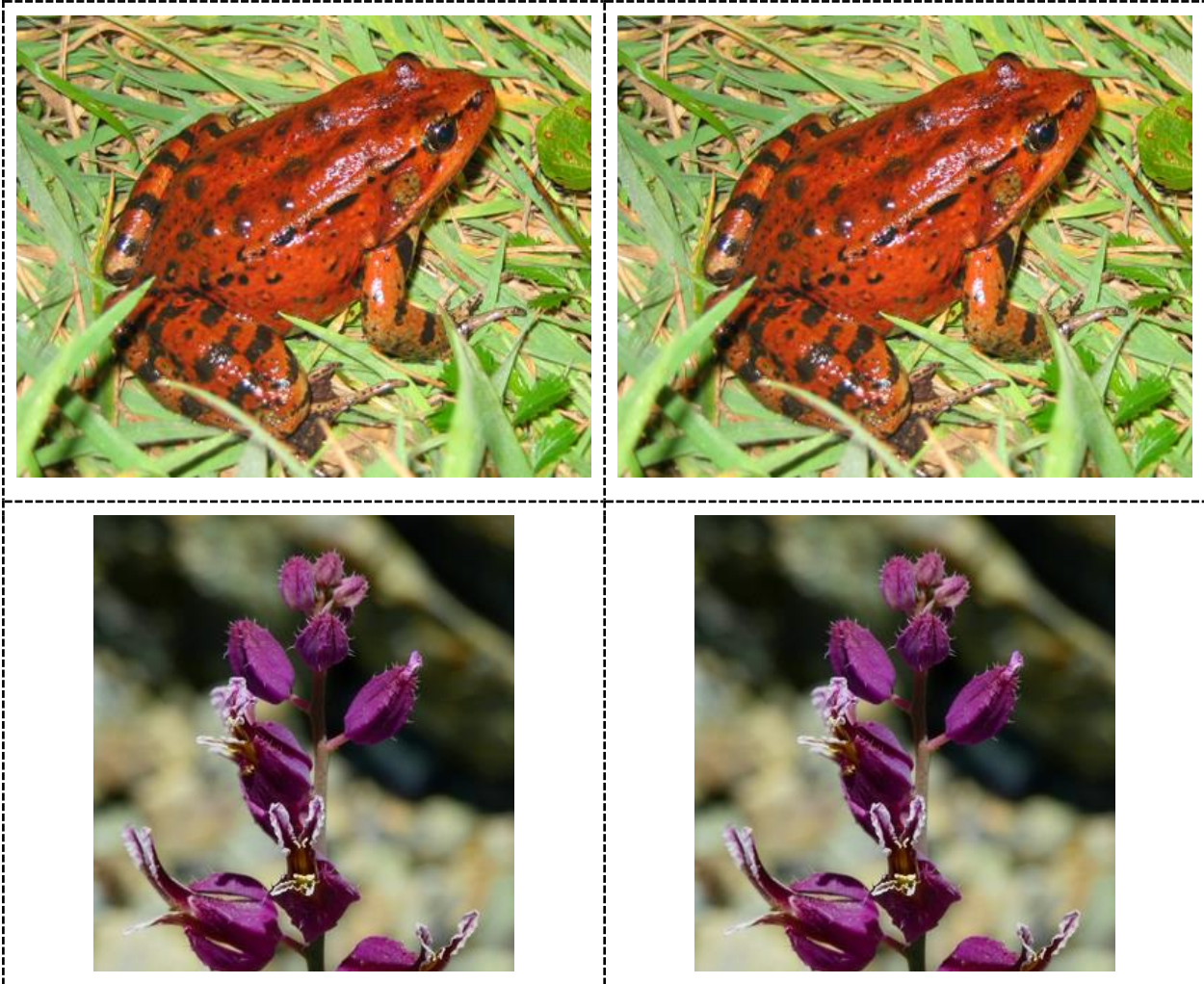
On the following pages, there are 16 images of animals and plants that you can cut out to use as tiles to play a memory game. You could also paste images onto construction paper or thin cardboard so images are firmer.

Game instructions

1. Shuffle squares.
2. Lay them out face down.
3. Flip over 2 squares to see if they match.
4. If they match, put those 2 squares to the side.
5. If they do not match, flip cards back so they are face down.
Repeat until you find all matching pairs.
6. Play alone or with a partner.





