

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## May I?

Hello everyone,

May is such a lovely word. Besides being the month at hand, it's also an "auxiliary verb." May I help you? May peace prevail on earth. May you live long and prosper. One way to do the latter is to plan ahead and be prepared--the subject of our forum this month: Ready. Set. Go. in case of fire, flood, earthquake, etc. Join us!

*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***

***May 2nd***

***9-1pm***

*Four Points Sheraton, 1010 Northgate Dr., San Rafael*

***“2019 Annual Health Forum: Connect, Create, Contribute,”***  
will feature two speakers on dental and aural/hearing health. Join in celebrating Older Adults Month.

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

***May 2nd***

***12- 2pm***

*Fairfax Women's Club*

Come socialize, enjoy the luncheon, bring a tea cup and wear you “high tea hat” for Mother’s Day.

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***

***May 15th***

***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***

***May 24th***

***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.*

***May 24th***

***1 to 2pm***

***“Ready. Set. Go. Preparing for Fire, Flood, Earthquake”***

Your life could depend on being organized and ready should an unwelcome disaster come your way. Thinking and moving as quickly as possible under pressure takes advanced preparation. Get the best advice available, especially geared for older adults, and learn those critical tips to keep you safe if trouble comes knocking at your door.

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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