



# Twin Cities Village

## August 2018 Newsletter

Serving the communities of Corte Madera and Larkspur

*Your TWCV Steering Committee*

### What's Happening in Twin Cities Village

Are you interested in participating in a movie group? We are looking into creating a monthly group who will meet to view movies in and around the Twin Cities. If you have interest in this once-a-month movie group to begin in September to please reply to 415-945-8931.

### CORTE MADERA LIBRARY PRESENTS: MARIN VILLAGES

**Monday, August 6 10:00 a.m.**

**Where: Corte Madera Library, 707 Meadowsweet Drive**

Marin Villages is a non-profit, 501(c)(3) with the mission of helping older adults remain independent, stay active and be connected in the place they call home. Learn about their services, programs, and resources and how you can get involved—as a member, volunteer, or donor.

### Village Men's Group

**Wednesday, August 15 10:30 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](mailto:marcusbyruck@gmail.com)) or David Cardenas ([transitionssupport@gmail.com](mailto:transitionssupport@gmail.com)) to get more info.



### Twin Cities Village/Age Friendly Corte Madera: Drive as we Age

**Wednesday, August 15 1:00 p.m. to 2:30 p.m.**

**Where: Central Marin Police, Community Room, 250 Doherty Drive, Larkspur**

Worried about your driver's license renewal? Wondering if you should still be driving? Many people value driving as a mark of independence. The rules of the road, and your hearing, vision and reaction time have changed since you learned to drive. Discover how to tune up your driving skills and get helpful hints to pass the license renewal exam. This presentation will provide valuable information and help you continue to maintain your driving privilege as long as you are safe to do so.



Presenter: Rosemary Robles, DMV Community Outreach Senior Ombudsman.

### Coffee at Farm House Local – Third Thursdays

**Thursday, August 16 10:00 a.m.**

**Where: Farm House Local, 25 Ward St., Larkspur**

Just show up and have a cup of coffee, pastry and conversation. Park in main lot if driving!!





## **TWIN CITIES VILLAGE STEERING COMMITTEE MEETING**

**Monday, August 27 10:30 a.m. – 12:00 p.m.**

**Where: Central Marin Police Authority, 250 Doherty Dr., Larkspur**

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 the BACKSTAGE**

**Tuesday, August 28 3:00 p.m. to 5:00 p.m.**

**Where: 295 Magnolia Ave., Larkspur (opposite Pico)**

Marin's newest and hottest wine bar – BACKSTAGE – will host Twin Cities Village's Happy Hour! Voted one of Marin's best "Hot Spots", this new venue has outdoor patio seating and is seen as an adult playground. So... let's play!



## **Twin Cities Village/Age Friendly Corte Madera: Why Does Everyone Mumble?**

**Wednesday, September 19 1:00 p.m. to 2:30 p.m.**

**Where: Central Marin Police, Community Room, 250 Doherty Drive, Larkspur**

Having trouble understanding your grandchildren? Do you have difficulty following conversations in restaurants? Join us to learn how hearing changes as we age and some simple strategies that can improve the quality of your life. In addition, you will learn how to seek hearing help from a skilled clinician, who will listen well to your needs, and explain the complex trade-offs involved in selecting and fine-tuning the best hearing aids for you. Presenter: Lee Weissman, Doctor of Audiology, Novato.

If you would like to participate in any of the activities above and need transportation, please call the office at **415-457-4633** to arrange a ride and remember that your friends and neighbors are always welcome.

## **What's Happening Around the Villages:**

### **Mill Valley Village - Sage & Sierra: Growing Up In Owens Valley**

#### **Volunteer Joan Busby Talks About Her Book**

**Thursday, August 2 2:00 p.m.**

**Where: Mill Valley Golf Course Clubhouse**

Village volunteer Joan (pronounced Jo-Ann) Busby is going to chat with us about her childhood growing up in the Owens Valley, as captured in her recent book Sage and Sierra. Joan and her sister Carol wrote this memoir together, alternating chapters and recollections. So please plan to come join us for a fun afternoon of stories, books and friendship. All are welcome so please feel free to pass this along to friends and neighbors.



### **Ross Valley Village/Age-Friendly Fairfax – Staying Physically Fit and Preventing Falls**

**Friday, July 27 1:00 p.m. to 2:00 p.m.**

**Where: Fairfax Library**

How important is exercise as we age and what are the benefits? What types of exercise are best for older adults—cardio, stretching, core strengthening? A fall might not seem like it will happen to us but what are the ways in which we can prevent falls, at any age?