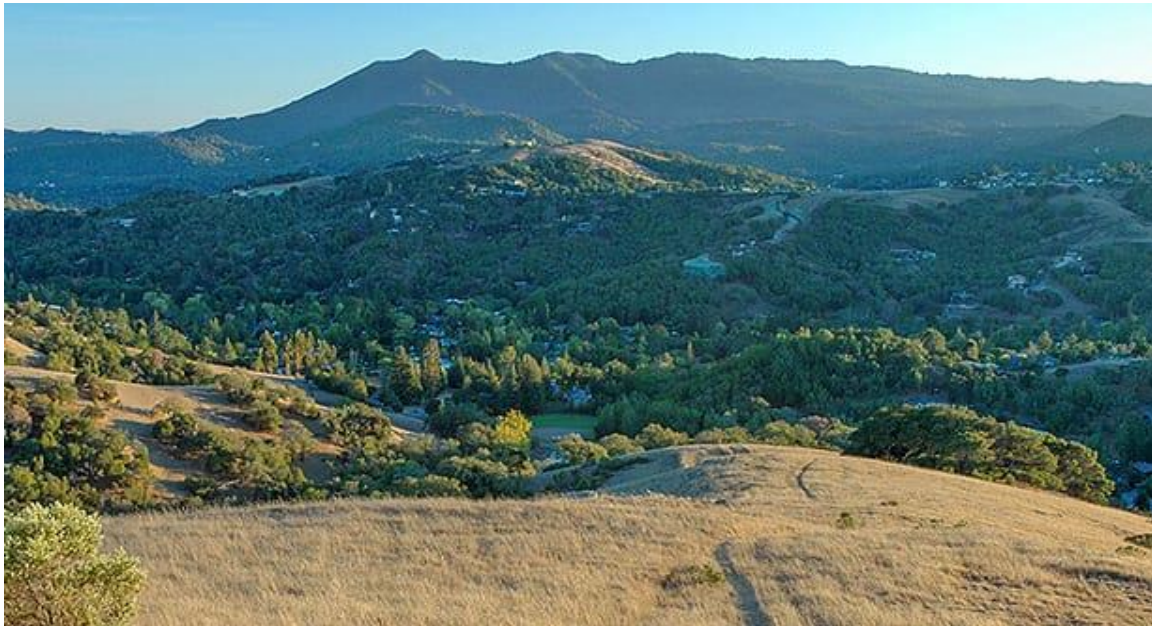


Mount Tamalpais- The Sleeping Lady

Story written by Maren Montalbano Brehm, 2012

Long ago, in the land of gold and fog, there lived a young girl named Tamalpais. She was the daughter of the chief of her tribe, and she was so beautiful that warriors from up and down the coast would travel for miles and miles to try to win her hand in marriage.

Every month, the chief would hold a contest for the suitors, and every month, they would leave empty-handed, for no mortal could accomplish the impossible tasks he had set for these men. The chief did these things because he knew that she did not love any of the warriors who strode into camp. He heard his daughter scoff at their swagger, with puffed-out chests and flashing eyes. He heard his daughter laugh, and he laughed along with her, because he loved his daughter too much to let her go with anyone who was not extraordinary.



Years passed, and Tamalpais grew older. She watched her friends marry, and she rejoiced when they bore children, new warriors for her tribe. Her father still doted on her, but there came fewer and fewer suitors for her hand, and he fretted that she would never marry and give him grandchildren. He began to press her to be more reasonable.

One day, a man appeared from the east, walking towards them with the sun at his back so that nobody could see his face. The entire tribe paused in their work and gaped at the man with golden hair as he entered camp. Though they had no idea if he was friend or foe, not one warrior stopped him as he made his way directly towards the chief.

“Sir,” the man said with a warm smile and a bow, “I have come for your daughter.”

The chief kept his face straight, but inside he was humming a happy tune. *This* was the one he had been waiting for, he was sure of it. “I see you have heard of my daughter’s beauty. However, you are not the first to seek her hand in marriage. There are tests you must pass.”

“Unnecessary,” the stranger interrupted. He settled his gaze on Tamalpais.



“Who is this man, that he dares speak to the chief, my *father*, this way?” Her heart was racing, and every part of her was

becoming warm, but she maintained a haughty look as she spoke to him.

The stranger bowed again, this time more deeply. “Forgive me, my heart. I have loved you from afar and watched every day as you have become more and more beautiful. I see how you yearn for something more, some adventure and excitement, and I know you deserve more than what any man could give you. But I cannot take you away from the people you love without your consent. If your consent is contingent upon the completion of these tasks,” he took a step closer and she could feel his breath on her cheek, “I shall do whatever you ask.”

