

MARIN  
VILLAGES



Our Paths - Our Choices

# Twin Cities Village Voice

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

October 2022

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## CELEBRATION OF LIFE FOR SUE SOMMER

Many of you knew Sue from Village events or the TCV Steering Committee, and all of you who read *The Village Voice* knew her through her singular take on our monthly newsletter—always finding an interesting topic or turn of phrase, and encouraging members to write in and contribute. We and *The Voice* will miss her.

Please join her celebration of life on **Sunday, October 23, noon – 2:00pm, at Unity in Marin, 600 Palm Drive, Novato**. If you cannot make it, the event will be livestreamed at <https://youtu.be/uPThu-TTW38>.

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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

### Food & Drink

#### **Sip & Chat—Happy Hour**

Tuesday, October 18, 3:30 – 5:00pm

BOCA restaurant patio, The Village



Bring a friend and join us to sip something fun and catch up with friends. Perhaps a game will appear, too...we never know!

### Fun & Games

#### **Bocce ball**

Friday, October 28, 1:00 – 3:00pm

Marin Bocce Federation, 550 B Street, San Rafael



Put on your soft-soled shoes and join other Marin Villagers at Albert Park for some light exercise and a few laughs. Look for the happiest group on the courts. That will be the Marin Villages bocce lovers! No experience necessary.

### Village Business

#### **Steering Committee meeting**

Wednesday, October 12, 10:30 – noon

TCV members and volunteers are invited to join the Steering Committee at its monthly meetings. We are exploring ways we can tune the services and activities of Twin Cities Villages to meet the needs and desires of our members, and are constantly looking for new activities that we can implement. Come with your suggestions! Please contact Larry Meredith at [larrywmeredith@gmail.com](mailto:larrywmeredith@gmail.com) for details and location.

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## OTHER MARIN VILLAGES EVENTS

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

Wednesdays, October 5 & 19, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, whether a volunteer or member, to come join us. The group meets at the Sweetwater Music Hall's "Rock & Rye" patio restaurant twice a month. 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).

## Home Safety and Fall Prevention

Monday, October 24, 2:00 – 3:15pm

Marin Villages Conference Room, 4340 Redwood Highway, Suite F-138, San Rafael



Please join San Rafael Village and guest speaker Evan Edelist as he talks with us about home safety factors outside and inside the home, and solutions to help protect you and others. He will identify where falls and safety concerns happen in the home. Evan is a credentialed professional gerontologist (CPG) in San Rafael and a volunteer for Marin Villages. Evan's company, Marin Gerontology, is a 501(c)(3) nonprofit healthcare and wellness organization providing older adults solutions for emergency management, environmental gerontology upgrades, and lifesaving hi-tech products and services. This event is in-person, and masks are required. RSVP is required since seating is limited; please use this link:

<https://marin.helpfulvillage.com/events/4648-home-safety-and-falls-prevention---in-person-event-with-evan-edelist> If you need a ride or help to sign up, please call the Marin Villages office at (415) 457-4633.

## Eating Well to Stay Healthy

Tuesday, October 25, 3:15 – 4:15pm

Zoom



Please join us as Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community. This time she will address the topic of nutrition. We know that good nutrition helps prevent chronic disease and it's never too late to make improvements to support healthy aging. Join us to learn to choose healthy foods to help make every bite count. To register, please use this link:

[https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr\\_-wynn-canio---%22eating-well-to-stay-healthy%22](https://marin.helpfulvillage.com/events/4646-zoom-event-with-dr_-wynn-canio---%22eating-well-to-stay-healthy%22)

### **Not Home Alone Halloween early dinner and costume party**

Monday, October 31, 2:00pm

The Club Restaurant at McInnis Golf Center, San Rafael



All Villages members and volunteers are welcome! Costumes are fun but optional. Join your hostess Donnalee Wells to celebrate Halloween with other Villagers at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. There will be a set menu that includes a chicken, fish, or vegetarian entree, dessert and coffee. The price, including tip and tax is \$30. Drinks may be purchased separately from the bar. First come, first served, space is limited. RSVP is required. Please bring \$30 **cash** for your meal. No separate checks or credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text: [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. Please call the Marin Villages office ASAP if you need a ride (415) 457-4633.

