

Age Friendly Fairfax

Building a healthy and livable community for all!



Fabulous February in Fairfax

Hello everyone,

February first begins on Friday and the ever-popular chair yoga will be held at the library! And fires and floods will be on our minds as we listen to the first responders discuss emergency services at our forum on the 22nd—hope you are there to hear how best to stay safe. And join us for Breakfast with Friends this month at a new location, the Split Rock Tap & Wheel, next to Fairfax Market, will be fun!

The Age Friendly Fairfax Task Force: Jody Timms, Barbara Coler, David Weinsoff, Francie Bedinger, Anne Mannes, Kelsey Fernandez and Jackie Engstrom.

Aging in Fairfax, everybody's doing it!

Marin County Commission on Aging

February 7th

9-11am

Whistlestop, 930 Tamalpais Ave, San Rafael

“Junior Accessory Dwelling Unit (JADU) Expo.” A JADU is a room rental within an existing residence. JADUs can help alleviate Marin’s housing crisis and provide an additional income source for homeowners—including older adults on a fixed income—that can help them remain in their homes.

Ross Valley Seniors

February 7th

12- 2pm

Fairfax Women's Club

Come socialize, enjoy the luncheon and hear about “The Bolinas-Fairfax Road,” by historian Brain Crawford.

For more info, call 415-258-4669 or: [Click here for more details.](#)

Age Friendly Friday: Live & Learn!

February 8th

1-2pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

Join a discussion and support group for all ages to consider what we are learning by living — what challenges, motivates and inspires us?

Breakfast with Friends

February 20th

9:30 to 10:30am

Split Rock Tap & Wheel, 2020 Sir Francis Drake Blvd. (Next to Fairfax Market)

Join us for socializing, coffee and/or breakfast to make new friends and keep the old (you cover cost of your meal). Hosted by the Age Friendly Fairfax Task Force.

Ask an Expert

February 22nd

12:30 to 1pm

Fairfax Library

Do you have concerns or questions about resources for older adults in Fairfax and Marin? Come meet one-on-one with a member of the Age Friendly Fairfax Task Force for information and support.

Age Friendly Fairfax Forum

February 22nd

1 to 2pm

Fairfax Library, 2097 Sir Francis Drake Blvd.

"Fire, Ambulance and Police Services"

Handling medical or disaster emergencies when you are overwhelmed or possibly ill can be a real challenge. Come hear from trusted first responders on when it's appropriate (and why) to call 911, and what to expect. If an evacuation is needed due to a disaster (a fast moving fire for instance), how would you be notified and how can you be ready to go if that is mandated.

Upcoming Forums...

March 22: "Are My Ducks in a Row?Part One: Wills and Trusts" You've heard it's important to have a will or a trust. What are these documents and why do they matter? Join us for a discussion of legal documents to express your wishes for how your finances will be handled if you become ill or after your death. Planning now can give you peace of mind and avoid hassle, heartache and costs later. Come learn basics of estate planning from local attorney, Lisa Fialco.

March 29:"Resources for Veterans" Veteran volunteer, Mark Seely, will be available to meet with veterans and their families to discuss such issues as health, disability compensation, vocational rehabilitation and employment, education and training and VA life insurance. (1-4 pm)



Fairfax Recreation

Free classes for older adults such as beginners yoga, painting, singing, etc.

For more info [click here.](#)



Library Events

Come to the library any Friday at 1 pm for events throughout the month.

For more info [click here.](#)



Ross Valley Village

Curious about Ross Valley Village and the services available to you?

Get more [info here.](#)

Wondering what IS Age Friendly Fairfax??

Find out more here