

Age Friendly Fairfax

Building a healthy and livable community for all!



Awesome August

Hello everyone,

Our summer break continues so no forum at the library this month but our yoga classes continue as do our monthly age friendly task force meeting, breakfast with friends and Ross Valley Seniors luncheon. Hope you are having an awesome summer with family and friends. We look forward to seeing you at a local event soon!

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

Ageing in Fairfax, everybody's doing it!

Marin County Commission on Aging

No meeting in August, educational event resumes on September 5th, 10-11 am: ***"HICAP Updates,"*** what's new in the State of California's Health Insurance Counseling & Advocacy Program, which provides free and objective information and counseling about Medicare.

Ross Valley Seniors

August 1st

12- 2pm

Fairfax Women's Club

Come socialize, enjoy the luncheon, and hear about fire safety from the Ross Valley Fire Department.

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



The Marin Sheriff's office wants to ensure you're informed during an emergency. Please sign up for [Alert Marin](#), Marin County's emergency alert system.

Age Friendly Fairfax Task Force

August 9th
9:15-10:30 am
53 Taylor Dr. Fairfax

If you'd like to attend our monthly meeting or join the task force and help us create even more ways to enhance the quality of life and health of older adults, come to our next meeting (the second Friday of each month at Bennett House).

Breakfast with Friends

August 21st
9:30 to 10:30am
Barefoot Cafe, 1900 Sir Francis Drake Blvd.

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.

Age Friendly Fridays @ the Fairfax Library

1- 2pm
Fairfax Library

Join us for chair yoga on the 1st and 3rd Friday the month; our monthly



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.](#)

Find out more here