

Age Friendly Fairfax

Building a healthy and livable community for all!



Finally in February!

Hello everyone,

February is at our doorstep and many of you and/or your friends may be interested to know that the process for applying to live at Victory Village (our brand new senior affordable housing complex) finally opens on February 15th! Please see the [link here](#) for very important details and information. We will also have a really great forum on February 14th at the library—"Wills & Trusts: Getting Your Ducks in a Row," with local lawyer Lisa Fialco. Perhaps there's another event of interest to you listed below, take care and have fun in February!

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

Aging in Fairfax, everybody's doing it!

Age Friendly Fridays @ the Fairfax Library

February 7th 1-2pm: Chair Yoga with Tamela Smith, Instructor.

February 14th 1-2pm: "Wills and Trusts: Getting My Ducks in a Row!" Find peace of mind by getting your legal documents in place, learn the basics of estate planning from local attorney, Lisa Fialco.

February 21st 1-2pm: Chair Yoga with Tamela Smith, Instructor.

February 28th 1-2pm: "Fiddle & Banjo Tunes" Fiddler and Banjoist John Pedersen will delight us with traditional old time dance music from the South, Midwest, West and Northeast, as well as Irish

tunes.

Marin County Commission on Aging

February 6th

10-11am

Margaret Todd Senior Center, 1560 Hill Rd., Novato, CA

“Falling Strategies: Prevent Falls, Reduce Injuries, Land Safely,” with Carol Zeller, RN, MSN; Gina Tucker-Roghi, OTD, OTR/L; Salamah Locks, RN, MS

Ross Valley Seniors

February 6th

12- 2pm

Fairfax Women's Club

Enjoy the luncheon, socializing and a presentation by the League of Women Voters on the pros and cons of upcoming ballot measures.

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

Age Friendly Task Force

February 14th

9:15-10:30 am

Bennett House - 53 Taylor Drive, Fairfax

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

Breakfast with Friends

February 19th

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?

Call 415-457-4636 (INFO)



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