

Age Friendly Fairfax Newsletter

September 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:

September 4: Ross Valley Seniors

September 5: Breakfast with Friends

September 18: Marin Senior Fair, Marin County Exhibit Hall

September 25: Age-Friendly Marin Forum

October 2: Breakfast with Friends

October 3: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, September 4 and October 2, 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, September 5 and October 3, 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. **Sept 5th Topic:** Herbalist Catherine Abby Rich will discuss "Finding Help Through the Use of Local Medicinal Herbs". Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age and Disability Friendly Marin Forum: Sept 25, 10-11:15 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. 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://escom.marin.edu/>

Marin County Senior Fair, Wednesday, September 18, 9 am – 3 pm. Marin Civic Center Exhibit Hall, 10 Avenue of Flags, San Rafael. Featuring 140 booths with valuable information and resources, plus music & entertainment. Free transportation from Vivalon in San Rafael or Free Parking at the Civic Center. Check website for details: <https://2024.marinseniorfair.org/>

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.marinhhhs.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.



NEW: California State Library Parks Pass Backpack: Check out a backpack with a free California State Parks pass and outdoor recreation supplies. Packs include: Binoculars, Hiking Poles, Field Guides, Flashlight, Compass, Safety Horn, (3) dry bags and a Microscope. Fairfax Library has (4) backpacks that are available to public (all ages) - these can be checked out for one week. <https://marinlibrary.bibliocommons.com/v2/record/S113C2633747>

Did you know Libraries also check out Park Passes for the Marin Municipal Water District, Mount Tamalpais State Park and CA State Parks? Reserve here: <https://marinlibrary.org/parks/>

California Biodiversity Day: Come Enjoy the Community Celebration: Saturday, Sept 7, 10 AM – 12 PM. Fairfax is home to many plants and animals that coexist and cohabitate with its residents. Join the [Fairfax Climate Action Committee's](#) Sequestration Team in celebrating California's Biodiversity Day. This celebration will be held outside in the Library Garden patio areas. <https://marinlibrary.bibliocommons.com/events/66bcb77838e458ba8c1da344>

Succulents with Gary Bartl: Wednesday, Sept 11, 6:30 – 7:45 PM. Master Gardener Gary Bartl will share tips on how to grow healthy, gorgeous succulents. Includes a live plant demonstration. <https://marinlibrary.bibliocommons.com/events/668c283090b60b33004957d8>

Fire Season Is Coming, What's Your Preparedness Plan: Thursday, Sept 12, 6:30 – 8:30 PM. Disasters don't plan ahead, but you can! What's your plan? Learn how to: get alerts, make an evacuation plan, pack a go bag, assemble a stay box plus help friends and neighbors get ready. <https://marinlibrary.bibliocommons.com/events/66c0e2c1e59b23280086aa48>

Gardening All Year: Prepping Your Garden for Fall with Lori Caldwell: Saturday, Sept 14, 3 – 4:30 PM. The class is geared toward people who want to learn the basics of cool weather gardening. No previous knowledge required. Learn the skill of tending your garden (and container gardens) joining the food justice & biodiversity preservation movement. <https://marinlibrary.bibliocommons.com/events/6692a86b2486bf251bb78c2c>

YardSmartMarin: Stop Think Protect: Tuesday, Sept 17, 11 AM – 12 PM. How to choose the least toxic pest control alternative. YardSmartMarin helps raise awareness and reduce the use of pesticides. It's fast and easy to spray pesky bugs with toxic chemicals. But bug spray can be dangerous to wildlife, pets, the environment and your family. Learn about alternative techniques. <https://marinlibrary.bibliocommons.com/events/6692a89f897288371b285347>

Conversations for Mortals: a "Death Cafe" style conversation group Wednesday, September 18, 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/665246a18b48e73a00dea7ae>

Ongoing Community Poetry Group: Monday, Sept 23, 5-7:00 pm.

Bring your poetry/creativity to this monthly gathering and learn how to celebrate the written word. Collaborate with one another in a welcoming environment with in-class writing, positive feedback, suggested themes & review of poetic forms. Led by local poet & author Brent MacKinnon. Meets monthly.

<https://marinlibrary.bibliocommons.com/events/65fc9024e3e1ee300036338c>

Backyard Birds & Habitats: Tuesday, September 24, 11 AM – 12 PM.

Join Marin Master Gardener Bob Maucelli as he provides tips and information about backyard birds and their habitats.

<https://marinlibrary.bibliocommons.com/events/66b6c89faefc8df4a11acee4>

Memory Care Screening with Neurologist Dr. Catherine Madison: Thursday, September 26. Free Memory Screenings for Aging

Adults. REGISTRATION IS REQUIRED. Session times: 12pm, 1pm, 2pm, or 3pm. Contact Fairfax Library to register for a session - Call (415) 453-8151

<https://marinlibrary.bibliocommons.com/events/66ae64143849bf4100c4f4bc>

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.