



# Twin Cities Village

January 2019 Newsletter

Serving the communities of Corte Madera and Larkspur

## What's Happening in Twin Cities Village

Have you seen our new website? Go to [marinvillages.org](http://marinvillages.org) and check out the Twin Cities section of the site. We will begin posting pictures from our events – so bring a camera!!

## Upcoming Activities and Events

### Village Men's Group

Wednesday, January 16 11:00 a.m.

Where: Sweetwater Music Café, Mill Valley

We are joining the Mill Valley Village's Men's Group and encourage you, whether a volunteer or a member, to come join us. It is an informal gathering with no agenda beyond the company of friends. Contact Marcus Byruck (617-763-1697 or [marcusbyruck@gmail.com](mailto:marcusbyruck@gmail.com)) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)) to get more info.

### Third Wednesday Speakers Series – *Will I Have Enough Money?*

Wednesday, January 16 11:00 -12:30

Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera (NEW LOCATION AND TIME)

Paying attention to finances and dealing with money are so often put on the back burner. Can we know, and how can we know, whether we have enough savings to make it through retirement? How should we prioritize our thinking around savings, spending and income? Are my affairs in order? Do we need to budget? How will the new tax law affect me? We'll discuss these issues and more.

Presenter: Stan Green, retired Certified Financial Planner.

### Coffee at Farm House Local – Third Thursdays

Thursday, January 17 10:00 a.m.

Where: Farm House Local, 25 Ward St., Larkspur

Just show up and have a cup of coffee, pastry and conversation. Park in main lot if driving!!

### Twin Cities Village – Steering Committee meeting

Monday, January 28 10:30 a.m. – 12:00 p.m.

Where: Larkspur Recreation Center, 240 Doherty Dr.  
(furthest back building)

Are you interested in meeting new people? Do you like to organize programs and events? We'd love to have you on our steering committee. Come by and see what we're planning.

### Happy Hour – To be Arranged – watch for more details later in January

## Save the Date

### Lunch and Lecture: MarinNostalgia

Where: Jason's Community Room, Greenbrae

for all Village Members sponsored by Ross Valley and Twin Cities Villages

Saturday March 2 10:00-3:30

Enjoy your friends over a buffet lunch and listen to local historian and real estate agent Jason Lewis share stories and answer your questions about the history of Marin. Visit Jason's website: [www.MarinNostalgia.com](http://www.MarinNostalgia.com), Marin's first "grass roots" history website featuring Marin photos from the 1950s to the 1980s as well as interviews with Marin luminaries. MarinNostalgia was given a "Best of the Bay" award by a local magazine and has been featured in the Marin Independent Journal and Pacific Sun.

### *Pictures from the Holiday Party and the 2<sup>nd</sup> Anniversary Party*



## Ongoing Activities

### Corte Madera Bingo

Thursdays – Ongoing, 9:30 a.m. to 11:45 a.m

Where: Corte Madera Community Center, 498 Tamalpais Dr., Corte Madera

Join our group of active older adults for BINGO. You're sure to have fun! Come and enjoy wonderful company, delicious treats like Lappert's ice cream, and other great perks and surprises. Once a month, representatives from local senior organizations will be on hand to answer questions regarding services they offer.



### **Lunch Club for Seniors**

**Thursdays - Ongoing, 11:45 a.m. – 12:45 p.m.**

**Where: Corte Madera Recreation Center, 498 Tamalpais Dr., Corte Madera**

Come have lunch with us! Every Thursday Good Earth Natural Foods prepares organic, well-balanced, hot lunch for adults. 60+. Enjoy a nice meal and conversation with friends. Adults age 60+, \$3.00 suggested donation. No older adult turned away for lack of funds. Reservations are required seven days in advance, call 415-457-4636.



### **January 2019 Events at the Corte Madera Library**

**Art Exhibit: Here and There – A Photo Excursion**

**January 5 – February 14**

**Meet the Artist: Saturday, January 12, 2 – 4 pm**

Photographer Terry Peck has a special affinity for capturing local landscapes as well as special **moments during** his travels elsewhere. Join us for an art reception where you can enjoy the art, meet the artist, and sample some light refreshments.

