



Twin Cities Village Voice

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

February 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, February 21, 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!

Village Business

Steering Committee meeting

Monday, February 13, 10:30am – noon

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, February 1 & 15, 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).

Not Home Alone Valentine's Day

Tuesday, February 14, 2:00pm

La Toscana Restaurant, 3751 Redwood Hwy, San Rafael



Join Donnalee Wells and other Marin Village members and volunteers for a Valentine's Day early dinner at La Toscana, a charming family-owned Italian Restaurant in Terra Linda. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited to 20 guests. Please BRING CASH for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633. The event will be outside on the covered heated patio unless it rains and then it will be indoors. The fixed-price menu includes entree, coffee, tax and tip. Price Range is \$30-\$39. Entree choices are fish, chicken, beef, or vegetarian.

Technology/Computer Help Office Hours

Wednesday, February 15, 4:00 – 5:30pm

Zoom



Issues with your printer? iPhone not syncing properly? If so, join our volunteer tech support group for the answers to these and all of your other burning technology questions! We look forward to continuing to help solve your frustrating tech problems. This is a space where you can "drop in," ask questions, and receive personalized, individually focused, expert tech advice from some of our wonderful tech volunteers. Even if you'd just like to sit in to learn a little more about technology, we'd love to have you participate! So bring your questions about your computers, tablets, phones, etc., and our dedicated tech volunteers will do the rest. This opportunity is available to all Marin Villages members and volunteers. Please join us at this link: <https://us02web.zoom.us/j/89289995207!>

You're welcome at other Villages' events, too!

The Marin Villages calendar on our website lists all the events of the various local Villages, most of which are open to all Marin Villages members and volunteers. Check it out and see what you can enjoy. There's lots to do and practically a group for everything!

https://marin.helpfulvillage.com/events?all_villages=1

COMMUNITY EVENTS

Age Friendly Marin Monthly Forum—Spring out for your health: creating a plan for going out safely and connecting with others

Wednesday, February 22, 10:30 – 11:45am

With many older adults remaining hesitant, fearful, vulnerable, and unsure of how to make that first step back into the community, Age-Friendly Marin is hosting this forum to help. Dr. Lisa Santora, County of Marin Public Health Deputy Public Health officer, will review the guidelines for staying healthy in the community and how social connection leads to better health and well-being, and Michael Wilson, County of Marin Behavioral Health, LMFT, will speak about how to address one's fears and to make a plan for going back out into the community. The presentation will also include resources to help you "spring out and mingle." Register at this link: <https://www.eventbrite.com/e/spring-out-for-your-health-registration-529553427557>

For our vision-impaired members

Marin Villages has formed a partnership with Vision Impaired of Marin. We now have trained and knowledgeable Marin Villages vetted volunteers who are available to support and resource our vision-impaired members to services specifically to meet their needs. Please contact BJ Slater at the Marin Villages office if you would like to speak with one of these volunteers. (415) 457-4633

Vision Impaired of Marin supports those struggling with their vision, offering programs, information, resources and activities. For more information on programs, visit their website, www.bvim.org. To contact them, call (415) 459-5066 or email info@bvim.org.

Ongoing events:

First Wednesday of every month - <http://www.bvim.org/support-groups>

Every two-three months - <http://www.bvim.org/luncheon-meeting>

Second Saturday of each month - <http://www.bvim.org/talking-book-club>

TWIN CITIES VILLAGE ANNOUNCEMENTS

February birthdays



Happiest of birthday wishes to our February birthday member, **Carol Robinson**, on February 1!

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.

Marin Villages 4340 Redwood Highway, Suite F-142 San Rafael, CA 94903
(415) 457-4633 www.marinvillages.org