Tamalpais nodded. “Sort that pile of seeds.” She pointed at a mountain of seeds, taller than two men, leftover from the last suitor’s task.

The stranger simply smiled, and the seeds began to move by themselves. Within minutes, the mountain became ten manageable piles, each a different kind of seed.

Tamalpais raised her eyebrows. “Make me a cloak that exactly matches the sky.”

The stranger reached into his pocket and drew out a bright blue cloth. He settled it around her shoulders, making adjustments here and there, until a hood emerged from the top. When he pulled the hood over her head, she seemed to disappear from sight, leaving only a deep, lingering fog around where her legs should be.

The medicine-woman approached the chief, saying, “This man is not mortal. I believe he is the Sun-God, who has smiled on your daughter every day of her life. If he wishes to marry your daughter, you cannot have a better son-in-law than him!”



Tamalpais took the cloak off, her icy demeanor melting. “One more task, and I am yours,” she said. “Bring me the finest jewel from the Hall of the Sun.”

Once more, the stranger bowed. “My heart, that is the easiest task of all, for you are the finest jewel, finer than any in the Hall of

the Sun.
And if you
come with
me, you
shall live
there as
my queen
and be



able to
watch over your people forever.”

Tamalpais reached out her arms to the golden-haired man, and the two were engaged that day.

When word spread that the beautiful chief’s daughter was to be married to the Sun-God, the hearts of all her rejected suitors were filled with envy and hate. “Let us build a mountain for her,” they said to each other, “One that rivals any of the mountains of seeds she would have us sort.” And so the suitors used rocks and sand and clay to build the highest mountain they could imagine so that they could block her from visiting the Hall of the Sun.

One month later, the chief married his daughter to the Sun-God. The wedding festivities were filled with much drinking and singing and dancing. At the end of the day, the Sun-God picked up his bride in his arms as they both said farewell to the chief. He strode quickly to the Hall of the Sun in the west, for he wished to show her all the wonders of her new home before the sun set. So intent was he that he did not watch where he was going or how fast he was walking, and he tripped over the mountain that the suitors

had built, falling face first into the ocean, and dropping Tamalpais on the edge of the coast, killing her instantly.

The Sun-God was inconsolable. He immediately laid her body to rest on the cliffs by the sea, so that she would be the last thing he would see before the Hall of the Sun disappeared into the ocean for the night. He clothed her in the sky-cloak, and every evening he would wrap her in fog to protect her from harm.

Even to this day, she lies there, at the edge of the sea and the earth, in the land of gold and fog. Even though her father and her tribes are gone, she still watches over the people who make their home in her shadow. She plays with the children who run up and down her side. And she whispers words of encouragement to all the young men and women who are just figuring out what love is.



Those Before Us- Coastal Miwok

Information by Calin Van Paris with Marin Magazine



The Coast Miwoks are thought to have lived on or near Mount Tamalpais for around 10,000 years before Spanish settlers arrived in Marin. Hunter-gatherers with 14 tribes and a rich cultural identity, they dwelled, as their moniker implies, mainly near the coast, thriving there until around 1770, when explorers “discovered” the land.

Their relationship to the mountain is a mysterious one. According to their creation story, transcribed by C. Hart Merriam, the Coast Miwoks believed the mountain to be the domain of the god Coyote — a holy place not to be trampled on. One account tells of trader Jacob Leese attempting to lead a party of Miwoks to the summit so he could take a look around; the tribe refused to accompany him, saying the summit was inhabited by wicked spirits.

No one really knows whether the Coast Miwoks ever made their way to the top of the mountain, but one widespread myth has been debunked: the story of the Sleeping Lady. Commonly assumed to be a Miwok folk tale, the story of Tamalpa — which

supposedly translates to “sleeping maiden” — was actually written by Dan Totheroh for the 1921 Mountain Play of the same name.

Director Garnet Holme wanted to do a play centering on a native legend about the mountain, but after much research, Totheroh failed to find any such piece of folklore. So he made one up. The play is about a maiden named Tamalpa and her love for a young warrior; after it is revealed their relationship is doomed, she is fated to lie atop the mountain forever. Tamalpa was performed several times between 1921 and 1970, and the “legend” became increasingly pervasive in the community. Author Elisabeth Ptak unearthed the true backstory while writing her book *Marin’s Mountain Play*. “People are always surprised that the Sleeping Lady myth is not, in fact, an actual myth,” she says. “But through its repetition, it has become a sort of modern legend.”



