



FAIRFAX RECREATION

classes -- community services -- events



WINTER-SPRING-SUMMER 2020



“As you discover what strength you can draw from your community in this world from which it stands apart, look outward as well as inward. Build bridges instead of walls.”

-Justice Sonia Sotomayor

WINTER - SPRING - SUMMER 2020

We hope all of you had a nourishing holiday season and find in the pages ahead some inspiration for the new year. We feel so fortunate that throughout the year there are ways we can connect and immerse ourselves in our community. We are lucky to have the cornucopia of delights that make our town so wonderful - amazing merchants, artists, musicians, restaurants, the open green space of nature and more.

For 2020, we are continuing to provide a few of the solid gems that we hope will enrich your quality of life— like our family and community events, our sports offerings for school aged kids, age friendly classes, leadership opportunities and summer camp fun. Be sure to check out our new resources for teenagers and young adults-- programming we'd like to continue to build upon with community involvement.

We hope 2020 is a year that brings you all much peace and joy.

With appreciation,
Anne, Camille and Maria

Anne Mannes, Camille Esposito, and Maria Baird
Town of Fairfax -- Recreation and Community Services Department
www.fairfaxrec.com

No family will be turned away for lack of funds. Please contact Anne Mannes directly if you need to make alternative payment arrangements.

*The photos in this catalog are thanks to :
Stephanie Mohan, Erica Tanamachi & Jacquelyn Warner*



FAMILY & COMMUNITY EVENTS

ALICE IN WONDERLAND TEA PARTY

A fundraiser for Fairfax Theatre Company
Saturday, March 7 from 2-3:30pm
Fairfax Women's Club - 46 Park Road
\$25 adults, \$20 kids

Make a Saturday afternoon date for an English High Tea with Alice, the March Hare, Door Mouse and Mad Hatter at a decidedly unique tea party complete with delicious tea sandwiches, a selection of organic teas, hot chocolate for kids and yummy desserts for all. Enjoy the Fairfax Theater Company cast of characters as they entertain us at the Fairfax Women's Club.

Contact Maria Baird at 415-456-5652 or mbaird@townoffairfax.org by March 1 to secure your seats. You also can register on Eventbrite - Fairfax Theatre Company.

3 *Please reserve early as the space is limited.

EGG HUNT

Saturday, April 11 at 10am
Bolinás Park

Come join the Easter bunny in a hunt for eggs at Bolinas Park! There will be music by James K, face painting, bubbles, and more fun! For ages 8 and below. Don't forget your basket!

FAIRFAX FESTIVAL

Saturday and Sunday, June 13 and 14
10am-6pm

Don't miss Fairfax Festival, the biggest party in Town! The parade kicks off at 10:00 a.m. on Saturday, June 13th, beginning at the movie theater, and culminating at the Community Center. Plenty of vendors, musicians and food for all.

RESTORE PERI PARK



DID YOU KNOW THAT OUR BELOVED PERI PARK WAS BUILT BY VOLUNTEERS?

It's up to volunteers, like you, to maintain the park and make sure it stays fresh and clean for generations to come.

For the latest updates on the park designs and our plans:

WWW.TOWNOFFAIRFAX.ORG/PERI-PARK-PLAYGROUND

To donate, please visit our Gofundme page at:

WWW.GOFUNDME.COM/F/PERI-PARK

Special thanks to volunteer designer Richard Sloan and assistant Miles Zaccaglini. We also are thankful for our architect Theresa Tamley for her dedication to this project and all the volunteer Parks and Recreation Commissioners.



ARTS IN FAIRFAX

The Parks and Recreation Commission (PARC) continues its commitment to making arts more visible and supported in Fairfax. Spearheaded by the Fairfax Recreation and Community Services department, we are bringing together some exciting partnerships with Fairfax Volunteers and the Chamber of Commerce, among others, to bring the community the following art programs: *Artist in Residence Collaborative*- which includes the Fairfax Art Walk, *Public Art in the Parkade* and the *Fairfax Theater Company*.

To learn more about these programs, please go to our website
www.townoffairfax.org/community

Contact us if you would like to be involved with these projects.

