



# Twin Cities Village Voice

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

March 2022

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## EDITORIAL

by Sue Sommer

Happy March, the beginning of spring (we set the clocks forward on the 13th, a sure sign). Last month I spoke about music from the '50s, and in looking at songs for this time, I see these: "When the Red, Red Robin Comes 'a Bob-Bob-Bobbin' Along," "Tiptoe through the Tulips," "Some of My Favorite Things," and the melancholy, "Spring is Here." You have permission to feel pretty smug that you can hum these, but your kids, and certainly theirs, won't have a clue what they are. Odes to budding spring.

Which reminds me of buds and butterflies, and with that, a plug for our buzzing friends: why not plant lovelies that our delicate butterflies will enjoy? (The UC Master Gardeners will host a pollinator plant sale on March 12 at Falkirk Cultural Center, \$5/plant).

Those born February 19 – March 20 are Pisces, typically empathetic, artistic, and dreamy; those born March 21 – April 19, Aires, allegedly competitive, energetic, and with a fearless spirit, or so "they" say...

Beyond that, here's what March will offer:

1 – **Fat Tuesday and Mardi Gras**—get out your gold, green, and purple regalia and prepare to hunker down for Lent

2 – **Ash Wednesday**

11 – **Johnny Appleseed Day**—bless that genius as we bite into a juicy apple

12 – **Plant a Flower Day** (perhaps a pollinator? See above)

13 – **Daylight Savings Time**—lose an hour, gain a smile at the afternoon sun

14 – **National Pi Day** (permission to add an "e" and gorge on crusty treats)

15 – Beware: **The Ides of March**, proving that leaders should listen to their wives, not their egos

16 – **Freedom of Information Day**

17 – Go Green; **St. Paddy's Day**, so celebrate the luck o' the Irish—green beer followed by green tongues

19 – **Certified Nurses Day**—yes, let's celebrate them

20 – **FIRST DAY OF SPRING!**

22 – **World Water Day**—more reason to preserve the precious treasure

30 – **Doctors Day**, and yes, thanks to them, too

Finally, though it's not a new year, spring is a new beginning, so use this link for a memory, some terpsichore and a song to make you smile. <https://www.youtube.com/watch?v= Mgr-QIZxHw>

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:**     **Bette Foley**, a former English teacher and marketing director, lives in Larkspur. Welcome to Twin Cities Villages, Bette. Hope to meet you in person soon.

**Volunteers:**   **Kathleen Daly** is our newest volunteer. Thanks, and welcome, Kathleen!

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## TWIN CITIES VILLAGE EVENTS

If you need a ride to any of the events below, please call the office. (415) 457-4633

### **Men's Coffee at the Sweetwater**

Wednesdays, March 2 & 16, 11:30am



Gather over coffee to discuss life and other topics at Sweetwater in Mill Valley. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman ([irvgubman@gmail.com](mailto:irvgubman@gmail.com) or (415) 250-6155). The group meets the first and third Wednesdays of the month.

### **Sip 'n' Chat—Cocktail Hour**

Tuesday, March 15, 3:30 – 5:00pm

This month we will most likely meet at Boca. It's been fun there, with a heated outdoor area, good munchies, decent prices, and lots of parking. If the venue is different, we will let you know. See photos from February's gathering below!

## Fun & Games

### **Bocce Ball**

Friday, March 25, 1:15 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Bocce Ball is played throughout Europe, with especially rowdy gatherings at the Luxembourg Gardens in Paris, so join in worldwide fun right here in Marin (wear soft-soled shoes; bring a hat and jacket).

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## OTHER MARIN VILLAGES EVENTS

### **New Marin Villages Pilot Program: Stronger Memory**

Informational session on Zoom

Wednesday, March 16, 3:00 – 3:30pm

Flex your memory muscle in a 12-week guided course that you can do from home! Are you intrigued? Join us at this informational session to learn more and see if it's a good fit for you. To register, use this link: <https://marin.helpfulvillage.com/events/4084-zoom-event---new-pilot-program:-%22stronger-memory%22>

### **Not Home Alone St. Patrick's Day Early Dinner**

Thursday, March 17, 2:00 – 4:00pm

Pacific Catch, Corte Madera Town Center



Wear your favorite splash of green and follow the rainbow to the pot of gold at Pacific Catch. Join Donnalee Wells and other Marin Villagers for a St. Patrick's Day Early Dinner outside on a covered and heated patio. First come, first served, and space is limited to 20 guests. Please **bring cash** for your meal. All attendees must be COVID vaccinated. Masks required. RSVP ASAP

to Donnalee at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or text or call (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride: (415)-457-4633

### Remember...

The mask mandate is lifted for indoors. It's your decision; the good news is that things are open and available. Check the Marin Villages' *Village Square* or local news for updates. Also check the *Village Square* for suggestions of films, books, events, and activities.

