



# Twin Cities Village Voice

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

March 2024

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## HAPPY MARCH!

Happy March everybody! The rain is going to continue for the beginning of the month but will clear up soon! The events planned are sure to be full of fun! Have a great month everybody!

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## WELCOME, NEW MEMBERS AND VOLUNTEERS!

**Members:** no new members

**Volunteers:** Jill Janson

Thank you for giving your time and energy to our village. We look forward to seeing you 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, March 19, 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, March 11 & 25, 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](mailto: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, March 22, 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, March 11, 10:30am - 12:00 pm

Back of Peet's in the Bon Air Center

The TWC Steering Committee invites any members or 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. Please join in the planning of our Village. Please contact Larry Meredith at [larrywmeredith@gmail.com](mailto:larrywmeredith@gmail.com) with questions.

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## OTHER MARIN VILLAGES EVENTS

### Mill Valley Village Men's Coffee

Wednesdays, March 6 & 20, 11:30am



This is an informal gathering with no particular agenda beyond the company of friends. We encourage you, including volunteers and members from other villages, to 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).

### Not Home Alone St. Patrick's Day

Sunday, March 17, 2:00pm

Whipper Snapper, 1613 Fourth Street, San Rafael, between F and G



Join Donnalee Wells and other Marin Villages members and volunteers for a St. Patrick's Day early supper at Whipper Snapper Restaurant, a charming family-owned Restaurant in San Rafael. Always a fun time and a great opportunity to share the holiday with old and new friends. First come, first served, and space is limited. Please bring **CASH** for your meal and drink, no credit cards. RSVP to Donnalee Wells by email, phone, or text at [donnaleewells@comcast.net](mailto:donnaleewells@comcast.net) or (415) 302-9244. If you need a ride, please call the office. (415) 457-4633 The event will be indoors. The fixed-price menu will include your choice of a wonderful corned beef and cabbage entree or choice of a fish, chicken, or vegetarian entree. A more detailed menu will be emailed to you upon your RSVP.

## Technology/Computer Help Office Hours

Wednesday, March 20, 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>!

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## 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](http://www.bvim.org). To contact them, call (415) 459-5066 or email [info@bvim.org](mailto: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>

### **Overdose Prevention and Narcan Training**

Sunday, March 10, 12:30 – 1:00pm

St. Anthony of Padua Church, 1000 Cambridge St., Novato

An event designed to teach participants about overdose risks, including fentanyl, and how to administer Narcan to reverse an opioid overdose. To register, please use this link.

<https://www.surveymonkey.com/r/9H5M6QQ>

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## TWIN CITIES VILLAGE ANNOUNCEMENTS

### March birthdays



### **Happiest of birthdays to you all!**

March 2, Maria-Teresa Poblete

March 3, Kurt Stromberg

March 18, Girija Brilliant

March 18, Erin Dooley

March 25, Meryl Sundove

March 26, Mary Jones

March 29, Chris Adessa

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## AND MORE...

### Monthly riddle

What has to be broken before you can use it? The answer will be in next month's newsletter!

### **February's riddle**

What can be touched but not seen? **Answer:** Someone's heart

### 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-marinvillages---donate> to contribute.

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