Timeline Activities

Reflection- My Favorite Moments

- What were your top 5 favorite moments in history?
- What stood out about those moments?
- How would you rewrite those moments in your own words?

Reminiscing & Reflection- “Where was I during that time?”

- Were there any moments that you remember living through?
- What was your perspective?
- If you had no idea that was happening at the time, what do you remember doing in your personal life at that exact moment?

Conversation Starters- My Version of The Sleeping Lady Story

There are many versions of the sleeping lady tale. If you would like to share your own version, feel free to write it out on a separate piece of paper or in a journal. Let us share stories.

WELLNESS, FITNESS & MEDITATIONS IN NATURE

Stretches & Exercises- Adaptable to Standing Or Seated

Chair Exercises
WORKOUT © darebee.com
3 sets | up to 2 minutes rest between sets
www.nhs.uk **NHS** choices

20 chest expansions

20 side arm raises

10 dives

10 raised arm circles
5 clockwise / 5 counterclockwise

20 overhead punches

20 punches

The infographic illustrates ten different exercises for individuals in wheelchairs. Each exercise is shown in two stages: the starting position and the end position of the movement. The exercises are: 1. Chest expansions (arms out to the sides), 2. Side arm raises (arms raised to the sides), 3. Dives (leaning forward), 4. Raised arm circles (arms raised and moving in circles), 5. Overhead punches (punching upwards), and 6. Punches (punching forward). The NHS Choices logo is prominently displayed in the center of the infographic.

3-minute seated Yoga

www.nhs.uk
NHS
choices

OFFICE-FRIENDLY WORKOUT
© darebee.com
30 seconds each



stretch up



alternating side stretch



body fold



alternating lotus twist



alternating lift & reach

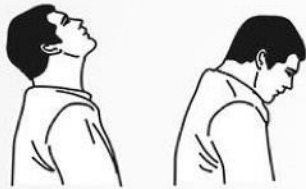


alternating half lotus

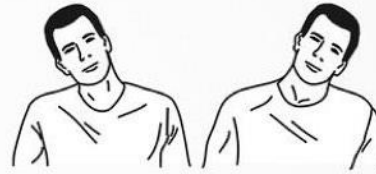
NECK PAIN & TENSION RELIEF

DAREBEE WORKOUT @ darebee.com
3 sets | up to 2 minutes rest between sets

www.nhs.uk **NHS** choices



10 back and forth tilts



10 side-to-side tilts



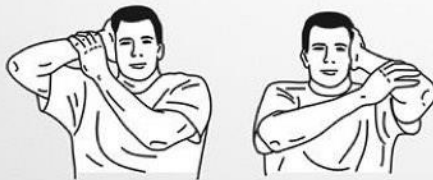
10 neck rotations



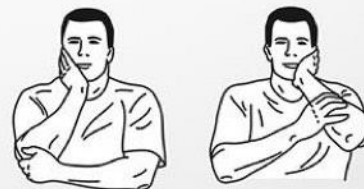
10-count press



10-count press



10-count alternating side press



10-count alternating chin press

pillow workout

repeat 5 times | up to 2 minute rest between sets

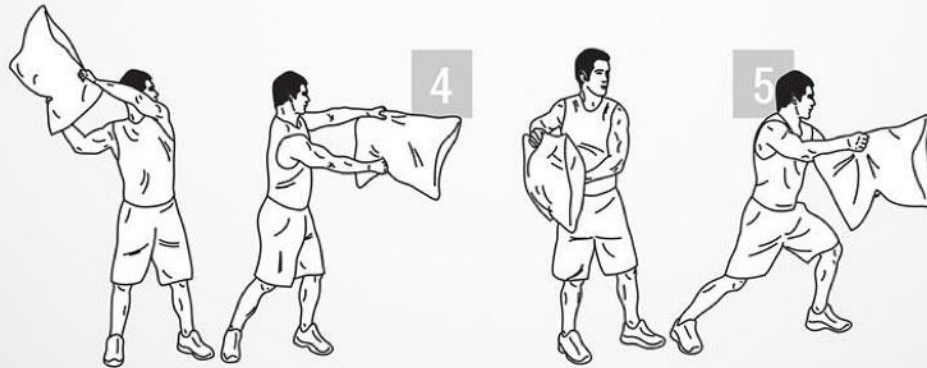
© neilarey.com



20 pillow presses

10 pillow squats

10 pillow high knees



20 pillow strikes

20 pillow lunges

www.nhs.uk **NHS** choices

Breathing & Meditation Exercises

This breathing awareness relaxation script will guide you to focus on each stage of a breath as you breathe slowly and gently.

