



# Twin Cities Village

February 2019 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](http://marinvillages.org) and check out the Twin Cities section of the site. We will begin posting pictures from our events – so bring a camera!!

## Upcoming Activities and Events

### Village Men's Group

Wednesday, February 6 11:00 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](mailto:marcusbyruck@gmail.com)) or David Cardenas ([transitionsupport@gmail.com](mailto:transitionsupport@gmail.com)) to get more info.

### Third Wednesday Speakers Series – *Staying Alive!*

Wednesday, February 20 11:00 -12:30

Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera (NEW LOCATION AND TIME)

Marin's first responders emphasize that all residents must be prepared to survive for 5-7 days in their homes following a disaster. Now that firestorms are also a reality in our area, we need to understand about emergency alerts and how to escape. This custom Get Ready class for Older Adults will help you create an emergency plan, evacuation checklist, and strategies to keep you safe. Presenter: Maggie Lang, RN, Marin County CERT and GetReady Coordinator.

### Coffee at Farm House Local – Third Thursdays

Thursday, February 21 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, February 25 10:30 a.m. – 12:00 p.m.

Where: Larkspur Recreation Center, 240 Doherty Dr.

(furthest back building)

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 – To be Arranged – watch for more details later in February**

## Save the Date

### Lunch and Lecture: MarinNostalgia

Where: Jason's Community Room, Greenbrae

for all Village Members sponsored by Ross Valley and Twin Cities Villages

Saturday March 2 10:00-3:30

Enjoy your friends over a buffet lunch and listen to local historian and real estate agent Jason Lewis share stories and answer your questions about the history of Marin. Visit Jason's website: [www.MarinNostalgia.com](http://www.MarinNostalgia.com), Marin's first "grass roots" history website featuring Marin photos from the 1950s to the 1980s as well as interviews with Marin luminaries. MarinNostalgia was given a "Best of the Bay" award by a local magazine and has been featured in the Marin Independent Journal and Pacific Sun.

### 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 (60+)

Thursdays – Ongoing, 11:45 a.m. to 12:45 a.m

Where: Corte Madera Parks and Recreation Center, Main Hall, 498 Tamalpais Drive, Corte Madera

Join us for lunch after Bingo for a meal and conversation. Lunch provided by Good Earth. Suggested donation \$3. No adult turned away for lack of funds.

## February 2019 Events at the Corte Madera Library

### Art Exhibit: Here and There – A Photo Excursion

Through February 21

Photographer Terry Peck has a special affinity for capturing local landscapes as well as special moments during his travels elsewhere. Join us for an art reception where you can enjoy the art, meet the artist, and sample some light refreshments.

### Parenting Gender Expansive Youth

Saturday, February 9, 3 – 4:30 pm

Join us for a discussion on parenting and supporting gender creative children with one of the thought leaders in the field of gender and children, Diane Ehrensaft, Ph.D. psychologist at UCSF, co-founder and Director of Mental Health of the Child and Adolescent Gender Center, and author of *The Gender Creative Child*, in conversation with Janna Barkin, author of *He's Always Been My Son*. Janna leads a support group for parents and caregivers of transgender, gender expansive, and questioning youth at the Spahr Center in Corte Madera.

### Mindful Eating

Wednesday, February 13, 7 – 8:30 pm

Discover how to change poor eating habits at this transformative workshop. Stop feeling guilty and dieting and achieve a healthy weight for life. Learn mindful practices to change poor eating habits and love healthy food.

## **All Things Apple**

### **Tuesdays, February 12 – April 2, 1 – 3 pm**

A series of free, drop-in classes for both beginner and intermediate Apple users. Discover how to get the most out of your Apple computer, iPad or iPhone in these interactive classes. Each session will address specific topics. For a full class description, see our website.

#### **February Topics:**

**February 12: iPhone and iPad Basics**

**February 19: Mac & MacBook Air Basics**

**February 26: Using FaceTime and the Phone Part of the iPhone**

## **The Olive in California – History of an Immigrant Tree**

### **Monday, February 25, 10:30 – 11:30 am**

Dr. Judith M. Taylor, author of *The Olive in California: History of An Immigrant Tree*, will trace the tree's journey from its beginnings in the sixteenth century, when it arrived in Mexico, through the present day.

## **Monet: The Late Years**

### **Wednesday, February 27, 7 pm**

Join us for an illustrated lecture by Fine Arts Museums of San Francisco docent Virginia Ernster. The exhibit at the DeYoung museum features 50 paintings from the final phase of Claude Monet's long career, inspired by the variety of elements making up his own garden at Giverny. Boldly balancing representation and abstraction, these radical late works redefined the master of Impressionism as a forebear of modernism.

## **Spotlight: Age-Friendly County of Marin Survey**

The County of Marin was recently accepted into the World Health Organization and AARP Global Network of Age-Friendly Cities and Communities. As a result, the county needs to survey people age 60 and older and those who work with older adults. Print copies of the survey, including a postage-paid envelope, are available in the Corte Madera Library lobby and on the front desk. You can also take the survey online.

## **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 reference desk.

## **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>Anne Knuut</b> – Programs	(415)-717-0629