



Twin Cities Village

October 2018 Newsletter

Serving the communities of Corte Madera and Larkspur

What's Happening in Twin Cities Village

Have you seen our new website? Go to marinvillages.org and check out the Twin Cities section of the site. We will begin posting pictures from our events – so bring a camera!!

You'll be able to easily find our newsletter if you ever misplace it, details on our monthly events as well as information on other activities around town and *around the Villages*.

Welcome to our new volunteers – Barbara Clark and Lora Monemzadeh!!



Upcoming Activities and Events

Village Men's Group

Wednesday, October 3 and 17 10:30 a.m.

Where: Sweetwater Music Café, Mill Valley

We are joining the Mill Valley Village's Men's Group and encourage you, whether a volunteer or a member, to come join us. It is an informal gathering with no agenda beyond the company of friends. Contact Marcus Byruck (617-763-1697 or marcusbyruck@gmail.com) or David Cardenas (transitionssupport@gmail.com) to get more info.

Twin Cities Village/Age Friendly Corte Madera: Staying Social – It's More than Just Fun

Wednesday, October 17 1:00 p.m. to 2:30 p.m.

Where: Age-Friendly Intergenerational Center, 498 Tamalpais Dr., Corte Madera

Many of us lose contact with friends and family as we age. Life changes can make it hard to stay in touch. Furthermore, health challenges often prevent us from getting out and remaining active. But staying social is vital to our well-being. Research now shows that isolation is a major cause of decline and depression in older adults. Dr. Nelson will present some of the latest findings on this topic as well as provide practical tips for keeping your social life, body and mind healthy. Presenter: Deb Nelson, Psy.D. San Rafael Clinical Psychologist specializing in working with older adults, chronic pain and chronic illness.

Coffee at Farm House Local – Third Thursdays

Thursday, October 18 10:00 a.m.

Where: Farm House Local, 25 Ward St., Larkspur

Just show up and have a cup of coffee, pastry and conversation. Park in main lot if driving!!

TWIN CITIES VILLAGE STEERING COMMITTEE MEETING

Monday, October 22 10:30 a.m. – 12:00 p.m.

Where: Central Marin Police Authority, 250 Doherty Dr., Larkspur

Are you interested in meeting new people? Do you like to organize programs and events? We'd love to have you on our steering committee. Come by and see what we're planning.

Happy Hour at Tamalpie

Wednesday, October 24

3:00 p.m. to 5:00 p.m.

Where: 55 Tamal Plaza, Corte Madera

Join us for conversation, snacks and a beverage at the new Tamalpie in Corte Madera!! (It's near Book Passages)



Let's Play Bocce Ball!

Friday, October 26

1:00 – 3:00 p.m.

Where: Marin Bocce, 550 B St., San Rafael

Bocce ball is back! Get ready for a fun afternoon with the Twin Cities Rollers, time to head back to the courts and let it roll! Join us for snacks, beverages, and some outdoor fun!

Movie anyone?

Are you interested in participating in a movie group? We are looking into creating a monthly group who will meet to view an early morning bargain matinee at the Lark Theater, which would include a free bag of popcorn. Afterwards we could enjoy a bite to eat at any of the fine restaurants nearby.



Please call Anne at 415-945-8931 to discuss the details. For a listing of what's showing at the Lark, click <http://larktheater.net/showtimes>

Special Events "Around the Villages"

Aging...BETTER

A Marin Village Community Event

WHEN: Saturday, October 6, 2018 1 – 4 p.m.

WHERE: Novato City Hall, 901 Sherman Ave., Novato

SPEAKERS:

- José Alberto López-Domínguez, Ph.D., Buck Institute for Research on Aging, will address the current understanding of the aging process in relation to the development of degenerative diseases such as Alzheimer's and Parkinson's.
- Richard Caro, Ph.D., co-founder of Tech-enhanced Life, a Public Benefit corporation with the mission of improving the quality of life of older adults and their families, will discuss his work focusing on the intersection of aging and technology.
- Lisa Brinkmann, Executive Director of Marin Villages, will speak about our services, programs and support for helping older adults remain active, connected and independent in the place they call home.

