



Twin Cities Village Voice

Empowering older adults to remain active, connected,
and independent in the place they call home

September 2021

EDITORIAL, by Sue Sommer

"Oh, it's a long, long while, from May to December, but the days grow short, when you reach September..." So croons Walter Huston in "Knickerbocker Holiday" (Kurt Weill and Maxwell Anderson). And these days it's true; May seems so distant with her optimistic promise of freedom and the diminution of the COVID catastrophe. But nature had other ideas, and her Delta influx has been helped overtly by national differences of opinion and the vagaries of what to do next.

So here we are; as the leaves turn to flame, we're still playing the waiting game, with limpid hope offered by a third booster jab. With the days growing short, we have returned to wearing masks and limiting our large indoor gatherings, some of us curtailing travel, and hoping for better days once again.

"And these few precious days, I'll spend with you..." sends an invitation to all of us; if the coming shortened days tug at your emotions, or if you're simply eager to join others of like mind at the changing of the seasons, spend a few precious hours with The Villages. Available are safe activities and gatherings (see below), friendly visits with volunteers, interesting online offerings, and activities with adjunct organizations:

Age Friendly Corte Madera (agefriendlycoremadera.com)

Corte Madera and Larkspur Libraries (marinlibrary.org)

Parks & Recreation, (townofcortemadera.org) and (ci.larkspur.ca.us)

Buck Center (buckinstitute.org/events)

Here is more of what September is about, and more to celebrate—along with what's below, it's Happy Cat Month and International Square Dance month. Also, National Blueberry, Courtesy, Mushroom, Piano, Self-Improvement, Sewing, Grains, Honey, Classical Music, Chicken, and Better Breakfast Month!

2nd – VJ Day, offering freedom and hope at long last. Thank you, veterans.

4th – World Beard Day (can you grow one by then, guys?)

6th – Labor Day, and Rosh Hashana (begins at sundown)

8th – Global Literacy Day

10th – World Suicide Prevention Day

12th – Grandparents' Day
14th – World First Aid Day
15th – Yom Kippur (begins at sunset)
21st – Chinese Moon Festival and World Alzheimer's Day, to ensure patients get proper treatment
22nd – Autumn Equinox, when Fall begins
26th – Johnny Appleseed Day (I just adore his quest!)
29th – World Heart Day, to raise awareness of heart disease

So, you see, there's much to enjoy, and if you're still unsure of an activity, jump the gun on September 15 for Make-a-Hat Day, or the 24th, and enjoy National Cherries Jubilee Day early—no *need* to play the waiting game!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Member: Andrea Dyer, who is also on the Steering Committee. So happy to have you as a member, too, Andrea. See you at our next event (or meeting!).

LOCAL VILLAGE EVENTS (open to all unless noted)

If you need a ride to any of the in-person events below, please contact the office at info@marinvillages.org or (415) 457-4633.

Food & Drink

We'll be offering a new gathering starting next month: a Coffee Catch-up! We'll meet at a local "java joint" and start our day with friends and conversation. Stay tuned for details, as they say.

Men's Coffee Group

Wednesdays, September 1 & 15, 11:30am



Meet with others to discuss topics of interest and enjoy coffee at the same time! Join the Men's Group on the first and third Wednesdays of each month for informal conversations on various topics and no particular agenda. Men from local villages beyond Twin Cities are invited to participate. The first meeting of the month will be at Sweetwater in Mill Valley, but after that, contact Irv Gubman (irvgubman@gmail.com) for the next gathering on Sept. 15.

Sip and Chat—Cocktail Hour
Il Fornio and the Town Center
Tuesday, September 21, 3:30 – 5:00pm



This event has proven to be a fun time to actually dress, get out of the house, order a beverage, enjoy some snacks, and to, well, sip on your drink and chat with pals or friends-to-be. We'll gather on the third Tuesday of the month at cocktail hour. This month it will be at a new venue at 3:30pm: Il Fornio, 223 Corte Madera Town Center, Corte Madera.