NEWBORN TO PRESCHOOL



New Moms and Babies Group

Birth through first year

Fairfax Community Center (next to Peri Park)

Tuesdays 11-12:30pm (year round offering with a break in the summer)

Facilitator: Lea Ritter – a local midwife and mother

FREE

Join us for an ongoing drop in group with an accepting and friendly tone. Our group offers a safe and supportive environment conducive to sharing about topics such as emotional and physical recovery after birth, expectations surrounding being a mother, changes in lifestyle and in relationships, finding support and trusting caregivers, life balance and sleep, navigating medical care, child development, play and temperament, among other topics and issues. It is a time to get out, meet other new moms and dads and talk about whatever is on your mind surrounding parenting. This is a participant led group; please suggest speakers and/or topics of interest. Bring your baby - feel free to feed, change and let baby talk or fuss.

Pavilion Playtime and Toddler Tumbling with Flying Dutchman Gymnastics

1-5 years old

Fairfax Pavilion

Wednesday and Friday 9:30am -11:30am

Resumes January 8– through springtime

\$15 per child per visit for residents outside Fairfax,

\$12 per child per visit for Fairfax residents

Join other moms, dads and kids at the charming red building on the hill. Children/ infant to 5 years enjoy riding scooters and climbing on a variety of soft blocks and mats. We will encourage early childhood development by guiding children to play and explore their physical capabilities with state of the art gymnastics equipment. Parents enjoy mingling, playing and drinking fresh coffee and tea. Preschool groups can attend at discount. Please contact Dirk at: flyingdutchmangymnastics@gmail.com

Please note the important changes to this program—starting January 8th we will only be operating on Wednesdays and Fridays from 9:30 -11:30am. The cost is increasing slightly to a rate that is comparable to similar area programs. Class cards will be discontinued as of February 1, 2020. We will, however, honor them through the month of January as a courtesy.

SCHOOL-AGED STUDENTS



Gymnastics in the Pavilion

4 - 12 year olds

Mondays, Wednesdays and Fridays 3:30pm-7:30pm

Saturdays from 9-1pm

Ongoing

Check out flyingdutchmangymnastics.com for more detailed class information.

Flying Dutchman Gymnastics is Marin's only entirely mobile recreational gymnastics program through a partnership with the Town of Fairfax and the recreation department. Currently, FDG teaches gymnastics to over 150 local children at the Pavilion in Fairfax. Every week, on Monday, Wednesday, and Friday afternoons. Our professional USAG certified coaches set up a gymnastics floor, bars, rings, full size tumbling trampoline, and other gymnastics equipment and teach classes, camps, birthday parties, games, festival events and more.

Girls Leadership - *Nine Tools for True Friendship*

Women's Club - 46 Park Road

Grade 2 and 3

Dates: Mondays, March 9, 16, 23 and 30 from 5:30-7pm

(class will meet at Community Center - 16 Park Road on March 23)

Instructor: Girls Leadership in partnership with Fairfax Recreation

Price: \$230/pair

A four part series of 90 minute workshops

Like any pursuit - soccer, dance, or writing poetry - developing social-emotional intelligence and learning authentic self-expression takes practice.

Through fun and interactive games and discussions girls and grown-ups will learn and practice how to explore and share feelings, communicate authentically, and make healthy relationship choices.

Program Summary:

Standing Up for Yourself, Sharing Feelings, Double Sorry, Choices for Friend Trouble

No refunds or credits are available within 30 days of the start of the program.

Interested families should sign up with Girls Leadership directly at: girlsleadership.org/womensclub23parti



Marin Futsal

Pavilion

Saturdays and Sundays during rainy season

Fairfax Recreation supports Marin Futsal by offering facility space during the rainy season on Saturdays and Sundays. Futsal is an exciting, fast-paced sport that has skill development designed right into the game. With Futsal, a player can't help but improve their passing, shooting, dribbling, defending, and overall team skills. This program is for boys and girls, recreation and competitive players, ages 6-19 years old and for younger players too ages 5-9 years old.