Join us for this interactive event. Refreshments will be served. Call 415-457-4633 to register.

Marin Senior Fair

Wednesday, October 24 9:00 am – 3:00 pm

Marin Exhibit Hall

Avenues of the Flags, San Rafael

Special Offers for Twin Cities Villages Members

Join Marin Villages at the FREE event, featuring over 130 exhibitors with valuable information and resources, including legal and financial services, housing and transportation, fitness, hobbies and activities, technology and more. There will be music and entertainment abound.

We are looking for volunteers to help us at our booth. If you are interested in filling a 2-hour shift,

Sudha's Treasures is Returning!

Town Center in Corte Madera

(Same location as last year next to Crate & Barrel)



You're invited to the

Sneak Preview Party

Friday, October 26th from 4-8 PM

Hors d'oeuvres and Wine served

Wholesale prices - jewelry, gifts, & scarves.

Get your holiday shopping done early!

Store opening

October 27 - November 11 10AM - 6PM

You are warmly invited to meet celebrated designer, Sudha Pennathur, at the sale of her rare collection of jewelry, scarves, and holiday gifts created by Master Craftsmen of India. Sudha's unique designs are featured in such prestigious stores as Bergdorf Goodman, Neiman Marcus, Harrods, Saks Fifth Ave, The Smithsonian, and the Sundance Catalog. Sudha will be donating all proceeds of the sale to: Berkeley Rep, Whistlestop, North Bay Children's Center and Marin Villages.

Rotary of Central Marin Luncheon

Get treated to a delicious luncheon and listen to an interesting guest speaker at Left Bank Brasserie compliments of Rotary of Central Marin! Meet local Rotary club members who share a passion for both community service and friendship. Learn about Rotary's global network of volunteer leaders who dedicate their time and talent to tackle the world's most pressing humanitarian challenges.

Cost: Free to Twin Cities Village members and volunteers attending for the first time. Regular cost is \$25. RSVP is required.

When: Mondays, 12:00 Noon to 1:30pm

Where: Left Bank Brasserie, 507 Magnolia Avenue, Larkspur

To learn more or RSVP, please call Joe Barton at 415-235-9162. <https://rotarycentralmarin.org/>

Corte Madera Community Foundation Supports Twin Cities Village

Are you a Corte Madera resident, over age 65, who could use a hand with local rides, household help, pet care, tech support, office organization, or companionship? Twin Cities Village might be able to help. The Corte Madera Community Foundation is offering one-year scholarships to individuals interested in joining the Twin Cities Village, but unable to afford the monthly dues. To offset the cost to join so you can try it out and see if it would work for you. Don't delay, scholarships are limited. Call Marin Villages at 415-457-4633 and tell them you are interested in applying under the CMCF scholarship plan.

What's Happening Around Town

Corte Madera Library Presents:

The Origins of American Tattoo: "Lew the Jew" and His Circle

Tuesday, October 2, 7:00 pm

This illustrated presentation by Ron Glait, docent at The Contemporary Jewish Museum, will explore the work of Albert "Lew the Jew" Morton Kurtzman, one of the most influential artists of early American tattoo. The Contemporary Jewish museum exhibit includes rare and original tattoo artwork, photos, and correspondence with California tattoo artists.

Shared Housing for Seniors: A Presentation by Home Match Marin

Monday, October 15, 10:30-11:30 am

Home Match Marin helps homeowners with extra rooms connect with those who need an affordable place to live. This free program is offered by the non-profit organization Covia. Learn about their services that include applicant interviews and background checks.

Basic Pruning with Marin Master Gardener Gary Bartl

Wednesday, October 17, 7:00 pm

Are you intimidated at the thought of doing your own pruning? Learn the basic principles that will give you the confidence to prune anything in your garden—from roses to redwoods. Gary Bartl, a UC Marin Master Gardener since 2001, has over twenty-five years of gardening experience.

