

Age Friendly Fairfax



Building a healthy and livable community for all!



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March 2023 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:

March 15: Breakfast with Friends

March 22: Age-Friendly Forum

March 31: Age Friendly Fairfax Meeting

April 6: Ross Valley Seniors

Age Friendly Marin "Breakfast with Friends", Wednesday, March 15, 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: *Not too Old for That: Sensuality and Sexuality as We Age* on Wednesday, March 22, 10:30-11:45am on Zoom. Older people are breaking through the tired and hurtful stereotypes of aging to better reflect who they are, how they live, and what they want. Stereotypes about older women characterize them as irrelevant, undesirable, asexual, unhinged, dried-up messes, and men as discourteous, uncommunicative loafers. These outdated narratives are sexist and ageist and are damaging to our physical, emotional, and sexual health. It's time to change them. Let's learn how we can create new narratives of aging—ones that value people at all stages of life, not just youth, and it starts with us. **Register for free access to the Forum:**
<https://www.eventbrite.com/e/not-too-old-for-that-sensuality-and-sexuality-as-we-age-registration-570989644397>

You will need to register to receive the emailed event zoom link and the resources for this Forum.

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

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

Alice in Wonderland Tea Party: A Call for Volunteers - All Ages Welcome! Sunday , March 19, 2-3:30pm, at the Fairfax Women's Club. Volunteers are needed for the Fairfax Theatre Company's Alice in Wonderland Tea Party. Volunteers positions include Baking, Decorations & Decorating, Table Set up, Serving Tea, and Clean up. Please call Sisi Parry-Hansen for more information: 415-302-0659.

Age Friendly Fairfax Meeting, March 31, 9:30-10:30 am on Zoom: Curious about [Age Friendly Fairfax](#)? As we continue to plan activities for 2023, you're welcome to attend our next meeting to hear about volunteer opportunities or to bring your questions, feedback, ideas and energy! Join Zoom Meeting
<https://us02web.zoom.us/j/9079173136?pwd=VUwrMzhEYWtmTUUVLMHBrUkJsSGFxQT09>

Ross Valley Seniors, April 6, 11:00am - 2:00pm at the Fairfax Women's Club: Join the Ross Valley Seniors at the Fairfax Women's Club for a monthly luncheon and program. Bocce ball and social time starts at 11:00, lunch at noon and then the program at 1:00pm. If you would like more information and/or plan to attend, please call the San Anselmo Recreation Department at 415-258-4640 or e-mail kmacleod@townofsananselmo.org.

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:

The Fairfax Library has begun monthly Age Friendly in-person programming for older adults! 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.

Online Buying Tutorial, Thursday, March 7, 6:00pm ONLINE. Join a Technology4Life instructor on Zoom to learn about buying things online. Almost everything can be bought online, from vehicles to socks. How do you know which sites to shop? Which ones are secure? How do you avoid fraud? Join this class to find out how to safely shop from home.

<https://marinlibrary.bibliocommons.com/events/6369458fda461bd36b0480ec>

Jewish American Fiction Book club - *What Jonah Knew* by Barbara Graham, Wednesday, March 8, 7:00pm ONLINE

<https://marinlibrary.bibliocommons.com/events/63937deae9ba9cac18722aad>

Fabric & Fiber Makers' Club (crafting social circle), Monday, March 13 and April 10, 6:00pm. In person at the Fairfax Library. 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.

<https://marinlibrary.bibliocommons.com/events/63acc4ca4c01981c125c26fe>

Cyber Safety for older Adults; What you need to know, Tuesday, March 21, 11am. In person at the Fairfax Library. In an increasingly online world, knowing what's safe to click and what will cause trouble is an acquired skill. FREE presentation tailored for older adults - you will leave feeling confident! All questions will be answered.

<https://marinlibrary.bibliocommons.com/events/63e684bdef5324b6cc77ab51>

Marin Master Gardeners presents: Monarchs In Marin - Helping them survive, Thursday, March 23, 6:30pm. In person at the Fairfax Library.

<https://marinlibrary.bibliocommons.com/events/63e28809194c92ccb9fe2f2a>

Bilingual Spanish/English Book Club - *Huaco Retrato* - Gabriela Wiener, Thursday, March 30, 7:00pm. ONLINE

<https://marinlibrary.bibliocommons.com/events/63e920e254486a5bd358bcae>

Marin Master Gardeners presents: Introduction to CA Native Plants, Tuesday April 4, 11:00am. In person at the Fairfax Library.

<https://marinlibrary.bibliocommons.com/events/63ddb96c147bf86ab22521fb>

Backyard Bees and Planetary Health, Thursday April 6, 6:30pm. In person at the Fairfax Library.

<https://marinlibrary.bibliocommons.com/events/63ec34e9a0654ee1d816c6ab>

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/csllmarin>

Wondering what IS Age Friendly Fairfax??

Find out more [here](#).

Questions about services for older adults?

Call 415-473-4636 (INFO)
