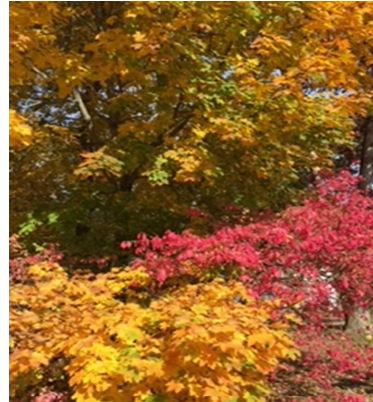


Twin Cities Village Voice

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

October 2021



October Transitions

Editorial by Sue Sommer



It's that mid-season. I have under my pillow both sweatshirt and frilly little thing to sleep in, depending on whether it's window-wide-open weather or turn-that-blanket-to-high! In my office, both a fan and a heater; under my bed, a pair of sandals and a pair of cozy Uggs. In the closet, the daily question of tank top or sweater.

I suppose it *is* autumn; after all, leaves are shading russet and there is that "nip in the air"—or is that fog (No, not Karl; I prefer Phineas)? I'm a little off-kilter—I still want some summer, and yet I bought some wild-looking decorative gourds from Trader Joe's yesterday. Transition time, not only in the seasons, but also in our lives—you all know what I'm talking about: mask or no, travel or no, gather with friends or...well, you get the drift. In his helpful book *Finding Yourself in Transition*, Robert Brumet declares that there are three stages to change, or transition: Endings of the old, usually with some sadness, as in the leaves changing color and letting go their hold. This is followed by a period of The Void, a time of wandering and wondering and exploring, though off-putting for the uncertainty; then, New Beginnings. I'm definitely in The

Void, meandering a little aimlessly and waiting for what's to come. It can be a good space to be, though, a time to prepare for and imagine what you want when the New Beginning occurs. I suspect I'm not alone.

So, if you feel a little disconcerted or dazed or off your game, take extra care of yourself, be gentle with your thoughts, join me in being positive and patient, and picture more lucid and clearheaded days to come. And have some fun along the way.

October will offer some diversion, but it is a month of honoring good things, as well. Its name comes from the Roman *octo*, meaning eight (in their calendar, before Julius and Augustus got egotistical). Its birthstone is opal, reflecting many colors; flower is calendula, a healing plant; and the Zodiac signs are Libra and Scorpio. The World Series begins—maybe with our Giants in contention; basketball and hockey begin their seasons; and the month ends with scaring all evil spirits away. Let's include two nemeses, COVID and Delta, in that lot!

Speaking of endings and beginnings, The Villages' first-ever lollapalooza "**Ultimate Thrift Boutique Pop-up Shop**" happens on Sept. 30 and Oct. 1, and 2 at Northgate Mall (see more details below). There's an amazing array of boundless bounty, unique treasures, and...early holiday gifts, perhaps? You'll need a mask, but, hey, it's almost Hallowe'en!

It's also National Pizza Month, National Dessert Month, Country Music Month y'all, LGBTQ History Month, National Rollerskating Month, and Hispanic Heritage Month. October's days of importance follow:

1 – World Smile Day

9 – 15 – National Fire Prevention week for the Great Chicago Fire in 1871

12 – Indigenous People's Day/Columbus Day

28 – National Chocolate Day (again?!)

31 – Hallowe'en—preparing for good crops and no pestilence!



LOCAL VILLAGE EVENTS (open to all unless noted)

Food & Drink

Men's Coffee Group

Wednesdays, October 6 & 20, 11:30am

There are diverse topics to cover in discussion these days, so why not join the Men's Group on the first and third Wednesdays of each month? Men from local villages beyond Twin Cities are invited to participate. Find them on the patio at Sweetwater in Mill Valley, and contact Irv Gubman (irvgubman@gmail.com) with questions.

Sip 'n' Chat—Cocktail Hour

Tuesday, October 19, 3:30 – 5:00pm

This month's Sip 'n' Chat will be held in Marty Schwartz's garden, at 9 Niven Way in Larkspur. Please join us!

NEW EVENT! Coffee Connection

Wednesday, October 27, 11:00am



It's a chance for all Twin Cities members to get together for a late-morning "cuppa" and goodies—to meet friends, enjoy the outdoors, share stories, and catch up with what's happening. October's will be at the Larkspur Landing Starbucks. If you need a ride, contact the Marin Villages office. (415) 457-4633

Fun & Games

Bocce Ball

Friday, October 8, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Bocce ball is as much a social event as it is a sport, yet still provides some good exercise. It's easy to learn, and you can feel quite continental joining bocce ball players of all ages who play throughout Europe and other countries. Don't fret about learning the rules; many coaches are ready to assist you in learning the game. All you will need is a good sun hat, soft-soled shoes, comfortable clothes, and something to drink. Bring a snack to share with the group if you are able. For questions, please call Larry Meredith, (415) 860-2535. If you need a ride, contact the Marin Villages office. (415) 457-4633.

