



# Twin Cities Village Voice

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

October 2023

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## HAPPY OCTOBER!

Though this past week has been hot, fall is officially in full swing! The leaves are changing, kids are getting ready for trick-or-treating, and routine has officially settled in. Here's to a fun fall month!

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** Laura Richards

**Volunteers:** Anni Black and Oxana Solovieva

Thank you for giving your time and energy to our village. We look forward to seeing you all at an event soon!

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## 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, October 17, 3:30 pm - 5:00 pm

Marty Schwarz's home, in her beautiful backyard, 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.

## Books

### **Book Chat**

Book Chat is currently full, but to join the waitlist, please send an email to organizer Alice Joyce at [westcoastgrdnwalks@yahoo.com](mailto:westcoastgrdnwalks@yahoo.com).

## Fun & Games

### **Bocce**

Friday, October 27, 1:00 – 3:00pm

Bocce Federation of Marin, 550 B Street, San Rafael



What better way to spend a day than on the bocce court with friends?! 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, October 9, 10:30am - 12:00pm

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](mailto:larrywmeredith@gmail.com) with questions.

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## OTHER MARIN VILLAGES EVENTS

### **Men's Coffee**

Wednesday, October 18, 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](mailto:irvgubman@gmail.com)) or (415) 250-6155).

### **Technology/Computer Help Office Hours**

Wednesday, October 18, 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>!

### **Not Home Alone—Halloween early supper and costume party**

Tuesday, October 31, 2:00pm

The Club at McInnis Park, 350 Smith Ranch Road, San Rafael



Join your hostess Donnalee Wells and other Villagers for the biggest Not Home Alone of the year! All Villages members and volunteers are welcome. Costumes are fun but optional. We'll be at one of our favorite venues, The Club Restaurant at McInnis Park Golf Center. Menu to be determined but will include choice of chicken, fish, meat, or vegetarian entree. Drinks may be purchased separately from the bar. First come, first served, space is limited, and RSVP is required. Please bring **CASH** for your meal, no credit cards. All attendees must be vaccinated. Please RSVP to Donnalee Wells by email, phone, or text at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. Volunteer rides may be limited.

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## COMMUNITY EVENTS

### Join the Larkspur Walkers!

Every Monday, Wednesday and Friday from 9:00 – 10:00am  
Piper Park, 250 Doherty Drive, Larkspur; meet at east end of parking lot

The Larkspur Walkers would like to invite you to join them on one of their morning walks. The walking group was started 31 years ago! Walks start and finish at Piper Park. You have probably seen us walking along the bike paths, trails, and climbing the easement staircases around Larkspur. Please note, you do not have to be a Larkspur resident to join the Larkspur Walkers. An annual membership fee of \$20.00 includes Monday, Wednesday, and Friday walks. Register using the form on this page: <https://www.ci.larkspur.ca.us/775/Larkspur-Walkers>

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## TWIN CITIES VILLAGE ANNOUNCEMENTS

### October birthdays



Best birthday wishes to the following TCV members!

October 21, Lisa Guthrie

October 31, Jean Stromberg

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## AND MORE...

### Monthly riddle

Each morning I appear to lie at your feet. All day I will follow no matter how fast you run, yet I nearly perish in the midday sun. Answer will be in next month's newsletter!

### **September's riddle:**

What breaks but never falls, and what falls but never breaks? Answer: day (breaks) and night (falls)

### Photos from the last Sip N' Chat





### Writings from the community

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](mailto:csmith@redwoodbark.org).

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## 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](http://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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(415) 457-4633 [www.marinvillages.org](http://www.marinvillages.org)