

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## Sweet September

Hello everyone,

How was your summer, sizzling a bit here and there? Our very special age friendly forums start up again this month after a delightful summer break. They are on the second Friday now and at the library as usual. It's a serious subject this month but an important one: making your final arrangements, see below for details. You have probably received the latest Parks & Recreation catalog—do check out all the free classes in there just for older adults, and join us if you're so moved!

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

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

---

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

***September 5th***

***10-11am***

*Albert J. Boro Community Center, 50 Canal St., San Rafael*

***“Insights into Medicare”*** will include an Medicare overview and a preview of 2020 changes, also the role of HICAP (Health Insurance Counseling and Advocacy Program).

---

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

***September 5th***

**12- 2pm**

*Fairfax Women's Club*

Come socialize, enjoy the luncheon, and hear from Kevin Wright, Marin County Parks & Open Space discussing local parks and hikes for seniors.

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

---

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

***September 13th***

***1-2pm***

*Fairfax Library*

***“Final Arrangements - Our Last Duck to Get in a Row.”*** What are your thoughts and plans for the very end of your life? Would you want hospice services; or Aid in Dying? What do you want to have happen to your physical body and is a funeral or Celebration of Life in your plans? Come learn all the questions you need to ponder and which answers speak to you.

***Ask an Expert, 12:30-1 pm:*** Come early and meet one-on-one for information and support if you have specific concerns or questions about resources for older adults.

---

## ***Breakfast with Friends***

***September 18th***

***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 Forum on the 2nd Friday, resumes on September 13th.

---



## When disaster strikes how will you be informed?

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.



### *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