

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## November Notes

Hello everyone,

Do you find yourself making notes of important appointments, or details you just need to remember? That's common as we age and a great way to stay on top of things—come to our forum November 8th to learn more tips about how to maintain our cognitive health and memory! Or come out for a social gathering—breakfast or lunch, a yoga or singing class. Lots to keep you engaged and support healthy aging!

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

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

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

***November 7th***

***10-11am***

*Whistlestop, San Rafael*

***“Living Options for Older Adults in Marin,”*** Looking ahead at Marin housing options over the next five years, hear from Joe O’Hehir, CEO of Whistlestop, Hunter Moore, CEO of The Redwoods and Joseph Walsh, Marin Environmental and Housing Collaborative.

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***Ross Valley Seniors***

**November 7th**

**12- 2pm**

*Fairfax Women's Club*

Come socialize, enjoy the luncheon, and celebrate the 13th anniversary with a bingo game!

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

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

**November 8th**

**1-2pm**

*Fairfax Library*

**“Cognitive Health to Counter Memory Loss”** Memory changes normally as the years roll by but how do we keep our brains and bodies healthy to slow the effects of time on our ability to remember what’s important in life? Lots of research and information is available on keeping our cognition as strong as possible, come hear from those most in the know.

**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.

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## ***Breakfast with Friends***

**November 20th**

**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.

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## ***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.

**November 22nd - Special 3rd  
Friday event!**

**Create a Tissue Paper Floral  
Arrangement for Your**



## Thanksgiving Table

No Thanksgiving table is complete without flowers! Craft your own bouquet out of colorful, delicate tissue paper and arrange them to create a centerpiece to impress your guests.



### *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