

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## A Fresh Start for January

Hello everyone,

As the New Year rolls in, here's hoping we bring the peace, joy and good will of the holidays with us into 2019! It's the perfect time to set intentions, write resolutions and put plans in place—on Jan 25<sup>th</sup>, we'll share scenarios we do and don't want to happen as we look ahead and plan for healthy aging in place. Hope to see you at one of our social or educational events this year!

*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!***

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### ***Marin County Commission on Aging***

***January 3rd***

***10-11am***

*Whistlestop,*

*930 Tamalpais Ave, San Rafael*

“Aging in Place with Grace: Planning Ahead” Focus will be on scenarios as we age including topics of finances, housing, personal and health care; with presentation on Community Resource Guide and 457-INFO line.

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### ***Ross Valley Seniors***

***January 3rd***

***12- 2pm***

*Fairfax Women's Club*

Come socialize, enjoy the luncheon and a Balance and Agility class. First time guests always welcome (\$7 drop-in fee). Sponsored by Towns of Fairfax and San Anselmo.

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

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## ***Age Friendly Friday: Live & Learn!***

***January 11th***

***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?

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## ***Breakfast with Friends***

***January 16th***

***9:30 to 10:30am***

*Fair Fix Cafe, 33 Broadway Blvd, Fairfax*

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.

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## ***Ask an Expert***

***January 25th***

***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.

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## ***Age Friendly Fairfax Forum***

***January 25th***

***1 to 2pm***

*Fairfax Library, 2097 Sir Francis Drake Blvd.*

### ***"Aging in Place with Grace"***

Have you thought about your most, and least, preferred scenarios for how you'd like your later years to unfold? What would best support your health and personal care, finances, transportation needs, and living situation, etc. Thinking and planning ahead will help you control or manage the choices and decisions you do have as you age.

**Upcoming Forums...**

**February 22: "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.

**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