

Age Friendly Fairfax

Building a healthy and livable community for all!



November News

Hello everyone,

What's new for you in November? Countywide, COVID numbers are dropping slowly but steadily, thank the stars. And many thanks as well to all of us dedicated to keeping ourselves and each other healthy and safe! Keep wearing those masks and socially distancing and according to public health officials, now is the time to get your flu shot! News about our local to national elections awaits us soon and hopefully we've held off any more fires in our County for 2020. The holidays are just around the corner and many of us will be celebrating from afar this year, thankful for what we have, even when it's different from what we expect, yes? Join us for the Commission on Aging talk this month for fresh perspectives on staying resilient with our mental health. In the midst of many reasons to be stressed, we hope you are staying close to Nature, in November!

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

Aging in Fairfax, everybody's doing it!

Upcoming Events:

November 5: Commission on Aging

November 5: Ross Valley Seniors

November 18: Breakfast with Friends: Social Hour

November 18: Age Friendly Marin Forum

Marin County Commission on Aging

November 5, 10am-12pm

“COVID-19 & Mental Health: Fresh Perspectives.” Learn how older adults can become more resilient and responsive to the mental health impacts of the pandemic, featuring speakers Diana Lopez and Chrisula Asimos, Ph.D. Members of the public encouraged to attend!

Join Zoom Meeting:

[https://us02web.zoom.us/j/88999405569?
pwd=L2ZDL0RRVFFHV2l6bkVRZEdLZElSQTo9](https://us02web.zoom.us/j/88999405569?pwd=L2ZDL0RRVFFHV2l6bkVRZEdLZElSQTo9)

Meeting ID: 889 9940 5569

Passcode: 286826

Dial in number 1+ (669) 900-6833

Ross Valley Seniors

Thursday, November 5, 12:30-2pm

Socializing begins at 12:30. Presentation at 1pm
Please email kmacleod@townofsananselmo.org for more information.

Age Friendly Marin "Breakfast with Friends"

Wednesday, November 18, 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

Passcode: 398715

Dial in number +1 408 638-0968

Age Friendly Marin Forum

November 18, 10:30-11:45am:

“Getting Your Ducks in a Row for End of Life Planning” It’s never too early for a heart to heart conversation

with yourself and your family so you can put your end of life plan in place, including having an Advance Directive, a POLST (Physician Order for Life Sustaining Treatment), and making your final arrangements.

Join Zoom Meeting

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

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Upcoming Forums:

December 16: “Life Reflections & Looking Ahead to 2021” 2020 has been a year unlike any other. How have we grown in this new situation? What are our hopes for 2021 for the world, for our communities and for ourselves? How can we create a plan that will allow us to thrive through the challenges and as we age?

Age Friendly Fairfax Task Force Meeting

Friday, November 20, 9:15-10:30am

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

Join Zoom Meeting

[https://us02web.zoom.us/j/8539357484?
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!

Dance a la Moxie is now on the Contratti Ballfield every Tuesday from 2-3pm!

Mondays

Mat Yoga 9:30-10:30

Chair Yoga 12:00-1:00

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 415-473-4636 (INFO)

Wondering what IS Age Friendly Fairfax??

Find out more here