

Twin Cities Village Voice

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

April 2023

HAPPY APRIL!



Spring has finally arrived, and though our days have been filled with rain and fog, it seems the sun is finally here to stay! Say goodbye to the clouds and hello to fresh flowers blooming all around us. The Twin Cities are beautiful in the spring and sure to boost the community's mood this season. However you choose to celebrate this month, whether it's playing pranks on your friends, enjoying Easter with family, or honoring Passover traditions, it's sure to be a month filled with joy, love, and laughter. The longest month of the year is officially over and it's time to spring forward! Marin Villages hopes you have a wonderful month.

Introducing our new editor, Cameryn!



We are thrilled to let you know that Cameryn Smith will be helping us with the monthly newsletter! Cameryn is a junior at Redwood High School and is a social media manager for the *Bark*, which is Redwood's school newspaper. If you would ever like a copy of the paper or updates on new stories coming out, or if you have ideas for *The Village Voice*, let her know! You can reach her at csmith@redwoodbark.org. In her free time, she enjoys dancing, doing the *New York Times* daily crossword puzzle, and eating french fries. Welcome, Cameryn!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Joyce Foreman, Katherine Bonenti

Thank you for giving your time and energy to our village. We look forward to seeing you at an event soon!

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 'n' Chat

Tuesday, April 18, 3:30pm

Boca Pizza @ The Village



Please join us for this month's live Sip 'n' Chat! A great time to catch up with old friends and make some new ones. Everyone's invited and there's NO RSVP required! Finger food will be provided.

Fun & Games

Bocce Ball

Friday, April 28, 1:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



It feels like it's been a long time, but the wait is over! We're excited to announce that bocce ball is making its long-awaited return this month. A few specifics because we're probably all rusty after the long layoff: wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. It's easy to learn the game, and equally easy to have a great time. See you there!

Village Business

Steering Committee Meeting

Monday, April 10, 10:30am

Outside Peet's in the Bon Air 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, April 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 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—Easter

Sunday, April 9, 2:00pm

Cherie Sorokin's home, Tiburon



Wear your favorite Easter bonnet and join Donnalee Wells and other Marin Villages members and volunteers for an early Easter supper at Cherie Sorokin's lovely home in Tiburon. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served **by reservation**, and space is limited to 30. Please BRING \$30 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 menu will include appetizer; salad; lamb, fish, and vegetarian entrees; and dessert.

Technology/Computer Help Office Hours

Wednesday, April 19, 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>!

COMMUNITY EVENTS

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, support, 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 – **Zoom support group** <http://www.bvim.org/support-groups>

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

Second Saturday of each month – **Talking Book Club** <http://www.bvim.org/talking-book-club>

TWIN CITIES VILLAGE ANNOUNCEMENTS

April Birthdays



Celebrating our spring birthdays this month!

Laurel Feigenbaum, April 3

Marie Liss, April 26

New volunteers, Joyce Foreman and Katherine Bonenti

Joyce Foreman

This month we welcome Joyce Foreman as a volunteer and new member of the Steering Committee. Here's a little more about her.

I'm a recently retired speech-language pathologist. I was an instructor at City College of San Francisco for 34 years where I taught non-credit, community classes for adults who have sustained a stroke, traumatic brain injury, or acquired hearing loss. In my newly retired life, I enjoy water aerobics, yoga, hiking, reading, museums, movies, comedy, puzzles, traveling, socializing, and of course a daily Wordle. I completed graduate school at San Francisco State University. Originally from Chicago, I've been a resident of Marin for 27 years, living in Mill Valley and now in Corte Madera. My daughter attended Tam High followed by Emerson College, and now lives in the Big Apple (NYC)!

Welcome, Joyce!

Katherine Bonenti

This month we're also welcoming Katherine Bonenti as a Twin Cities volunteer. She will be assisting members with the following:

- Companionship home visits
- Companionship phone calls
- Drive/provide rides
- Errands/shopping
- Home organizing/decluttering
- Office help/paperwork
- Pet care/dog walking
- Walking companionship

Katherine is 76 years old and lives in Larkspur. She was born and raised in Niagara Falls, NY, and lived in Massachusetts for about a decade before moving to Marin County in 1973.

Professionally, Katherine originally worked in art galleries before pivoting to nonprofit administration. She has lived in Larkspur for over 30 years. Katherine has experience in nonprofit fundraising and is interested in potentially helping with the Twin Cities *Village Voice* in the future. Her hobbies include writing poetry (she's been published), sewing, and crafting.

Let's give both of our new volunteers a big Marin Villages welcome!

INVITE TO WRITE

Marty Schwartz, member of the Steering and Membership Committees, returns once again with adventures from Alaska.

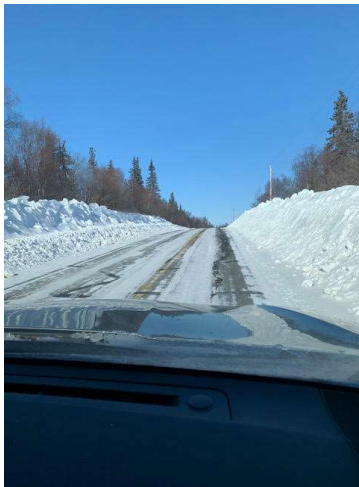
Greetings,

The road from Dillingham to the village is about 20 miles of paved and mostly graded roadway. We arrived at the Wood River Tikchik State Park's lot to unload cargo from the car to the sled behind our snowmobile. It was about 15 degrees the afternoon I arrived, and sunny and bright. The next morning the temp on the outhouse read -15 degrees. The icicles were beautifully curved by the winds that Scott, my son, experienced before I arrived.

There is an annual event in Dillingham that matches up with celebrations around the state. It is called Beaver Round-Up and celebrates when the locals brought their fur pelts to town to sell. They have events over a weeks' time. Scott drove to town on his snow-go with friends via back trails. They spent the day on a Poker Run, where participants drive to five stations to retrieve five cards. No money was won by our group. Scott took the panorama shot with his drone.

Today brought warmer temperatures and some drizzle and no mountains visible. The icicles are gone from view for now.

Best to all of you, Marty





AND MORE...

Monthly riddle

What is in the middle of March and April that can't be seen at the beginning or end of either month?

Answer will be in the next newsletter!

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.

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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