

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## Joyous January

Hello everyone,

It's holiday time in America with a new decade beginning in 2020, always a good time to clear the decks and consider de-cluttering which is the topic this month at our forum at the library, join us on the 10th!

The library is also now offering programs on the 4<sup>th</sup> and 5<sup>th</sup> Fridays so check out what else is coming up this month (hint: arts galore). Here's wishing us all a great New Year, full of meaning and love for all.

*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!***

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### ***Age Friendly Fridays @ the Fairfax Library***

***January 3rd 1-2pm: Chair Yoga*** with Tamela Smith, Instructor.

***January 10th 1-2pm: "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 17th 1-2pm: Chair Yoga*** with Tamela Smith, Instructor.

***January 24th 1-2pm: "Memory Wire Bracelets"***  
Make a memory wire bracelet—no fastenings, just beads! You'll learn a

couple of simple techniques to make your bracelet unique. All supplies will be provided. Attendance is limited. Call 415-453-8151 or stop by the Fairfax library to register.

**January 31st 1-2pm: “Celtic Strings”** Violinist Charmian Stewart and cellist Amanda Craver will present a Scandinavian Celtic string concert.

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

**January 2nd**

**10-11am**

*San Rafael Community Center, 618 B Street, San Rafael, CA*

**“Legislative Update for 2020,”** with Senator Mike McGuire.

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

**January 2nd**

**12- 2pm**

*Fairfax Women's Club*

Enjoy the luncheon and speaker Rosemary MacLeod, RN, on “Aging Gracefully.”

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

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### ***Age Friendly Task Force***

**January 10th**

**9:15-10:30 am**

*Bennett House - 53 Taylor Drive, Fairfax*

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

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### ***Breakfast with Friends***

**January 15th**

**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.

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***Questions about services for older adults?***

Call 415-457-4636 (INFO)

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### ***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