

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## Marching into Spring

Hello everyone,

March is just around the corner and before we know it, spring will be sprung! This month we will host TWO forums at the Fairfax Library—on wills and trusts, the 4<sup>th</sup> Friday and a special 5<sup>th</sup> Friday event for Veterans and their family members. We also have two new free chair yoga classes at Bennett House, and Breakfast with Friends will meet again at the Spilt Rock where there is plenty of parking! See you soon.

*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***

***March 7th***

***10-11am***

*Sausalito City Hall, 420 Litho St., Sausalito*

***“Legal Services for Older Adults”***

A panel discussion about free legal services and how the Ombudsman program advocates for the rights of residents in long-term care facilities.

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

***March 7th***

***12- 2pm***

*Fairfax Women's Club*

Come socialize, enjoy the luncheon and hear about Guide Dogs for the Blind, speaker Jane Flower.

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

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## ***Age Friendly Fridays @ the Fairfax Library***

***1-2pm***

*Fairfax Library, 2097 Sir Francis Drake Blvd.*

Join us for chair yoga every 1st and 3rd Friday; and our monthly Forum every 4th Friday.

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## ***Breakfast with Friends***

***March 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.

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## ***Ask an Expert***

***March 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.

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

*Fairfax Library, 2097 Sir Francis Drake Blvd.*

***March 22nd***

***1 to 2pm***

***“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***

**1 to 4pm**

*Note: Special 5<sup>th</sup> Friday event!*

### ***“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.



### ***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