

Age Friendly Fairfax

Building a healthy and livable community for all!



Mama Mia, March!

Hello everyone,

March is sneaking up on us, oh my! Many thanks to our town for a new section of sidewalk downtown, making it safer for every age. This month our forum will help us consider getting those last ducks in a row for end of life--talking over our wishes with family and friends, getting documents completed and planning out our final arrangements. Join us this month for yoga, breakfast, dancing or lunch! See you there.

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

March 6th 1-2pm: Chair Yoga with Tamela Smith, Instructor.
NOTE: *This one class will be held at Bennett House, 53 Taylor Drive, Fairfax, due to painting/construction at the library!*

March 13th 1-2pm: “End of Life Planning: Getting My Ducks in a Row” It’s never too early to put your plan in place, write an Advance Directive, a POLST, and think about your final arrangements, presented by Lael Conway Duncan, MD.

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

March 27th 1-2pm: “Origami Accordion Books: A Craft Program for Adults.” Instructions, materials, and inspiration will be provided. Attendance is limited. Please call 415-453-8151 to register.

Marin County Commission on Aging

March 5th

10-11am

*San Geronimo Valley Community Center, 6350 Sir Francis Drake Blvd.,
San Geronimo*

“Marin Transit Program and Service Updates.”

Ross Valley Seniors

March 5th

12- 2pm

Fairfax Women's Club

Enjoy the luncheon, socializing and presentation by Brian Crawford,
“Shipwrecks of Marin.”

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

Age Friendly Task Force

March 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

March 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?

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