To learn more about Futsal in the Pavilion contact Frank Bonardi at: futsal4u@hotmail.com

CYO Basketball

Pavilion

Tuesdays and Thursdays 5pm – 8pm

CYO basketball happens each season in the Pavilion to provide young people access to the Pavilion Tuesdays and Thursdays to practice during the chilly season. CYO Athletics in the San Francisco Archdiocese serves Marin, north coastal San Mateo and San Francisco counties and offers Boy's and Girl's Soccer, Boy's & Girl's Basketball, Girl's volleyball (co-ed during the summer) and Co-ed Track & Field and Cross Country. Additionally they have a Physical Education program that they offer throughout the Archdiocese. Currently, they serve over 11,000 kids in 3 counties and continue to build leaders every day.

To learn more about CYO Basketball in the Pavilion contact: cyostrita@gmail.com

YOUTH PROGRAMS



FRIDAY OPEN GYM

Fairfax Recreation and Flying Dutchman Gymnastics are partnering to bring Friday night activities for ages 9 years old to teenage kids.

Please sign up with Dirk at Flying Dutchman Gymnastics or drop in. flyingdutchmangymnastics@gmail.com

Dates: Every Friday until June 5, 2020

Time: 6:30pm – 9pm

FREE Pizza and refreshments

Please come join us in the Pavilion for free time activities, such as, basketball, gymnastics, movies, music and free play. This is a fitness type environment with opportunities to hang out, eat and drink. We are open to suggestions from all engaged participants.

CAMP FAIRFAX – COUNSELOR IN TRAINING (CIT)

The CIT program offers unique opportunities for developing personal and professional skills while encouraging you to enjoy the natural beauty and wonder of our sweet town.

The CIT program is for 12 – 15 year olds—middle school and early high school students.

For more info: www.townoffairfax.org/camp-fairfax/

IPHONE PHOTOGRAPHY CAMP FOR TEENS

July 6 week from 9:30am – 12:30pm

For ages 8th grade – 12th grade

-- minimum of 6 students/limit of 12 students

Instructor: Suzanne Lucas

Location: Fairfax Community Center – 16 Park Road

Cost: \$285

Learn to “see” in new ways by diving deeper into the creative world of photography! Each day we will gather as a group to learn about essential photographic principles and the Art of Seeing. There will be ample time to practice, as well as time for class review/discussion, post-processing tips/tricks. While this class uses mobile devices/cameras for ease and simplicity, concepts such as aperture/shutter speed will be covered, along with other intermediate principles to help improve photography on any camera. Please bring an iPhone or similar device.

TEEN EVENT SERIES

Check out some of the resources for teenagers and young adults. This program is sponsored by the Town of Fairfax Recreation and Community Services department and we hope it can continue with community support.

DODGEBALL NIGHT

Pavilion
Saturday, February 8
7pm- 9pm

OPEN MIC

Women's Club
Saturday, February 29
6:30pm -9pm

PING PONG TOURNAMENT

Pavilion
Saturday, March 21
6:30pm – 9pm

BATTLE OF THE BANDS

Pavilion
Saturday, April 18
6:30pm – 9pm

Please check our website for more details on these offerings—
all events are FREE with light snacks and drinks provided.

WWW.TOWNOFFAIRFAX.ORG/COMMUNITY





SUMMER 2020

Check our website for summer updates and more details:

WWW.FAIRFAXREC.COM

SPANISH CAMP JULY TBD FROM 9AM - 1PM

Fairfax Community Center – 16 Park Road (next to Peri Park)
For 5 – 10 year olds – limit of 12 kids
Instructor: Yvette Filanc
Cost: \$285/week/session

Join us for this specialized camp created for kids and families enthusiastic about learning a 2nd language. The program will be a thematic curriculum around a Spanish speaking country! Kids will explore the foods, animals, nature and sports of the native land. There will be games, songs, adventures, arts, and discovery of cultural fiestas and traditions. As a culminating event on Friday, students will present a small performance, art exhibition or bookmaking and journaling project that they have been working on – all in Spanish!

