

Age Friendly Fairfax Newsletter

May 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:

May 1: Breakfast with Friends

May 2: Ross Valley Seniors

May 13: Marin Commission on Aging: Quality Nursing Home Care

May 22: Age-Friendly Marin Forum

June 5: Breakfast with Friends

June 6: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, May 1 and June 5, 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, May 2 and June 6, 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. **May 2nd topic: Local historian John A. Martini will share San Francisco's Lands End histories: of Steam Trains, Shipwrecks and Cemeteries.** Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Marin Commission on Aging: Advocating for Quality Nursing Home Care: How the Ombudsman Program and CANHR Empower Residents and Family Members: Monday, May 13, 1:30 – 2:30 p.m.

In person meeting at Marin Wildfire Protection Authority (MWPA) Board Room 1600 Los Gamos Dr., Suite 345, San Rafael or on Zoom, link and passcodes here: <https://us06web.zoom.us/j/89784620459?pwd=03fYoztRwRlFjHHWynfaieHfohbzel.1> , Meeting ID: 897 8462 0459 Passcode: 816182, call: +1 669 219 2599

Age-Friendly Marin Forum: The Caregiving Series: The Empowered Family/Friend Caregiver-Building the Foundations of Caregiving while Caring for Oneself, May 22, 10:00-11:15 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=MmNaMlVXVWkyei9NUo9VclRkbllmZz09> 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.



Fire Safe Marin Presents: Update on Homeowners' Insurance, Monday, May 6, 6:30 – 7:30 pm. Please join us for a presentation from a Fire Safe Marin ambassador, who will speak about the latest updates on homeowners' insurance. Hosted by the Marinda Oaks Firewise Community.

<https://marinlibrary.bibliocommons.com/events/6619caa0e3e1ee300039c797>

Age Well and Drive Smart Class for Older Adults: Tues, May 7, 11 – 12:30 PM. FREE Driver Safety presentation designed to help senior drivers: tune up driving skills, refresh knowledge of rules of the road, and learn about normal age-related physical changes. The goal for this program is to keep you driving for as long as you can safely do so. Attendees of this class receive a certificate that often enables them to receive a discount on auto insurance.

<https://marinlibrary.bibliocommons.com/events/65e6188fe3e1ee3000336ab8>

Watershed Health with a focus on Tomales Bay & Lagunitas Creek, Tuesday, May 14, 11 – 12:30 PM. Join California State Park Interpreters Kourtney Boone and Kaylie Williams as they discuss the water features within Samuel P. Taylor State Park and Tomales Bay State Park which make up two very distinct areas of a large, biodiverse watershed. Both watersheds have respective but connected roles in supporting the cultural history and economic growth of the West Marin and Shoreline regions.

<https://marinlibrary.bibliocommons.com/events/662297d08eb363503284ofa6>

Conversations for Mortals: a "Death Cafe" style conversation group Wednesday, May 15, 6:30 – 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/662298568eb363503284ofa8>

Repair Fair with Reuse Alliance at Fairfax Library: Saturday, May 18, 1-4 pm. Do you have a lamp, small appliance, textile, or bike in need of repair? Bring it to the Repair Fair! This

is a free event however: [ADVANCE REGISTRATION FOR YOUR ITEM IS ENCOURAGED](#).

When you pre-register, you will receive an email reminder and be guaranteed repair assistance on the day of the



event. Volunteers and specialized repair professionals will be on-hand to repair* your items. Plan to stay with your item while it's being fixed, so you can learn tips for future maintenance, how to shop for repairable goods, and even how to repair things yourself!

<https://marinlibrary.bibliocommons.com/events/65fe48a949ea29b614e4eb3a>

Bees in Marin: Get the Buzz with Kristine Erving, Marin Beekeepers Wed, May 22, 6 – 7:30 pm. Kristine will share the history of bees in our area, "who's in the hive" and share what plants are important food sources for bees. She will discuss why bee populations are so vital agriculture and our community well-being and why bees are in peril. She will suggest ways we can help bees in our environments plus bring along her observation hive and honey to taste.
<https://marinlibrary.bibliocommons.com/events/65774b2e817cb6bf4e9b5375>

***Ongoing* Community Poetry Group: Tuesday, May 28, 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 & author Brent MacKinnon. Meets monthly.
<https://marinlibrary.bibliocommons.com/events/65fc8fd3aab5ae427b812edf>

Bring in the Pollinators and Grow a Pollinator Habitat: Wednesday, May 29, 6 – 7:45 pm. Join Suzanne Bontempo from Plant Harmony & Our Water Our World to learn about how to successfully grow a pollinator habitat in any space. In addition to bees and butterflies, insects, birds, and other unexpected plant pollinators are vital to our food supply and ecosystems.
<https://marinlibrary.bibliocommons.com/events/65bc480cbf3fd8280odco066>

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.

