

Age Friendly Fairfax Newsletter

October 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:

October 2: Breakfast with Friends

October 2: League of Women Voters: Pros and Cons of State Ballot Measures

October 3: Ross Valley Seniors

October 23: Age-Friendly Marin Forum

November 6: Breakfast with Friends

November 7: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, October 2 and November 6, 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, October 3 and November 7, 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. **November 7th Topic:** Medicare Specialist Diana Lopez will review information about what is covered with current Medicare plans and how to best use and maximize your coverage. Please call Vincent Lin at the San Anselmo Recreation Department, 415-258-4669 to RSVP.

Age and Disability Friendly Marin Forum: October 23, 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/>

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.



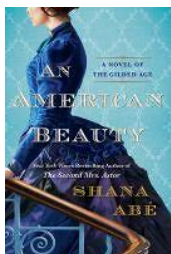
NEW: California State Library Parks Pass Backpack: Check out a backpack with a free California State Parks pass and outdoor recreation supplies. Packs include: Binoculars, Hiking Poles, Field Guides, Flashlight, Compass, Safety Horn, (3) dry bags and a Microscope. Fairfax Library has (4) backpacks that 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/>

Pros & Cons of State Ballot Propositions, Wed, October 2, 6–7:30 PM. Zoom event with the League of Women Voters of Marin & Sonoma Counties. The LWV will present a non-partisan and unbiased look at the Pros & Cons of the ten State ballot propositions that will appear on the November 5th ballot. Watch at the Fairfax library or zoom from home with this link: <https://us06web.zoom.us/j/86734536406>

Online Mobile App's for Payments and Transfers, Friday, October 11, 2 – 3:30 PM. Emeritus Students College of Marin (ESCOM) and the Fairfax Library partnered to provide class about how to use the convenient and popular P2P payment apps. Including how to protect yourself when doing so. Popular P2P apps covered: Apple Cash, Cash App, Venmo, and Zelle.

<https://marinlibrary.bibliocommons.com/events/66f456d771e2b82800bb2b2b>



Fairfax Tuesday Book Club: An American Beauty by Shana Abe, Tuesday, October 15, 11– 12:00 PM. The Tuesday Morning Book Club meets in-person every other month to discuss a new book. All are welcome to attend whether or not you have read the selected book by Shana Abe.

<https://marinlibrary.bibliocommons.com/events/66edb13bef7e0dfe50bcc70f>

Conversations for Mortals: a "Death Cafe" style conversation group Wednesday, October 16, 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>

Mindful End of Life Planning, Part 1: Wednesday, October 23 and Part 2: Wednesday, October 30, 6– 7:45 PM. This is a two-part event, "Death Ed 101" & "Death Ed 102". Participants may attend one or both. Death Doula and Registered Nurse, Stephanie Crawford will explore our current death care culture in America, will highlight the differences between hospice and palliative care and discuss the emerging role of death doulas.

<https://marinlibrary.bibliocommons.com/events/669e8aefaefc8df4a117e076>

Ongoing Community Poetry Group: Monday, October 28, 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>

Garden Prepping for Spring, Tuesday, October 29, 11:30– 12:45 PM. Join Marin Master Gardeners Keri Pon and Jenine Stilson as they share

information and tips about "Fall Garden Prepping for Spring" and increase the bounty of your summer harvest.

<https://marinlibrary.bibliocommons.com/events/669e8b9f1be1968097dc5d7a>

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.