Basic oral comprehension recommended. For example, child can follow 2 step directions in Spanish. Must have a willingness to try and desire to learn Spanish. *Bring your own lunch. We will provide snacks--include your own if there are dietary restrictions.*

17

CAMP FAIRFAX

JULY 27 - AUGUST 14

Kids 5-10 years old -- Scholarships available
Early bird deadline is July 1. Rates go up after July 20.
Dates subject to change based on RVSD 2020-21 calendar

Camp Fairfax is a homegrown local camp for school aged youth going on its 10th year! During this special time of year campers and their counselors focus on the unique aspects of our little town. This simple and old style summer camp explores arts and crafts, the natural environment, and recreational games under the redwood trees. We place heavy emphasis on community building scaffolding age ranges so campers can learn from each other and build confidence through collaboration. We work with local businesses to bring the youth fun field trips to places like the Fairfax Vet Clinic and Wildcare. In addition, we have a variety of specialized classes throughout the summer including, music, mindfulness, gymnastics and more.

COME HAVE FUN IN YOUR OWN BACKYARD!

18

MARIN COUNTY

Fairfax Branch -- 2097 Sir Francis Drake Blvd.

FREE LIBRARY

Open: M-Th 10-9. Fri 12-5, Sat. 10-6

Creating connections for our community to explore, imagine and innovate, the library offers a wide array of print and electronic resources. With your library card you can download eBooks, stream movies, get free online homework help, or check out a book!

FOR CHILDREN

Musical Mondays

All ages

Mondays, 3:30-4:00pm – ongoing

Build literacy skills through singing and playing!

Mother Goose on the Loose

0-3 years old

Thursdays, 11:00am – ongoing

Nursery rhymes, songs and movement for babies and toddlers designed to help build mind and motor skills.

Picture Book Storytime

3-6 year olds

Thursdays, 3:30pm – ongoing

Books, rhymes and songs for the pre-school set.

Wednesday Kids' Club

Grades K-8

Wednesdays, 4-5:00pm – ongoing

Every week we feature exciting hands-on activities. Use LEGO to build whatever your heart desires on 1st & 3rd Wednesdays of each month. 2nd Wednesdays join us for Crazy Science! 4th and 5th Wednesdays will feature our craft cart.

FOR TEENS

Teen Tuesdays

Most Tuesdays, 4:00pm—ongoing (check online calendar)

Teen Cooking Club! Teen Tech Takeover with Virtual Reality and Ozobots! Fun crafts! Role Playing Games! Check our calendar to see what's happening this week.

We have many programs for all ages; this is only a sample. For a complete list, visit www.marinlibrary.org/events/ -- All library programs are FREE!

FOR ADULTS & SENIORS

Fabric & Fiber Makers Club

1st and 3rd Thursdays each month

Explore your passion for all things fabric and fiber related.

Age Friendly Fridays

Fridays, 1:00pm—ongoing

Join us for chair yoga with Tamela on 1st and 3rd Fridays, a Forum featuring a variety of topics of interest on 2nd Fridays, and a creative activity, guest speaker or concert on 4th and 5th Fridays. Co-Sponsored by Age Friendly Fairfax.

Friends of the Fairfax Library Book Club

2nd Thursday of each month – ongoing at 7pm

The Friends of the Fairfax Library sponsors the book discussion group and provides a moderator, discussion questions, background information and light snacks.

Jewish American Fiction Book Club

(check online calendar for dates)

Co-sponsored by Gan HaLev, the Center for Jewish Peoplehood at Osher Marin JCC and Fairfax Library, the group meets every other month to discuss 20th century fiction by a range of Jewish American writers. Everyone is welcome!

SUMMER CHALLENGE! for Children and Teens

Mid-June through August (check online calendar for specific programs and dates) Kids and Teens are invited to participate in the Library's summer challenge. Kids & Teens can read books and participate in activities and programs. Special events are scheduled at all branches during the summer. Reading over the summer helps children maintain and increase their reading skills and reading for fun broadens their horizons and develops new interests. Kids who participate in library

ADULTS AND SENIORS



Age Friendly Fairfax and Fairfax Recreation are pleased to offer several FREE classes for older adults throughout the year, as well as a monthly forum and a monthly luncheon.

