

Age Friendly Fairfax

Building a healthy and livable community for all!



Jogging into January

Hello everyone,

Not sure how many of us are still jogging for exercise but most of us are sure in a hurry to get January, and 2021, started! Who could have imagined last January, we'd have a year like the one we are so happy to say farewell to now?! As the days roll into a new beginning, we wish you a healthy and happier New Year and hope you will join us for an event or class in the first month of this fresh new year.

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:

January 7: Ross Valley Seniors

January 7: Commission on Aging

January 20: Breakfast with Friend Social Hour

January 22: Age Friendly Fairfax Committee Meeting

January 27: Age Friendly Marin Forum

Marin County Commission on Aging

January 7, 10am-11am

“The Intersection of Race and Age in Marin” This presentation will begin with comments from Benita McLaren, Director of the Department of Health and Human Services for Marin County. A panel follows, with participants from various communities in Marin sharing their personal stories and commenting on the lives of older adults that they know. The panel will be moderated by Yashica Crawford, Ph.D., who teaches psychology at the College of Marin.

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, January 7, 12:30-2pm

Socializing begins at 12:30, presentation at 1 pm. With a focus on fitness, Betsy Best-Martini, a rehab therapist who teaches fitness at College of Marin and Dominican University, will introduce a fitness program for attendees to do at home while we are still in this pandemic. You can try out the routine and see how it works for you. Join the Ross Valley Seniors to get ready for a healthy and happy New Year together!

Please email kmacleod@townofsananselmo.org for more information.

Age Friendly Marin "Breakfast with Friends"

Wednesday, January 20, 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?](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 Fairfax Meeting

Friday, January 22, 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

Age Friendly Marin Forum

January 27, 10:30-11:45am:

“Aging in Place with Grace” Are you imagining staying in your home, or in Marin throughout the remainder of your life? If so, there are important questions to answer for yourself (in a number of areas) and resources to explore in our community in order to set your plan in place, with grace. Join our speakers, Jody D. Timms, Ph.D., Retired Social Services Manager from The Redwoods and Chloe Cook, Social Services Supervisor, AAS Information & Assistance, County of Marin for an engaging conversation about what it takes!

Join Zoom Meeting

[https://us02web.zoom.us/j/5202078153pwd=LohWUEtkMU9E
TFRWUHNSMVJDaVFkUT09](https://us02web.zoom.us/j/5202078153pwd=LohWUEtkMU9ETFRWUHNSMVJDaVFkUT09)

Meeting ID: 520 207 8153 Passcode: 572332

Dial by your location +1 (669) 900 9128

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

Questions about services for older adults?

Call 415-473-4636 (INFO)

Wondering what IS Age Friendly Fairfax??

Find out more here