



Twin Cities Village

May 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!!

Activities Overview

(details on next pages)

Village Men's Group	Wednesday, May 1 and May 15 th
Intergenerational Center 1st Anniversary	Friday, May 3
Community Heritage & History Day	Saturday, May 4
Lunch by the Bay	Wednesday May 8
Marin Pizza Supports Twin Cities Village Night	Wednesday, May 15
Age Friendly Speaker Series - "Technology for Successful Aging"	Wednesday, May 15
Coffee at Marty's	Thursday, May 16
Poles Class	Monday, May 20
Corte Madera Senior Fair	Thursday, May 23
Let's Play Bocce	Friday, May 24
Twin Cities Village Steering Committee meeting	Tuesday, May 21
Happy Hour at the Left Bank	Tuesday, May 28

Best Wishes to Anne!

Wishing Anne Knuut, our dedicated Programs Manager, much happiness with her upcoming move. We will miss her patience, planning and dedication.

Upcoming Activities and Events

Village Men's Group

Wednesday, May 1 and May 15th 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.

Intergenerational Center 1st Anniversary

Friday, May 3 5:50 – 7:30 p.m.

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

Join us in celebrating this great venue!

Community Heritage & History Day

Saturday, May 4 11:00 – 2:00

Bon Aire Center, Greenbrae

Join us in celebrating the vibrant history of Kentfield, Greenbrae and Marin County with this free, festive outdoor community event. Presented by the Kentfield/Greenbrae Historical Society (KGHS) and Bon Air, this fun-filled, event brings together community and civic organizations, schools, scouts and more to share the extraordinary services and programs they provide for Marin. Showcasing more than 40 service organizations live music, hands-on children's activities, small bites and beverages, along the promenade at Bon Air. The Kentfield Fire Department features their newest and oldest fire engines. Box lunches will be available for sale from several merchants.

Lunch by the Bay

Wednesday May 8 seating at 12:00

Jason's Restaurant, 300 Drakes Landing Rd, Greenbrae

Come join others for lunch and conversation. Set price of \$25.00 per member. Guest must pay for beverages ordered. Please RSVP at 415-457-4633 or to info@marinvillages.org.

Coffee at Marty's

Thursday, May 16 11:30 – 1:00

Where: the home of Marty Schwarz located at 9 Niven Way, Larkspur

Her home is just a short distance from Farm House Local with easy access and parking. Please come to enjoy conversation, coffee, tea and treats. Members and Volunteers are welcome and you are welcome to bring a friend.

Marin Pizza Supports Twin Cities Village Night

Wednesday, May 15 5:30 p.m. – 8:30 p.m.

Where: Marin Pizza, 107 Corte Madera Town Center

Enjoy a slice of pizza and Marin Pizza will donate 10% of its revenue from these sales to Twin Cities Village. Everyone is welcome to our "Pizza Party!"

Age Friendly Speaker Series Twin Cities Villages “Technology for Successful Aging”

Wednesday, May 15 11:00 am -12:30 pm

Where: 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?

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

Twin Cities Village – Steering Committee meeting

Tuesday, May 21 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.

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.

Senior Fair at Corte Madera Community Center

Thursday, May 23

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

Let's Play Bocce

Friday, May 24 12:00 noon – 2:00 p.m.

Where: Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts.

Happy Hour at Left Bank Brasserie

Tuesday, May 28 3:00 p.m. - 5:00 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!

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. We 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>.

Preserve your family memories – special offer for Twin Cities Village members

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.

Around Marin Villages

In case you haven't heard already, Marin Villages is celebrating its 10th Anniversary this year. Founded in May of 2009, we have been working diligently this past decade to help our members and volunteers stay active, connected and independent in this beautiful place we call home. There are many activities planned:

Marin Villages 10th Anniversary events

Check our website at marinvillages.org for more details!

June 1st - "Poems from the Heart: Voices Across Generations"

June 29 - "Dig In: Secrets of the Soil", UC Berkeley Scientist, Stephen Andrews

July 12 - "Dinner with a Legend" – Artist Georgette Owens in Conversation

July 29 - "Dining Out in Marin" in support of Marin Villages – The Left Bank Larkspur Brasserie

August 24 - "A Blank Canvas, a Little Wine & Thou" - Sip & Paint

September 8 - "10 Years Together" – Celebrating Members & Volunteers

October 26 - "Lighting Up October"- a Diwali Dinner Party

November 17 - Celebrate Marin Villages 10th Anniversary

– Luncheon at Novato Country Club with "Act your Age", Comedian Josh Kornbluth

Twin Cities Village Contacts

Larry Meredith – Chair	(415)-860-2535
Marty Schwarz – Membership	(415)-924-3492
Madelon Thomson – Membership	(415)-572-5154
Mary Wood – Volunteers	(415)-924-8812
Needed! – Programs	(415)-717-0629