



# Twin Cities Village

## September 2018 Newsletter

Serving the communities of Corte Madera and Larkspur

### What's Happening in Twin Cities Village

Have you seen our new website? Go to [marinvillages.org](http://marinvillages.org) and check out the Twin Cities section of the site. You'll be able to easily find our newsletter if you ever misplace it, details on our monthly events as well as information on other activities around town and *around the Villages*.

We have new members and volunteers this month – welcome!

New Members	New Volunteers
Daniel Petron	Gail Legallet
Anne Zucchi	Nancy Tingley
Jacqueline Braverman	Virginia Dunn
	Donna Collings

We are excited to have you as part of Twin Cities Village!

### Movie anyone?

Are you interested in participating in a movie group? We are looking into creating a monthly group who will meet to view an early morning bargain matinee at the Lark Theater, which would include a free bag of popcorn. Afterwards we could enjoy a bite to eat at any of the fine restaurants nearby. Please call Anne at 415-945-8931 to discuss the details. For a listing of what's showing at the Lark, click <http://larktheater.net/showtimes>

### Upcoming Activities and Events

#### Village Men's Group

**Wednesday, September 5 and 19 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.

#### Happy Hour at the Left Bank

**Tuesday, September 18, 3:00 p.m. to 5:00 p.m.**

**Where: 507 Magnolia Ave, Larkspur**

Join us for conversation, snacks and a beverage!

### **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.

### **Coffee at Farm House Local – Third Thursdays**

**Thursday, September 20 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!!

### **MARIN VILLAGES VOLUNTEER RECOGNITION PARTY**

**Sunday, September 23 3:00 – 5:00 p.m.**

**Where: Jason's Community Room, 300 Drake's Landing, Greenbrae**

Join us to recognize the wonderful, generous volunteers of Marin Villages. These invaluable individuals are what makes Marin Villages an impactful, community-minded organization. Members, volunteers and guests are welcome. RSVP by September

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

**Monday, September 24 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.

### **Let's Play Bocce Ball!**

**Friday, September 28, 12:00 p.m. – 2:00 p.m.**

**Where: Marin Bocce, 550 B St., San Rafael**

Spring is here, and bocce ball is back! Get ready for a fun afternoon with the Twin Cities Rollers, time to head back to the courts and let it roll! Join us for snacks, beverages, and some outdoor fun! Day and time to be announced later this month.



### **Twin Cities Village/Age Friendly Corte Madera: Staying Social – It's More than Just Fun**

**Wednesday, October 17 1:00 p.m. to 2:30 p.m.**

**Where: Age-Friendly Intergenerational Center, 498 Tamalpais Dr., Corte Madera**

Many of us lose contact with friends and family as we age. Life changes can make it hard to stay in touch. Furthermore, health challenges often prevent us from getting out and remaining active. But staying social is vital to our well-being. Research now shows that isolation is a major cause of decline and depression in older adults. Dr. Nelson will present some of the latest findings on this topic as well as provide practical tips for keeping your social life, body and mind healthy. Presenter: Deb Nelson, Psy.D. San Rafael Clinical Psychologist specializing in working with older adults, chronic pain and chronic illness.

## **Special Offers for Twin Cities Villages Members**

### **Rotary of Central Marin Luncheon**

Get treated to a delicious luncheon and listen to an interesting guest speaker at Left Bank Brasserie compliments of Rotary of Central Marin! Meet local Rotary club members who share a passion for both community service and friendship. Learn about Rotary's global network of volunteer leaders who dedicate their time and talent to tackle the world's most pressing humanitarian challenges.

**Cost:** Free to Twin Cities Village members and volunteers attending for the first time. Regular cost is \$25. RSVP is required.

**When:** Mondays, 12:00 Noon to 1:30pm

**Where:** Left Bank Brasserie, 507 Magnolia Avenue, Larkspur

**To learn more or RSVP, please call Joe Barton at 415-235-9162.**

<https://rotarycentralmarin.org/>

### **Corte Madera Community Foundation Supports Twin Cities Village**

Are you a Corte Madera resident, over age 65, who could use a hand with local rides, household help, pet care, tech support, office organization, or companionship? Twin Cities Village might be able to help.

