

Age Friendly Fairfax Newsletter

April 2024



*Building a healthy and
livable community for all!*

Visit our website: <https://www.townoffairfax.org/departments/age-friendly-fairfax/>

Aging in Fairfax, everybody's doing it!

Upcoming Events:

April 3: Breakfast with Friends

April 4: Ross Valley Seniors

April 13: Resource Fair for Older Adults, Fairfax Library

April 24: Age-Friendly Marin Forum

May 1: Breakfast with Friends

May 2: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, April 3 and May 1, 9:30-10:30am. Socializing is important for all and it's fun to connect. Join us for our monthly coffee, tea and/or breakfast and a friendly and enjoyable chat at Barefoot Café in Fairfax! This is a monthly breakfast date on the first Wednesday of each month.

Ross Valley Seniors, April 4 and May 2, 11:00am - 2:00pm at the Fairfax Women's Club. Join the Ross Valley Seniors the first Thursday of every month at the Fairfax Women's Club. Meetings include Bocce ball and social time at 11:00, lunch at noon and a variety of interesting programs from 1-2 pm. The **April 4th Topic: Author Stephen Gilford will discuss "My search for Rosie the Riveter-She's not who you think she is"**. Learn easy moves and exercises to build up strength and reduce your risk of falling. Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Resource Fair for Older Adults, Saturday April 13, 11:30- 1 PM. Learn About Health and Wellness Services in Marin County for Older Adults. Door Prizes, Light Refreshments, Music & Good Conversation.

<https://marinlibrary.bibliocommons.com/events/65ce8a1ecec6cd3d004b3e3e>

Age-Friendly Marin Forum, April 24, 10:30-11:45 am: These on-line forums are held the 4th Wednesday of the month and include timely topics of interest to seniors. To access, here is the Zoom info :

<https://us02web.zoom.us/j/5202078153?pwd=MmNaMlVXVWkyei9NUOgVclRkbllmZz09> Meeting ID: 520 207 8153 and Passcode: AFriendly

Town of Fairfax:

Are you receiving the weekly Town of Fairfax Newsletter? If not, we really encourage you to do so as there is LOTS of news, information and events listed. Click this link to start receiving the Town's newsletter asap, [subscribe here](#).

Want to learn more about Age-Friendly Fairfax? This group is open to all and we usually meet the 4th Friday of the month at 9 am in Fairfax. Our goals are to advocate for and plan/support age friendly services for the Town. Please email Josa Buennagel at jtuchel@gmail.com if you would like to find out more or join one of the meetings.

Fairfax Recreation Classes

With a hybrid model of fee for service and free (donations accepted to help support these programs). Offerings include Chi Gong, Chair and Mat Yoga (Zoom available), Dance classes and more! Join the fun and sign up today!

<https://www.townoffairfax.org/age-friendly-online-classes-events/>

County News & Resources:

Adult and Aging Services Information and Assistance Line provides information and referrals to the full range of services available to older adults, adults with disabilities and their family caregivers: **415-473-INFO (4636)** 8:30 am to 4:30 pm weekdays; 473INFO@marincounty.org.

Ongoing - Emeritus Students College of Marin (ESCOM) provides engaging free learning opportunities/clubs (i.e., Book, Chess, Astronomy, Digital Camera, Food Glorious Food Clubs etc.), monthly interactive programs, celebrations, and publication of member's creative writing, art & photos online. Available online and in person at campuses in Kentfield and Indian Valley. To learn more about classes:

<https://marincommunityed.augusoft.net/info/landing/classes>

Congregate Meals for seniors 60+ years, sponsored by Marin County Aging and Adult Services, Monday at noon San Geronimo Valley Community Center, Tue/Thurs at noon, Margaret Todd Senior Center, Wednesday at 11:30 am Albert Boro Community Center, Thursday at noon, Corte Madera Community Center and Friday at noon, The Hilarita in Tiburon.

<https://www.marinhhs.org/nutrition-services-older-adults>



Fairfax Library has in-person programming for adults in the Community Room. Library hours are Mon-Thursday 9-8 pm, Friday and Saturday 10-5 pm. Program highlights are listed below or check out the Fairfax Library calendar or call 415-453-8151 for more details.



Chair Yoga: Tuesday, April 2, 11:00 – 12:00 PM. This rejuvenating Chair Yoga session to keep your body and mind healthy as you age. Suitable for all ages and abilities, for chronic illness or pre/post surgery and injuries, this gentle stretching program is perfect for those looking to improve flexibility and promote relaxation. Led by Stacie Dooreck of SunLight Yoga, join us to unwind and enhance your well-being. Be sure to wear comfortable clothes.