Shipping in San Francisco Bay: A Presentation by Captain Craig Thomas, of Agile Marine

Monday, October 22, 10:30 am – 12 noon

Curious to learn how products arrive in San Francisco? Captain Thomas will present an overview of shipping operations in the Bay. Learn about: the types of ships visible from shore, their construction and layout, manning requirements, shipping regulations, and more.

Preventing & Combating Cyberbullying: A Presentation by Alyssa Surges, Community Development Specialist at Microsoft

Wednesday, October 24, 7- 8:30 pm

In this participatory workshop, parents, caregivers, educators, and students in middle school or older, will learn about the types of cyberbullying as well as the academic and social impacts of this behavior. Participants will learn strategies to address and prevent cyberbullying.

Adult Coloring

Thursdays, 10 – 11 am

Stay relaxed with this fun, low-stress activity. We provide the coloring books and the pencils!

One-to-One Internet Tutoring

Thursdays, 10 – 11 am

Struggling with your email? Frustrated with searching the Internet? Our tech savvy volunteer provides free one-to-one tutoring on Thursday mornings from 10-11 am. For an appointment, please call the library or sign up at the information desk.

Ongoing Activities

Corte Madera Bingo

Thursdays – Ongoing, 9:30 a.m. to 11:45 a.m

Where: Corte Madera Community Center, 498 Tamalpais Dr., Corte Madera

Join our group of active older adults for BINGO. You're sure to have fun! Come and enjoy

wonderful company, delicious treats like Lappert's ice cream, and other great perks and surprises. Once a month, representatives from local senior organizations will be on hand to answer questions regarding services they offer.



Lunch Club for Seniors

Thursdays - Ongoing, 11:45 a.m. – 12:45 p.m.

Where: Corte Madera Recreation Center, 498 Tamalpais Dr., Corte Madera

Come have lunch with us! Every Thursday Good Earth Natural Foods prepares organic, well-balanced, hot lunch for adults. 60+. Enjoy a nice meal and conversation with friends. Adults age 60+, \$3.00 suggested donation. No older adult turned away for lack of funds. Reservations are required seven days in advance, call 415-457-4636.



Corte Madera Intergenerational Center

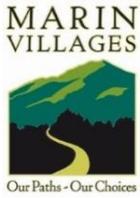
498 Tamalpais Dr, Corte Madera

Check out the October calendar on the Town of Corte Madera website:

<http://www.agefriendlycortemadera.com/intergenerational-center-1.html>

Check out the new Makerspace

The Intergenerational Center's new *Makerspace* opens on Thursday, October 4th, from 3:30-5:30, complete with a 3D printer and incredible laser cutter/engraver. It's open to all ages -- you can come with an idea of what you want to make, make the what the activity is, or just watch. If you aren't familiar with a Makerspace, you definitely should stop by and learn all about this creative technology. (Your grandkids will be so impressed!)



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October At-A-Glance

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Wednesday, October 17 Third Wednesday Speaker Series	1:00 p.m. – 2:30 p.m.
Thursday, October 18 Coffee at Farm House Local	10:00 a.m. – 11:30 a.m.
Monday, October 22 Steering Committee	10:30 p.m. – 12:00 p.m.
Wednesday, October 24 Happy Hour at Tamalpie in Corte Madera	3:00 p.m. – 5:00 p.m.
Friday, October 26 Bocce Ball	1:00 p.m. – 3:00 p.m.

Members: If you're a member and you need a ride to an event, please call the office at 415-457-4633 at least three days in advance.

Twin Cities Village Contacts

Larry Meredith – Chair	(415)-860-2535
Marty Schwarz – Membership	(415)-924-3492
Madelon Thomson – Membership	(415)-572-5154
Mary Wood – Volunteers	(415)-924-8812
Anne Knuut – Programs	(415)-717-0629