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## COMMUNITY EVENTS

Discover events and activities on other local websites:

- Library ([marinlibrary.org](http://marinlibrary.org))
  - Buck Center informational lectures and events ([buckinstitute.org/events](http://buckinstitute.org/events))
  - Age Friendly Corte Madera ([agefriendlycortemadera.com](http://agefriendlycortemadera.com))
  - Parks and Recreation departments of our sister cities
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## TWIN CITIES VILLAGE ANNOUNCEMENTS

### March birthdays



Meryl Sundove, March 25

Mary Jones, March 26

Happiest of birthdays to you both!

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## BITS AND PIECES

When you take directions too literally!





Worrying  
is like praying  
for what you  
don't want.

## AND MORE...

### Sip 'n' Chat

February's Sip 'n' Chat was held on—as you can see—2/22/22, so partygoers became artists to commemorate the occasion...







### Not Home Alone

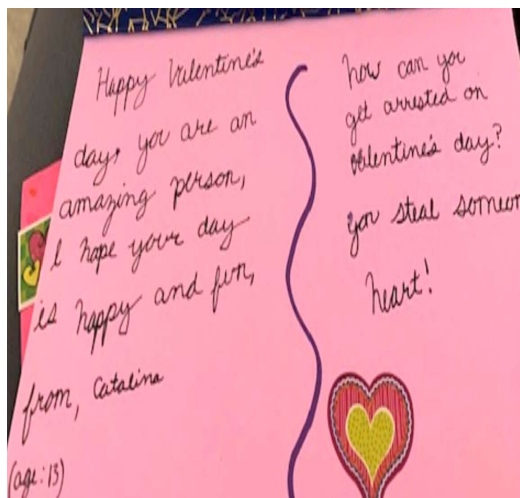
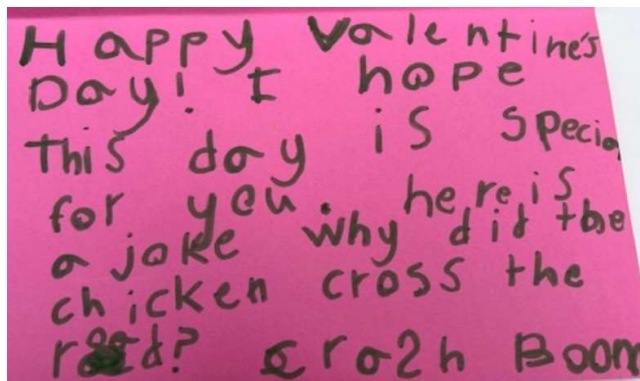
What a fun and cheerful group gathered at Pacific Catch on February 14, Valentine's Day, also called the "International Day of Love." There were all the "trimmings"—flowers, candy, good food, and a festive atmosphere! I could say more, but the photos will tell the tale. (Note, our new staff member, the first on the left, Karin Tucker, already participating—see more below).





### More Valentine's Day of Love commemoration

Fourteen little Cupids made valentines to send to our TCV members. Some of the messages were clever, some contained jokes, some were sweet—all were greatly appreciated. Thank you to these friends, neighbors, children, and grandchildren of Village members: Reese, Sally, Ava, DJ, Eloise, Patricia, Lyla, Catalina, Alexandra, Isa, Saralena, Julia, Millie, and Samantha. Also, great appreciation to Lisa Hielcher, whose home became the heart-filled workshop for many of these creations. Enjoy some samples below.



Twin Cities Village organizes group functions for those who would like to get together for holidays and special occasions. All are welcome, so watch for news of these, and let us know if you have ideas for future celebrations, or venues to host them.

### We're happy to welcome Marin Villages' newest employee



**Karin Tucker**, Member and Volunteer Support Representative, will be assisting BJ and Matt in the office. A Santa Rosa native, Karin has lived in Marin for nearly 30 years. She graduated from the University of San Francisco with a BS in Accounting and began her career with Arthur Andersen, where she met many of her current friends, and her husband. After they married, she dedicated her time to her four children, now two in high school and two in college. She has been active in the community with schools and sports, St. Anselm Church, and Novato's Stone Tree Golf Club. She loves family time, traveling, golfing, snowboarding, and playing Mahjong.

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## 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.

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 could use our services or is interested in volunteering with an organization serving older adults in Marin, please have them call the office at (415) 457-4633, or visit our website ([www.marinvillages.org](http://www.marinvillages.org)) for application forms. We always welcome donations to support our work! Please visit <https://marin.helpfulvillage.com/pages/10049-marin-villages---donate> to contribute.