

Twin Cities Village Voice

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

November 2023

HAPPY NOVEMBER!

I hope this month is filled with gratitude and joy! Have a great time participating in all of these fun activities, and finding there's so much to be thankful for.

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Matthew Woodall, Girija Brilliant

We look forward to seeing you at an event soon!

TWIN CITIES VILLAGE EVENTS

All outdoor events will be weather-permitting this month. Watch for alerts to see if events are canceled. If you need a ride to any of the events below, please call the office. (415) 457-4633

Food & Drink

Sip 'n' Chat

Tuesday, November 21, 3:30 pm - 5:00 pm

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

Book Chat is currently full, but to join the waitlist, please send an email to organizer Alice Joyce at westcoastgrdnwalks@yahoo.com.

Fun & Games

Bocce—CANCELED THIS MONTH

Village Business

Steering Committee Meeting

Monday, November 13, 10:30am - 12:00pm

Back of 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

Wednesday, November 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 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, November 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>!

Not Home Alone—Thanksgiving

Thursday, November 23, 2:00pm

Café Arrivederci, 11 G Street, near 2nd, San Rafael



Join your hostess Donnalee Wells and other Villagers to celebrate Thanksgiving at local Italian comfort-food favorite Café Arrivederci! All Villages members and volunteers are welcome. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. \$55 includes salad, entrée, dessert, tax and tip. Drinks may be purchased separately at the bar or from the server. Please RSVP to Donnalee Wells by email, phone, or text at donnaleewells@comcast.net or (415) 302-9244. Volunteer rides **will be not be available** due to the holiday.

COMMUNITY EVENTS

Winter vaccines—get them!

As we start to spend more time indoors, we are all more vulnerable to viruses, including flu, Covid, and RSV. In fact, the most recent Marin County wastewater tests show that RSV is coming on strong as of the last two weeks, yet only 8% of residents over 60 have gotten the vaccine. With cases of these three viruses expected to rise in the coming months, getting vaccines now is even more important. Marin County Public Health is partnering with Safeway and Marin Community Clinics to increase access to flu, Covid, and RSV vaccines. Please note that this particular vaccine service is not available to Kaiser members—please contact Kaiser directly if you are a member to get details on receiving these vaccines. To find a vaccine clinic and/or make an appointment, please use this link.

<https://www.safeway.com/vaccinations/group-clinic/MarinHHS> Call the Marin Villages office if you need a ride!

Technology For Life

With most communication and business transacted on digital devices, familiarity with your phone is more important than ever. Technology For Life has developed *Virtual Instruction for Technology And Digital Literacy* or VITAL to help people learn the ins and outs of their iPhones. The VITAL program consists of a series of short instructional videos to watch and follow along at your own pace. Each video introduces you to the core functions of your iPhone. If you have an iPhone, consider joining this beta-testing period for VITAL. You will receive a loaner iPad that is preloaded with the VITAL app. You can watch the videos while you are practicing on your iPhone, pause, go back and rewatch, and practice as many times as you like. We estimate it will take about a week to get through all of the videos, and you can keep the loaner iPad for up to two weeks. To sign up, please contact Linda: linda@technology4life.org or (415) 325-5790. Space is limited to 10 students in the beta-testing phase; any names beyond that will go on a waiting list.

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:

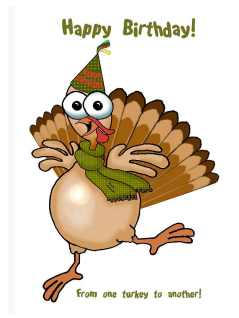
First Wednesday of every month – **Zoom support group** <http://www.bvim.org/support-groups>

Every two-three months – **Luncheon meeting** <https://bvim.org/luncheons>

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

TWIN CITIES VILLAGE ANNOUNCEMENTS

November birthdays



Best birthday wishes to the following TCV members!

November 24, Marge Cavalli

November 27, Anni Black

AND MORE...

Monthly riddle

What instrument did the band let the turkey play? Answer will be in next month's newsletter!

October's riddle

Each morning I appear to lie at your feet. All day I will follow no matter how fast you run, yet I nearly perish in the midday sun. **Answer:** A shadow!

Photos from the last Sip 'n' Chat



Writings from the community

This is to hopefully encourage some more of you to send over photos from anything you've been involved in recently! Travel, activities, games, etc., we want to see it all! Please send photos and copy to *The Village Voice* Editor Cameryn at csmith@redwoodbark.org.

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-marinvillages---donate> to contribute.

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