

Age Friendly Fairfax

Building a healthy and livable community for all!



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December 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:

December 1: Marin County Commission on Aging Business Meeting

December 1: Ross Valley Seniors

December 21: Breakfast with Friends

Marin County Commission on Aging Business meeting, Thursday, December 1, 2022 from 10:00am-12:00pm via Zoom. In lieu of a regularly scheduled presentation for the month of December, the MCCoA will hold an extended two-hour online business meeting. As with all meetings of the

Commission, members of the public are welcome to participate, observe and make public comment.

<https://us06web.zoom.us/j/83820291566?pwd=a1ZTUe9McoZMVGRmcWRKTUYvdjZOQTog>

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

Ross Valley Seniors, December 1, 11:00 am: Join the Ross Valley Seniors on Thursday, December 1, at 11am at the Fairfax Women's Club for bocce ball, a warm meal, musical sing-a-long with Dave Fromer and a cookie exchange. Asking folks to bring 2 dozen cookies to share along with a box or tin so you are able to take a variety of cookies home with you to enjoy later! To RSVP, e-mail kmacleod@townofsanansselmo.org or call Kevin MacLeod at 415-258-4669.

Age Friendly Marin "Breakfast with Friends", Wednesday, December 21, 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: On hiatus in December. **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 - No December Meeting:

There is no meeting in December and January meeting details will be provided next month. Curious about Age Friendly Fairfax? As we head into 2023, you're welcome to attend our monthly meeting, bring your questions, feedback, ideas and energy!

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.

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.

Big Expression: Works by Cedars Artists, November 5, 2022 - January 3, 2023, in the Fairfax Community Room Gallery Come by the library and spend a few moments - or more! - viewing the paintings, quilts and mixed media on display. They are stunning and worth a visit.

Fabric and Fiber Makers' Club, December 12th, Time: 6pm - 7:45pm - Calling all Quilters, Sewing Sirens, Mending Divas, Knitters, Spinner and Crocheters - Bring your project(s) to work on in a fun and lively social environment. Share your knowledge and expertise! In person at the Fairfax Library Community Room.

Life Story Workshop with Personal Historian Carla Koop, Friday, January 13, 2023, 11am - 12:30pm Join us at the Fairfax Library for a FREE, fun and inspirational workshop to kick-start your own personal history project! At the Fairfax Library in the Community Room

Emergency Preparedness, Climate Action & Age-Friendly, Friday, January 6, 2023, 11am - 12:00 noon. Please join us to learn about preparing for emergencies, climate resiliency, and our county's initiatives on Age-Friendly. All welcome! At the Fairfax Library: 2097 Sir Francis Drake Blvd.

Book Discussions on Zoom:

Friends of the Fairfax library Book Discussion Group, Thursday, December 8, 7:00-8:00pm via ZOOM We'll discuss [The House in the Cerulean Sea](#) by author TJ Klune. Everyone is welcome to attend the discussion. For more information or to receive a Zoom invite please email Beth Bailey-Gates at bethmbg@gmail.com.

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>

Wondering what IS Age Friendly Fairfax??

Find out more [here](#).

Questions about services for older adults?
Call 415-473-4636 (INFO)
