



Twin Cities Village Voice

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

May 2023

HAPPY MAY!

It seems our April showers are finally bringing May flowers! Whether it's seeing the superbloom, going to the beach, or going on a walk with family, hopefully you can get outside this month. May you have time to spring into the new season, and get ready for summer, coming quickly!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Members: Maxine Cohen

Volunteers: Zina Rose, John Thompson, and Lee Sterne

Thank you for giving your time and energy to our village. 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, May 16, 3:30pm

Marty Schwartz's house, 9 Niven Way, Larkspur



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. To get to Marty's house, turn east on Ward Street off Magnolia Ave. at the traffic light. Ward Street makes a right turn onto Meadowood Drive. Niven Way is the first turn to the right and her house is the second on the right. If you have questions about directions, Marty's number is (415) 515-1944. If you need a ride to the event please call the Marin Villages office. (415) 457-4633

Fun & Games

Bocce Ball

Friday, May 26, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



Bocce ball made its successful return on April 28! Don't miss out on another fun time this month, and stay tuned for photos from April's event!

Village Business

Steering Committee Meeting

Monday, May 8, 10:30am

Outside Peet's in the Bon Air Center

TCV members and volunteers are invited to join the Steering Committee at its monthly meetings. We are exploring ways we can tune the services and activities of Twin Cities Villages to meet the needs and desires of our members, and are constantly looking for new activities that we can implement. Come with your suggestions! Please contact Larry Meredith at larrywmeredith@gmail.com with questions.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, May 3 & 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 twice a 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).

Not Home Alone—Mothers and Others Day

Sunday, May 14, 2:00pm

Café Arrivederci, 11 G Street, San Rafael



Join Donnalee Wells and other Marin Villages members and volunteers for an early Mothers and Others Day supper on the beautiful patio at Café Arrivederci. <https://cafearrivederci.com/> Always a fun time and a great opportunity to share the occasion with old and new friends. First come, first served **by reservation**. Please BRING CASH for your meal. All attendees must be COVID vaccinated. There will be a choice of any entrée on their large menu that costs \$25 or more. A 20% tip and 10% for tax will be added. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. If you need a ride, please call the office at (415) 457-4633.

Technology/Computer Help Office Hours

Wednesday, May 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>!

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** <http://www.bvim.org/luncheon-meeting>

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

TWIN CITIES VILLAGE ANNOUNCEMENTS

May birthdays



Happy birthday to Susan Stoddard on May 11!

AND MORE...

Redwood High School lip dub



In April, Redwood High School made its first lip dub since 2017! This was essentially a large music video that every club/organization on campus got to take part in. On the day of the video, everyone decked out in their Red gear and the hallways were decorated, symbolizing such an amazing community and school spirit. As you watch, look out for family and friends...and enjoy! <https://www.youtube.com/watch?v=P--rZyv jagl>

Monthly riddle

What has hands but cannot clap? Answer will be in next month's newsletter!

April's riddle:

What is in the middle of March and April that can't be seen at the beginning or end of either month? Answer: the letter R

Photos from the Easter luncheon at Cherie Sorokin's home



Our hostess, Cherie



'Not Home Alone' organizer Donnalee Wells



Mill Valley member Eiko



The view from Cherie's Tiburon home

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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