The Age Friendly Fairfax Task Force meets on the 2nd Friday of the month at Bennett House at 9:15 am, everyone is welcome at these meetings.

Visit www.townoffairfax.com/community for details.

New policy on our FREE Older Adult offerings: *These classes are created primarily for Fairfax residents. Seniors outside Fairfax may join for a \$5.00 donation fee/class if space allows.*

Strength and Balance Yoga for Active Adults

Instructor: Tamela Smith

Seniors 55 and over - all levels welcome

FREE

Mat Yoga -- Mondays 1:00-2:15 pm

Fairfax Women's Club -46 Park Road, Fairfax

Chair Yoga -- Wednesdays 1:00-2:00 pm

Bennett House – 53 Taylor Drive, Fairfax

Mat Yoga -- Fridays 9:30 am -10:45 am

Fairfax Women's Club – 46 Park Road, Fairfax

Chair Yoga -- 2nd, 4th and 5th Friday of the month 1:00 -2:00 pm

Bennett House 53 Taylor Drive, Fairfax

*In response to the high demand of these classes, we are adding a Tuesday and Thursday Mat Yoga from January – May 2020.

Mat Yoga -- Tuesdays 1:00- 2:15 p.m Women's Club – 46 Park Road

Mat Yoga -- Thursdays 1:00-2:15p.m Fairfax Pavilion – 142 Bolinas Road

The yoga classes are designed for an adult age 55 or older. The theme of each class encourages beginners, and more active adults to become aware of their bodies through a gentle flow of yoga postures. Supported with a variety of props, the student is invited to explore safe alignment while improving their strength and balance. Each practice reinforces the relationship of breath with movement aiding the release of stress. The steady pace and instruction of class give students the confidence to begin or deepen a regular yoga practice.



Dance a la Moxie for Older Adults

Pavilion
Instructor: Sisi M.P. Hansen
Tuesdays, 2-3:15pm
Resumes January 7 - ongoing class with break over summer
FREE

A progressive, FUN total body workout guaranteed to make you feel better, look better and be better! Open to all levels of experience and all levels of physical ability. Wear comfortable clothing to move in. We dance on cushioned, gymnastic carpet thanks to the Flying Dutchman Gymnastics program, so no shoes necessary!

The Art of Storytelling

Older Adults
Pavilion
Instructor: Sam Parry
Tuesdays 4:30pm – 6pm; March 10 – April 28
FREE (limit of 20 students)

This class will cover story-telling (both historical and current trends) – will explain the basics of storytelling in voice and script – will encourage participants to “tell their story” within a warm and welcoming group- and will cover the differences between ‘visual’ storytelling (stories that are best acted out) and ‘reading’ stories (intonation, characterization, pacing, phrasing, etc.). It promises to be a fun session!

Painting with Acrylics

Older Adults – beginner and intermediate
Pavilion
Instructor: Sam Parry
Tuesdays 10am – 12noon; 10 week session; January 14 – March 17
FREE – materials cost may apply
*limit of 15 participants

Have fun creating your own art on canvas, painting on tile, wood or found materials. We will explore landscapes, still life and more. This is a fun way to spend a couple hours a week with a community of art learners. Special attention will be given to free expression and abstraction.

Heartsongs

Fairfax Community Center – 16 Park Road
Coordinator: Laurie Olson
Thursdays 2:30-3:30pm
January 17 – May 30
FREE

Calling all non-singers, wounded childhood singers, and those who love to sing to create a sacred circle together and join our voices. Heart opening songs will be taught each week through call and response. Singing with others builds community and promotes a healthy sense of belonging to something greater than ourselves. It also lights up more areas of the brain than any other human activity. Learning new songs increases neuroplasticity. So come sing with us when your schedule permits; your heart, brain, inner child and expanding awareness will be glad you did!

Age Friendly Fairfax Forum

FREE and open to all

Fairfax Library, 2097 Sir Francis Drake Blvd., Fairfax

Facilitator: Jody Timms and invited guest speakers

Second and fifth Fridays 1-2pm

See Forum schedule for topics →

Breakfast with Friends

3rd Wednesday from 9:30am – 10:30am

Facilitators – Age Friendly Task Force

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. Location varies, check www.townoffairfax.com for updates.

