



Twin Cities Village

April 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 and check out the Twin Cities section of the site. We will begin posting pictures from our events – so bring a camera!!

New members and volunteers

Welcome to our new members, Margo Lesch and Carol Robinson and volunteer, Dianne Flores!

New!

Twin Cities Villages is offering an opportunity to **“Preserve Your Family Memories!”**

Do you have pictures or articles, photographic treasures, scrapbooks, or photo albums that you would like to organize, preserve and safely store? We will make it easy for you to have your precious memories “Digitized.” You will receive a Thumb Drive (\$10) that will allow countless opportunities to share or create new treasures. Call Mitchell Marriott to discuss how it works, what works best for you and how to arrange it. 415-246-1751!” (One fortunate member/one photo album.)

Upcoming Activities and Events

Village Men's Group

Wednesday, April 3 and 17 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) or David Cardenas (transitionssupport@gmail.com) to get more info.

Third Wednesday Speakers Series – *Who Can Help Me With This?*

Third Wednesday, April 17 11:00 -12:30

Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

An informative panel of service providers offers answers to the big and little questions that challenge older Marin County residents. Join us to learn about some of the many organizations and services available to help us age well. Facilitator: Chloe Cook, Marin County Aging and Adult Services
Presenter: Aaron Alarcon-Bowen, Executive Director, In-Home Support Services (IHSS), Public Authority of Marin.

Coffee at Farm House Local – Third Thursdays

Third Thursday, April 21 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!!

Happy Hour at Left Bank Brasserie

Fourth Tuesday, April 23 3:00 p.m. - 6:00 p.m.

Where: Left Bank Brasserie, 507 Magnolia Ave., Larkspur

Come join us for conversation, snacks and beverages. This is a great time to connect with other Villagers and make new friends! Everyone is welcome!

Twin Cities Village – Steering Committee meeting

Fourth Monday, April 29 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.

Join the Longevity Explorer group!

We are starting a new Discussion/Focus Group here in Marin!

"Longevity Explorers" are circles of older adults who meet regularly to discuss the future of aging. We want to explore new approaches, new products and services. The Group will explore new ideas and learn how we think about growing older, and help developing new and better products and services for future generations. Each month there will be a specific objective, product or service. Call Mitchell Marriot to learn more: Cell 415-246-1751 <https://www.techenhancedlife.com/content/longevity-explorers>.

Coming Up!



1 Event – The Art of Dim Sum

Join us on April 10th for this unique event combining fun and fundraising. Learn to make Dim Sum from an expert! And leave with the recipes.

Spend an afternoon devoted to Dim Sum with chef and author of the book, *Dim Sum: The Art of Chinese Tea Lunch*, Ellen Blonder. This special, hands-on make and feast event combines fun and fundraising at the Livoti's fabulous kitchen in Novato. **Check our website, under "Events" to reserve** your spot with a donation of \$75 per person (of which \$60 will be tax deductible). Space is limited to 25.

Third Wednesday Speakers Series – *Technology for Successful Aging In Today's World*

Third Wednesday, May 15 11:00 -12:30

**Corte Madera Intergenerational Center
498 Tamalpais Drive, Corte Madera**

Technology plays an ever more important role. It's how you can connect with friends, communicate with doctors, order groceries, and more. Are you safe online? Are your passwords secure-and how can you keep them straight? Are you better off with a tablet or computer? Who's Alexa?What's a "smart" home? What's Facetime? Do I have to be on Facebook?Technology4Life will answers these questions and share tips and tricks for using technology to remain healthy in your home and connected to your family and community. Presenter: Linda Siegel, Technology4Life



Poles Class
Monday, May 20 3-5pm
St. Johns Episcopal Church, Ross

LEARN ABOUT USING POLES FOR HIKING, WALKING, EXERCISE, HEALTH AND FITNESS

Join well known fitness and wellness educator JAYAH FAYE PALEY as guides us in how to use hiking poles for walking, balancing and for maintaining mobility and independence. When PoleWalking, you feel taller and more confident! Learn and practice skills and techniques to help improve balance, endurance, walking gait, agility, function and posture. Easy-to-learn, gentle techniques can help people of all ages navigate everyday obstacles and strengthen muscles that support your joints.

For over 20 years Jayah has trained people of all ages, abilities and physical conditions. She is a certified Personal Trainer and Sierra Club leader.

