



Twin Cities Village

June 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 and check out the Twin Cities section of the site. We will begin posting pictures from our events – so bring a camera!!

Welcome to our newest members: Janice White and Richard Kalish!

Activities Overview

(details on next pages)

Village Men's Group	Wednesday, June 5 & 19
Twin Cities Village Steering Committee meeting	Monday, June 17
Happy Hour at the Left Bank	Tuesday, June 18
Age Friendly Speaker Series - "All About ClearCaption Telephones"	Wednesday, June 19
Let's Play Bocce	Friday, June 28

Other Activities

Poetry from the Hearts	Saturday, June 1
Soil and Health: Getting Dirty is Good at Any Age	Saturday, June 29
Conversation with a Legend: Georgette Owen	Friday, July 12

Upcoming Activities and Events

Village Men's Group

Wednesday, June 5 and 19 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) or David Cardenas (transitionssupport@gmail.com) to get more info.

Age Friendly Speaker Series Twin Cities Villages "All About ClearCaption Telephones"

Wednesday, June 19 11:00 am -12:30 pm

Where: Corte Madera Intergenerational Center

498 Tamalpais Drive, Corte Madera

You love reading the captions on your television. Similar to captioned television, ClearCaptions allows you to read real-time written captions of what callers say on a revolutionary home phone, your mobile device, or your computer. Please join our local ClearCaptions phone specialist for fun and conversation. He will be discussing how you can receive a FREE caption phone if you struggle with any form of hearing loss. *Presenter: Stan Dennison, Title IV ADA Specialist.*

Twin Cities Village – Steering Committee meeting

Monday, June 17 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 at Left Bank Brasserie

Tuesday, June 18 3:00 p.m. - 5:00 p.m.

Where: Left Bank Brasserie, 507 Magnolia Ave., Larkspur

Come join us for conversation, snacks and beverages. This is a great time to connect with other Villagers and make new friends! Everyone is welcome!

Let's Play Bocce

Friday, June 28 12:00 noon – 2:00 p.m.

Where: Albert Park, San Rafael Bocce Courts, 550 B St, San Rafael

Let's play! Newcomers and 'ringers' welcome. This is open to all bocce ball enthusiasts.

Around Marin Villages

Poems from the Heart: Voices Across Generations

Saturday, June 1st, 2:00 - 4:00

**Town Center Community Room – Suite 201
770 Tamalpais Drive, Corte Madera**

At this unique intergenerational event, poets ages 7 through 70 will read their original poems. As an extra treat, former Marin Poet Laureates, Prartho Sereno and Rebecca Foust, will read. *Sign up*

at the event for an **Open Mic** reading after the formal presentation. Read a poem of your own, a poem that you love, or lead us in a song. Bring your friends and neighbors of all ages. You can call the office to register at 415-457-4633 or online at marinvillages.org. A \$20 donation is suggested.

“Soils and Health: Getting Dirty is Good at Any Age”

Saturday, June 29th, 10:00 – 12:00 (noon)

Jason’s Community Room

300 Drake’s Landing, Greenbrae

Stephen Andrews will give a talk entitled: “Soils and Health: Getting Dirty is Good at Any Age” In his talk, Stephen will address the importance of soil microbes to human health and wellness.

Stephen is a soil scientist, educator, and natural resources consultant. Known variously throughout the Bay Area as the Dirt Dude, Soil Sommelier, and Compost Crusader, Stephen has been indoctrinating classes of UCCE Master Gardeners, landscape and gardening professionals, and UC Berkeley students with his mantras of “compost, compost, compost” and “mulch, mulch, mulch” for more than two decades. After attending a talk given by Stephen, you’ll have a new appreciation for the ground beneath your feet.

A \$30 donation to Marin Villages is being requested to attend this event. To purchase a ticket and RSVP, call the office at 415-457-4633 or [click here](#).

“Dinner with a Legend” – Artist Georgette Owens in Conversation

Friday, July 12th, 5:30 – 9:00pm

Home of Cherie Sorokin, Tiburon

Join us in a conversation with legendary artist and Marin Villages’ member, Georgette Owens. At age 98, one might say this astonishing woman has lived a multitude of lives. Her careers have straddled many spheres: she’s a force in the world of art, an artist who achieved many honors, including a lifetime achievement award from World Contemporary Art ’98. She has also been a decorator and renovation consultant for the St. Regis and Cartier and a jewelry designer. Her career has connected her to the likes of Salvador Dali, Andy Warhol, Jean Cocteau, Colette, Jackie Kennedy, Cartier, Rex Harrison, Daryl Zanuck and New York Mayor John Lindsey, to name just a few.