<https://marinlibrary.bibliocommons.com/events/65ef41bee3e1ee3000348d2c>

Marin Master Gardener: 20 Great Native Plants for Marin, Tuesday, April 9, 11:00 – 12:15 PM. Join Master Gardeners, Arlene Banks & Geri Cooper, as they share information and tips about native plants for Marin. They'll guide you through best garden selections for Marin's micro-climates & terrain.
<https://marinlibrary.bibliocommons.com/events/65c1737a61803d360079a60b>

Growing Organic Food Gardens: Where to Start, Wednesday, April 10, 6:00 – 7:30 PM. Join Suzanne Bontempo from Plant Harmony & Our Water Our World to learn more about how to successfully grow a food garden. Learn how to sow seeds, growing from seeds vs starts, watering with a water-wise approach, feeding plants, harvesting tips and healthy garden maintenance tips to reduce spring pest problems.
<https://marinlibrary.bibliocommons.com/events/65bc4121d20c652a4a0cbodb>

Conversations for Mortals: a "Death Cafe" style conversation group Wednesday, April 17, 6:30 PM – 7:30 PM. Conversations for Mortals is a group-led discussion series that will explore and normalize conversations around death and dying. Come with your musings, curiosity, and willingness to listen with an open heart as others share. Stephanie Crawford, Hospice RN and End of Life Doula will host this event for all ages.
<https://marinlibrary.bibliocommons.com/events/65a638d763f68de8e546cdcc>

iPhone Training for Adults: In-Person Class at Fairfax Library Thursday, April 18, 2:00 PM – 4:15 PM. Register for this free and fun iPhone Class provided by California Phones. Become more confident when using your iPhone and make your iPhone work better for you. Learn about the **BASIC** features you can enable for greater ease of use and personal safety.
<https://marinlibrary.bibliocommons.com/events/65c19aecbf3fd82800dcb07e>

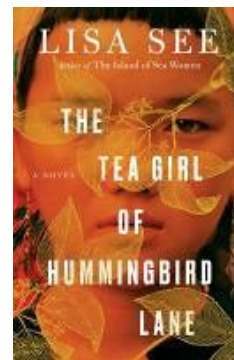
Android Phone Training for Adults: In-Person Class, Tuesday, April 19, 2:00 PM – 4:15 PM. Register for this free and fun **BASIC** Android Phone Class provided by California Phones. Become more confident when using your Android Phone and learn about the features you can enable for greater ease of use and personal safety.
<https://marinlibrary.bibliocommons.com/events/65c19c25d20c652a4a0d5584>

Ongoing Community Poetry Group: Monday, April 22, 5:00-7:00 pm. Bring your poetry and your creativity to this monthly gathering to learn and to

celebrate the written word. Attendees collaborate with one another in a welcoming environment using in-class writing, positive feedback, suggested themes and review of poetic forms. Led by local poet and author Brent MacKinnon. Meets the third Monday of every month.

<https://marinlibrary.bibliocommons.com/events/65976e062c93e8dbca376007>

Fairfax Tuesday Book Club: The Tea Girl of Hummingbird Lane by Lisa See, Tuesday, April 23, 11:00 – 12:30 PM. This Tuesday Morning Book Club meets in-person every other month to discuss a new book. Everyone is welcome to attend whether or not they have read the selected book for that meeting. This month we will be **joined by author Lisa See (via Zoom)** for a lively conversation. The author, Lisa See, welcomes your questions!



<https://marinlibrary.bibliocommons.com/events/6593beef817cb6bf4e9e49b8>

Virtual Resources:

FREE Live Online Learning Marin County Library has teamed up with **GETSETUP!** for live online classes to stay mentally, physically and socially active. Classes are interactive, easy to join, offered day & night. Click here: <https://www.getsetup.io/partner/cslmarin>

AARP FREE interactive online events and classes designed for learning, self-improvement, and fun. Many do not require membership. <https://local.aarp.org/virtual-community-center/exercise-wellness/>

Weekly Tailored Job Search and Placement Assistance: LinkedIn & Indeed Training, sponsored by the Golden Gate YWCA of Silicon Valley. Obtain personalized job search training every Thursday at 3 PM. To Register: <https://forms.gle/eYeLjHiyLjYspro76> or CONTACT US: puppal@yourywca.org or 484-358-2447 or 408-961-6007 for more information.