Fun & Games

Bocce Ball

Friday, October 8th, 1:00 – 3:00pm (rescheduled from 10/1)



In 5200 BC, this sport was recorded as a painting on an Egyptian tomb, and now we can carry on the tradition on the last Friday of the month—but the last Friday of the month actually takes place on Oct. 1 this month. Don your soft-soled shoes and head over to Albert Park, 550 B Street in San Rafael.

MARIN VILLAGES EVENTS

Meet the Team

Monday, August 30, 3:00pm

Here is a chance to get to know the team working away behind the scenes at Marin Villages. Join us to meet John (executive director), BJ (operations manager), Matt (volunteer manager),

and Danielle (communications and fundraising). Some of these people you might have met or spoken to, and others might be an intriguing mystery, but all will be brought to light on August 30 on Zoom. Please join us! RSVP at this link: <https://marin.helpfulvillage.com/events/3257-meet-the-marin-villages-team---via-zoom>

Not Home Alone—Labor Day

Monday, September 6, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd., Novato



Donnalee Wells welcomes all Villagers to our Not Home Alone—Labor Day celebration. We will have lunch on the lovely shaded patio of Boca Pizzeria in Novato. Come meet new friends and enjoy the food and lively conversation as we greet the fall season. Please RSVP to Donnalee Wells by text, phone or email, (415) 302-9244 or donnaleewells@comcast.net.

Keep some space in your closets! The dates and location of our first-ever **Marin Villages' Thrift Boutique Pop-up Shop** have been changed: it's now September 30 – October 2, 11:00am – 4:00pm at the Northgate Mall. More details coming soon.

As of this printing, the mask mandate is back in force for many indoor areas because of the Delta variant spike, but at least things are open and available. Check the monthly Marin Villages Village Square or local news for updates. Also check the Village Square for suggestions of films, books, events, and activities.

TWIN CITIES VILLAGE ANNOUNCEMENTS

September birthdays



Nifty Nineties and above! Happy Birthday to the following ladies. We wish you happy celebrations and good health!

Inna Mink, September 4
Giovanna Pomilia, September 24

INVITE TO WRITE



This month's challenge is to write a four-line poem with a specific syllable count. The first line has one syllable, the second and third have five each, and the final line has nine syllables. For example...

Fall—
no more summertime;
but then, in this town,
it never really came anyway!

Lee Smith's August offering has the unique duality of the content, as well as the form of the poem, establishing the divisions we see these days. Thank you, Lee.

Morals	Freedom and
one	Much is done
freedom faith and morals	to keep us all as
	with all of our
chorales	bells and
any say	do you have
miracle is today?	in what the
	all is well
hear the bell	if you can
have achieved as one	it means you

BITS AND PIECES

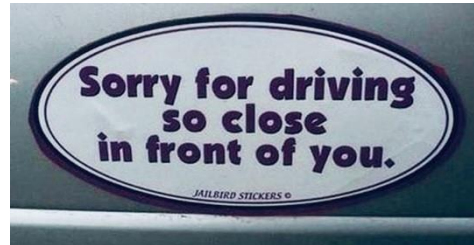
How about a little love, including the love of ice cream! "Awwws" totally acceptable!



AND MORE...

Now that we're out and driving a bit more, here is some enlightenment about bumper stickers. Of course, now they're also used as political tools.

The first bumper stickers were originally designed to attract tourists. For example, back in the 1940s and 50s, famous destinations had promotional stickers that staff would stick on cars that came to visit. However, people soon realized that these stickers could be used for other purposes such as commercial, religious, humorous, secular, and in support of various sport teams.



HELP US HELP OTHERS

For more than two decades the belief that it takes a village to raise a child has become embedded in our culture. Not as embedded but equally important is the village it takes to provide a comfortable, nurturing, and safe environment for people as they age. You can help.

We need more caring volunteers to be part of this thriving nationwide movement, a movement that's dedicated to strengthening bonds between generations and building strong, vibrant communities that provide continuity to all ages.

Marin Villages is looking for volunteers to provide a variety of support to older adults. Our goal is to match skills from volunteers with the needs of members. Volunteers sign up for visits that fit their life and lifestyle, but we ask for a commitment of two assignments a month.

If you know someone who is interested in volunteering, could use our services, or would like to donate to an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website (www.marinvillages.org) for application forms and online donations.

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