

MARIN
VILLAGES



Our Paths - Our Choices

Twin Cities Village Voice

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

August 2023

HAPPY AUGUST!

Salt air fills the towns as the first day of the final month of summer comes in full swing. And...there are a lot of fun activities this month that we hope to see you at! Have a great and warm August!

WELCOME, NEW MEMBERS AND VOLUNTEERS!

Volunteers: Mike Wood

Thank you for giving your time and energy to our village. We look forward to seeing you 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, August 15, 3:30 – 5:00pm

Boca, The Village, Corte Madera



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.

Books

Book Chat

Mondays, August 14 & 28, 2:00pm

Café Verde, 502 Tamalpais Drive, Corte Madera

We plan to meet at 2:00pm on the 2nd and 4th Monday of the month at Cafe Verde. Members of the *Book Chat* take turns sharing reviews of books they are reading and enjoying. The thoughts, opinions and recommendations members share lead to lively discussions! Come join us. For questions or to sign up, contact Alice Joyce by email at westcoastgrdnwalks@yahoo.com.

Fun & Games

Bocce

Friday, August 25, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a summer day than on the bocce court?! Wear comfortable clothing, sunscreen, and a sun hat if needed. No prior bocce experience necessary, just soft-soled shoes and your presence. Come for the company and watch others play if you prefer. Either way, join us! Bring a snack to share with the group. Questions? Call Larry Meredith. (415) 860-2535 Need a ride? Call Marin Villages office. (415) 457-4633

Village Business

Steering Committee Meeting

Monday, August 14, 10:30am – noon

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, August 2 & 16, 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 the first and third Wednesdays of the 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—Summer Sangria Supper

Wednesday, August 16, 2:00pm

Whipper Snapper Restaurant, 1613 Fourth St., between F and G Sts., San Rafael



Join your hostess Donnalee Wells and other Marin Villagers and volunteers and let's celebrate summer with an early supper at Whipper Snapper Restaurant. Whipper Snapper is a charming, family-owned restaurant established in 2008 by chef/owner Bill Higgins, former executive chef for cha-cha-cha restaurants in San Francisco. The food is amazing. It is always a fun time and great to get together with old and new friends. First come first served, space limited to 30 guests. **RSVP is required.** Please **bring cash** for your no-host meal and bar drinks. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited.

You will be able to choose one of the following entrees. Price includes entree, choice of small mixed greens salad with coconut vinaigrette dressing or cup of gazpacho, plus tax and 20% tip.

Grilled fish tacos \$30
Slow roasted pork shoulder \$39
Chicken Caesar salad \$34
Farmers market grilled vegetable quesadilla \$28

Technology/Computer Help Office Hours

Wednesday, August 16, 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!>

SAVE THE DATE: Not Home Alone—Labor Day

Monday, September 4, 2:00pm

Boca Pizzeria, 454 Ignacio Blvd Novato 



This event will be held on the lovely patio and indoor/outdoor room at Boca Pizzeria. There will be a set menu, which includes tax and tip. We will send the menu once you RSVP. First come first served, space limited to 30 guests. RSVP is required. Please **bring cash** for your meal. All attendees must be COVID vaccinated. RSVP ASAP to Donnalee at donnaleewells@comcast.net or text or call (415) 302-9244. Volunteer rides might be limited due to the holiday.

COMMUNITY EVENTS

Programs we wanted to share with you!

PD Connect

PD-Connect® is a local community forum where the physical and emotional needs of the Parkinson's community can find active support and encouragement. To find out more, please use this link: <https://pd-connect.org/about-us/>

AgeSong Marin

AgeSong Marin is a discussion and support group where seniors meet in small groups to talk about what's really important at this stage of life. Most of us have faced some loss by this age: retirement, the death of a close friend or spouse, physical disability, or simply a loss of place in the world. By talking about it with others who have experienced similar issues, we feel more understood and can meet our challenges with more creative solutions. To learn more, please use this link: <https://www.agesongmarin.org/>

Age-Friendly Corte Madera

Honoring the Town's Nonagenarians and Centenarians

Sunday, August 27, 2:00 – 4:00pm

Corte Madera Community Center, 498 Tamalpais Drive

We are happily anticipating our Corte Madera Honors our Nonagenarians and Centenarians on August 27. If you know any Corte Maderans who are 90 or better, please make sure they received a mailed invitation and have RSVP'd. We welcome everyone in the community to celebrate our impressive neighbors—join us! <http://www.agefriendlycortemadera.com/corte-madera-honors.html>

Monthly Zoom forums

Age-Friendly Marin monthly Zoom Forums continue with topics planned through the rest of the year. If you want to be on our mailing list, please email us at agefriendlycortemadera@gmail.com.

Marin Senior Fair

Thursday, September 7, 9:00am – 3:00pm

Marin Center Exhibit Hall

Come say hello!

Lastly, The Corte Madera Recreation Commission is still searching for a CM resident to join their panel in a Seniors Advisory position. Volunteer to be the voice of ¼ of our community! Please contact Pati at agefriendlycortemadera@gmail.com with questions. Enjoy some delightful summer days!

TWIN CITIES VILLAGE ANNOUNCEMENTS

August birthdays

Best wishes to the following Twin Cities Village members!



