



Twin Cities Village Voice

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

February 2024

HAPPY FEBRUARY!

Happy February! Punxsutawney Phil made his return...Looks like it is going to be an early spring! I hope your month is filled with love, laughter and relaxation. It's a Leap Year, so we get one extra day of festivities!

WELCOME, NEW MEMBERS!

Member: Carol Berg

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, February 13, 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, February 12 & 26, 2:00pm

Larkspur Parks and Recreation Community Room, 240 Doherty Drive

We're still meeting in our winter location. Parking: There are two handicapped parking spaces by the building's front door, and general parking is available in the Piper Park parking lot.

Current Book Chat members, RSVP to organizer Alice Joyce: westcoastgrdnwalks@yahoo.com.

Twin Cities Village members and volunteers may contact Alice with questions, or to be added to the group's wait list.

Fun & Games

Bocce

Friday, February 23, 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?! 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, February 5, 10:30am - 12:00 pm

Back of Peet's in the Bon Air Center

As we begin 2024, the TWC Steering Committee invites any volunteers who are curious about our Steering Committee to join us at our regular meeting. While we have an active and engaged committee, we are always looking for new ideas and energy for events for our members. Please join in the planning of our Village. Please contact Larry Meredith at larrywmeredith@gmail.com with questions.

OTHER MARIN VILLAGES EVENTS

Men's Coffee

Wednesdays, February 7 & 21, 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).

Briefing with Dr. Wynn Canio: "Am I Depressed, or What?"

Tuesday, February 20, 3:00 – 4:00pm

Zoom



Dr. Wynn Canio, geriatrician at Marin Kaiser, does another informative presentation for our Marin Villages community on the topic, "Am I Depressed, or What?". Sometimes we are down or sad for a few days. Usually this is because of something going on in our daily lives. It is perfectly normal. Depression is an illness that can occur perhaps without any obvious cause and can go on for an extended period of time. It affects how we see ourselves and actually interferes with daily life. Come hear Dr. Canio help explain the differences and how to get help if you need it. **This won't be a depressing session; it will instead be empowering!** To register, use this link. https://marin.helpfulvillage.com/events/5846-zoom-briefing-with-dr_-wynn-canio:-%22am-i-depressed-or-what%3F%22

The Biology of Aging—a special interactive learning series by the Buck Institute

Wednesday, February 21, 10:00 – 11:00am

Zoom



Join us for a six-session live Zoom and online learning course to explore the biology of aging! This course is intended for a non-scientific audience to get the inside scoop on the exciting science going on at the Buck and in labs across the world. You will have access to original online lessons delivered by Buck scientists on a wide variety of topics related to aging—which you view at your convenience—and then you will attend monthly Zoom sessions where you can interact with Buck and Marin Villages leaders and your peers to explore topics more deeply. You'll get to participate in course content that is the latest learning in the field! This Lifelong Learning Series is brought to you through a partnership between Marin Villages and the Buck Institute for Research on Aging. Please register at this link.

<https://marin.helpfulvillage.com/events/5845-the-biology-of-aging---an-exclusive-interactive-learning-series-by-the-buck-institute-for-research-on-aging> and then register to view the videos on the Buck website at this link: <https://onlinelearning.buckinstitute.org/>. If you have any questions during your registration, the office will be glad to help! (415) 457-4633

Technology/Computer Help Office Hours

Wednesday, February 21, 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** <https://bvim.org/luncheons>

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

TWIN CITIES VILLAGE ANNOUNCEMENTS

February birthdays



Happiest of birthdays to you all!

February 1, Carol Robinson

February 5, Judith Lopez

February 7, David Litwin

AND MORE...

Monthly riddle

What can be touched, but not seen? The answer will be in next month's newsletter!

January's riddle

What runs all around a backyard but never moves? **Answer:** A fence!

January's Sip 'n' Chat

While it was wet and rainy outside, members took the party inside Boca and still had a fun 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.

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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