



Twin Cities Village Voice

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

January 2024

HAPPY JANUARY!

Happy New Year! As we leap forward into 2024, it's an important time to reflect on the past year and all we have experienced. Meeting new people, playing games, and spending time with friends. TCV wishes this whole year is filled with everything you wish for this year, and have a great January!

WELCOME, NEW MEMBERS!

Members: Judith Lopez, Ann Lewis

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, January 16, 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

Mondays, January 8 & 22, 2:00pm

Larkspur Parks and Recreation Community Room, 240 Doherty Drive

Note the new location for January and February! We are taking a break from our regular meeting place on the Cafe Verde patio during the unpredictable winter weather. **PARKING:** There are two handicapped parking spaces by the building's front door, and general parking is available in the Piper Park parking lot. Current Book Chat members, RSVP to organizer Alice Joyce: westcoastgrdnwalks@yahoo.com. Twin Cities Village members and volunteers may contact Alice with questions, or to be added to the group's wait list.

Fun & Games

Bocce

Friday, January 26, 1:00 – 3:00pm

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!**

Village Business

Steering Committee Meeting

Back of Peet's in the Bon Air Center

The Steering Committee has met for this month, but please read the information below!

As we begin 2024, the TCV Steering Committee invites any volunteers who are curious about our Steering Committee to join us at our regular meeting. While we have an active and engaged committee, we are always looking for new ideas and energy for events for our members.

Please join in the planning of our Village. Please contact Larry Meredith at

larrywmeredith@gmail.com with questions.

OTHER MARIN VILLAGES EVENTS

Estate Planning with Brendan Brewer

Wednesday, January 17, 10:00 – 11:00am

Zoom



Join us for a zoom session to hear tips on estate planning from an expert. Many of you have done estate planning but may be interested in knowing whether and/or what to update, others may want to learn how to get started. Our speaker is **Brendan Brewer** who is an attorney with his own firm in San Rafael. Brendan helps clients get their affairs in order so that they can achieve a sense of comfort. He prepares estate plan documents, including wills and revocable living trusts, among others. He'll address any of your general questions time permitting. Don't put off your planning, join us! RSVP here: <https://marin.helpfulvillage.com/events/5789-zoom-event---estate-planning-with-attorney-brendan-brewer>

Men's Coffee

Wednesday, January 17, 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, January 17, 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>!

LGBT Coffee—a social gathering

Thursday, January 25, 10:00 – 11:30am

A member's home—register for details



Come to share coffee, conversation, and friendship among LGBT members and volunteers from all villages and their allies. This informal, social gathering is hosted by a San Rafael villager in her Terra Linda home. There's no agenda but to meet and enjoy the company of others. Please RSVP on our website at <https://marin.helpfulvillage.com/events/5686-lgbt-coffee---a-social-gathering> and contact the office if you need a ride. (415) 457-4633

Protect Yourself from Financial Scams, Fraud, and Abuse

Thursday, January 25, 1:00 – 2:15pm

Zoom

Marin County's Financial Abuse Specialist Team (FAST) was created to protect the public from financial abuse and threats that exist online, by phone, or in-person from strangers and also

people you may even know. Learn how to spot warnings and protect yourself from becoming a victim—knowledge is power. This FAST session will help you to make more informed choices with your finances and protect what you've got. Presenters from this multidisciplinary team of public agency representatives and private professionals from the financial services industry will be able to answer your questions in this interactive session. Register here:

<https://marin.helpfulvillage.com/events/5800-zoom-event---protect-yourself-from-financial-scams,-fraud--abuse>

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** <https://bvim.org/luncheons>

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

TWIN CITIES VILLAGE ANNOUNCEMENTS

January birthdays



Happiest of birthdays to...

January 5, Matthew Woodall

January 10, Pauline France
January 12, Marilee Lau
January 16, Larry Meredith
January 19, Pamela Martin
January 22, John Strawn

Age-Friendly Corte Madera survey coming soon!

There will be a comprehensive Age-Friendly Corte Madera survey mailed to all Corte Madera residents over 60 toward the end of January, available in print and online. It will have been 10 years since the initial survey, and we've endured a lot of changes (including a global pandemic!) that likely have influenced people's priorities and needs. One of the purposes of the survey will be to help determine the best use of a generous bequest to AFCM. Watch for the 2024 survey and be sure to make your voice heard! Any questions or comments in the interim may be sent to agefriendlycortemadera@gmail.com

AND MORE...

Monthly riddle

What runs all around a backyard but never moves? The answer will be in next month's newsletter!

December's riddle

What falls in the winter but never gets hurt? **Answer:** Snow!

December's Sip 'n' Chat

It was a cold and windy day when a hearty group of Twin Cities Villagers sought a warm, dry, and inviting outdoor place to gather where they might quench their thirst, tell (tall) tales, and find good company. Since Left Bank had cover from the rain, heat lamps, and served a variety of appetizers and tasty beverages, it was selected to host the December Sip 'n' Chat. And, although the space was a tad cramped and the heat lamps were not as hot as advertised, this rugged group of villagers had a wonderful time enjoying one another's company and celebrating the holiday season.



Wrapping party at Marty Schwarz's

This friendly group got together in December for a wrapping party for the holiday gifts of cookies and candies for TCV members.





From l to r: Larry Meredith, Mary Wood, Philippa Short, Sunny Johnson (seated), Mardi Diamond, Anni Black, Judy Saffran

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-marin-villages---donate> to contribute.

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