



Twin Cities Village Voice

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

July 2023

HAPPY JULY!

Summer is in full swing and the weather has finally started to get warm! We hope this month brings a fun celebration of our country (hopefully with fireworks), fun activities outside, and relaxing with family and friends. We hope you all had a wonderful first month of summer, and are ready for days filled with even more sunshine.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Larry Dearing, Kurt & Jean Stromberg

Volunteers: Patrick Totty

Thank you for giving your time and energy to our village. We look forward to seeing you all 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, July 18, 3:30 – 5:00pm

Boca, The Village, Corte Madera



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

Books

Book Chat

Mondays, July 10 & 24, 2:00pm

Café Verde, 502 Tamalpais Drive, Corte Madera

Twin Cities Village is hosting a new Book Chat group! We meet at 2:00pm on the 2nd and 4th Monday of the month at Cafe Verde. The Book Chat format will be as follows: each member will take a turn sharing their review of a book recently read and enjoyed. In sharing our thoughts and opinions, other members of the group will take home ideas and recommendations for their reading pleasure. Members are encouraged to recommend a book that proved to be a great read! The Twin Cities Village Book Chat will be limited to six people. For questions or to sign up, contact Alice Joyce by phone or text at (415) 342-4412 or email at westcoastgrdnwalks@yahoo.com.

Fun & Games

Bocce Ball

Friday, July 21, 1:00 – 3:00pm (note date and time change!)

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages office. (415) 457-4633

Village Business

Steering Committee Meeting

Monday, July 17, 10:30am – noon

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, July 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 the first and third Wednesdays of the 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).

Technology/Computer Help Office Hours

Wednesday, July 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

Enrich your life: become a Marin Villages volunteer

Wednesday, July 26, 1:00 pm

Corte Madera Library, 707 Meadowsweet Drive



Do you know someone who is looking for a rewarding volunteer opportunity, maybe even you? Alice Joyce and John Power are giving a presentation at the Corte Madera Library for anyone interested in learning more about becoming a Marin Villages volunteer. (Note: we have many members who are also volunteers!) Spread the word!

TWIN CITIES VILLAGE ANNOUNCEMENTS

July birthdays

Best wishes to the following Twin Cities Village members!



July 10, Lee Smith

July 20, Vernetta Jones

AND MORE...

Monthly riddle

What has many keys but can't open a single lock? Answer will be in next month's newsletter!

June's riddle

You might love me in summer but I never like the sun. The hotter the weather, the softer I get. What am I? **Answer:** ice cream!

Photos from the first-ever Book Chat in June!



Update from Age-Friendly Corte Madera (AFCM)

July 2023

- We're gearing up for our busy season now! After proudly participating in the July 4th Parade in a decorated vintage Cadillac, we turn our attention to preparations for our 9th annual beloved event: Corte Madera Honors our Nonagenarians and Centenarians, this year on August 20. If you know any Corte Maderans 90 or better, please make sure they receive a mailed invitation in July.
- Our monthly forums hosted in collaboration with other Marin Age-Friendly groups continue with topics planned through the rest of the year. If you would like to receive the notices about these, please email AFCM.
- We will also be at the September 7 Senior Fair, returning to the Civic Center, so come say hello when you're there

- AFCM was touched and thrilled to receive a very generous bequest from one of our late honorees. We will be carefully considering the best ways to use the funds to improve our town for older Corte Maderans.
 - The CM Recreation Commission is searching for a CM resident to join their panel in a Seniors Advisory position. Be the voice of 1/4 of our community and volunteer! Please contact Pati at agefriendlycortemadera@gmail.com with questions. Happy summer!
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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.

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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