

# Age Friendly Fairfax

*Building a healthy and livable community for all!*



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## October 2022 Newsletter

*Visit our website for zoom links and more  
information about our classes and events:*  
[www.townoffairfax.org/age-friendly-online-classes-events](http://www.townoffairfax.org/age-friendly-online-classes-events)

*Aging in Fairfax, everybody's doing it!*

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

**October 6:** Ross Valley Seniors

**October 6:** Marin County Commission on Aging Meeting

**October 19:** Breakfast with Friends

**October 28:** Age Friendly Fairfax Committee Meeting

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**Marin County Commission on Aging “Building a Healthier Marin: COVID and Beyond”, October 6, 10:00 am-12:00 pm:** Join a presentation from Dr. Matt Willis, Marin County’s Public Health Officer, on health equity in Marin, the future of the pandemic in Marin, and specific actions that can be taken by older adults to reduce risk. Stay for the Commission

Business Meeting at 11:10a.m. The Marin County Commission on Aging currently meets virtually on a monthly basis at 10 a.m. on the 1st Thursday of the month. Commission meetings and community education forums are open to the public. Join Zoom Meeting:

<https://us06web.zoom.us/j/83820291566?pwd=a1ZTUEgMcoZMVGRmcWRKTUYvdlZOQTo9>

Meeting ID: 838 2029 1566 Passcode: 662153 Call-In: (669) 219-2599

**Ross Valley Seniors, October 6, 11:00 am:** Join the Ross Valley Seniors on Oct 6 at the Fairfax Women's Club. Bocce ball and social time starts at 11:00, lunch at noon and then the program at 1 pm. The program will include David Reubens & Margaret Wallace, Recreational Therapist from Bay Magic Tours. They will present information about tours that are especially customized for seniors including shorter trips, from 1-4 days, to destinations in Northern California, as well as longer trips to exciting destinations throughout the Western US. Their tours are uniquely designed to meet the needs of senior clients, assuring they are safe, fun and easy to join! If you would like to attend, please email Kevin MacLeod at [kmacleod@townofsananselmo.org](mailto:kmacleod@townofsananselmo.org) or call 415-258-4669.

**Age-Friendly Park Outing to Stafford Lake, Novato (In Collaboration with Vivalon and Marin County Parks), Tuesday, October 11, 10:00-1:15pm.** Join us for a shaded picnic lunch at beautiful Stafford Lake Park. This can be a great place to enjoy birds flitting in the trees, floating on the lake, or foraging along the shore. Marin County Parks Naturalist, Shannon Burke, will share some of the seasonal highlights of this park as well as other destinations that you might like to explore on your own. For those interested, we'll take an easy walk following the flat, paved pathway that runs along the lake. This is an age- and disability-friendly outing. Wheelchair and walker-friendly transportation available. **RSVP is needed for this event.** To RSVP or to reserve a van seat and, or meal call or email Age-Friendly Marin Coordinator Sara Robinson at 240-838-0868 or [SRobinson@MarinCounty.org](mailto:SRobinson@MarinCounty.org).

**Please Note:** *Prior Age Friendly Marin Forums are available on our YouTube Channel:*

<https://www.youtube.com/channel/UCV2hzXPYuTSKm2N6pYdkmGw/featured>

**Age Friendly Marin "Breakfast with Friends" Wednesday, October 19, 9:30-10:30am.** Socializing is important for all and it's fun to connect. Join us

for coffee, tea and/or breakfast and a friendly and enjoyable chat at Barefoot Café in Fairfax, in person!

### **Age Friendly Fairfax Committee Meeting October 28, 9:30-10:30 am:**

Curious about Age Friendly Fairfax? You're welcome to attend our monthly meeting, bring your questions, feedback, ideas and energy! Join Zoom Meeting: <https://us02web.zoom.us/j/9079173136?pwd=VUwrMzhEYWtmTUUVLMHBrUkJsSGFkQTo9>

### **Fairfax Recreation Classes**

With a hybrid model of fee for service and free offerings we have Chi Gong, Full Body Fitness, Outdoor Yoga, Online Yoga, Dance classes and more! Join in the fun and sign up today.

<https://www.townoffairfax.org/age-friendly-online-classes-events/>

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### ***Local News & Resources:***

#### **Marin County:**

**Adult and Aging Services Information and Assistance Line** provides information and referrals to the full range of services available to older adults, adults with disabilities and their family caregivers: **415-473-INFO (4636)** 8:30 am to 4:30 pm weekdays; **[473INFO@marincounty.org](mailto:473INFO@marincounty.org)**

#### **Town of Fairfax:**

Are you receiving the weekly Town of Fairfax Newsletter? If not, we really encourage you to do so as there is LOTS of news, information and events listed. Click this link to start receiving the Town's newsletter asap, [subscribe here](#).

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#### **Fairfax Library:**

**Fabric & Fiber Makers Club meets in person at the Fairfax Library on Monday October 10, 6:00pm.** Everyone is welcome - bring something you're making, knitting, quilting, sewing, etc... and work on your project in a social setting. Meets in the Community Room at the Fairfax Library. **For more info email: [mmiles@marincounty.org](mailto:mmiles@marincounty.org) or call 415-453-8151.**

## **Book Discussions on Zoom:**

**Friends of the Fairfax Library Book Discussion Group, Thursday October 13, 7:00pm on Zoom:** We'll discuss **This is Happiness by Niall Williams**. Everyone is welcome to attend the discussion. For more info or for a Zoom Invite, email: [bethmbg@gmail.com](mailto:bethmbg@gmail.com)

**Bilingual Spanish Book Discussion Group at 7:00pm on Zoom - email for October date.** We'll discuss [Blindness](#) by [Saramago, José](#) / Ensayo sobre la ceguera by Jose Saramago. Everyone is welcome to attend the discussion. For more info, for meeting date or for a Zoom Invite email: [macriscriollo@gmail.com](mailto:macriscriollo@gmail.com)

**Community Seed Exchange is always open!** Come and take seeds, or contribute seeds and grow, grow, grow! Located at the Fairfax Library and free for everyone. We accept unopened or partially used commercial seed packets that are **non-GMO**, and collected seeds from non-hybrid plants. Stop by the Fairfax Library anytime during [open hours](#) to use this awesome community resource. **FREE**

**GETSETUP! Live Online Learning** Marin County Free Library has teamed up with GETSETUP! to provide hundreds of live online classes to keep you mentally, physically and socially active. Classes are interactive, easy to join, offered day and night and are **FREE** online. Click here: [https://www.getsetup.io/partner/cslmarin?\\_ga=2.33230457.616727691.1655139280-2066807676.1626798871](https://www.getsetup.io/partner/cslmarin?_ga=2.33230457.616727691.1655139280-2066807676.1626798871)

**Wondering what IS Age Friendly Fairfax??**

Find out more [here](#).

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**Questions about services for older adults?**

Call 415-473-4636 (INFO)

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