

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



## Dashing into December

Hello everyone,

We're not likely to be dashing through the snow any time soon but hopefully we'll have a rainy, drippy December! So glad fire season is slipping away as we head toward the solstice and the slow return of the Light. The Forum this month will focus on reviewing 2020 and welcoming 2021, so join us Dec 16<sup>th</sup> if you can! It's holiday time, not like we're used to but still a time to cherish those we love and those who love us back. And it's easy to get discouraged with our masks and social distance but be sure to stay in touch with a neighbor or two, to lend or accept a helping hand, 'tis the season!

*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!***

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### ***Upcoming Events:***

**December 3:** Ross Valley Seniors

**December 10:** Commission on Aging

**December 16:** Breakfast with Friends: Social Hour

**December 16:** Age Friendly Marin Forum

**December 18:** Age Friendly Fairfax Meeting

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## *Ross Valley Seniors*

**Thursday, December 3, 12:30-2pm**

Socializing begins at 12:30. Presentation at 1pm  
Please email [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) for more information.

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## *Marin County Commission on Aging*

**December 10, 10am-11am**

**“Legislative Update with Senator Mike McGuire and Assemblyman Marc Levine.”** The focus will be issues of relevance and importance to older adults in Marin County: information and coordination during natural disasters, the COVID-19 pandemic, affordable senior housing, housing the homeless, and implementation of and budget for California’s Master Plan on Aging. The goal is to gain an understanding of the work our legislators are doing on behalf of older adults, to provide input into their work, and to determine ways we as members of the community can support their work and they can support ours. Moderator Lee Pullen, Director, Area Agency on Aging, County of Marin.

For further information and zoom link, please contact Diana López at [dlopez1052@gmail.com](mailto:dlopez1052@gmail.com).

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## *Age Friendly Marin "Breakfast with Friends"*

**Wednesday, December 16, 9:30-10:15am**

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

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## *Age Friendly Marin Forum*

**December 16, 10:30-11:45am:**

**“Cultivate an Empowered Life & Welcome 2021” 2020**

has been a year unlike any other. At times most of us have felt disempowered, low on energy, lacking connection – maybe even a slight depression. How can you create a plan that will allow you to thrive through these challenges? The answer lies in understanding how to cultivate your energy and your mindset. Join Marin resident **Barbara Waxman**, a leadership coach, gerontologist, speaker and author as she leads a conversation about developing the skills and mindset to prepare for 2021.

### **Join Zoom Meeting**

[https://us02web.zoom.us/j/86107805982?  
pwd=RENHOTZFSXliaC9JdFM4bHA5WnNMdz09](https://us02web.zoom.us/j/86107805982?pwd=RENHOTZFSXliaC9JdFM4bHA5WnNMdz09)

Meeting ID: 861 0780 5982

Passcode: 132005

Dial in number +1 (669) 900-6833

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### ***Age Friendly Fairfax Meeting***

**Friday, December 18, 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)

Meeting ID: 853 935 7484

Passcode: 398715

Dial in number 1+ (408) 638-0968

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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!

#### ***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*

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*Questions about services for older adults?*

Call 415-473-4636 (INFO)

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*Wondering what IS Age Friendly Fairfax??*

Find out more here