

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## A May of Many New Things...

Hello everyone,

Well life has certainly brought most of us many new challenges this past few weeks, actually, make that months! Change is the constant, as they say. We have lined up two terrific forums in the next two weeks so we really hope you can join us via Zoom. And we'll give our monthly "breakfast," a try as well. Please take good care of yourselves and reach out for any help you may need--check out the Town's website if you are feeling lonely and want a call or if could use a hand with groceries, and also, to stay up-to-date on what's happening with COVID-19 and our County's response.

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

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

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

**Wednesday, May 20, 2020  
9:30am - 10:30am**

Join us for coffee or tea for a friendly chat. Socializing is important for all and it's fun to connect, even via Zoom.

Join Zoom Meeting:

<https://us02web.zoom.us/j/8539357484pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9>

Meeting ID: 853 935 7484

Password: 398715

One tap mobile

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

**Friday, May 22, 1-2 pm**

***"Ready. Set. Go. Preparing for Fire, Flood, Earthquake"*** It's always time for emergency preparedness but this year more than ever, and particularly for older adults. Join us via Zoom and our speaker Maggie Lang, Emergency Preparedness Coordinator with Mill Valley Fire Dept., to hear the critical tips to be prepared and keep you safe should an unwelcome disaster come knocking at your door.

Join Zoom Meeting

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**Friday, May 29, 1-2 pm**

***"Being an Ally to Those Different From Me"*** America is the land of the diverse, and it can be a challenge to know how to relate to people with life experiences quite unlike our own. What does it mean to be an ally?? Join us to hear from two speakers, Dana van Gorder, Executive Director of the Spahr Center, our local LGBTQ non-profit, and Lisa Bennett, Core Group member of SURJ Marin, Showing Up for Racial Justice, which "engages white people to dismantle systems of white supremacy."

Join Zoom Meeting

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## ***Fairfax Recreation Classes***

Free online classes for older adults such as our popular yoga classes. We are offering six classes per week!

We just added Dance a la Moxie videos you can view anytime - [check](#)

[them out online!](#)



### ***Mondays***

Chair Yoga 11:00-12:00

Mat Yoga 1:00-2:00

### ***Wednesdays***

Mat Yoga 9:30-10:30

Chair Yoga 12:00-1:00

### ***Fridays***

Mat Yoga 9:30-10:30

Chair Yoga 12:00-1:00

For a full list of current classes and how to register, [click here.](#)

[Visit our website](#)

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

Call 415-457-4636 (INFO)

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## ***Wondering what IS Age Friendly Fairfax??***

[Find out more here](#)