Ross Valley Seniors

The Ross Valley Seniors is a fun, active, social group who meet on the first Thursday of each month. Fairfax and San Anselmo collaborate to bring seniors a monthly luncheon with special topics. Activities include historical talks, physical activities (including Bocce Ball!), information on resources for the aging population, games, crafts and many other activities. Lunch is provided.

To get more information or to join the Ross Valley Seniors, contact Dawn Jones at 415-258-4669 or Maria Baird at 415-456-5652.

**Questions about services for older adults in Marin?
Call 415-457-4636 (INFO).**

January 10: “*Starting the New Year Clutter Free!*” Where did all this “stuff” come from and how do I go about letting things go and clearing my space? Come learn to de-clutter and stay organized!

January 31: “*Celtic Strings*” Violinist Charmian Stewart and cellist Amanda Craver will present a Scandinavian Celtic string concert.

February 14: “*Getting My Ducks in a Row: Wills and Trusts*” Find peace of mind by getting your legal documents in place, learn the basics of estate planning from local attorney, Lisa Fialco.

March 13: “*Getting My Ducks in a Row: End of Life Planning*” It’s never too early to put your plan in place, write an Advance Directive, a POLST, and think about your final arrangements.

April 10: “*The Climate Emergency: Time to Get Involved!*” Climate change has gone from a global phenomenon to an urgent fight for our very lives, on this 50th anniversary of Earth Day.

May 8: “*Ready. Set. Go. Preparing for Fire, Flood, Earthquake*” Come hear the critical tips to be prepared and keep you safe should an unwelcome disaster come knocking at your door.

May 29: “*Being an Ally to Those Different From Me*” America is the land of the diverse, how can I be an ally to those folks different from me due to age, race, gender, sexual orientation, class, etc.?

June 12: “*Medical Cannabis: Is it Right for Me?*” What are the ins and outs of using and buying cannabis products for improving health and treating medical conditions common in older age?

July 10: “*Staying in Touch with Family & Friends*” Which phones and communication devices can help us as we age, with a special focus on texting, the internet and just making calls on iPhones!

July 31: “*What Goes Where?? Demystifying Zero Waste*” Get a refresher on what “garbage” is recyclable, compostable and or just plain trash, and what to reduce and reuse as much as possible.

August 14: “*Staying in Touch with Family & Friends*” Which phones and communication devices can help us as we age, with special focus on texting, the internet and making calls on smartphones!



FAIRFAX THEATER COMPANY

Summer Play

Weekends June - July 2020
The Fairfax Pavilion

This summer
Fairfax Theatre Company presents
"Fairytales..Revisited!"
a funny retelling of traditional
stories for the family!

OPEN CALL!

FTC is looking for actors, dancers, tech, stage hands and
volunteers for our summer production.
email: theatrewallah@yahoo.com
if you would like to be part of the production.

**FOR MORE INFORMATION:
FAIRFAXTHEATRECOMPANY.COM
OR CALL (415)779-TFTC(8382)**



BIRTHDAY PARTY RENTALS AT THE FAIRFAX PAVILION

Come out and see why Fairfax is a hidden gem for birthday party rentals in Marin! All birthdays offer plenty of party time in one of our local buildings, unlimited fun for your guests, and help from our staff to help you along the way.

To learn about our packages and how to book your party, please go to our website at:

www.townoffairfax.org/birthday-party-rentals/

INFORMATION AND REGISTRATION

Ways to Register for Fairfax Recreation classes and events:

1. For **Drop In or free** classes, simply show up and pay at the door. Checks should be made out to *Town of Fairfax*.
2. For gymnastics, CYO, Marin Futsal, or any other partnership program, contact the organization directly.
3. For Summer Camps, apply online.
4. Still have questions? Email or call us!

FAIRFAX RECREATION

142 Bolinas Road, Fairfax, CA, 94930

www.fairfaxrec.com

415-458-2340