

Age Friendly Fairfax

Building a healthy and livable community for all!



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November 2022 Newsletter

Visit our website for zoom links and more information about our classes and events:
www.townoffairfax.org/age-friendly-online-classes-events

Aging in Fairfax, everybody's doing it!

Upcoming Events:

November 3: Marin County Commission on Aging Meeting

November 3: Ross Valley Seniors

November 16: Breakfast with Friends

November 25: Age Friendly Fairfax Committee Meeting

Marin County Commission on Aging “First 5 Marin: Alignment between Early Childhood and Older Adults”, November 3, 10:00 am-12:00 pm: Join us for a presentation to learn about First 5 Marin and its new strategic plan as well as points of alignment and next steps between First 5

Marin and the Commission on Aging's work. This presentation will look at ways First 5 Marin could align with the priorities and work happening to support older adults to boost the wellbeing of people of across the age span in our County.

<https://us06web.zoom.us/j/83820291566?pwd=a1ZTUe9McoZMVGRmcWRKTUYvdIzOQTog>

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

Ross Valley Seniors, November 3, 11:00 am: Join the Ross Valley Seniors on Thursday, November 3rd at 11:00am at the Fairfax Women's Club for bocce ball, lunch, and an interesting historical presentation on "The Evolution of China Camp". Local historians John Martini and Steve Haller (retired military historian for GGNRA) will jointly present this topic with photographic slides. Please e-mail Kevin MacLeod at kmacleod@townofsanansselmo.org to RSVP.

Age Friendly Marin "Breakfast with Friends", Wednesday, November 16, 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 Forum: Dying to Know: Navigating Mortality (A Group Discussion), November, 16, 10:00-1:15pm. Have you considered how you envision the disposition of your body? Come learn from Jim VanBuskirk about what is available and how to leave a carefully planned legacy instead of confusion. We will cover a wide array of options, such as living memorials, choices of cremation, green burial, traditional cemeteries, human composting – and when and how to arrange them. Who knows your wishes and arrangements if you should die suddenly; how do you begin this conversation? We hope that a free-flowing discussion will help decrease the stigma and reticence in planning for your ultimate departure – be it next Tuesday or in 40 years.

<https://us02web.zoom.us/j/5202078153?pwd=MmNaMlVXVWkyei9NUo9VclRkbllmZz09> Dial in +1669-900-9128, Meeting ID: 520 207 8153, Passcode:

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

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

Age Friendly Fairfax Committee Meeting, November 18, 11:30-1:00pm: Curious about Age Friendly Fairfax? You're welcome to attend our monthly meeting, bring your questions, feedback, ideas and energy! Note different time this week! **Join Zoom Meeting:**

<https://us02web.zoom.us/j/9079173136?pwd=VUwrMzhEYWtmTUvLMHBrUkJsSGFhQT09>

Meeting ID: 907 917 3136
Passcode: 273043

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/>

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**

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](#).

Fairfax Library:

Great News, the Fairfax Library will begin monthly Age Friendly in-person programming for older adults - hooray! Stay tuned and check the Fairfax Library calendar for the upcoming Age Friendly programs, or give us a

call for an update: 415-453-8151. We are so excited to invite everyone back to the Community Room for Age friendly activities.

Fabric & Fiber Makers Club meets in person at the Fairfax Library on Monday, November 14, 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 or call 415-453-8151.

Book Discussions on Zoom:

Friends of the Fairfax Library Book Discussion Group, Thursday November 10, 7:00pm on Zoom. We'll discuss *The Vanishing Half* by **Brit Bennett**. Everyone is welcome to attend the discussion. For more info or for a Zoom Invite, email: bethmbg@gmail.com.

Jewish American Fiction Book Discussion Group, Wednesday, November 9, 7:00pm on Zoom. We'll discuss *Florence Adler Swims Forever* by **Racheal Beanland**. Everyone is welcome to attend the discussion. For more info or for a Zoom Invite, email: nuevodavos@yahoo.com.

Bilingual Spanish Book Discussion Group, Friday, November 25, 7:00pm on Zoom. We'll discuss *No Me Cerraran Los Labios* by **Abia Castillo**. Everyone is welcome to attend the discussion. For more info and for a Zoom Invite email: macriscriollo@gmail.com.

Community Seed Exchange is always open! Located at the Fairfax Library and free for everyone. Come and take seeds, or contribute seeds and grow, grow, grow! 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>

Android Phone training Class for Older Adults, Friday, December 2 at the Fairfax Library. Learn how to make your Android smartphone louder and easier to hear, send text messages, connect Bluetooth devices, operate the basic functions of your Android smartphone and much more! FREE and offered with California Phones Training Staff. This is an in-person, small-group activity. Bring your Android phone. Pre-registration is required. Contact the Fairfax Library to register at 415-453-8151.

Wondering what IS Age Friendly Fairfax??

Find out more [here](#).

Questions about services for older adults?

Call 415-473-4636 (INFO)