Let's begin. Throughout this breathing awareness exercise, breathe in this way:

Breathe in to the count of four, hold for the count of 3, and breathe out to the count of 5.

It goes like this:

Breathe in...2...3...4..... hold...2...3....exhale...2....3...4....5...

Breathe in...2...3...4..... hold...2...3....exhale...2....3...4....5...

Breathe in...2...3...4..... hold...2...3....exhale...2....3...4....5...

Breathe in...2...3...4..... hold...2...3....exhale...2....3...4....5...

Continue to breathe at this slow pace.



While you are breathing slowly, I'll direct your breathing awareness to different stages of the breath. Focus all of your attention on each stage I mention.

First, notice the breath as it enters your nose. Notice each time you breathe in, the way the breath feels on your nostrils.

Feel the breath as it passes through your nasal passages, and down behind your throat.

Where does the air go next? Feel each time you inhale, the breath passing down your windpipe.

Feel the breath going down.....

Feel the breath going down....

Notice where the air enters your lungs. Allow your breathing awareness to deepen the feeling of relaxation you are experiencing.

Feel the air expand your lungs with each in breath.



Feel your lungs expand... and relax.... expand.... and relax..... expand.... and relax.....

Now notice the exhalation phase of breathing. Observe as the air leaves your lungs and begins to travel upward. Focus your attention on that moment of each breath.

Now turn your attention to the breath traveling up and out, through your mouth. Feel the breath in your throat, your mouth, and across your lips.

Notice each breath as a whole now. See how the breaths flow like waves. In... and then a pause... and out... and then a pause... Notice the pauses, these rests between breaths.

Now as you relax... you can count your breaths as they continue to flow gently. Count 10 breaths.

(pause)

When you are finished counting your breaths, notice how calm and relaxed you are. See how regular your breathing has become... how calm your breathing is.

When you are ready to return to your day, you can reawaken your body and return to the present. I'll count to five. With each number, you can become more and more alert, reaching full alertness when I reach 5. 1 2 3 4 5



Reflections, Affirmations, Journaling

What are my self affirmations?

Instructions: Select 3 affirmations. Repeat them to yourself while looking at yourself in the mirror. Repeat a minimum of 5 times. Try to be confident, assertive, yet loving with yourself.

Affirmations:

- I bless all the years that I've lived
- I deserve to live my life pain-free
- It's okay to be healthy when others around me are ill
- I have contributed much to my world
- Everyday I live I contribute to the world
- I choose to live the remainder of my life in total happiness
- I am worthy of being a part of this planet
- I think I'm young so I am
- I keep my mind and body active to remain young
- Age is only a number to me
- I've lived many years and am enjoying my memories
- My children and grandchildren bring sunshine to my life
- Learning new things keeps me young
- I am thankful for the ability to learn new things
- It's a pleasure to be a role model to my grandchildren
- My gray hair is beautiful and I love it
- I have gotten through hard times, as I always will
- I am connected to my family and friends at heart
- I love myself as I am