### **Ross Valley Seniors**

**Thursday, August 2                      12- 2pm**

#### **Fairfax Women's Club**

Come socialize, enjoy the luncheon and hear local historian Dick Miner present, "A Walk in Time: San Anselmo 1900 to 1950." First time guests always welcome (\$7 drop-in fee). Sponsored by Towns of Fairfax and San Anselmo. For more info, call 415-258-4669

### **Breakfast with Friends**

**August 15                                      9:30 to 10:30am (3rd Wednesday)**

#### **Barefoot Cafe, 1900 Sir Francis Drake Blvd, Fairfax**

Join us for socializing, coffee and/or breakfast to make new friends and keep the old (you cover cost of your meal). Hosted by the Age Friendly Fairfax Task Force.

What's Happening At the Corte Madera Library?

### **Corte Madera Library Presents:**

#### **Growing Strawberries and Blueberries**

**Monday, August 6                      7 pm**

Marin Master Gardener Judy Orsini will talk about the best varieties to plant and what their requirements are for light, soil, water as well as how to propagate plants, and how to respond to diseases and pests. Judy Orsini was a landscape architect and became a UC Marin Master Gardener in 2015.

### **Adult Coloring**

**Thursdays                                      10 – 11 am**

Stay relaxed with this fun, low-stress activity. We provide the coloring books and the pencils!

### **One-to-One Internet Tutoring**

**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.

**All programs are free and open to the public.**

### **What's Happening Around Town?**

#### **Marin General Community Classes –**

##### **Mindfulness Meditation and Guided Relaxation**

**Every Monday, starting July 30, 10:00 a.m. to 11:00 a.m.**

**Where: 1350 S. Eliseo Dr., Greenbrae**

Space is limited. RSVP is suggested. Call 1-888-996-9644 to register or check their website:

<https://www.maringeneral.org/about-us/classes-evernts/mindfulness-meditation-and-guided-relaxation>



### **Corte Madera Bingo**

**Thursdays – Ongoing, 9:30 a.m. to 11:45 a.m**

**Where: Corte Madera Community Center, 498 Tamalpais Dr., Corte Madera**

Join our group of active older adults for BINGO. You're sure to have fun! Come and enjoy wonderful company, delicious treats like Lappert's ice cream, and other great perks and surprises. Once a month, representatives from local senior organizations will be on hand to answer questions regarding services they offer.



### **Lunch Club for Seniors**

**Thursdays - Ongoing, 11:45 a.m. – 12:45 p.m.**

**Where: Corte Madera Recreation Center, 498 Tamalpais Dr., Corte Madera**

Come have lunch with us! Every Thursday Good Earth Natural Foods prepares organic, well-balanced, hot lunch for adults. 60+. Enjoy a nice meal and conversation with friends. Adults age 60+, \$3.00 suggested donation. No older adult turned away for lack of funds. Reservations are required seven days in advance, call 415-457-4636.



### **Corte Madera Intergenerational Center**

**498 Tamalpais Dr, Corte Madera**

Check out the August calendar on the Town of Corte Madera website:

<http://www.agefriendlycortemadera.com/program-schedule.html>





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**August 2018**

**Serving the communities of Corte Madera and Larkspur**

## August At-A-Glance

**Wednesday, August 15** 10:30 a.m. – 12:00 p.m.  
Village Men's Group with Mill Valley Village

**Tuesday, August 28** 3:00 p.m. – 5:00 p.m.  
Happy Hour

**Wednesday, August 15** 1:00 p.m. – 2:30 p.m.  
Third Wednesday Speaker Series

**Thursday, August 16** 10:00 a.m. – 11:30 a.m.  
Coffee at Farm House Local

**Monday, August 27** 10:30 p.m. – 4:00 p.m.  
Steering Committee

**Save The Date – Sunday, September 23** Timing is TBD  
Marin Villages' Volunteer Appreciation Party

**Members:** If you're a member and you need a ride to an event, please call the office at 415-457-4633 at least three days in advance.

## Twin Cities Village Contacts

<b>Larry Meredith</b> – Chair	(415)-860-2535
<b>Marty Schwarz</b> – Membership (on vacation 'til Aug)	(415)-924-3492
<b>Madelon Thomson</b> – Membership	(415)-572-5154
<b>Mary Wood</b> – Volunteers	(415)-924-8812
<b>Anne Knuut</b> – Programs	(415)-717-0629