

Age Friendly Fairfax Newsletter

July 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:

July 3: Breakfast with Friends

July 11: Ross Valley Seniors

July 24: Age-Friendly Marin Forum

August 1: Ross Valley Seniors

August 7: Breakfast with Friends

Age Friendly Marin "Breakfast with Friends", Wednesday, July 3 and August 7, 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, July 11 and August 1, 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. **July 11th Topic:** Team Table Trivia and BBQ sponsored by the Town of San Anselmo. Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age and Disability Friendly Marin Forum: "Making Ends Meet" July 24, 10:00-11:15 am: These on-line forums are held the 4th Wednesday of the month and include timely topics of interest to older adults. 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 occasionally meet the 4th Friday of the month at 9:30 am at Victory Village in Fairfax. Next meeting is August 23, 2024. Our goals are to advocate for and plan/support age friendly services for Fairfax. Please email Josa Buennagel (jtuchel@gmail.com) for information 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.



Mindfulness Meditation (Series), Tuesday, July 2 & 9, 6:30 – 7:30 PM. Join Margot Koch for the last two sessions of this 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/66303597aab5ae427b875dce>

Basics of Dementia: What Everyone Should Know, Tuesday, July 9, 11:00 AM – 12:30 PM. Catherine Madison, MD, will discuss the Basics of Dementia: What Everyone Should Know and Why Look for It.

Covering: definition of dementia, common causes, the normal fears associated with dementia, why it is important to screen for dementia, communication challenges associated with dementia, and the goals of care.

<https://marinlibrary.bibliocommons.com/events/66676343e3e1ee3000433728>

Aging with Joy: Wednesday, July 10, 6:30 – 7:30 PM. Join Malcolm Campbell as he teaches specific techniques for moving from a negative emotional state to a positive one, from anxiety or fear or anger to a better feeling state. It's also about how to be more fully in the present. Malcolm is an 84-year-old psychotherapist with more than 30 years of practice, and a 25-year resident

of Fairfax and Marin County.

<https://marinlibrary.bibliocommons.com/events/66329ab61e57af28004259b3>

NorCal Bats: Live Bat Showcase - Registration Required: Saturday, July 13, 11:00 AM – 12:00 PM OR 1-2 PM. Join NorCal Bats Founder & Director, Corky Quirk, along with several live bats, for a very informative and awesome experience. Attendees will be able to sit and view up close these magnificent creatures, learn about what they eat and learn about their natural habitats in the wild. Space is limited **you must phone the Fairfax Library to reserve seating** for either the 11am or the 1pm program.

<https://marinlibrary.bibliocommons.com/events/6621abc7aab5ae427b85d1cd>

Conversations for Mortals: a "Death Cafe" style conversation group Wednesday, July 17, 6:30 – 7:45 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/662298568eb3635032840fa9>

Ongoing Community Poetry Group: Tuesday, July 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 & author Brent MacKinnon. Meets monthly.

<https://marinlibrary.bibliocommons.com/events/65fc9024e3e1ee300036338a>

Medicare: Preventing Fraud - HICAP Presentation, Wednesday, July 24, 6:00 – 7:30 PM. Join HICAP Medicare specialist Diana Lopez to learn more about how to protect yourself and prevent Medicare fraud. Medicare scams have become common, and this presentation will help you identify potential Medicare fraud and pitfalls.

<https://marinlibrary.bibliocommons.com/events/666763b5e3e1ee300043373b>

ESCOM: Protecting Your Personal Information Online, Friday, July 26, 2 – 3:30 PM. Emeritus Students College of Marin (ESCOM) has partnered with the Fairfax Library to offer technology classes at the library. This class will cover topics such as securing your mobile phone / tablet / laptop and how to be savvy when using internet services for browsing, shopping, personal banking, telemedicine, and social media.

<https://marinlibrary.bibliocommons.com/events/6652463d738d8310ebd8e3c5>

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.