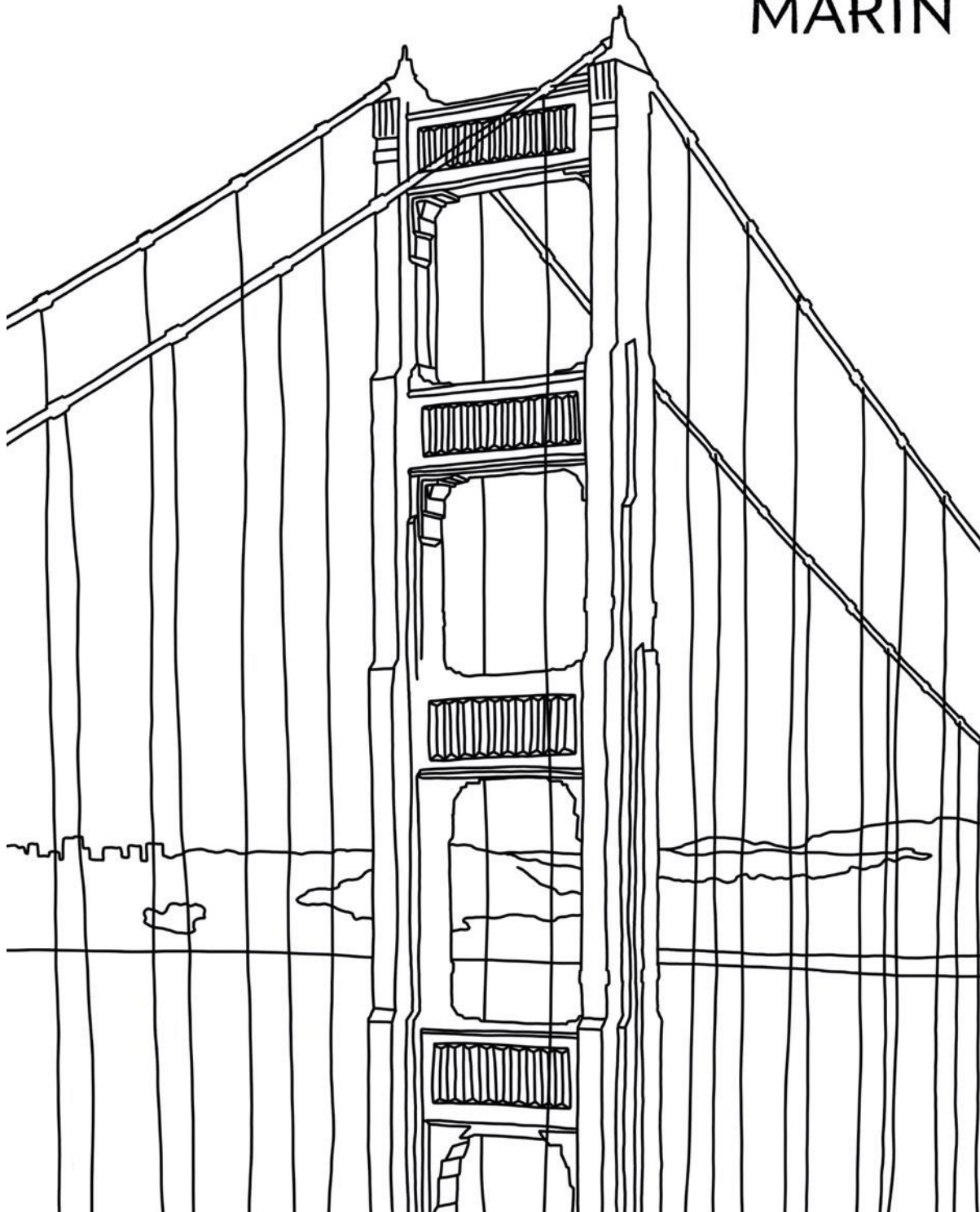
Instructions:

