



# Twin Cities Village Voice

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

December 2023

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## HAPPY DECEMBER!

Happy winter! As we gear up into the holiday season, TCV hopes you all have a wonderful month filled with celebration and community!

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** John Strawn and Pamela Martin, Debra and Erin Dooley

**Volunteers:** Carolyn Burkey, Mardi Diamond

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

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## 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, December 19, 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**

Twin Cities Village Book Chat will be taking a holiday break during December. Members will be notified of the date for our next meeting ... CHEERS!

## Fun & Games

### **Bocce**

Friday, December 15, 1:00 – 3:00pm (note earlier date this month!)

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a day than on the bocce court?! 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 **Note that this will be weather-permitting!**

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## **OTHER MARIN VILLAGES EVENTS**

### **Oops! I Had to Pee**

Tuesday, December 19, 3:00 – 4:00pm

Zoom



Please join us as Dr. Wynn Canio, geriatrician at Marin Kaiser, offers another informative presentation for our Marin Villages community. Older adults are more vulnerable to developing difficulties in their ability to control when and where they urinate, which can interfere with daily life. She will discuss age-related changes, conditions that can contribute, and how to adapt

to this new normal. Dr. Canio regularly shares advice on a range of health matters for healthy living from prevention through treatment and recovery. Please use this link to register.

[https://marin.helpfulvillage.com/events/5572-zoom-briefing-with-dr -wynn-canio---%22oops!-i-had-to-pee!%22](https://marin.helpfulvillage.com/events/5572-zoom-briefing-with-dr-wynn-canio---%22oops!-i-had-to-pee!%22)

### **Men's Coffee**

Wednesday, December 20, 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](mailto:irvgubman@gmail.com) or (415) 250-6155).

### **Learn more about the Osher Lifelong Learning Institute at Dominican University**

Wednesday, December 20, 2:00 – 3:00pm

Zoom



Meet and talk to Osher Lifelong Learning Institute (OLLI) Dominican Director Calum MacKechnie. OLLI offers educational programs for anyone over 50, both in-person at Dominican and on Zoom, so you can access OLLI courses anywhere. Courses are offered year-round and are of the very highest quality. You can choose from many different subject areas, including history, art history, music (opera, jazz, Broadway musicals, and rock music), film, and many others. Join us! Register for the Zoom at this link:

[https://marin.helpfulvillage.com/events/5672-keep-learning!-osher-lifelong-learning-institute-\(olli\)-at-dominican---find-out-more-at-this-zoom-event](https://marin.helpfulvillage.com/events/5672-keep-learning!-osher-lifelong-learning-institute-(olli)-at-dominican---find-out-more-at-this-zoom-event)

### **Technology/Computer Help Office Hours**

Wednesday, December 20, 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>!

### **Choose your Not Home Alone holiday event—one, two, or all three**



Join Donnalee Wells and other villagers and volunteers for one, two, or three of these holiday events at different restaurants. Always a fun time and a great opportunity to share the holidays with old and new friends. First come, first served, space is limited. PLEASE BRING CASH for your meal. RSVP to Donnalee Wells at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. Marin Villages rides are **very** limited for these holiday events.

#### **Christmas Eve Early Supper**

Sunday, December 24, 2:00pm

Pacific Catch, Town Center, Corte Madera

Open menu

#### **Christmas Day / Donnalee's Birthday Early Supper**

Monday, December 25, 2:00pm

Royal Thai Restaurant, 610 Third Street, corner of Irwin, San Rafael

Fixed menu

### **New Year's Eve Early Supper**

Sunday, December 31, 2:00pm

San Rafael Joes, 931 Fourth Street

Open menu

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## **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](http://www.bvim.org). To contact them, call (415) 459-5066 or email [info@bvim.org](mailto: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>

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## **TWIN CITIES VILLAGE ANNOUNCEMENTS**

### **December birthdays**



Best birthday wishes!

December 11, Richard Kalish

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## AND MORE...

### Monthly riddle

What falls in the winter but never gets hurt? The answer will be in next month's newsletter!

### **November's riddle**

What instrument did the band let the turkey play? **Answer:** The drums!

### Holiday coat drive!



The holiday season is upon us and once again I'm collecting new or gently used coats for **One Warm Coat** during the month of December. Thanks to your generosity over the past seven years, we've delivered more than 3,650 coats to community members in need. Do you have coats that are no longer being used? Here is how you can donate:

- ☐ Email, call, or text me to arrange for a pick up: [andrea.dyer@cbnorcal.com](mailto:andrea.dyer@cbnorcal.com) or (415) 786-7997
- ☐ Drop off at the Coldwell Banker Greenbrae office at 350 Bon Air Center Suite 100 OR at my home at 250 Balclutha Drive, Corte Madera

All sizes—adults and kids—will be greatly appreciated! Thank you for giving warmth to those in need in Marin this holiday season! *Andrea Dyer*

### 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](mailto:csmith@redwoodbark.org).

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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](http://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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)