Twin Cities Village seeks to address the service gap that many seniors face. It is part of Marin Villages, a non-profit, volunteer-supported, membership organization that strives to help seniors age in place safely, confidently and independently. They do that by providing vetted-volunteers who assist members with help needed.

And if finances are the reason you haven't tried it, the Corte Madera Community Foundation might be able to help. The Corte Madera Community Foundation is offering one-year scholarships to individuals interested in joining the Twin Cities Village, but unable to afford the monthly dues. To offset the cost to join so you can try it out and see if it would work for you. Don't delay, scholarships are limited. Call Marin Villages at 415-457-4633 and tell them you are interested in applying under the CMCF scholarship plan.

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

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

September 2018 Events at the Corte Madera Library

#### **The Truth of Historical Fiction**

**Thursday, September 6, 7 pm**

In the era of "alternative facts," good historical fiction remains a reliable source of truth. What can an imaginative account of the past reveal that a conventional one cannot? Bring your suspicions and join historical fiction author and speaker, Ona Russell, to explore this timely and entertaining subject. Russell is the author of an award-winning series of historical mysteries, including O'Brien's Desk, The Natural Selection, a 2009 California Commonwealth Club Book Award Finalist, and Rule of Capture. Copies of Russell's books will be available to purchase.

### **Art Exhibit: "When I Grow Up I Want To Be..."**

**September 15 – November 1**

**Meet the Artist: Saturday, September 15, 3 – 4:30 pm**

After 20 years working in design and animation, Courtney Booker has come back to her first love - painting. In her newest work, she combines portraiture & storytelling to explore imagined lives of the strangers we pass on the street. In creating imaginary scenes in which her characters live, she unveils the many layers that make us unique. Join us at the artist's reception for light refreshments and a chance to meet Courtney and hear about her artistic journey.

### **SURJ Marin: Racial Justice Book Club**

**Waking Up White by Debby Irving**

**Sunday, September 23, 3 – 4:30 pm**

SURJ Marin (Showing Up for Racial Justice) will be hosting a new book club series highlighting books which educate us on issues of race and equity. We look forward to seeing you for an interesting conversation. No RSVP required, just read the book (if you can!) and show up. Please email [scarsella@comcast.net](mailto:scarsella@comcast.net) if you have any questions.

### **Deep Writing**

**Wednesday, September 26, 6 – 8:30 pm**

This workshop will be taught by Susanne West, author of *Soul Care for Caregivers: How to Help Yourself While Helping Others* and the forthcoming poetry collection, *Subterranean Light*. Participants will work with a variety of writing prompts and processes to help free their imagination, write from deep and authentic places, and write in flow. No prior writing experience is necessary. Space is limited – call or drop by to reserve your space.

### **Service Spotlight: AncestryLibrary.com**

Genealogical information and records including the U.S. and Canadian Census, and the Social Security Death Index. Start searching billions of records and discover your family's story. In Library Access only. Now available at all branches.

### **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.

Corte Madera Library  
707 Meadowsweet Drive  
Corte Madera, CA 94925  
415.924.3515  
[www.marinlibrary.org](http://www.marinlibrary.org)

### **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 September calendar on the Town of Corte Madera website:

<http://www.agefriendlycortemadera.com/intergenerational-center-1.html>



# Twin Cities Village

**September 2018**

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

## September At-A-Glance

<b>Wednesday, September 5 and 19</b> Village Men's Group with Mill Valley Village	<b>10:30 a.m. – 12:00 p.m.</b>
<b>Tuesday, September 18</b> Happy Hour at the Left Bank	<b>4:00 p.m. – 5:00 p.m.</b>
<b>Wednesday, September 19</b> Third Wednesday Speaker Series	<b>1:00 p.m. – 2:30 p.m.</b>
<b>Thursday, September 20</b> Coffee at Farm House Local	<b>10:00 a.m. – 11:30 a.m.</b>
<b>Sunday, September 23</b> Marin Villages' Volunteer Appreciation Party	<b>3:00 p.m. – 5:00 p.m.</b>
<b>Monday, September 24</b> Steering Committee	<b>10:30 p.m. – 12:00 p.m.</b>
<b>Tuesday, September 28</b> Bocce Ball	<b>1:00 p.m. – 3:00 p.m.</b>

**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