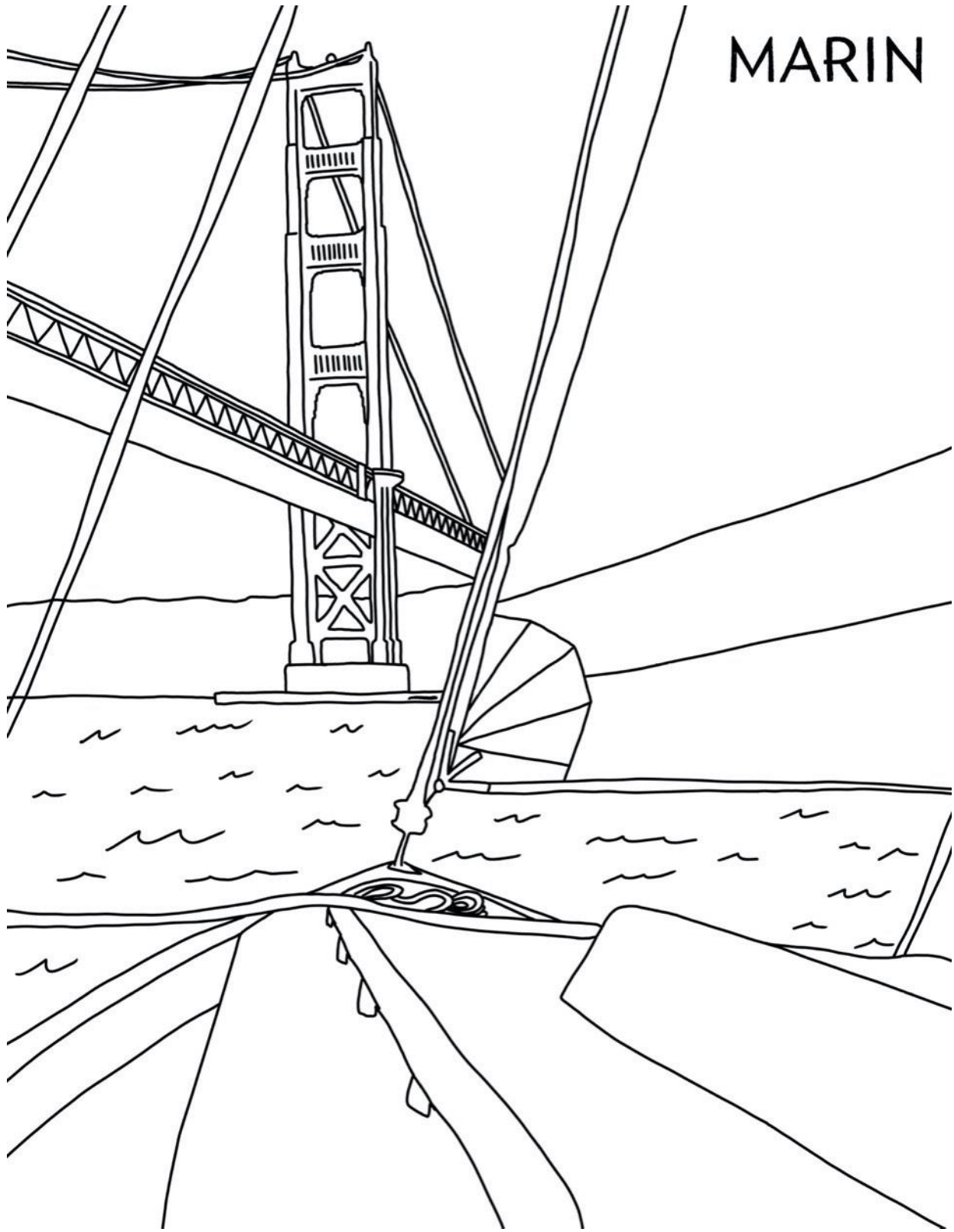
Do some reflecting and then write out your own affirmations in the space below or in a personal journal. Practice saying your affirmations to yourself in the mirror everyday. Feel free to write out morning affirmations and evening affirmations.



