

Age Friendly Fairfax

Building a healthy and livable community for all!



Onward to October!

Hello everyone,

time marches onward right into October. After an eventful Spring and Summer, Fall seems destined to continue bringing more challenging times and potentially more disasters?! Fire season is decidedly underway and flu season officially begins as well. Our weather is unpredictable, sometimes warming when it ought to be cooling, and it almost seems the ground beneath us shifts, without our permission! Election season also promises change—do join the Ross Valley Candidates Forum on October 5th if you can, and don't forget to vote!

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

Ageing in Fairfax, everybody's doing it!

Upcoming Events:

October 1: Commission on Aging

October 1: Ross Valley Seniors

October 5: Ross Valley Candidates Forum

October 21: Breakfast with Friends: Social Hour

October 23: Age Friendly Fairfax Task Force Meeting

October 28: Age Friendly Marin Forum

Marin County Commission on Aging

October 1st, 10am-12pm

The Commission will hold an extended business meeting this month; it is open to the public. There will not be an educational speaker or presentation in October.

Join Zoom Meeting

[https://us02web.zoom.us/j/83806497169?
pwd=Zop0Ylg2Rm5QYopGbkhzNFBic2JyQT09](https://us02web.zoom.us/j/83806497169?pwd=Zop0Ylg2Rm5QYopGbkhzNFBic2JyQT09)

Meeting ID: 838 0649 7169 Passcode: 439512

Ross Valley Seniors

Thursday, October 1, 12:30-2pm

Socializing begins at 12:30. Presentation at 1pm

Please email kmacleod@townofsananselmo.org for more information.

Ross Valley Candidates Forum

October 5, 4-5:30pm

The Aging Action Initiative and the League of Women Voters of Marin County invite you to a candidate forum focusing on issues affecting older adults in Marin. The forum will be moderated by the League of Women Voters of Marin County. Candidates running for the Fairfax Town Council and for the San Anselmo Town Council will be featured.

Watch the forums

here: [www.youtube.com/channel/UC2WZ5qOCH9CkS4e
eDYhobzw/live](https://www.youtube.com/channel/UC2WZ5qOCH9CkS4eEeDYhobzw/live)

Age Friendly Marin "Breakfast with Friends"

Wednesday, October 21, 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=M3JXYlcyYmNvdUJlZlZFWUFZWlhsUT09](https://us02web.zoom.us/j/8539357484?pwd=M3JXYlcyYmNvdUJlZlZFWUFZWlhsUT09)

Meeting ID: 853 935 7484

Passcode: 398715

Dial in number +1 408 638-0968

Age Friendly Fairfax Task Force Meeting

Friday, October 23, 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=M3JXYlcxYmNvdUJlZlZFWUFZWlhsUT09)

[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

October 28, 10:30-11:45am:

"Medicare Annual Choices & Changes 2021" Come learn about all your Medicare choices and the changes for 2021, whether you're just getting started or needing to consider options during open enrollment. Topics to be covered include Medicare Advantage plans, prescription drug plans, supplemental plans, the low-income assistance program, etc. Speaker: Diana López, HICAP Counselor.

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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Dial in number +1 408 638-0968

Upcoming Forums:

November 20: "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.

December 18: "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?

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](#)