

Age Friendly Fairfax

Building a healthy and livable community for all!



It's June! Summertime Soon!

Hello everyone,

We hope you are all well and taking care of yourselves, your family and friends. We're back to most all of our programming, just via Zoom! And summertime is around the corner as our County slowly eases up on our sheltering in place. Remember to visit 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. Please join us this month for an event and/or class!

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!

Age Friendly Fairfax Forum

Friday, June 12, 1-2 pm

"Medical Cannabis: Is it Right for Me?" What are the ins and outs of using and buying cannabis products for improving health and treating medical conditions common in older age? Presentation by Mitcho Thompson who has been teaching on many aspects of Herbal Medicine for over a decade. He is the current Vice President of the Sonoma County Herb Association.

Join Zoom Meeting: <https://uso2web.zoom.us/j/8539357484?>

[pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9](#)

Meeting ID: 853 935 7484

Password: 398715

Dial in number 1+ (408) 638-0968

Marin County Commission on Aging

Thursday, June 4, 10-11am

"COVID-19," a conversation with Dr. Larry Brilliant, physician and epidemiologist, CEO of Pandefense Advisory, and Chair of the Advisory Board of the NGO Ending Pandemics. [Click here to view the flier.](#)

Join Zoom Meeting: <https://us02web.zoom.us/j/84624792444?pwd=ZlZORFNBanpGVmRvYzJKVWtzRmJCZz09>

Meeting ID: 846 2479 2444

Password: 823043

Dial in number 1+ (669) 900-6833

Ross Valley Seniors

Thursday, June 4, 12:30-2pm

Socializing begins at 12:30; presentation at 1pm by Owen Clapp, author of the book "San Geronimo Valley", a historical review.

Join Zoom Meeting : <https://us02web.zoom.us/j/88918091563?pwd=SmtYZy9NYmtzck5NaGRyZmNqTmZRQTo9>

Meeting ID: 889 1809 1563

Password: 189846

Dial in number +1 (669) 900 9128 US

Age Friendly Fairfax Task Force Meeting

Friday, June 12, 9:15-10:30am

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=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9)

[pwd=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUTo9](#)

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Breakfast with Friends

Wednesday, June 17, 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>

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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](#)