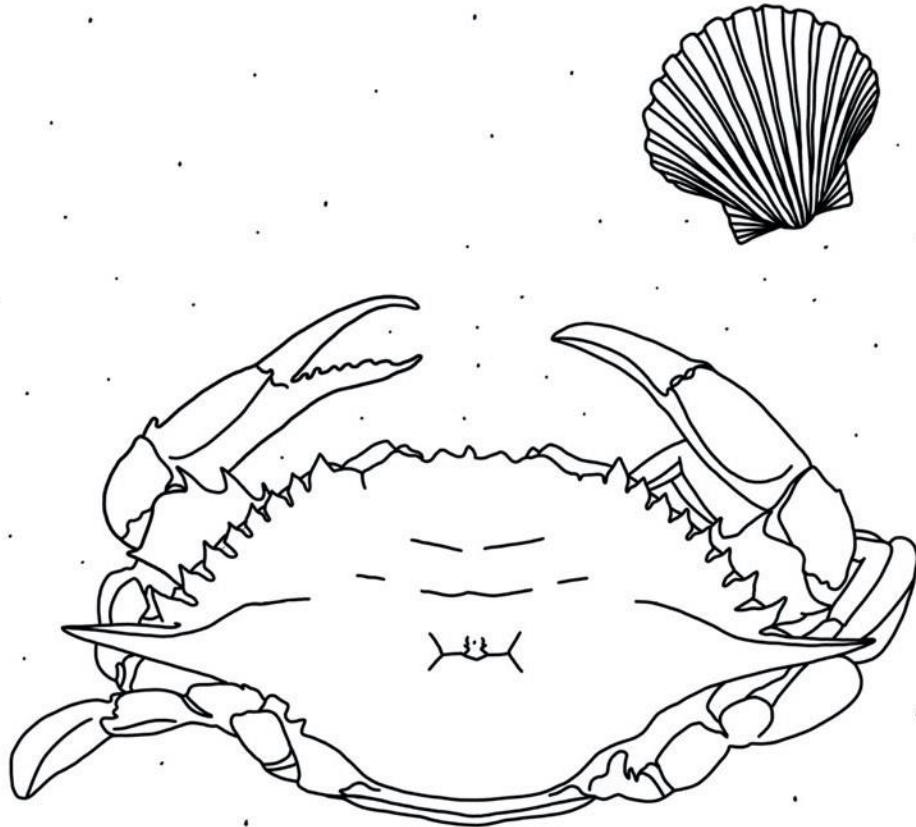
Adult Coloring for Relaxation

MARIN





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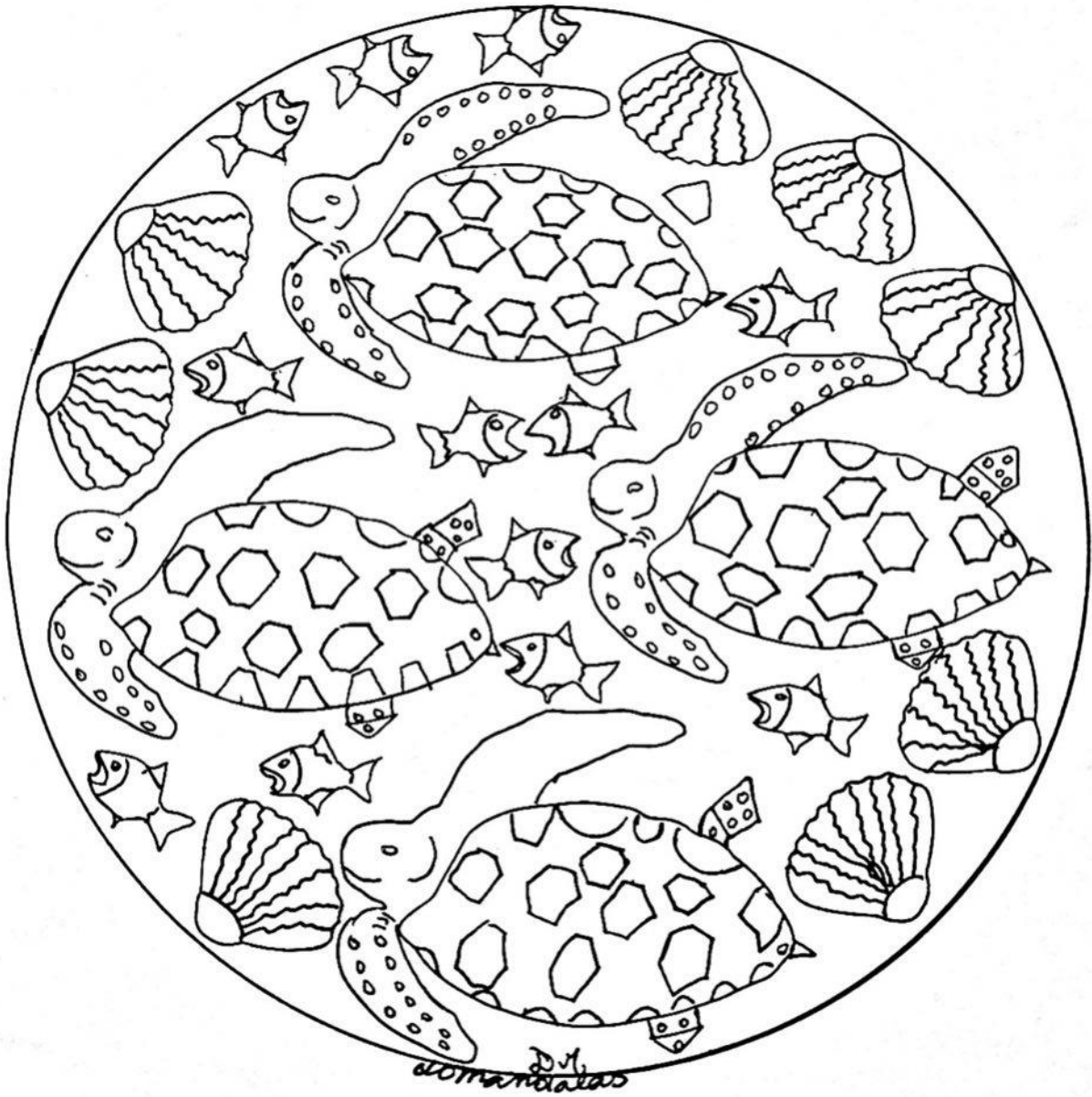


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Just Color



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This workbook was produced in the Spring of 2020 in response to the Covid-19 pandemic by [Marin County Parks](#) in collaboration with the Marin non-profit [LITA](#) whose mission is to reduce the loneliness of aging.