August 6, Peter Mellini

August 16, Pati Stoliar

AND MORE...

Monthly riddle

What gets bigger the more you take away? Answer will be in next month's newsletter!

July's riddle:

What has many keys but can't open a single lock? **Answer:** A piano!

The Pop-Up Thrift Boutique is now taking donations!



The time you've been waiting and holding your treasures for has arrived! We are now taking donations for our Pop-Up Thrift Boutique at the Northgate Mall. You can drop off your gently used goods **Fridays & Saturdays, 11:00am – 4:00pm**, until we are full. Each year we reach capacity and eventually have to turn donations away, so the sooner you can donate the better. **Curbside drop-off** is located between mall entrances on the east side of the Northgate Mall, across the parking lot from HomeGoods. There will be a sign on the sidewalk outside, letting you know you're in the right place. Just pull right up to the curb at the sign. We will gladly accept women's clothing, accessories, shoes and purses; jewelry; artwork and collectibles; kitchenware; home décor items, including small-scale furnishings, rugs, lamps, and baskets; games and puzzles; linens; and luggage.

Please contact Sue Steele at xerty.10@gmail.com or (415) 966-6614 with questions. Or call the office (415) 457-4633. Also call us if you'd like to volunteer to help collect and sort donations—it's fun!

Writings from the community **Marty Schwarz's adventures in Alaska**

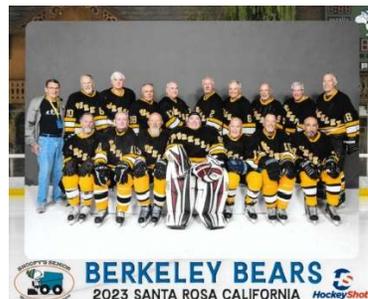
Greetings:

I selected a few photos to share. The sunset is one of the two I've seen. A family of Northern Pintail have been visiting and using the dock. The area is experiencing an unusual weather pattern. There has been rain every day for about three weeks. The rain shows itself as everything from a constant mist to downpours; the wind comes and goes and the ceiling can be from lake-level fog to only obscuring the tops of mountains. The rare beautiful sky has big fluffy white clouds with blue peeking through, but it has been fleeting with the return of foggy conditions. My Alaska, Yuknis, family came for a few days of fishing for Sockeye.





Competitive ice hockey at any age (no, really)



Larry, teammate Terry Rapper, and the whole Berkeley team!

Marin Villages' own Vice President of the Board of Directors and Twin Cities Village Chair **Larry Meredith** is also an avid ice hockey player. (He's originally from Canada, so the sport is in his DNA.) The *New York Times* recently profiled the Snoopy Senior hockey tournament in Santa Rosa, and Larry—captain of the Berkeley Bears—is quoted. It's a great article about pursuing your passions at any age. Here are Larry's own words:

"You can take the boy out of Canada but...

In my most indelible memory as a small child I am bundled in warm clothes on an ice rink outside Toronto where my mother is teaching me to skate. Shortly thereafter she is teaching me how to make contact between the hockey stick and the puck. Hockey is embedded in the Canadian DNA and playing hockey was a rite of passage for Canadian boys growing up in the 1940s and 50s.

When I was growing up, every Saturday night families across Canada would gather around the radio to hear 'Hockey Night in Canada,' the play-by-play action of the game at Maple Leaf Gardens. It's been quite a while since I lived in Canada but from visiting friends, I gather that hockey continues to be a central focus of life. Hockey rules!

Playing hockey was an important part of my life from kindergarten through graduate school and beyond. Though hockey has not played a central role in my immediate family, my kids have spent their share of time on the ice. Figure skating for my daughter and hockey for my son were high on the family agenda...as was the Snoopy Hockey Tournament, created by Charles Shultz in the 1960s.

Below is a link to a recent NYT article on the Snoopy Senior Hockey Tournament with a peek into the dressing room and the psychology of the geezers who continue to play hockey long after the evidence suggests that they should pick up a less demanding activity.

My daughter, Caitlin, has her own view of the situation which she wrote as a preamble to a FaceBook posting of the NYT article:

'As the daughter of a Canadian hockey player, I had to spend more of my childhood in fluorescent-lit hockey rinks than most Californians. The hot chocolate is more expensive these days, but it's still just as exciting to see these ordinarily nice guys swear and slam and hustle their way through three periods, then drink beer in the parking lot at 10 am. Especially so when my dad is still lacing up his skates at 82. He and his fellow octogenarian players got a write-up in the NY Times after the Snoopy Senior World Hockey Tournament a couple of weeks ago. My favorite quote is from my dad who said, 'If you like WATCHING paint dry, you will be riveted.' He is the captain of the Berkeley Bears, a team in the tournament's 70-plus division. Go Bears!'"

If you don't have a subscription to the *Times*, you can read the article in this PDF: <https://marin.helpfulvillage.com/documents/6376/download>. If you are a *Times* subscriber, you can access the article online here:

<https://www.nytimes.com/2023/07/24/sports/hockey/senior-hockey-snoopy.html>

We'd love your submissions!

This is to hopefully encourage some more of you to send over photos from anything you've

been involved in recently! Travel, activities, games, etc., we want to see it all! Please send photos and copy to *The Village Voice* Editor Cameryn at csmith@redwoodbark.org.

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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