MARIN VILLAGES EVENTS

Marin Villages' Ultimate Thrift Boutique Pop-up Shop

Thursday, September 30, 11:00am – 4:00pm

Friday & Saturday, October 1 & 2, 11:00am – 6:00pm (extended hours!)

Northgate Mall, Terra Linda



The pop-up shop is fairly bulging with treasures at amazingly affordable prices! Wall art, high-end clothing, home decorating items, household wares, and some wonderfully weird objects we had fun trying to figure out. Store #82 at Northgate, near the theater (formerly The Limited). Suggested parking near Home Goods. Easiest check out is with ca\$\$\$h.

Annual Volunteer Appreciation Zoom party!

Sunday, October 24, 4:00 – 5:00pm

Join us on Zoom as we gather to celebrate our incredible Marin Villages volunteers, whose hard work, dedication, and friendship toward our members is an inspiration. Don't miss it—we'll share stories, draw for some fantastic prizes, and have more surprises, too! See you there! To register, go to <https://marin.helpfulvillage.com/events/3468>

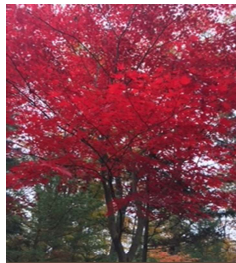
Not Home Alone—Halloween

Sunday, October 31, 2:00pm

McInnis Park Club Restaurant, 350 Smith Ranch Road, San Rafael



Join other Villagers for an early dinner at The Club restaurant at McInnis Park on Halloween! Costumes fun but optional. Please RSVP to Donnalee Wells. donnaleewells@comcast.net or (415) 302-9244 (call or text)



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.

COMMUNITY EVENTS

Discover events and activities on other local websites:

- Library (marinlibrary.org)
- Buck Center informational lectures and events (buckinstitute.org/events)
- Age Friendly Corte Madera (agefriendlycortemadera.com)
- Parks and Recreation departments of our sister cities

TWIN CITIES VILLAGE ANNOUNCEMENTS

Happy Birthday!

Happy birthday to the following ladies of autumn:

Dee Fratus, October 1

Lisa Guthrie, October 21

INVITE TO WRITE



The poem for last month was a short expression, and Lee Smith captured Fall's essence during a football game! His word combination makes me anticipate the coming season more readily. Thanks, Lee.

love

fall colors and pumpkin pies

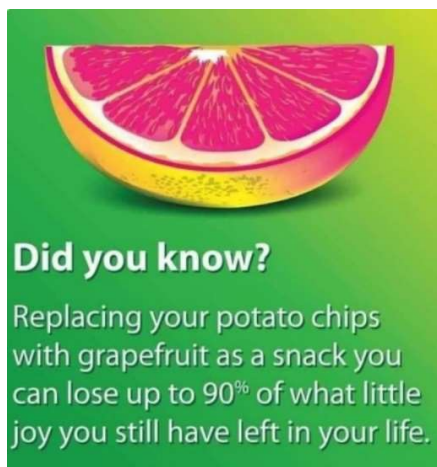
football sports and cheers

ringing bells and peace faith and freedom

For October we'll change it up a bit. Why don't some of you join Lee in describing in a flash-fiction story of 150 words—give or take a few—the weirdest or most surprising gift you've ever received.

BITS AND PIECES

Some of you are exuberant to begin the final triad of the year, while, others, given the changes in the season and the restless, anticipatory emotions we might be feeling—not so much. Here's some advice for all, and for any time. We're all doing the best we can; we need to be kind to ourselves.



healthy Self-Talk	
THIS	NOT THAT
✓ Whoops. I made a mistake.	✗ I'm so dumb.
✓ I like me.	✗ No one likes me.
✓ I did something bad.	✗ I'm a bad person.
✓ This is really hard, but I'm going to keep trying.	✗ I give up. I'll never be able to do this.
✓ I haven't figured it out...yet.	✗ I never get anything right.
✓ I am enough. And worthy, too.	✗ I'm not good enough.

AND MORE...

Enjoy some unfortunate errors!



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"I must be in the autumn of my life.
I feel like a pile of wet leaves."

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org