

Age Friendly Fairfax

Building a healthy and livable community for all!



Fantastic, It's February!

Hello everyone,

Last month was certainly jam packed with the full spectrum of news, and events—locally and nationally. Our stay-at-home order has finally been lifted so we can begin to venture out a bit more - check the Town's website on resources and links for all things COVID-related! And so here we are in February, a sweet time to remember those we love as Valentine's Day rolls around. We hope you are feeling loved and nurtured; if you need anything a volunteer might be able to help with, don't forget our Fairfax 1 to 1 Volunteer Match program. May your February be fabulous!

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

Aging in Fairfax, everybody's doing it!

Upcoming Events:

February 4: Commission on Aging

February 4: Ross Valley Seniors

February 17: Breakfast with Friend Social Hour

February 24: Age Friendly Marin Forum

February 26: Age Friendly Fairfax Task Force Meeting

Marin County Commission on Aging

Thursday, February 4, 10am-11am

“Climate Change and its Relation to Social Justice and Public Health”

This presentation will focus on climate change and its impact on equity and health from the local and global perspectives: learn about the intersection of climate change and racial and age equity, and the impact of climate change on older adults and vulnerable residents. Presenters: Matt Willis, MD, MPH, Marin County Public Health Officer and Mark Bartolini, former Director, Office of U.S. Foreign Disaster Assistance.

Join Zoom Meeting

<https://us02web.zoom.us/j/8526641821>

Passcode 94903

Meeting ID: 852 664 1821

Dial in number 1+ (669) 900-6833

Ross Valley Seniors

Thursday, February 4, 12:30-2pm

Socializing begins at 12:30, presentation at 1 pm. ***“Shipwrecks of Marin”*** For over four hundred years, Marin County’s steep rock-bound shores, treacherous currents and frequent fogs have been the doom of more than three hundred ships. Local historian Brian K. Crawford has produced a definitive book, *Shipwrecks of Marin*, available from Amazon.com, detailing these famous and little-known wrecks and more than a hundred not documented elsewhere. In this illustrated lecture, Crawford tells the stories of seven of the most significant wrecks on our coasts.

Please email kmacleod@townofsananselmo.org for more information.

Age Friendly Marin "Breakfast with Friends"

Wednesday, February 17, 9:30-10:15am

Join us with your coffee, tea or muffin for a friendly and enjoyable chat. Socializing is important for all and it's fun to connect, even via Zoom.

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

Wednesday, February 24, 10:30-11:45am:

“The Age-Friendly Movement-Building on Your Values and Vision for Your Life” Age-Friendly communities can be a great place to grow up and to grow old. Learn about recent planning at the State, the County and local levels, and how your values and interests in how and where you want to live are guiding these plans. Learn why and how you can inform and participate in the development of your Age-Friendly community. Speakers: Sara Robinson, Age Forward Coordinator, County of Marin and Age-Friendly San Anselmo Chair; Sybil Boutilier, Age-Friendly Sausalito; Sparkie Spaeth, Age-Friendly San Rafael Steering Committee and Marin Villages Board Member

Join Zoom Meeting

[https://us02web.zoom.us/j/86372198902?
pwd=T1BQL28rbGw3ck93QURkcmZZSowzZz09](https://us02web.zoom.us/j/86372198902?pwd=T1BQL28rbGw3ck93QURkcmZZSowzZz09)

Meeting ID: 863 7219 8902

Passcode: 634901

Dial by your location +1 (669) 900 6833

Age Friendly Fairfax Task Force Meeting

Friday, February 26, 9:15-10:30am

You're welcome to attend our monthly meeting, bring your feedback, ideas and energy!

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

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

Dance a la Moxie resumes February 23rd!

Contratti Ballfield

Instructor: Sisi M.P. Hansen

Tuesdays, 2:30-3:30pm

FREE

A progressive, FUN total body workout guaranteed to make you feel better, look better and be better! No experience necessary. The eclectic music will make you dance! Wear comfortable clothing and footwear to move in on the field. Covid protocols and safety will be followed. Please wear your mask.

Video Player

Questions about services for older adults?

Call 415-473-4636 (INFO)

Wondering what IS Age Friendly Fairfax??

Find out more here