

Age Friendly Fairfax

Building a healthy and livable community for all!



Juggling in July!

Hello everyone,

Summer is upon us and fire season has begun. We hope you are staying connected to family, friends and neighbors—do you know at least one or two folks on your block, and you shared phone numbers and/or emails? And, do you have your “go bag” ready, just in case?

Perhaps you have a busy summer planned juggling phone calls, zoom meetings and neighborhood walks but if not, and if you are feeling at all lonely and want a call or need help with groceries, remember to visit the Town's website for a volunteer match and other helpful resources.

Don't forget your face covering, washing your hands and physical distancing as you go about your day and do take care! Hope to see you soon online.

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

Aging in Fairfax, everybody's doing it!

Upcoming Events:

July 2: Commission on Aging: Telehealth

July 2: Ross Valley Seniors: Uber GoGoGrandparent

July 15: Breakfast with Friends: Social Hour

July 22: Age Friendly Forum: iPhone Training Part 1

July 23: Age Friendly Forum: iPhone Training Part 2

July 24: Age Friendly Fairfax Task Force Meeting

Marin County Commission on Aging

Thursday, July 2, 10-11am

"Telehealth: What it is and What it Means for Older Adults."

Join presenter Ariana Myers so you can understand the importance of telehealth adoption for older adults and how COVID-19 has accelerated this process. Members of the public are encouraged to attend!

Join Zoom Meeting

[https://us02web.zoom.us/j/88624141099?
pwd=RDl3WjRmNjB5Tm9LTVZlWXBQbzQzZz09](https://us02web.zoom.us/j/88624141099?pwd=RDl3WjRmNjB5Tm9LTVZlWXBQbzQzZz09)

Meeting ID: 886 2414 1099 Password: 868704

Dial in number 1+ (669) 900-6833

Ross Valley Seniors

Thursday, July 2, 12:30-2pm

Socializing begins at 12:30; 1 pm Presentation on using Uber GoGoGrandparent for getting around town
(<https://gogograndparent.com>)

Join Zoom Meeting

[https://us02web.zoom.us/j/84361138714?
pwd=dmdXRdlRMotTKoNoRlZtd3pTNVcvdz09](https://us02web.zoom.us/j/84361138714?pwd=dmdXRdlRMotTKoNoRlZtd3pTNVcvdz09)

Meeting ID: 843 6113 8714

Password: 116473

Dial in number +1 (669) 900 9128

Breakfast with Friends

Wednesday, July 15, 9:30-10:30am

Join us with your 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/8539357484?
pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09](https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09)

Meeting ID: 853 935 7484

Password: 398715

Dial in number 1+ (408) 638-0968

Age Friendly Fairfax Forum

July 22 (Wed) and July 23 (Thur), 10:30-11:45am:

"iPhone Training and Tips to Make Your Smartphone Work Better for You!" This two-part training will review the basic functions of your phone, including sending texts, using apps, connecting to Bluetooth devices and supporting accessibility such as making text bigger and your phone louder and easier to hear, and much more. Presenter: Contessa Bunn, California Telephone Access Program.

Registration is required, for further details and to register, call 1-866-271-1540 or email: smartphonetraining@ddtp.org

Upcoming Forums:

August 26: "Staying Safe in the World of Scams"

September 23: "Ageism 101 & Allyship"

October 28: "Medicare and Insurance Changes & Challenges"

November 20: "Getting Your Ducks in a Row for End of Life Planning"

December 18: "Life Reflections & Looking Ahead to 2021"

Age Friendly Fairfax Task Force Meeting

Friday, July 24, 9:15-10:30am

We've switched to the 4th Friday now and you're welcome to attend, bring your energy and ideas!

Join Zoom Meeting

[https://us02web.zoom.us/j/8539357484?](https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09)

[pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09](https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09)

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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

Questions about services for older adults?

Call 415-457-4636 (INFO)

Wondering what IS Age Friendly Fairfax??

Find out more here