Around Town

Larkspur Library

Understanding Your Medicare

Wednesday, April 24th at 6:00pm

Larkspur Library, 400 Magnolia, Larkspur

Join this program is hosted by Health Insurance Counseling & Advocacy Program (HICAP) to better understand your Medicare benefits. This will cover the following topics:

- Understand Details That Could Become an Issue
- When Portions of your Part A or B Claim is Denied
- Cost Saving Considerations
- Your Rights to Purchase a Medigap Supplemental Plan
- Question & Answer period

April 2019 Events at the Corte Madera Library

All Things Apple: Camera & Photos

Tuesday, April 2, 1 – 3 pm

This last class of the series will give a quick lesson on how to take photos with your iPhone and iPad. Then, learn how to organize and edit photos in the Apple “Photos” app. Changes will automatically be uploaded on all devices that are synced through iCloud, but you will also learn how to find the original image.

This series will return Tuesdays, May 7 – August 27, 2019, 1 – 3 pm.

Scott & Zelda – The Beautiful Fools

Tuesday, April 2, 7 pm

Curious about Fitzgerald? Wonder how to translate life and literature into engaging theater? Playwright Lance Belville will illuminate the process and the sources. He will trace the roots of The

Great Gatsby and introduce the characters who populated Fitzgerald's life, from Ernest Hemingway to Groucho Marx.

Art Exhibit: Heavenly Words

April 6 – May 16

In the Islamic tradition, the Quran is the literal word of God revealed to the last Prophet Mohammad, 1400 years ago. For this exhibit, artists took their favorite Quran verses and transformed the Heavenly Words into breathtaking images. Islamic Art Exhibit is a local non-profit organization that provides the Muslim community with a creative outlet while building bridges between diverse communities through the visual arts.

Crime and Puzzlement

Monday, April 8, 10:30 am – 12 pm

Explore the world of mystery and suspense fiction with Sisters in Crime. Don't miss this engaging panel discussion featuring local mystery writers CJ Verburg, author of the Edgar Rowdey Cape Cod Series, Margaret Lucke, author of A Relative Stranger and House of Whispers, and Ana Manwaring, creator of the The Jade Anne Stone Mexico Adventures. The panel will be moderated by Myra Jolivet, author of the Sarah Doucette Jean-Louis mysteries. There will be a book signing after the presentation.

A Celebration to Honor Terry Lucas – Marin County's New Poet Laureate

Wednesday, April 17, 7 pm

Join us for a reading and reception to honor Terry Lucas, newly appointed Poet Laureate for Marin County. Lucas is the author of two full-length poetry collections, Dharma Rain and In This Room, and two prize-winning chapbooks, Altar Call and If They Have Ears to Hear. His writings have appeared in numerous national journals, including Columbia Poetry Review, Crab Orchard Review.

Arabic Calligraphy Workshop

Saturday, April 20, 2 – 4 pm

An introduction to Arabic calligraphy, including history, instruments, and techniques. You will have time to practice writing a phrase in Arabic. All materials will be provided. Attendance is limited. Contact us at 924-3515 to register.

Pole-Walking for Balance, Mobility, and Independence

Monday, April 22, 10:30 – 11:30 am

Feel taller and more confident. Learn how to reduce the risk of falling while improving endurance, spine function and bilateral stability at this interactive presentation that will include a demonstration of top quality poles and tips. This class will be taught by Jayah Faye Paley, Certified Personal Trainer.

Facing Mecca: Reflections on Islam in Art

Tuesday, April 23, 7 pm

Join docent Steve Zilles for an illustrated presentation showcasing the Asian Art Museum's collection. You will learn how Islamic art reflects Islam as a religion, as well as the relationship between Islamic rulers and their states. Take a flying carpet ride and see how art and Islam interact to produce beautiful objects. You may be surprised by what you see.

Spotlight: Hoopla Categories

April 2019

Have you tried streaming or downloading media through Hoopla? There are fun categories you can browse for your next read, listen, or viewing experience, including:

Keep Calm and Listen to an Audiobook – audiobooks about meditation, calm, and relaxation

52 Places to Go in 2019 – ebooks of travel guides for countries around the world

and Art House: Sundance Selections – movies that have appeared at the Sundance Film Festival

Tax Forms at the Library

The tax return filing deadline is Monday, April 15, 2019 for most taxpayers. Grab instruction booklets or print out forms at the library. Visit our website for more information.

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.

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 (60+)

Thursdays – Ongoing, 11:45 a.m. to 12:45 a.m.

Where: Corte Madera Parks and Recreation Center, Main Hall, 498 Tamalpais Drive, Corte Madera

Join us for lunch after Bingo for a meal and conversation. Lunch provided by Good Earth. Suggested donation \$3. No adult turned away for lack of funds.

Twin Cities Village Contacts

Larry Meredith – Chair	(415)-860-2535
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