This intimate event will be facilitated by Suzie Pollak, a recipient of Marin’s “Cultural Treasure” Award. This event is limited so sign up early. A \$75 donation to Marin Villages is being requested to attend this event (\$50 is tax deductible). To purchase a ticket and RSVP, call the office at 415-457-4633 [or click here](#).

Other Marin Villages 10th Anniversary events

Check our website at marinvillages.org for more details!

July 29 - “Dining Out in Marin” in support of Marin Villages – The Left Bank Larkspur Brasserie

August 24 - “A Blank Canvas, a Little Wine & Thou” - Sip & Paint

September 8 - “10 Years Together” – Celebrating Members & Volunteers

October 26 - “Lighting Up October” - a Diwali Dinner Party

June 2019 Events at the Corte Madera Library

Food for Thought! Nutrition for a Healthy Mind

Monday, June 3, 10:30 – 11:30 am

Alzheimer's disease is the sixth leading cause of death in the United States and nearly one in three seniors die with this disease or some type of dementia. This talk will focus on foods that support healthy brain function and will highlight key findings from the MIND diet study which helped slow cognitive decline and reduce the risk of Alzheimer's disease by 53%!

All Things Apple

Tuesdays, June 4, 11, and 18, 1 – 3 pm

All Things Apple is 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. And, learn how to protect yourself from online hackers and create safer passwords.

June Session Topics:

June 4: Camera & Photos

June 11: Calendar

June 18: Contacts

Mindful Eating

Thursday, June 6, 7 – 8:15 pm

In this interactive workshop, Claire Cohn will help you understand your relationship to food, respond to cravings and make better food choices. She will offer tools to assess your personal eating style and distinguish between "gut or head hunger".

Marin Poetry Center Traveling Show

Thursday, June 13, 7 – 8:30 pm

Local poets Kosrof Chantikian, John Hart, Peter Hensel, Tamam Kahn, and Andy Plumb/Selena Anne will read from their work.

Art Exhibit: Northern California Native Plants

May 18 – July 11

Meet the Artist: Saturday, June 15, 1:30 – 3 pm

Kristin Jakob is an award-winning artist who grew up entranced by Marin's extraordinary natural history. Inspired by the remarkable world of plants, her favorite subjects are the native plants, fungi, and lichens of California. Come to the reception to meet the artist, enjoy light refreshments and re-discover your native neighbors.

Taking Charge of Life's Changes

Tuesday, June 18, 7 pm

Discover how even positive change can be disorienting—but manageable. Organizational consultant and leadership and retirement coach Tom Ucko, MA, MBA, will help you find ways to navigate the three phases of transition. Learn to manage yourself and the stress of change that can arise from job loss, career change, retirement, an empty nest, or divorce. Tom has worked with a range of clients, from startups to global enterprises, in a variety of fields including financial services, biotech, healthcare, high tech, and higher education.

Origami Accordion Books

Saturday, June 22, 10:30 am – 12:30 pm

We'll provide instructions, materials, and inspiration! Attendance is limited. Call or stop by the library to register.

Age Well, Drive Smart

Monday, June 24, 10:30 am – 12:30 pm

Tune-up your driving skills at this free seminar given by the California Highway Patrol. Learn to compensate for age-related changes. Refresh your knowledge of road rules, pick up safe driving tips, and more. After the seminar you'll receive a certificate which may entitle you to an auto insurance discount. (Please check with your insurer.)

Attendance is limited. Call 415-924-3515 or stop by the library to register.

Discover America's National Trails

Wednesday, June 26, 7 pm

Bill Buck is a writer and photographer who has visited all 50 states documenting the country's National Trails. His work has been published by The Guardian, the New York Times Special Feature Syndicate and newspapers throughout the West. The newly published National Trails Guide profiles all 30 National Scenic and Historic Trails.

Spotlight: Enki

You might already be familiar with using Overdrive's Libby app for ebooks. But have you ever tried Enki? With over 70,000 ebook titles in the shared collection, enki is a collection of popular fiction and nonfiction focused on smaller and independent publishers. Take a look at the [available titles](#), or watch a [video about how to get started](#).

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.

All programs are free and open to the public.

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
Needed! – Programs	(415)-717-0629