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## **COMMUNITY EVENTS**

### **Age Friendly Marin Fall Park Outing to Stafford Lake**

Tuesday, October 11, 10:00am – 1:15pm

Stafford Lake, Novato



Join us for a shaded picnic lunch at beautiful Stafford Lake Park. This can be a great place to enjoy birds flitting in the trees, floating on the lake, or foraging along the shore. Marin County Parks Naturalist Shannon Burke will share some of the seasonal highlights of this park as well as other destinations that you might like to explore on your own. For those interested, we'll take an easy walk following the flat, paved pathway that runs along the lake (you determine how long you wish to walk).

There is a free Vivalon shuttle leaving from Bon Air Center at 9:30, and a picnic lunch available for \$6. Or you can drive yourself and bring your lunch! The van will depart Stafford Lake for Bon Air Center at 1:15. To RSVP, please use this link: <https://www.eventbrite.com/e/age-friendly->

[marin-fall-park-outing-to-stafford-lake-novato-registration-424904921057](#). To reserve a van seat and/or lunch, call or email Age-Friendly Marin Coordinator Sara Robinson at (240) 838-0868 or [SRobinson@MarinCounty.org](mailto:SRobinson@MarinCounty.org).

### **The Best Ways to Safely Age in Place at Home**

Thursday, October 13, 4:00 – 6:00pm

650 Bugeia Lane, Novato

The Marin Home Care association is an organization of home-care providers working to educate the Marin community about licensed home-care choices. Our mission is to provide consumers with convenience and peace of mind by assisting them in finding the licensed home-care provider (home care, home health, or hospice) that will best meet their needs. The guest speaker is Lori Frugoli, Marin County district attorney. The event is co-sponsored and hosted by Valley Memorial Park Cemetery and Funeral Home. There will be refreshments, and the guest speaker's presentation begins at 5:00.

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## **TWIN CITIES VILLAGE ANNOUNCEMENTS**

### **Seeking an editor for The Village Voice!**

Twin Cities Village is looking for a volunteer editor for our monthly newsletter, the *Twin Cities Village Voice*! “*The Voice*” keeps the community informed and connected. We are seeking someone to weave together the activities and connections in our community and beyond. “*The Voice*” was birthed by Sue Sommer, an energetic, engaging, and creative villager. We want to continue the tradition that Sue began.

The editor position has lots of help—from Marin Villages staff plus members and volunteers who have stories and anecdotes to share. As it turns out there are many storytellers in our ranks. In addition, there is a lot happening in the Larkspur, Corte Madera, Greenbrae, and Ross areas to report. If you would like to discuss more about the position, feel free to contact Larry Meredith at (415) 860-2535.

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## **AND MORE...**

### **Pop-Up Thrift Boutique**

**Thursday – Saturday, October 6 – 8, 11:00am – 4:00pm**

Northgate Mall, in the former H&M in the middle of the mall



The Pop-Up Thrift Boutique is back and better than ever! We hope you will invite friends, neighbors and family to come for some epic shopping. There will be signs in Northgate directing you to the space. See you there, and masks **are** required for entry.

### A slice of Twin Cities life

At the September Sip & Chat we wanted to find out a little more about what's going on with our members and volunteers so we posed the question: "Tell us something that you did this summer that brought you joy." Many wrote their comments on a card and here are some of their responses.

*"I've been listening to audiobooks, something new for me. They are a very entertaining way to enjoy books at home. When walking, I practice my French while listening to my favorite podcast! A great narrator really brings the words to life." - Alice Joyce*

*"Trip to Los Angeles—went to the opera! Saw a marvelous performance of 'Aida.' Beautiful opera house, beautiful performance! Lucky me!"*

*"The Larkspur 4<sup>th</sup> of July Parade is so sweet, children, balloons, and mostly pancake breakfast with delicious gin fizz!" AND "Meeting friends on the outdoor patio at Perry's in Larkspur. Love the redwoods while munching a burger."*

*"Visited Frank L Wright's Fallingwater home in western Pennsylvania."*

*"Ninja Creami—ice cream machine"*

*"A night out in Chicago with my son!"*

*"I got together with my brother and sister and had my cinematographer daughter record a video biography interview of each of us for posterity. We were celebrating my 75<sup>th</sup> and my sister's 80<sup>th</sup> birthdays." Patti Stoliar*

*"My wallet was stolen in the grocery store Lucky."*

*"I found a card in the ATM at Bank of Marin. Someone forgot it!"*

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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.

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**Marin Villages** 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903  
(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)