

Age Friendly Fairfax Newsletter

June 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:

June 5: Breakfast with Friends

June 6: Ross Valley Seniors

June 26: Age-Friendly Marin Forum

July 11: Ross Valley Seniors (*Date change due to Holiday on the 4th*)

July 3: Breakfast with Friends

Age Friendly Marin "Breakfast with Friends", Wednesday, June 5 and July 3, 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, June 6 and July 11, 11:00am - 2:00pm at the Fairfax Women's Club. Join the Ross Valley Seniors the first Thursday of every

month (exception in July because of the 4th) 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. **June 6th Topic:** Marin Master Gardener, Ron Filson will discuss fire smart gardening and garden basics to conserve water. Bring plant starters and extra seeds for a RVS the plant/seed swap. Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age-Friendly Marin Forum: June 26, 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. Use this link to view upcoming topics and register:

<https://bit.ly/MarinForumRegistration>

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>



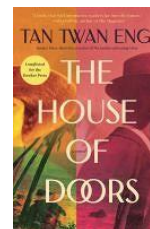
Fairfax Library has in-person programming for adults in the Community Room. Library hours are Mon-Thursday 9-8 pm, Friday and Saturday 10-5 pm. Program highlights are listed below or check out the Fairfax Library calendar or call 415-453-8151 for more details.



Art Docent: American Beauty: Thursday, June 6, 6:30 – 7:30 PM. Art docent Alfred Escoffier presents American Beauty: The Osher Collection of American Art celebrating one of the most transformative periods of art history of the Fine Arts Museums of San Francisco. The collection spans the years of 1848 to 1960 reflecting this dynamic and complicated period in American culture. <https://marinlibrary.bibliocommons.com/events/662155b1aab5ae427b85bbf4>

Mindfulness Meditation (Four Part Series), Tuesday, June 18 & 25 plus July 2 & 9, 6:30 – 7:30 PM. Join Margot Koch for a four-part series to learn the basics of mindfulness meditation. This series will offer meditation instruction, quiet sitting, and opportunities to discuss and connect with others. Come to all sessions or drop in when you can. <https://marinlibrary.bibliocommons.com/events/66303597aab5ae427b875dcc>

Fairfax Library Tuesday Book Club: The House of Doors by Tan Twan Eng, Tuesday, June 18, 11:00 AM – 12:00 PM.



This Tuesday Morning Book Club meets in-person, every other month, to discuss a new book. Everyone is welcome to attend even if you have not read the selected

book. <https://marinlibrary.bibliocommons.com/events/65e6324e74bc9c2900875e79>

Ongoing Community Poetry Group: Tuesday, June 24, 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/65fc9024e3e1ee3000363389>

Marin County Parks: Historical Significance of Mt. Burdell:

Wednesday, June 26, 6 – 7:15 PM. Join Marin County Park Ranger Alex Guerin for an informative and lively presentation about the historical significance of Mount Burdell. The presentation will cover the geological origins of the mountain, the Rancho land grant era, and how Mt. Burdell played an impactful role in early Marin.

<https://marinlibrary.bibliocommons.com/events/65fb6b1d02859793719d84a3>

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.