

Age Friendly Fairfax

Building a healthy and livable community for all!



Delicious December

Hello everyone,

Our final month of 2019 is before us and we are wishing you a delightful December! You may notice a slight change in our listing of events, with all the activities at the Fairfax library listed first, as we deeply appreciate their support in hosting us. We also want to encourage you to reach out to your neighbors to offer or receive support as temperatures get colder but hopefully hearts get warmer. The importance of making and having friends and a solid support system is the focus of our forum this month—hope to see you there!

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

Aging in Fairfax, everybody's doing it!

Age Friendly Fridays @ the Fairfax Library

Join us for chair yoga every 1st and 3rd Friday; and our monthly events on the 2nd and 4th Friday of each month:

December 6th 1-2pm: Chair Yoga with Tamela Smith, Instructor.

December 13th 1-2pm: “Building Your Social Strength: Family, Friends, Community” A strong social life is paramount to happiness and it's common as we age to need someone there for us, temporarily or on-going. We also may want to offer our support and friendship to others. Bring your experiences, concerns and successes as we explore and strengthen our networks of social support.

December 20th 1-2pm: Chair Yoga with Tamela Smith, Instructor.

December 27th 1-2pm: “Get Creative with Iris Folding” Learn to create beautiful handmade cards using the iris folding technique. The center of the design forms an iris—a shape reminiscent of the iris diaphragm of a camera lens. All supplies will be provided.

Marin County Commission on Aging

December 5th

10-11am

Marin Valley Mobile Country Club, 100 Marin Valley Dr., Novato.

“California’s New Master Plan on Aging” All Californians should be empowered to age with dignity and independence. With this in mind, on June 10, 2019, Governor Gavin Newsom issued an executive order outlining a broad framework for a California Master Plan for Aging. Learn about how the plan will address long-term services and supports (LTSS) and how it will help the middle class.

Ross Valley Seniors

December 5th

12- 2pm

Fairfax Women's Club

Come socialize, enjoy the luncheon, and celebrate the season with our holiday party including a sing along with Dave Fromer!

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

Age Friendly Task Force

December 13th

9:15-10:30 am

Bennett House - 53 Taylor Drive, Fairfax

You’re welcome to attend, bring your energy and ideas!

Breakfast with Friends

December 18th

9:30 to 10:30am

Barefoot Cafe, 1900 Sir Francis Drake Blvd.

Join us for socializing, coffee or breakfast to make new friends and have a friendly chat.

Questions about services for older adults?



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 1pm 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