

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## April Rain! Rain! Rain!

Hello everyone,

We've had nearly twice as much rain this year as last year as we dive into April. It will be stopping soon so come on out this month and sharpen up your social skills at the monthly breakfast, luncheon, forum, or perhaps at a class! End of life planning is our forum subject—it's always a relief to get those tasks on your to-do list done, hope you join us, and live it up!

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

***Ageing in Fairfax, everybody's doing it!***

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

***April 4th  
10-11am***

*San Rafael Community Center, 618 B Street, San Rafael*

***“Marin County Area Agency on Aging (AAA) Annual 2019-2020 Update”*** This is a public hearing to hear about the accomplishments, collaborations and planned activities of the AAA and Commission on Aging. Your input will be valued and appreciated.

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

***April 4th  
12- 2pm***

*Fairfax Women's Club*

Come socialize, enjoy the luncheon and slide presentation by Karen Arnold about Tanzanian African Wildlife.

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***

***April 17th***

***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***

***April 26th***

***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.*

***April 26th***

***1 to 2pm***

### ***“Are My Ducks in a Row? Part Two: Conservations & Documents for Medical Planning”***

Now is the best time to learn the options and issues you’ll need to address in your later years regarding your health. Beginning with a heart to heart conversation with yourself and your family will greatly support the process of getting prepared and then moving on to your paperwork, including having an Advance Directive for Healthcare, a POLST, and making final arrangements.

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### ***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