

Twin Cities Village Voice

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

January 2023

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, January 17, 3:30 – 5:00pm

Boca, The Village Shopping Center



Bring a friend and join us to sip something fun and catch up with friends. Weather might cause a change of venue or plans, but look for details in the email invitation sent out the Monday before the event!

Movies

Let's Chat about Movies

Mondays, January 9 – February 13, 4:00pm

Zoom



Do you hunker down on wintry days, cocooning indoors to watch a good movie? Twin Cities Village members and volunteers are invited to gather on Zoom and chat about what we're watching. If you've streamed an interesting movie on Netflix, or watched an engaging film at a local theater, please share your thoughts and recommendations for movies, documentaries, or a series that sparked your imagination. RSVP by email to Alice Joyce

westcoastgrdnwalks@yahoo.com or call Alice for more information (415) 342-4412. A Zoom link will be emailed each week prior to the meeting.

Village Business

Steering Committee meeting

Monday, January 9, 10:30am
Peet's, Bon Air Shopping Center

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 with questions.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, January 4 & 18, 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 restaurants and coffee shops around Mill Valley twice a month. To get more information or to be put on the reminder list for upcoming meetings contact Irv Gubman (irvgubman@gmail.com or (415) 250-6155).

Spend an Afternoon in Bali & Other Adventures

Tuesday, January 10, 2:00 – 3:30pm
Marcia Jaffe's house



Looking for overseas adventures? Whether you're eager to resume traveling or travel anew, get inspired here! Join Marin Villager Marcia Jaffe as she retraces her personal journey from first visiting Bali to founding the Bali Institute (<https://baliinstitute.com/>), now run by her son and his Balinese wife. She'll share her special insight into Bali's unique beauty and spirit, and lessons she's learned about how to plan travel experiences immersed in local culture. Bring your own travel experiences for discussion, or come to soak it all in. Light refreshments served. To RSVP, please use this link. <https://marin.helpfulvillage.com/events/4834-spend-an-afternoon-in-bali--other-adventures>

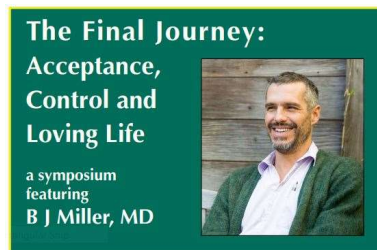


The Final Journey: Acceptance, Control and Loving Life

A symposium presented by Novato Village featuring B. J. Miller, MD

Thursday, January 12, 10:30am – noon (doors open at 9:30am)

The Buck Institute for Research on Aging, 8001 Redwood Blvd, Novato



B. J. Miller, MD is an American physician, author, and speaker. Dr. Miller's career has been dedicated to moving healthcare towards a human-centered approach, on a policy as well as a

personal level. Led by his own experiences as a patient, Dr. Miller advocates for the roles of our senses, community, and presence in designing a better ending. His discussion about end of life will be more existential and will include getting pleasure from time left. He sees patients and caregivers through his online palliative care service, Mettle Health (mettlehealth.com). This symposium was made possible by the Kenneth A. Berg Living Trust.

Cost is \$10 for all Marin Village members and volunteers; \$20 for others. Sign up and purchase tickets at this link: <https://marin.helpfulvillage.com/events/4800-the-final-journey:-acceptance,-control-and-loving-life---a-symposium-featuring-bj-miller,-md>

TWIN CITIES VILLAGE ANNOUNCEMENTS

January birthdays



Happy Birthday to our January birthday members! Enjoy extending December celebrations through your special days!

Pauline France, January 10

Marilee Lau, January 12

Larry Meredith, January 16

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.

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.

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) 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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