**A New Year, A New You! Ten Secrets to Successful Weight Loss**

**Monday, January 14, 10:30 – 11:30 am**

Imagine yourself at a healthier weight. You have more energy, your clothes fit better, and your blood pressure and cholesterol are lower. Start the New Year off right! Join Pamela Riggs, Board-Certified Specialist in Obesity and Weight Management and Outpatient Nutrition Coordinator and Dietician at Marin General Hospital's Center for Integrative Health & Wellness, as she shares her top ten evidenced based weight loss strategies for making changes that can last a lifetime.

**Author Joel Blackwell Presents: You Can Influence Public Policy**

**Tuesday, January 15, 7 pm**

Learn specific methods to influence elected officials, from city council to Congress, in this non-partisan presentation. Blackwell, author of Personal Political Power in California and Keep Voting After the Election, interviewed lobbyists, legislative staff, academic researchers, and elected officials to understand which communication techniques get the best results.

**SURJ Racial Justice Book Club**

**Sunday, January 27, 3 – 4:30 pm**

Join us for a discussion of Chief Marin: Leader, Rebel, and Legend by Betty Goerke. This work is not only a biography of Chief Marin but also a rich history of the Coast Miwok people. Goerke taught anthropology and archaeology at the College of Marin for over thirty years and is currently the chairperson for the Miwok Archeological Preserve of Marin.

**Spotlight: Fine Free Period**

**Through January 21**

Fines can keep people away from the library, and we don't want that. They can also keep materials away from the collection, and we'd love to get them back to share with others. From now until January 21, return your overdue items to the library and get no late fees on those items. (Does not include fines for items belonging to city or college libraries, or fees for lost or damaged items.)

### **Adult Coloring**

**Thursdays, 10 – 11 am**

Stay relaxed with this fun, low-stress activity. We provide the coloring books and the pencils!

### **One-to-One Internet Tutoring**

**Thursdays, 10 – 11 am**

Struggling with your email? Frustrated with searching the Internet? Our tech savvy volunteer provides free one-to-one tutoring on Thursday mornings from 10-11 am. For an appointment, please call the library or sign up at the reference desk.

**All programs are free and open to the public.**

### **Corte Madera Library**

707 Meadowsweet Drive

Corte Madera, CA 94925

415.924.3515

### **Twin Cities Village Contacts**

<b>Larry Meredith</b> – Chair	(415)-860-2535
<b>Marty Schwarz</b> – Membership	(415)-924-3492
<b>Madelon Thomson</b> – Membership	(415)-572-5154
<b>Mary Wood</b> – Volunteers	(415)-924-8812
<b>Anne Knuut</b> – Programs	(415)-717-0629

## Kirtan Kriya Yoga Singing Exercise - Alzheimer's Prevention

The Alzheimer's Research & Prevention Foundation has assembled this information on the Kirtan Kriya singing exercise for medical professionals, the public, caregivers, the media, and anyone interested in improving their brain function and improving memory loss.

Kirtan Kriya exercise utilizes the primal sounds – and is meant to be practiced for greater attention, concentration, focus, improved short term memory, and better mood. The primal sounds consist of:

- Saa Taa Naa Maa
- The sounds are chanted repeatedly and in order (i.e., Saa Taa Naa Maa). They come from the mantra 'Sat Nam', which means 'my true essence'.

### Kirtan Kriya Yoga Singing Exercise Instructions

If you would like to practice the Kirtan Kriya singing exercise, here are the basic steps:

- Repeat the *Saa Taa Naa Maa* sounds (or mantra) while sitting with your spine straight.
- If possible, your focus of concentration is the L form (see illustration at right), while your eyes are closed. With each syllable, imagine the sound flowing in through the top of your head and out the middle of your forehead (your third eye point).
- For two minutes, sing in your normal voice.
- For the next two minutes, sing in a whisper.
- For the next four minutes, say the sound silently to yourself.
- Then reverse the order, whispering for two minutes, and then out loud for two minutes, for a total of twelve minutes.
- To come out of the exercise, inhale very deeply, stretch your hands above your head, and then bring them down slowly in a sweeping motion as you exhale.
- The finger positions, are very important in this kriya (see illustration below).
- On *Saa*, touch the index fingers of each hand to your thumbs.
- On *Taa*, touch your middle fingers to your thumbs.
- On *Naa*, touch your ring fingers to your thumbs.
- On *Maa*, touch your little fingers to your thumbs.



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