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## MARIN VILLAGES



TWIN CITIES VILLAGE  
NEWSLETTER  
FEBRUARY 2020

### LOCAL VILLAGE EVENTS (open to all, unless noted)

If you would like to participate in any of the activities in this newsletter and need transportation, please call the office at [415-457-4633](tel:415-457-4633) to arrange a ride.

#### Food & Drink

##### **Twin Cities Village Happy Hour**

Tuesday, February 18, 3:00 – 5:00pm  
Left Bank Brasserie, Larkspur

Members, volunteers, and friends are all welcome at this friendly social event. No-host bar with tasty finger foods. While nothing is guaranteed, our experience is that all attendees leave at least 10% happier.

##### **Coffee at Marty Schwartz's**

Thursday, February 27, 10:00 – 11:30am

## At the home of Marty Schwartz

Marty is hosting a coffee at her home for all Village members and volunteers. For more information and the address please contact Marty at (415) 924-3492.

## Education & Presentations

### **Third Wednesday Speaker Series – The Best Home for Me: Preparing to Transition**

Wednesday, February 19, 11:00am – 12:30pm

Corte Madera Community Center

498 Tamalpais Drive, Corte Madera

Are you considering a move into assisted living? Understand terminology, requirements, what's new in the industry and how to organize, transition and downsize! This is an enlightening, valuable and useful presentation on moving from home into a care setting best suited for you. Learn how to better afford a community, what to take and contacts to help prepare for your move.

Presenter: Margie Cuitti, Senior Living Services

## Groups

### **Village Men's Group**

Wednesdays, February 5 & 19, 11:00am – 12:30pm

Sweetwater Music Café, Mill Valley

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 at the Sweetwater. To get more information or to be put on the reminder list for upcoming meetings contact Alan Hayakawa ([alan.hayakawa@gmail.com](mailto:alan.hayakawa@gmail.com) or (415) 384-8998). The group meets the first and third Wednesdays of the month.

### **Twin Cities Village Memoir Writing Group**

The Memoir Writing Group is currently considering a new date and time to meet monthly. Please contact Alice Joyce at

[westcoastgrdnwalks@yahoo.com](mailto:westcoastgrdnwalks@yahoo.com) with questions and your input about meeting times!

## Village Business

### **Twin Cities Village Steering Committee**

Monday, February 24, 10:30am – noon  
Larkspur Parks & Recreation Center

The steering committee meets monthly to discuss a variety of topics, all related to Twin Cities Village. We are currently looking for a date that falls earlier in the month (starting in March)—stay tuned!

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## **MARIN VILLAGES EVENTS**

### **Agging in Marin Series: Safety in Numbers, hosted by Ross Valley and Twin Cities Villages**

Sunday, February 9, 2:00 – 4:30pm  
Drakes Landing Community Room, adjacent to Jason's Restaurant  
300 Drakes Landing Road, Greenbrae

Join us at this free event for members and friends, and enjoy wine, beer, and hors d'oeuvres. There is a free raffle for ten emergency radios and four "Go-backpacks," so get your raffle ticket when you enter.

The speakers will cover:

- Safety for all Seniors in Fire Season and Evacuations – Todd Lando of Firewise Marin
- Safety by the Ballot – Supervisor Katie Rice will answer questions and explain the March wildfire ballot measure
- Safety by being Counted – Stephanie McNally, Advocacy and Policy Manager of the Canal Alliance, will speak about how you can shape your future by your participation in the 2020 Census

An RSVP is required for all attendees. Please call the Marin Villages' office at (415) 457-4633 to RSVP, and if needed, to reserve a ride.

### **Great Books Club**

Wednesday, February 26, 12:30 – 2:30pm  
At the home of Ginni Saunders

Great Books Club meets on the fourth Wednesday of each month. We read a 50 – 75 page essay, story, or poem drawn from both historic and

contemporary classics. Our source is Conversations 2, published by the Great Books Foundation. New members are welcome! If you have questions, please email Ginni Saunders at [ginnisaunders@gmail.com](mailto:ginnisaunders@gmail.com).

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## COMMUNITY EVENTS

### **Falling Strategies: Prevent Falls, Reduce Injuries, and Land Safely**

Presented by Marin County Commission on Aging

Thursday, February 6, 10:00 – 11:00am

Margaret Todd Senior Center, 1560 Hill Rd., Novato

More than one in four older adults falls each year. Falling can pose serious physical and mental health risks, both immediately and long-term. The good news is that most falls are preventable, and this presentation will show you how.

### **All Things Apple: Classes for Beginner and Intermediate Users**

Tuesdays through March 10, 1:00 – 3:00pm

Corte Madera Library

If you have an Apple computer, iPad, or iPhone, and aren't sure that you're getting the most out of it, join "chic geek" Beryn Hammil to help you figure it out. *All Things Apple* is a series of free, drop-in classes for both beginner and intermediate Apple users. In each of these classes you'll learn how to navigate, customize, and function effectively with your device. And each week you'll learn new tips & tricks that make using your device or computer easier.

### **February topics**

**February 4th:** Email & Messages

**February 11:** Notes (one of Beryn's favorite apps)

**February 18:** Music, Movies, TV Shows, Podcasts, Magazines, & Books

**February 25:** Siri, Notifications, tips & tricks

For a complete listing of the sessions and what is covered in each one, visit <https://marinlibrary.org/19646-2/>

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## TWIN CITIES VILLAGE ANNOUNCEMENTS

Please always check out the events page on [The Twin Cities Village](#)

Website as sometimes the times of events change after the publication of the monthly newsletter.

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## AND MORE...

### A good read

#### **When Life Throws You Curveballs, Embrace the ‘New Normal’**

By Jane E. Brody

*Just when I needed it most, I learned a valuable life lesson from Lynda Wolters, who has a cancer that is currently incurable, diagnosed just after her 49th birthday. As an Idaho farm girl used to hard work, Ms. Wolters led a healthy life, enjoying ballroom dancing, horseback riding, rafting and hiking when not at work at a law firm. Then, as she wrote in her recently published book, “Voices of Cancer”:*

*“Everything changes with cancer — everything. Life will never be the same again, even on the smallest of levels, something will be forever different. There is no going back to who you once were, so embrace it and grow from it and with it. Find the new you in your new space and make it wonderful.”*

#### **Read more:**

<https://www.nytimes.com/2020/01/20/well/live/when-life-throws-you-curveballs-embrace-the-new-normal.html?smid=nytcore-ios-share>

### Twin Cities Village Contacts

<b>Larry Meredith</b> – Chair	(415) 860-2535
<b>Marty Schwarz</b> – Membership	(415) 924-3492
<b>Madelon Thomson</b> – Membership	(415) 572-5154
<b>Mary Wood</b> – Volunteers	(415) 924-8812
<b>Marilee Lau</b> – Outreach and fundraising	(415) 706-6331

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## HELP US HELP OTHERS

If you know someone who could use our services, is interested in volunteering, or would like to donate to 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 and

online donations.

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