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Twin Cities Village

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

October 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](tel:415-457-4633) at least 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 to view the wide variety of Village activities throughout Marin that are available to you as Village members and/or volunteers.

**Welcome to our newest volunteer:
Marion Kregeloh**

Activities Overview

Village Men's Group
16

Wednesday, October 2 and

Marin Villages' Volunteer Training

Tuesday, October 15

Members Only Coffee Get Together	Tuesday, October 15
Age Friendly Speaker Series -	Wednesday, October 16
“New Ideas for Aching Joints”	
Happy Hour at the Left Bank	Tuesday, October 22
Marin Senior Fair -Marin Center Exhibit Hall	Wednesday, October 23
Let’s Play Bocce	Friday, October 25
Mill Valley Public Library & Mill Valley Village Present:	Friday, October 25
Louise Aronson “Elderhood”	
Diwali Dinner Party- “Lighting up October”	Saturday, October 26
Twin Cities Village Steering Committee Meeting	Monday, October 28

Upcoming Activities and Events

Village Men’s Group

Wednesday October 2 and 16, 11:00 am

Where: Sweetwater Music Café, Mill Valley

Drop by Mill Valley's Sweetwater Music Hall the second Wednesday of the month to meet other members, volunteers and those just interested in finding out more about Marin Villages. And please bring a friend! This is an informal gathering so just stop by the cafe, buy a cup of coffee (or not) and come on into the music hall where we pull up some chairs and tables and introduce ourselves.

On-street parking is available nearby as well as behind City Hall (across the street).

Members may call the office ([415-457-4633](tel:415-457-4633)) to request a ride to this or any other event.

Members Only Coffee Get Together

Tuesday, October 15, 10:00 am - Noon

Join us for a special *coffee get together at Marty Schwarz's home. If you would like to, please bring a guest who may be interested in learning about Marin Villages and Membership. Come for great conversation and fun. Call the office for Marty's address or more information.

To RSVP or to request a ride call Marin Villages at [415-457-4633](tel:415-457-4633).

*Please Note: This event is for Twin Cities Village members and their guests only.

Marin Villages Volunteer Training

Tuesday, October 15, 11 am - 12:30 pm

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

Contact Diane Castro, [415-457-4633](tel:415-457-4633), Marin Villages Office

Volunteer Training - for new volunteers, those thinking of volunteering, and volunteers needing a reminder class. Contact Diane Castro, [415-457-4633](tel:415-457-4633), Marin Villages Office to sign up.

Twin Cities Villages and Age Friendly Speaker Series – New Ideas for Those Aching Joints

Wednesday, October 16, 11:00 am - 12:30 pm

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

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, 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. Presenter: Danielle Sartori, PT, DPT, CSCS

Happy Hour at Left Bank Brasserie



Tuesday, October 22, 3:00 pm - 5:00 pm

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 to a no host bar. Finger foods will be available.

Marin Senior Fair- *Viva Marin Seniors: What Happens at the Senior Fair...* Admission

is Free**Wednesday, October 23, 9:00 am – 3:00 pm****Where: Marin Center Exhibit Hall, 10 Avenue of The Flags, San Rafael (Marin Villages Booth is #136- stop by and say "hi")**

The Marin Senior Fair is Northern California's must-attend event for senior information. Free Admission, Free Transportation, Free Parking, Free Shuttle. It doesn't get any freer than that! Bring your friends and family. Take advantage of [Free Round-Trip Transportation](#) from the San Rafael Transit Center. Buses run continuously all day. Park for free at the Marin Center Exhibit Hall and take advantage of the shuttle between the parking lot and the Fair.

Free Flu Shots, Free Attendee Tote Bags, Entertainment, Informative Talks, Win Raffle Prizes, and so much more! <https://marinseniorfair.org/visit/>

Let's Play Bocce**Friday, October 25, 12:00 noon – 2:00 pm****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.

Mill Valley Public Library and Mill Valley Village Present**Elderwood: Louise Aronson****Friday, October 25, 7:00 - 8:30 pm****Where: Mill Valley Library, 375 Throckmorton, Mill Valley**

We are delighted to announce a new offering from the partnership between Mill Valley Village and our amazing Mill Valley Library! Dr. Louise Aronson, author of the New York Times bestseller "Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life", and UCSF Professor of Medicine, envisions a large-scale shift in society's and medicine's attitude toward aging. Louise will be in conversation with Dr. Dawn Gross (Host, Dying to Talk radio show) for a Friday night "After Hours" library program, in collaboration with Mill Valley Village.

The program begins at 7 pm. Doors open for registered guests at 6:30 pm for a free wine reception.

Registration is highly recommended and will open October 7th.

You may register by going to the library's website (www.millvalleylibrary.org) by visiting the library Reference Desk, or calling [415-389-4292](tel:415-389-4292) x3.

Of

Twin Cities Village – Steering Committee meeting

Monday, October 28, 10:30 am – 12:00 pm

**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.

SAVE THE DATE – TWIN CITIES VILLAGE 3rd ANNIVERSARY PARTY

Wednesday, December 18th 11:00 am – 12:30 pm

MARIN VILLAGES - We're Celebrating our 10th Anniversary!

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.](#)

October 2019 Events at Larkspur and Corte Madera Libraries

Here is a sampling of many wonderful events that are free and open to the public. Contact libraries for more events & information.

Medicare Annual Choices and Changes –

Larkspur Library, 400 Magnolia Ave [415-927-5005](tel:415-927-5005)

Wednesday, October 30, 6:00 pm

Call to reserve a seat [800-434-0222](tel:800-434-0222) or online www.SASNB.org/HICAP
Join this free & unbiased HICAP seminar from the only agency authorized by the CA Dept. of Aging. Get educated so you can make informed choices. Call Marin Villages for more information: [415-457-4633](tel:415-457-4633).

Jazz Concert: Swing Fever! - Corte Madera Library [415-924-3515](tel:415-924-3515)
www.marinlibrary.org**Thursday, October 24, 7 pm**

Witty and romantic tunes from the 1930s and 1940s. *Seating is limited, so don't be late!*

One-to-One Internet Tutoring – Corte Madera Library [415-924-3515](tel:415-924-3515)
www.marinlibrary.org**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.

Twin Cities Village Contacts

Larry Meredith – Chair [\(415\)-860-2535](tel:415-860-2535)

Marty Schwarz – Membership [\(415\)-924-3492](tel:415-924-3492)

Madelon Thomson – Membership [\(415\)-572-5154](tel:415-572-5154)

Mary Wood – Volunteers (415)-924-8812

Needed! – Programs [\(415\)-717-0629](tel:415-717-0629)



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