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# Twin Cities Village

**Assisting Marin's older adults to remain active, connected  
and independent in the place they call home**

## September 2019 Newsletter

We encourage members and volunteers to bring guests to our events and activities -- help spread the word and grow our Village! If you need a ride to an event, please call Marin Village at 415-457-4633 about four days in advance of the event.

Please always check out the events page on the [Twin Cities Site](#) as sometime the times of events change after the publication of the monthly newsletter.

In addition, check out the event's listing at [marinvillages.org](http://marinvillages.org) to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

## Twin Cities Village Events ~ September 2019

**Welcome to our newest volunteer:  
Sue Sommer**

**Activities Overview  
(details on next pages)**

## Activities Overview

(details on next pages)

<b>Marin Villages 10<sup>th</sup> Anniversary Party</b>	<b>Sunday, September 8</b>
<b>Village Men's Group</b>	<b>Wednesday, September 4 &amp; 18</b>
<b>Marin Villages' Volunteer Training</b>	<b>Tuesday, September 17</b>
<b>Age Friendly Speaker Series - "Oops! Falls and How to Prevent Them"</b>	<b>Wednesday, September 18</b>
<b>Let's Play Bocce</b>	<b>Friday, September 20</b>
<b>Twin Cities Village Steering Committee meeting</b>	<b>Monday, September 23</b>
<b>Happy Hour at the Left Bank</b>	<b>Tuesday, September 24</b>

**\*\* returning in October – Marty's Coffee Klatch**

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## Upcoming Activities and Events

### Village Men's Group

[Wednesday, September 4 11:00 am](#)

[Wednesday, September 18 11:00 am](#)

**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.

### Age Friendly Speaker Series Twin Cities Villages:

[Oops! Falls and How to Prevent Them](#)

**Wednesday, September 18 11:00 am -12:30 pm**

**Where: Corte Madera Intergenerational Center**

**498 Tamalpais Drive, Corte Madera**

About one-third of the population over 65 has a fall each year. The risk of falls increases proportionately with age. What may contribute to causing them? What can you do to prevent them? Spend a little time learning about falls and you just might save yourself

from a lot of misery later on. Presenter: Carol Zeller, RN, MSN

### **Let's Play Bocce**

**Friday, September 20 2:00 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.

### **Twin Cities Village – Steering Committee meeting**

**Monday, September 23 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 at Left Bank Brasserie**

**Tuesday, September 24 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!

***Check the illustration from our Happy Hour in August below!!***



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## MARK YOUR CALENDARS

**October 16, 2019 - New Ideas for Those Aching Joints**

### **Twin Cities Village and Corte Madera Age-Friendly Third Wednesday Series**

Are hip or knee problems holding you back? Come and find out how to reclaim your quality of life and learn the secrets to unlocking your full potential. Corte Madera Physical Therapist, Danielle Sartori, PT, DPT, CSCS, will give you tips on how to reduce pain and improve mobility with exercises that can be done in the comfort of your home. Danielle's team of experts believes in a modern approach to physical therapy with a combination of movement-based individual sessions, a home exercise program, Healthy Joints small group exercise classes, and an open gym community.

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**MARIN VILLAGES - We're celebrating our 10th Anniversary!**

**10 Years Together - Celebrating our Members and Volunteers!!**

**Sunday, September 8, 3:00-5:00pm**

**Jason's Community Room, 300 Drakes Landing, Greenbrae**

**RSVP: <https://marin.helpfulvillage.com/events/1039>**

**or call the office at 415-457-4633**

Join us at this unique event, celebrating the people who have made Marin Villages – YOU! Members, volunteers and guests are invited to this celebratory party to show our appreciation for all the individuals who have helped built the organization. We would appreciate a rsvp, so we can plan for food, beverage and festivities! We hope to see you there.

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### **Marin Villages VOLUNTEER TRAINING**

**When: Tuesday, September 17, 11am-12:30pm**

**Where: Marin Villages Office, 4340 Redwood Highway Suite F-142, San Rafael, CA**

Contact: Diane Castro, 415-457-4633, Marin Villages Office

Click on this link for more information- [Volunteer Training](#) - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class.

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

Join us to "Light up October" at this special Diwali Dinner Party. Tiburon Peninsula Village volunteer, Neelam Kanwar, herbalist and vegetarian chef, will share her family recipes, enticing each dish with special Indian spices.

Attendees will observe as Neelam prepares a special menu, which all will enjoy together. [Click here to reserve a spot.](#)

### **November 17 – "Acting Your Age" – Celebrating Marin Villages' 10th Anniversary with comedian Josh Kornbluth**

Let's celebrate together!! This fundraising luncheon is the perfect forum to enjoy each other's company, congratulate one another on the incredible organization we've been able to grow over the past 10 years and include friends and family members to help spread the word. Comedian, Josh



Kornbluth, will entertain guests with his "Acting Your Age" set. [Click here to reserve your seat.](#)



## September 2019 Events at the Corte Madera Library

### All Things Apple

**Tuesdays, September 3 & 10, 1 – 3 pm**

All Things Apple is a series of free, drop-in classes for both beginner and intermediate Apple users. Discover how to get the most out of your Apple

computer, iPad or iPhone in these interactive classes. And, learn how to protect yourself from online hackers and create safer passwords.

### **Art Exhibit: Old Favorites and New Works by Mary Vezie \*\*\***

**September 7 – October 17**

**Meet the Artist: Saturday, September 7, 2 – 4 pm**

Mary Vezie, award winning local artist, is enthralled by the quality of light. Her most recent works study how light interacts with water, skies, clouds and sunsets. Come to the reception to meet the artist, enjoy refreshments and see for yourself how light and shadows play.

**\*\*\* Mary is a Marin Villages member in Mill Valley**

### **Native Americans in Corte Madera: A History**

**Thursday, September 19, 7 pm**

Betty Goerke is the author of five books, including Chief Marin: Leader, Rebel and Legend, Discovering Native People at Point Reyes and A Broken Propeller: Baz Bagby and America's First Transcontinental Air Race. She is a professor emerita at College of Marin, where she taught anthropology and archaeology for more than 40 years. Goerke currently serves as the chairperson for the Miwok Archeological Preserve of Marin.

### **Sisters in Crime Presents... Mystery Author Panel Discussion**

**Monday, September 23, 10:30 am – 12 pm**

Love a good mystery? Curious about how all the pieces fall into place? Then don't miss this panel discussion with: Janet Finsilver, Elli Oakes, Priscilla Royal, Susan C. Shea, J.J. Lamb and the Gina Mazzio with his wife, Bette Golden Lamb

Books will be available to purchase after the presentation.

### **Hidden Meanings in Chinese Art**

**Tuesday, September 24, 7 pm**

Look again at the flower and bird on that Chinese painting, robe, or vase. These beautiful artistic elements may also be hiding a secret message! This illustrated docent talk from the Asian Art Museum will help you uncover some of the fascinating and fun meanings and messages hidden in Chinese art.

## Spotlight: Free and Discounted Museum Passes

Discover & Go provides our library cardholders with free or discounted passes to local museums and other cultural institutions. Login to Discover & Go to see the complete list and if mobile or print passes are accepted. Make reservations online and print passes at home or at the library.

All programs are free and open to the public.

### 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



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